



**URBAN HARVEST**  

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**ORGANIC SEEDS** <sup>TM</sup>

**CERTIFIED ORGANIC  
PLANTS AND SEEDS  
ECOLOGICAL GARDEN AMENDMENTS**

**2018  
CATALOGUE**

**OUR 22ND SEASON**

**[WWW.UHARVEST.CA](http://WWW.UHARVEST.CA)**



Urban Harvest is dedicated to providing its customers with seeds and garden supplies that promote ecological diversity and preserve the health of our planet. Our plants, seeds and garden supplies are specially chosen for their unique qualities. All of our seedlings are grown in or near the greater Toronto area to support our local economy

As you walk through your garden gate may you leave the cares of the world behind. May you ground yourself in that good earth and find hope and renewal.

The world needs you marvelous gardeners and farmers now more than ever.

Enjoy your harvest and thank you for supporting your organic growers!  
Have a happy and healthy growing season and may you never hunger.

Sincerely,

*Colette Murphy*  
*Founder*



**[WWW.UHARVEST.CA](http://WWW.UHARVEST.CA)**

**TEL: 416.504.1653 - FAX: 416.504.7426**

**EMAIL: [GROW@UHARVEST.CA](mailto:GROW@UHARVEST.CA)**

**PO BOX 176, STN C - TORONTO, ON - CANADA M6J 3M9**

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## *Abbreviations used in this catalogue:*

A – Annual  
 B – Biennial  
 P – Perennial  
 E – Endangered

H – Heirloom  
 R – Rare  
 I – Indeterminant  
 D – Determinant



Full sun



Part sun/shade



Pollinators



Containers



Disease resistant

*We wish you, as always, a happy, healthy gardening season.*

## SAFE SEED PLEDGE:

All of our plants and seeds are 100% certified organic.

Urban Harvest does not knowingly buy, sell or use genetically modified plants or seeds. Saving and protecting our plant diversity inspires what we do. It informs all our choices.

The mechanical transfer of genetic material outside of natural reproductive methods and between genera, families or kingdoms poses great biological risks, as well as economic, political and cultural threats. We feel that genetically engineered varieties have been insufficiently tested prior to public release. More research and testing is necessary to further assess the potential risks of genetically engineered seeds.

Further, we wish to support agricultural progress that leads to healthier soils, genetically diverse agricultural ecosystems and ultimately healthy people and communities.

*May you always be able to save your own seed;  
and may we be here to provide those you don't.*



**100% CERTIFIED ORGANIC SEEDS**



# ORGANIC VEGETABLES

A – Annual

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Disease resistant

## BEANS



*Phaseolus vulgaris*

### POLE BEANS

#### BLACK SEEDED ITALIAN POLE

This tender and stringless green bean is an heirloom originally from Naples, Italy. It is such a delicious and productive pole bean, you will have plenty for the freezer or canning jar after you have eaten your fill of fresh beans. It has slender, round dark green pods on tall vines. Trellis well. We are very happy to have this bean back in our catalogue after a seven year hiatus.

**50-60 days. H. R. \$3.50/12.5g approx 40-45 seeds.**

#### CANNELILINI

A veritable staple in the Italian diet. Used as a fresh shelling bean for soups and stews but also dried for the same purpose. High in protein and rich in fibre with a meaty texture and a nutty flavour. Make it one of your staples too.

**H. 90 days \$3.50/60 seeds**

#### KENTUCKY WONDER

This snap pole bean was introduced in Kentucky in the late 1800's. 7-10" stringless pods, sometimes oval, sometimes flat. Their nutty flavour, consistency and productivity make them one of our favourite pole beans.

**58-72 days H. \$3.50/40 seeds**

#### MARVEL OF VENICE

Sweet, flat, yellow beans are ready to pick early in the season and continue to produce until frost on 7 foot tall vines. This Italian heirloom has 20-24 cm. long, 2 cm. wide beans and is a very vigorous producer. Not only is the colour a lovely addition to your garden and your plate but this bean has exceptional buttery flavour.

**H. 12.25g/approximately 40 seeds.**

#### NORTHEASTER

An early flat pole bean, stringless and very tender. Vigorous vines. Good choice for northern gardens. **56 days \$3.50/ 30 seeds**

#### PURPLE PODDED POLE

Heirloom variety discovered in an Ozark garden in the 1930's. Vigorous climbing vines to 180cm (6') that are very productive. Best picked about 15cm (7"). Very tasty old fashioned flavour. Could be grown as an ornamental. Lilac edible flowers.

**H. \$3.50/ 30 seeds; \$9/200 gr.**

#### SCARLETT RUNNER

This old favourite bean is one of the best known and reliable climbing beans and is a good nectar plant for hummingbirds and butterflies. The large green beans have excellent flavour, but must be eaten when young before going stringy. If you miss the green bean stage, the deep magenta and black beans also make excellent dried beans

**65-90 days H. \$3.50/ 21 seeds**

#### TOLOSA BASQUE BEAN

This small roundish bean is a beautiful deep black with a single white eye. The Tolosa Black Bean does not require soaking and, once cooked, a few drops of extra virgin olive oil and a pinch of salt transform it into a velvety perfumed stew. It has always been cultivated in small fields flanking the Oria river, and the center of production is the Basque city of Tolosa, just south of Bilbao. They have been awarded a "denominación de origen" and added to Slow Food's Ark of Taste. We brought some of these beans back from Terra Madre in Turin 2008. They have been grown out for us here in Southern Ontario.

**95 days H. R. \$3.50 15.25g/Approx. 25 seeds.**

## TRUE RED CRANBERRY

Red Cranberry are deep red, and shiny, very closely resembling real cranberries. Delicious flavour and prolific production for your own dry beans. Can be eaten fresh too. These are one of the oldest beans we offer. A rare heirloom that was rediscovered by bean collector, John Withee, after an 11-year search in Steep Falls, Maine. Be sure to stake. 180 cm (6') tall. 92 days for dry beans.

**92 days H. R. \$3.50/34g/Approx. 45 seeds**

## BUSH BEANS

### ARIKARA YELLOW

The Arikara Yellow Bean was a very important food crop for the Mandan and the Arikara American Indian tribes of the Missouri Valley. It is an excellent dry bean but also can be eaten fresh if picked young. Extremely prolific in producing these yellowish-tan seeds. The bean's existence is however, seriously in threat. On the Slow Food Ark of Taste for the USA.

**85 days E. H. R. \$3.50/ 35 seeds**

### BLACK VALENTINE

Black Valentine beans date back to before 1850. They are a green bush bean with black seeds. Stringless, tender and prolific. One of our all time favourites for a green bush bean.

**48-70 days H. R. \$3.50/35 seeds**

### BLUE JAY

A very rare bush snap bean that is quite productive. Excellent flavoured snap and dried bean. Delightfully coloured seed is navy blue with beige markings. 7 seeds per pod.

**95 days R. H. \$3.50/ 30 seeds**

### DUTCH BULLETS

Small round beans with delicate flavor. One of Holland's favourite beans. Boil until they just begin to split, drain and serve topped with butter or your oil of choice. Ideal for baked beans.

**90 days H. \$3.50/approx. 35 seeds**

## FAVA WINDSOR

A very hardy and tasty broad bean. Sow in the spring. Self supporting beans do not need staking and provide a very good harvest of 5-7 beans per pod. Heirloom first offered in 1863.

**65-85 days H. \$3.50/21 seeds**

## FRENCH GARDEN

A very traditional French filet wax bean. Round pods should be picked often to ensure production and tenderness. Can be picked very small to be used as a gourmet mini vegetable.

**55 days \$3.50/ 45 seeds**

## GOLDEN WAX 'PENCIL THIN'

This is a wonderful yellow wax bean. Long, straight pods hang in clusters around the main stem making them easy to pick. They are very flavourful and will remain on the stem waiting patiently for you to pick them.

**45-60 days \$3.50/ 50 seeds**

## JACOBS CATTLE

Long, straight pods always contain 5 - 6 kidney-shaped red & white mottled seeds. Productive bush bean, white with dark red splotches. Adapted to cool temperatures and short growing season. Excellent in baked beans.

**80-100 days H. \$3.50/ 60 seeds**

## JACKSON WONDER LIMA BEAN

*Phaseolus lunatus*

Very useful lima bean as it doesn't require the staking that most lima beans do. They are vigorous, erect, prolific 60-65cm (24- 26 in.) plants with broad flat slightly curved pods containing 3-5 tan seeds splashed with purple-black. Visually very pretty. They set well in hot weather but are a cold hardy early bean. The pods can be eaten fresh if picked young or wait till seeds mature and eat as fresh butter bean or dry for winter use. These beans originated with Thomas Jackson, a farmer near Atlanta, Georgia in the late 1800s. They are a very popular due to their high vitamin and protein content and of course their delicious flavour.

**65-75 days \$3.50/50 seeds**

## MAXIBEL HARICOT VERT

French Filet bush bean with very good flavour and tenderness. The beans are long and slender and best picked often for maximum yields. A very popular, medium sized plant and a prolific producer of 12-17cm (6-8") long beans.

**60-65 days H. \$3.50/30 seeds**

## PROVIDER

A very popular and early green bean. 12cm (5") long, round green pods. Bushy plants are widely adapted, and compact, never stringy. Prolific purple seeds germinate well in cool soil.

**73 days H. \$3.50/15g/ approx 40 seeds**

## ROMANO RED FLAMED

This classic Italian variety produces bushy plants covered in 12 cm (5") pink flamed pods. Pick fresh for delicious bean heartiness. Steam and lightly saute in olive oil and garlic and a little tomato for a popular Italian dish. Dried beans are beautifully marked with maroon splotches. Also excellent as a dry bean for baking and soup. Disease resistant. Plant seeds when all danger of frost has passed.

**55 days H. \$3.50/28g Approx. 40 seeds**

## ROYALTY PURPLE POD BUSH

Vigorous, purple-podded snap bean with high yields. This bush bean does well in cool soils. The purple colour turns green when cooked but the beans are also fantastic and gorgeous when eaten raw. Purple flowers.

**55 days \$3.50/1.5g/ approx 35-40 seeds**

## SIX WEEKS

Always our earliest producing green bean. Very tasty and reliable as well as productive. Also does well as a dry bean. Great taste. Plant seeds when all danger of frost has passed.

**45 days H, R. \$3.50/14.5g/ approx 40 seeds**

## SOYBEAN EDAMAME KENTS

*Glycine max*

Extremely prolific. These are served in Japan instead of peanuts at a bar. Try a few with your next brew. Pick fresh pods and steam and lightly salt. They freeze very well for a quick snack at any time of the year.

**90 days \$3.50/20 gr.**

# BEETS



*Beta vulgaris*

## BULL'S BLOOD BEETS

Deep red-purple leaves and roots. They are a very useful plant in the edible landscape. One of our favourite combinations is planting them with Dinosaur (Cavolo Nero) Kale. Tolerant to heat and cool temperatures.

**60 days H. \$3.50/125 seeds**

## CHIOGGIA BEETS

These are the candy striped ones. Cherry red on the outside and dark red and white concentric circles on the inside. Thought to be the original beet, they are quite delicious. Some will be all white and these are a real treat. Try roasting them, slicing and adding your favourite vinaigrette with crumbled goat cheese.

**55-60 days H. \$3.50/170 seeds**

## CYLINDRA BEETS

First grown in Denmark in the 1840's and very popular by 1880. The plant produces good yields of high quality 20cm (8") long by 5cm (2") wide beets. They are very sweet and have dark red fine grained flesh. Excellent for canning. Very productive. The tops are edible and may be prepared like your favourite greens. This variety is ideal for a small garden.

**56-60 days H. \$3.50/160 seeds**

## DETROIT DARK RED

Top bunching beet has unbeatable canning-pickling quality but great for fresh eating too. Detroit Dark Red Beets have strong flavour and intense bright crimson colour with a sweet taste. Tops make nutritious greens that are rich in vitamins A and C.

**55-60 days H. \$3.50/150 seeds**

## EARLY WONDER TALL TOP BEETS

Early all-purpose variety with very tender, large tops. Green leaves, red veins. Greens can be picked while waiting for the beets to size up. Make great baby beets and also very good at full size.

**50-60 days H. \$3.50/250 seeds**

## GOLDEN DETROIT

These beets have an orange exterior and gold interior with green leaves and yellow stems. The leaves can be eaten small in salad mix or large when cooked. The roots are sweet and yummy with a mild beet flavour. Grated, they are a great addition to a salad. 55 days

**50-60 days H. \$3.50/100 seeds**

## BROCCOLI



*Brassica oleracea*

### BROCCOLI DI CICCIO

This is a traditional Italian variety that produces 6-8 cm. (3"-4") heads above the foliage, followed by side shoots which have a long harvest period. Also, known as "Sprouting Broccoli" due to its production of many side spears. Long harvest period. It is good for spring or fall production.

**48-85 days H. \$3.50/500 seeds**

### BROCCOLI RAAB (RAPINI)

Italian heirloom broccoli. The tender stems, buds, and flowers have a delicate slightly bitter broccoli flavour which can be stir-fried with a little garlic or steamed. Likes cool weather, so sow the seeds in the very early spring or wait to plant until late summer for a fall crop. Harvest just before the flowers open. A good tonic for the liver.

**45 days H. \$3.50/175 seeds**

### BROCCOLI /CAULIFLOWER ROMANESCA

This is the beautiful pale green broccoli with spiraling heads. We are sure there is a Fibonacci code in there. A fractal food. The taste is superb. Cook like broccoli or cauliflower.

**75 days H. (Italian) \$3.50/300 seeds**

### PURPLE SPROUTING BROCCOLI

Purple Sprouting Broccoli is an English heirloom with purple heads and green leaves that resemble kale. Mature leaves are as sweet as any lightly steamed kale. Floret stems erupt first as loose heads of broccoli, followed by prodigious side shoots. These are sweet eaten raw or cooked. Sow directly in the fall for an early spring crop. Needs cold in order to produce side shoots.

**60 days H. \$3.50/Approx. 300 seeds**

## CABBAGE



*Brassica oleracea*

### BABY PAK CHOI

This fast-growing vegetable has tender green leaves and crispy green petioles. Baby Pak Choi has become a very popular vegetable for Asian dishes here in North America. Delicious steamed too. Smaller, more tender relative of Bok Choi. Excellent flavour, texture and size.

**50 days \$3.50/200 seeds**

### CABBAGE GREEN EXPRESS

These green cabbages head up quickly into little cabbages, perfect for smaller portions. 2-4 lb heads. These are great for smaller urban gardens or for smaller families that would like to eat the cabbages in a timely manner. Early maturing at

**65 days \$3.50/ approx 140 seeds**

### CABBAGE RED ACRE

Small, compact plants on short stems produce round, purple heads ranging from 12cm (5") to 18cm (7") in diameter, weighing about 1 ½ - 2 kilos. An excellent storage variety, Red Acre Cabbage is resistant to cabbage yellowing and is especially suited for small gardens as it takes up less space than other cabbage varieties. Very early.

**76 days \$3.50/ approx 140 seeds**

## CARROTS



*Daucus carota var. sativus*

Carrots were originally multi-coloured and often darker than our modern varieties. Native to Afghanistan, but the Dutch started to select for the orange colour we have become more familiar with. Thanks goodness we now get to experience the carrot in all its colourful glory.

### COSMIC PURPLE

Cosmic Purple is a Danver's type carrot, purple skin, sweet orange flesh and a yellow core. Beautiful when sliced. This will really get the kids eating their carrots! 15 cm. (6 to 8 inch) long, sweet and crunchy.

**65-70 days B. \$3.50/400 seeds**

## LITTLE FINGERS



This is a true mini carrot, approximately 7-8 cm (3") long. Even when harvested early, this carrot will have a deep orange colour and sweet flavour. You will never want those packages of machine-made mini carrots again! Nantes type.

**65 days H. (French) B. \$3.50/250 seed**

## LUNAR WHITE

Introduced in 1839 by Henri Vilmorin. Long, 12-24" roots, white with green shoulders. Highly vigorous, often outgrowing the orange varieties. Europeans originally preferred white carrots, and this variety is still popular in Belgium and France. More frost tender than orange varieties, so dig it up early in the fall. White carrots were grown in the Middle Ages, but until now they have been very rare. Extremely sweet.

**75 days H. B. \$3.50/250 seeds**

## PARISIAN MARKET



Parisian Market is a true mini carrot. Even when harvested early, this carrot will have a deep orange colour and sweet flavour. 2-4 cm diameter (1-2"). days.

**65 days H. (French) \$3.50/275 Seeds**

## SCARLET NANTES

Blunt tip, heirloom carrot can be served as beautiful baby carrots or allowed to grow to full size. Great carrot flavour and almost no core. Stores well.

**65 -75 days B. H. \$3.50/450 seeds**

## SOLAR YELLOW

Yellow carrots originated in Afghanistan, Turkey, and the Middle East in the 900s. This one is a Danvers type carrot of approximately 6" long. Sweet and juicy. The Xanthophylls are the pigments that give the yellow carrots their golden hues and have been linked with good eye health.

**65-75 days \$3.50/350 seeds**

# CAULIFLOWER

*Brassica oleracea*

## CAULIFLOWER 'SNOWBALL'

This heirloom cauliflower from the 1890s produces a good crop of 10-12 cm (5-6") white heads. Large wrapper leaves curl over to make hand-tied blanching easy. Nutty and mild flavoured. Very productive, pure white heads that are firm and crisp. Excellent variety for home gardens and market growers.

**55-60 days H. \$3.50/250 seeds**

## CAULIFLOWER ROMANESCO

*See Broccoli Romanesco*

# CELERY

*Apium graveolens dulce*

## RED STALK

This stunning celery is an 18<sup>th</sup> century English cultivar. Very hardy and delicious. Imagine it on a crudit e plate. Raw or cooked, where it retains its colour, it will please your palate.

**120 days H. \$3.50/300 seeds**

## TALL UTAH

This is one of the best market or home garden type celeries, with tall, dark green stalks. Hill the soil to encourage more tender stalks. For fall harvest or winter storage.

**90-130 days R. \$3.50/1000 seeds**

# CHARD

*Beta vulgaris ciccia group*

## FLAMINGO SWISS CHARD

A variation on Swiss Chard featuring striking pink veins and stems. Mild flavoured, may be harvested small for use in salad mixes or grown to maturity. A colourful change to the other varieties.

**55 days H. \$3.50/100 seeds**

*To forget how to dig the earth and  
tend the soil is to forget ourselves.*

*– Mahatma Gandhi*

## FORDHOOK GIANT SWISS CHARD

This one has great flavour with broad white stems and deep green savoyed leaves. Very vigorous and prolific. Can be substituted for spinach in most recipes. It is heat tolerant and grows even past the first frosts. Likes rich composted soil.

**55 days for mature leaves. H. \$3.50/150 seeds**

## RAINBOW SWISS CHARD

Its white, yellow, orange, red and pink stems make a beautiful addition to your garden even if it wasn't so delicious. Also heat tolerant and grows well past the first frosts. Compost well to enrich the soil. Mostly pink, red and white at baby stage.

**55 days H. \$3.50/150 seeds**

## RUBY RED SWISS CHARD

Large, green leaves with succulent red mid-ribs and stems. Delicious and easy to grow. Also heat and cold tolerant. Compost well to enrich the soil. Once considered endangered, but its popularity has made it widely available once again.

**55 days H. \$3.50/125 seeds**

## CORN



*Zea mays*

### BLOODY BUTCHER

Known since 1845; originally from Virginia. Plants grow up to 360 cm (12') tall and have at least two ears per stalk; each ear is 20-30 cm (8-12") long. Striking maroon and red-black kernels. Used for flour, cornmeal, or corn-on-the-cob when young. Good drought tolerance. Great for fall decorations.

**100-110 days H. \$3.50/40 seeds**

### BLUE HOPI

An original First Nations variety produces good yields of 9" ears. Usually used to make blue corn chips. Can be ground too to make blue corn bread or picked young and steamed for fresh eating. Also make striking fall decorations. Pick at approximately 9" or smaller.

**105 days H. \$3.50/40 seeds**

## BROOM CORN *Sorghum bicolor*

This corn is actually a type of sorghum. Long seed heads in many varying colours are very ornamental if you don't feel ambitious enough to make your own brooms.

**105 days H. \$3.50/60 seeds**

### NEW FOR 2018!

## GOLDEN BANTAM CORN

First grown by the Burpee Co. In the US in 1902 This improved strain was selected for longer ears and greater tenderness. Early producer for home gardeners or market growers.

**90-95 days \$3.50/50 seeds**

## STRAWBERRY POPCORN

Small red, strawberry shaped ears of corn. Very ornamental and good for popping too. 2-4 ears per stalk. 5-6' tall.

**100 days H. \$3.50/50 seeds**

## CUCUMBERS



*Cucumis sativus*

### ARMENIAN CUCUMBER

*Cucumis melo var. flexuosus*

This cucumber is actually a long and slender type of melon. The fruits are harvested while still unripe. It is also called the yard-long cucumber, snake cucumber, snake melon. The skin is burpless, has no bitterness, is very thin and the fruit is almost always used without peeling.

**63 days \$3.50/50 seeds**

### HOMEMADE PICKLES

One of the best cucumbers for pickles, because the solid, crisp interior is perfect for 1 1/2" to 5" long pickles. Excellent disease resistance. The small cucumbers also can be sliced fresh for salads. A monoecious variety, it does not need a pollinator. 4' vines work well in small gardens and may also be grown in large containers.

**55 days \$3.50/30 seeds**

## LEMON CUCUMBER



Lemon shaped fruits have tender, sweet flesh. A prolific producer with dozens of fruit on each vine. Pick when skin turns from green to lemon-yellow. Good container plant.

**65 days H. \$3.50/25 seeds**

## MARKETMORE 76 CUCUMBER

Very dependable, it is the most widely planted open-pollinated cucumber in North America. 15-20 cm. long straight cucumbers for slicing. A favourite of market gardeners. Multiple disease resistances: Powdery Mildew, Downey Mildew, Scab and Cucumber Mosaic Virus.

**58 days H. \$3.50/25-30 seeds**

## MOUSE MELON *Melothria scabra*



Small fruit that look like miniature watermelons and taste a little like cucumbers. It has been a staple of Mexican and Central American diets since pre-Columbian times. Mouse melons can be added to stir-fries; they can be pickled just like French gherkins, eaten raw in salads or pickled or fermented like dill pickles. They also can be chopped and added to salsas for extra texture and flavour; or just munched fresh in the garden. Children love them. The plants are highly prolific and the foliage forms a dense cover.

**67 days \$3.50/approx. 40 seeds.**

## SUMTER PICKLING CUCUMBER



The most popular pickling cucumber for pickles of all sizes. Very productive. About 12 cm. (6") long when fully grown. The straight, symmetrical fruit has firm, tender, tasty flesh. We love to eat these in salads and on sandwiches too. Not just for pickling.

**60 days \$3.50/30 seeds**

## SUPER ZAGROSS

A heavy-yielding Lebanese cucumber with smooth skin and small seed cavity. Burpless, and superb for fresh eating as it doesn't have the bitterness of North American type cukes.

**58-70 days \$3.50/approx. 35 seeds**

## SUYO LONG CUCUMBER



A long burpless Asian variety. They tend to curl if not trellised. Can be used for fresh eating or pickling. They are widely adapted and more heat and cold tolerant than most cucumbers. Spiny when young but smoother and less spiny when mature. This variety produced very well for us in the cool wet summer of 2009. Powdery Mildew resistant.

**60 days H. \$3.50/25 seeds**

## TENDERGREEN

An open-pollinated burpless cucumber, this variety is light green with white spines, 15-30cm (7-12") long. The flesh is tender and sweet. An ideal slicer or pickler with good disease resistance. Look and taste like a small English Cucumber.

**55 days H. \$3.50/40 seeds**

## EGGPLANT



*Solanum melongena*

All eggplants need to be planted in full sun. They are very ornamental with striking flowers and big leaves. They make great container plants too for an urban garden. Start seeds indoors approximately 8 weeks before the last frost

### NEW FOR 2018!

#### BLACK DIAMOND EGGPLANT

This is an excellent eggplant for all your favourite eggplant dishes. Produces in clusters on short plants. Very good choice for Canadian gardeners.

**70 days \$3.50/30 Seeds**

#### LONG PURPLE EGGPLANT

Fruits of 'Long Purple' are long and slender 4 cm. x 20 cm. (1 1/2" x 8") and slightly bulbous on the blossom end. Best harvested when 2 cm. in diameter. The sweet flavour is great in Asian cooking.

**75 days H \$3.50/50 Seeds**

#### PINGTUNG LONG EGGPLANT

Beautiful eggplants originated in Pingtung Taiwan. Dark lavender shiny skin, 12" long and just over 1" in diameter. Very hardy and vigorous.

**65-75 days \$3.50/50-60 seeds**

## ROSA BIANCA EGGPLANT

This Italian heirloom eggplant is one of our favourites. Creamy mild flesh and pale lavender streaked skin make it both beautiful and delicious. A very versatile eggplant.

**75 days H. \$3.50/50 Seed**

## SHOOTING STAR EGGPLANT

This is a delicately striped, vivid purple eggplant. The lovely 7-9cm (3-4") long purple fruit from 1 metre (39") tall plants, taste as good as they look. Good for container growing and the edible landscape.

**75 days \$3.50/50 seeds**

## FENNEL

*Foeniculum vulgare dulce*



### FLORENCE

Delicious root fennel can be eaten raw, roasted or steamed. Great grated into salads. Roasted, it is better than any candy. Very bolt resistant. Fennel likes well drained soil and full sun. Harvest roots in the fall. Harvest seeds as they turn greyish-green. Do not plant near dill or coriander if you plan to save seed as they cross-pollinate.

**80 days \$3.50/250 seeds**

**BRONZE FENNEL** *See Herbs*

## GREENS



### AMARANTH 'RED GARNET'

*Amaranthus caudatus*

Beautiful fuchsia-red plants are brighter than most Amaranths. Can be used as a cooked green or allowed to flower for a dramatic display in the garden. Mix them with baby lettuces for a bright addition to your salads. A stunning addition to the edible flower garden.

**21 days baby; 55 leaves; 90-120 days for seed**

**H. \$3.50/500 seeds**

### ARUGULA *Eruca spp*

Spicy, cool weather green with edible flowers and seed pods. This is always our best selling seed. Such a delicious and versatile food. Lay some roasted oyster mushrooms on top for an addictive salad. Keep picking to increase the harvest.

**40 days \$3.50/500 seeds**

### ARUGULA, WILD *Diplotaxis tenuifolia*

Imagine - an Arugula that does not bolt all summer long, whose leaves are held up off the ground and are easy to pick for salads and sandwiches. This open, lacy-leaved plant has a bit more of the well-loved Arugula "bite" and is great for snacking. Gather leaves all summer, watch for self-sown plants around the big one, and gather those leaves in winter. Slow germination rates and very tiny seeds mean that it is best started in the house or greenhouse for transplanting to the garden when it is big enough to handle. Set them where they are to grow as they have deep roots.

**30-40 days H. \$3.50/225 seeds**

### CHICORY DANDELION RED STALK

*Cichorium intybus*

Very similar to green dandelion but with deep red stems. Lovely on the market table or on your own. Salads, steaming, stir-fry.

**65 days \$3.50/300 seeds**

### CHICORY 'ITALIAN DANDELION'

*Cichorium intybus*

This is not a true dandelion but the leaves are similar with narrower stems. It has a tangy slightly bitter flavour which is good for the liver. Healthy spring or fall green. Eat raw or steamed.

**\$3.50/450 seeds; \$6.25/3 gr. \$10.00/10 gr.**

### CHICORY RED VERONA

*Cichorium intybus*

A sharp flavoured radicchio that forms small cabbage like heads. Ready in about 85 days This is delicious in salads but also lovely braised with a little blue cheese and cream added at the end.

**85 days \$3.50/200 seeds**

### COLLARDS *Brassica oleracea*

A dark green leaf with great taste and tender texture. This variety is darker blue-green, longer standing, and higher yielding. The leaves are slightly ruffled, and have smooth cabbage-like margins. Use instead of nori for sushi wraps; or instead of flatbread for veggie wraps. Substitute for cabbage in cabbage rolls. It's up to you.

**70 days B. H. \$3.50/200 seeds**

## GARDEN CRESS *Lepidium sativum*

Cress has watercress flavour that is great for salads and sandwiches. We love its bite. Very hardy and disease resistant. Sow repeatedly for continuous harvest.

**10-20 days H. \$3.50/500 seeds**

## UPLAND CRESS 'BELLE ISLE'

*Lepidium sativum*

Very dark green rosettes. 17th century Portuguese sailors shipwrecked on Belle Isle for a harsh Nor'easter winter survived because of this cress, and took this name back to Europe with them. Seeds germ readily in about two weeks. Cress has a watercress flavour that is great for salads and sandwiches. It is high in calcium, iron, folic acid and Vit. A and C.

**10-40 days H. \$3.50/300 seeds**

## ENDIVE FRISSEE *Cichorium endivia*

Narrow, green, curly outer leaves high in folate, vitamins A and K and also high in fibre. Slightly bitter flavour is highly regarded in French cuisine. Best planted in spring or fall as the heat of summer will make it much too bitter and will also cause it to bolt. Can be used as a baby green too.

**65 days H. \$3.50/225 seeds**

## TATSOI *Brassica rapa* (Narinosa group)

Tatsoi makes a very suitable substitute for spinach with its longer season, heat tolerance and mild flavour. Rosette leaves are mild tasting and can be planted from after the last frost right up until autumn. Can still be harvested in December. Eat raw, steamed or stir fried.

**40-50 days H. \$3.50/275 seeds**

## WATERCRESS *Nasturtium officinale*

First cultivated in 1808 in England but growing wild for long before that. It is a delicious and very healthy green having such high Vitamin C content that it was once touted as a remedy for scurvy. Fresh in salads or cooked in soup or made into pesto. This is a very versatile green. Grow preferably by running water.; but at least in damp soil. Perfect for hydroponic systems.

**60 days H. \$3.50/300 seeds**

# GOURDS



*Lagenaria siceraria*

## BIRDHOUSE GOURD

Grow your own birdhouse! Hang several from a branch for a bird condo. Harvest when the smooth, greenish rind turns white or starts to brown. Average size 25-30 cm (10-12").

**125 days H. \$3.50/15 seeds**

# KALE



*Now highly regarded as a super food*

## BLUE CURLED SCOTCH

*Brassica oleracea*

Compact kale plants with very curly leaves and excellent flavour. This one is often used for kale chips. Frost tolerant, high yields and light green leaves. Approximately 45 cm (18") tall. Plant seeds ¼ cm deep, every 10 cm. As early as April here in zone 6. Kale can be grown early and late in the season, as it withstands cold temperatures. Mulch well for early harvest next season.

**30 days for baby 50 for full sized leaves. B. H.**

**\$3.50/ 0.5g/approx. 200 seeds**

## DINOSAUR KALE

*Brassica oleracea acephala*

Our best-selling kale. Narrow strap-like bumpy leaves. This Italian variety dates back to the 18th century. Also called Cavolo Nero and Lacinato. Tender and delicious cooked or raw. Full of iron.

**30 days for baby, 60 for full sized leaves. H. R. B.**

**\$3.50/275 Seeds**

## RED RUSSIAN KALE *Brassica rapa*



A hardy green with purple colouring and a wavy oak-type leaf. Very ornamental, tasty, tender and popular. An essential in our Mild Salad Mix as a baby leaf.

**21 days for baby, 50 for full sized leaves.**

**H. B. \$3.50/150 seeds;**

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## SCARLET KALE

*Brassica oleracea (Acephala Group)*

This open pollinated red kale is nearly as purple-red as Redbor, which we have always envied. Very curly leaves that are great both for baby salad greens and as full sized leaves for the home or market gardener. Full season crop. Very ornamental too.

**60 days for full sized leaves.**

**B. \$3.50/ 0.6g approx 200 seeds.**

## VATES BLUE CURLED

*Brassica oleracea*

Dwarf curly kale for full size plants or baby leaves. Very cold hardy compact 2ft. plants. Dark blue green leaves.

**30 days for baby 50 for full sized leaves. B.**

**H. \$3.50/180 seeds**

## WHITE RUSSIAN KALE

*Brassica oleracea*

This beautiful variety has green, wavy leaves with white stems and veining. Thought to be one of the best tasting kales. Very tender and hardy. Use baby leaves in salad and mature leaves for stir fry or steaming. **21 days for baby 50 for full sized leaves. H. B. \$3.50/140 seeds**

## KOHLRABI

*Brassica oleracea (gongyloides group)*

### PURPLE VIENNA

The hardiest cultivars of Kohlrabi are those with purple skins and `Purple Vienna` an old variety seems to be the hardiest of all. Start planting in early spring for harvest in mid summer to fall. Like a cross between a potato and a squash, the crisp white flesh is perfect for dips, grated for salads and steamed or stir-fried. A good source of Vitamin C and potassium.

**55- 60 days H. \$3.50/325 seeds**

### WHITE VIENNA

Bulb like vegetable forms above ground, Pale green skin and tender, crispy white flesh can be eaten cooked or raw. Plant in early spring for summer harvest; or late summer for a fall harvest. High in Vitamin C.

**50-55 days H. \$3.50/250 seeds**

## LEEK

*Allium ampeloprasum*

### BROAD LONDON (AMERICAN FLAG)

Stems average 4cm (1-1/2") in diameter by 20-25cm (8 to 10") high, well-blanchd from the base upward. Has a delicate onion flavour. Cold hardy, vigorous plants.

**120 days H. \$3.50/250 seeds**

## LETTUCE

*Lactuca sativa*

### BLACK SEEDED SIMPSON

This heirloom was first introduced in 1850. A very early loose leaf lettuce of light green colour. Can self seed in your garden to make a perennial lettuce bed.

**28 days baby, 40-55 days mature**

**H. \$3.50/500 seeds**

### BUTTERCRUNCH

This is a highly rated Bibb type lettuce for both baby leaves and small heads. Tightly bunched 15 cm (6") rosette. Dark green with a yellow centre. Slow to bolt. Crisp and sweet. Mosaic virus free.

**50 days H. \$3.50/350 seeds**

### ENDIVE

*Cichorium endivia*

Loose leaf with narrow, green, curly outer leaves high in folate, vitamins A and K and also high in fibre. Slightly bitter flavour and is highly regarded in French cuisine. Best planted in spring or fall as the heat of summer will make it much too bitter and will cause it to bolt. Can be used as a baby green too.

**60 days H. \$3.50/Approx. 250 seeds**

### FRECKLES

Also known as "Flashy Trout Back", this early, open pollinated romaine type lettuce has glossy green, semi-savoyed leaves with maroon splashes. Heat tolerant and very showy. Lettuce grows well near cabbage, beets, carrots, chives, garlic, and onions.

**68 days H. (French) \$3.50/350 seeds**

## GABRIELLA

This lettuce is particularly good for baby leaf production. It is a deep wine red even as it emerges. Good as a whole head leaf lettuce too.  
**50 days, 25 days for baby leaf. \$3.50/350 seeds**

## GREEN SALAD BOWL

A delicate tender loose leaf lettuce with lobed leaves and rich green colour. It is relatively slow to bolt.

**28 days baby, 49 days full size.  
\$3.50/300 seeds**

## JERICO ROMAINE



This is a heat tolerant romaine with sweet and crisp flavour even in the heat of summer. Good for greenhouse and outdoor cultivation. Jericho has some tolerance to Powdery Mildew and Downy Mildew as well as excellent resistance to heat stress and Tip Burn.

**28-57 days \$3.50/325 seeds**

## LITTLE GEM

Refined romaine-type with small 5 inch heads, tightly wrapped, bright green leaves, pale yellow heart, sweet and crunchy, superb flavour, heat tolerant, can be served whole. The perfect size for 2 people.

**Approx 70 days \$3.50/300 seeds**

## MERVELLE DES QUATRE SAISONS

Butter head or Bibb type with creamy yellow to light green leaves that are tipped with a beautiful reddish-bronze colour on the outer leaves, pale blond green tight heart, 30-40cm (12-16 inches) in diameter. Excellent flavour even in hot weather but bolts in the heat. Merveille des Quatre Saisons is an old French heirloom lettuce that was originally introduced commercially 1885.

**48-60 days H. \$3.50/425 seeds**

## OSCARDE



Beautiful cherry red oak leaf lettuce with a bright green centre. Good disease resistance but definitely likes the cooler weather of spring and fall. Rounded leaf shape and compact heads.

**29 for baby leaf, 55 days full size \$3.50/300 seeds**

## PARIS ISLAND COS

A well-known heirloom romaine type with crisp leaves and sweet flavour. Uniform heads are large and about 24 cm (10") tall, with deep green outer leaves and a creamy white heart. It is medium to slow bolting.  
**70 - 75 days H. \$3.50/600 seeds**

## RED FLAME LETTUCE

Introduced 1988 by Harris Moran, this loose-leaf lettuce has bright red 'flames'. Very early to mature and slow to bolt; a fast mover for markets demanding unique vegetables. Flame is a relatively recent introduction, however it is offered by only a few companies. We are happy to be one of them.

**60 days \$3.50/300 seeds**

## RED OAKLEAF 'GARNET'

Garnet is a fairly looseleaf lettuce with a tight heart. Green leaves tinged with red become darker red if grown in full sun or late in the season.

**50-60 days \$3.50/500 seeds**

## RED SAILS LETTUCE

Glossy red splashes of red over light shiny green leaves. An AAS winner in 1985. Slow to bolt and holds for a long time without getting bitter.

**66 days \$3.50/500 seeds**

## RED SALAD BOWL

A delicate tender loose leaf lettuce with lobed leaves like Green Salad Bowl but with red edges. Almost an oak leaf. Produces very well. Really lovely flavour and one of our favourites for a loose leaf lettuce. Slow to bolt.

**28 days baby , 55 days mature H. \$3.50/250 seeds**

## ROUGE D'HIVER RED

Beautiful, sweet romaine lettuce blotched with red, becoming totally deep, burgundy red in the fall. It glows in the sun. One of our favourites year after year.

**28 days baby, 55 days mature H. \$3.50/400 seeds**

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## ROYAL OAKLEAF

Loose leaf with bright green large rosettes of deeply lobed oak leaf shaped leaves and a delicate mild flavour. Slow to bolt. Very heat resistant long standing plants, of dark green leaves with thick midribs, never bitter when hot. Save some seeds for fall planting.

**28 days baby, 50-60 days mature \$3.50/300 seeds**

## TOM THUMB

Dating back to 1830, this Heirloom is the oldest American lettuce still in cultivation. Tennis ball sized heads are ideal for indoor growing, winter greenhouse, window boxes or wherever you desire to plant this very tasty lettuce with medium green butterhead leaves and creamy centres.

**50 days H. \$3.50 /approx 300 seeds.**

## VIVIAN

Vivian is a tightly bunched romaine, 30cm– 40cm (12-16 inch long leaves), 10-15cm (4-6 inches) across with broad dark green crisp leaves, bolt resistant, suitable for commercial growers. Erect dark green leaves are great for baby leaf production.

**28 days baby, 50 days mature \$3.50/300 seeds;**

## MELON



*Cucumis melo*

## CHARENTAIS

The sweetest, most aromatic melon variety, Charentais is the one most loved by the French. Amy Goldman says “Where Frenchmen disagree is on how best to serve it: Slightly chilled or not? Alone, savory with sliced ham, or saturated with port, muscat, or Ricard?” Fruit are faintly ribbed, with a smooth grey-green rind and orange flesh.

**H. 1920. 78 days. \$3.50/ approx 25 seeds.**

## HEARTS OF GOLD

Introduced circa 1895, this was one of the most popular cantaloupe type melons grown for market. Firm flesh, juicy, very aromatic and tasty. 1kg fruit.

**90 days H. \$3.50/40 seeds**

## HONEYDEW MELON (Green flesh)

A winter melon short on fragrance but rich in sweetness. Growing your own is a must as they are always picked unripe commercially. You will not be disappointed. Make sure you allow them to ripen on the vine.

**95-115 days H. \$3.50/35 seeds**

## JAUNNE CANARY MELON

An heirloom melon named for its bright yellow skin. White flesh is sweet and juicy. Very popular in Asian cuisines. Must be picked ripe to enjoy its exotic flavour. Tastes of Pineapple and pear. Known as a “winter” melon because of its late-ripening in the summer and long-storage life.

**95 days H. \$3.50/30 seeds**

## MUSTARD



*Brassica spp.*

### MIBUNA *Brassica rapa var nipposinica*



This unusual Japanese green requires very little preparation. It grows much like mizuna but with rounded leaves. Plants grow to about one foot tall and produce tight clusters of long, narrow, rounded dark green leaves with white stems. Enjoy its light, mild mustard flavour in a salad or as a side dish, lightly cooked and seasoned. The leaves are also excellent for pickling. Slow to bolt.

**40 days \$3.50/200 seeds**

### EARLY MIZUNA



*Brassica rapa (Japonica group)*

This Japanese, very mild mustard green is tasty and beautiful. Very deep cut leaves. Found in most salad mixes now.

**45 days H. \$3.50/400 seeds**

### PURPLE MIZUNA *Brassica rapa*



Mizuna has one of the most attractive leaves in the world of salad greens. This variety also has the extra zing of a purple tinged leaf. The colour is most pronounced in larger leaves. Mizuna is slow to bolt but also very cold tolerant. A member of the mustard family, it has a mild peppery flavour.

**40 days \$ 3.25/200 seeds**

## MIZUNA RED STREAKED

*Brassica rapa*

Deeply serrated green leaves, with red streaks that regrow rapidly after harvesting. It has a peppery flavour that is milder than Arugula. Replaces our Ruby Streaks. Gives lift and colour to salads.

**25 baby leaf, 45 days mature \$3.50/425 seeds**

## PURPLE WAVE MUSTARD

*Brassica juncea*

Purple Wave is a stabilized cross of Osaka Purple and Green Wave mustards. Frilly, textured leaves are purple-tinged with bright green stems. It has a strong flavour when mature that mellows when cooked. Grows to 45cm (18") tall and is cold hardy. Also great for microgreens and baby leaf. Even the flowers and seed pods are a spicy addition to your table.

**25 baby leaf, 45 days mature \$3.50/500 seeds**

## RED GIANT

*Brassica juncea*

This very tasty and ornamental mustard can be eaten at baby stage for mixes and salads and full grown as a very nutritional green. The more mature the plant the darker the colour and more intense the flavour. Equally at home in the edible and ornamental gardens with its dark red crinkled leaves and bright green midribs. Even the flowers and seed pods are a spicy addition to your table. When harvesting, leave a few new leaves to encourage new growth and future harvests; or harvest as full bunches.

**25 baby leaf, 45 days mature H. \$3.50/400 seeds**

## SOUTHERN GIANT CURLED

*Brassica juncea*

Large upright vigorous hardy plants, early curled type, spread of 18-24 in., large bright green leaves with crumpled frilled edges, mild but mustardy flavour, cold resistant, slow to bolt, can be sown spring or fall, for home or market gardens.

**28 baby leaf, 50 days mature H. \$3.50/325 seeds**



## TENDERGREEN MUSTARD

*Brassica juncea*

Grows well from spring until fall. An early maturing, flavourful, nutritious, mild mustard. Leaves are mild flavoured, smooth and dark green. Cook for its tender greens or use raw in salads like spinach. As easy to grow as it is rich in vitamins and minerals. Frost hardy.

**40 days H. \$3.50/200 seeds**

## OKRA



*Abelmoschus esculentus*

### BURGUNDY OKRA

This is a striking plant even in the ornamental garden. Burgundy pods follow mahogany red blossoms. The pods turn dark purple when lightly cooked. Pick pods 12 cm. (6") and under. Edible flowers.

**55 days E. H. \$3.50/50 seeds**

### CLEMSON SPINELESS

A no pain harvest for these delicious and productive okra. Best picked at 3"-4" for tenderness but will grow to 9" if not harvested frequently. Fry, put in soups and stews and also good pickled. Likes hot weather and full sun. Edible flowers.

**66 days H. \$3.50/50 seeds**

## ONION



*Allium*

### CIPOLLINI YELLOW *Allium cepa*

Yellow, squat, Italian-type onion. These are sweeter onions, having more residual sugar than garden-variety white or yellow onions, but not as much as shallots. The advantage to cipollinis is that they are small and flat and the shape lends them well to roasting. Store well. For bunching or braiding. Approximately 8cm (3") in diameter. Often expensive when found in specialty markets, growing them yourself is a wise decision.

**80 days \$3.50/325 seeds**

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in bulk? Please contact us directly:*

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## EVERGREEN BUNCHING ONION

*Allium fistulosum*

Very hardy bunching onion. Use like scallions for the greens mostly. It over-winters and multiplies even in our northern gardens. A must in the perennial vegetable bed. We don't have too many of those in zone 6.

**65 days H. \$3.50/250 seeds; \$12.00/15 gr.**

## TOKYO LONG WHITE ONION

These are delicious bunching onions with long, white stalks, they resemble slender leeks. Ideal for summer and fall harvests. 28-32 cm (14"-16") long white shanks.

**65 days H. \$3.50/200 seeds**

## WALLA WALLA

Large flattened onion hails from Walla Walla, Washington State via Italy about a century ago. Not for winter storage. Very sweet and mild flavour make them a favourite for fresh eating.

**150 days H. \$3.25/300 seeds**

## PEAS

*Pisum sativum*



## EDIBLE PODDED PEAS

### CASCADIA SUGAR SNAP



The dark green crunchy pods are 9cm (3.5") long and are juicy, and sweet. Borne on 60cm (24") tall plants. The white flowers are also edible. Cascadia peas are resistant to the enation virus and powdery mildew. Bred by Jim Baggett of OSU.

**67 days. \$3.50/7.3g approx. 35 seeds.**

### DWARF GREY SUGAR SNOW PEA

Introduced in 1892. Broad pale green, 3-4" edible pods are stringless and fiber-free. Perfect for steaming or stir-fry. Vines grow 50-60 cm (24-30") and do not require staking. Beautiful purple blossoms.

**60 - 75 days H. \$3.50/65 seeds**

## MAMMOTH MELTING SUGAR SNOW PEA



Heavy yields of 10 cm (4") pods on 1.5 metre (5 ft) vines. Grow well in cool climates. Start seed early for best yields. Sweet tender and stringless. Fusarium Wilt resistant.

**65-75 days H. \$3.50/50 seeds**

## OREGON SUGAR POD SNOW PEA



Doubly borne pods measuring 8-10 cm. (3"-4") long and 2.5 cm. (1") wide. This sweet and tender pea has multiple disease resistances. A very prolific producer on dwarf vines of 60-75 cm. (24-30") could still use some staking. Easy to pick, be sure to plant early when the soil is cool. Resistant to: Powdery Mildew, Fusarium Wilt, Pea-Enation Mosaic Virus, Pea Streak Virus.

**65 days \$3.50/60 seeds**

## PATIO PRIDE SNAP PEA



A new AAS selection winner for 2017. Super compact, super sweet and tasty. Where Tom Thumb is our compact shelling pea variety, this is a dwarf snap pea. Up to 30 pods per pant on 30cm (12") tall plants. Ideal for containers and hanging baskets.

**40 days from direct sowing. \$3.50/ approx. 35 seeds.**

## SUGAR DADDY SNAP PEA

Sugar Daddy is a stringless snap pea for a main season crop. Double pods for easy picking. These plants need little support. 8 cm (3") pods have thick flesh. Resistant to: Powdery Mildew, Pea Leaf Roll. 150-210 cm ht

**63 days \$3.50/ 60 seeds**

## SUMO SNOW PEA

Tasty pods measuring approximately 2 cm (1") wide. This sweet and tender pea was given to us by a customer at a Seedy Saturday event. She was very happy with the production and the flavour so we were happy to have it grown out by Eunice Miller. It grows well in our northern climate.

**60-70 days \$3.50/13 gr./Approx. 30 seeds.**

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## YELLOW SUGAR SNOW PEA

Collected at a market in India. Tall 180 cm plants with beautiful bi-coloured purple flowers and bright lemon-yellow pods. Best eaten when small, excellent for stir-fry. Seeds are tan with purple flecks, can be dried and added to soups. Edible-podded.

**60-70 days \$3.50/60 seeds**

## SHELLING PEAS

*Pisum sativum*

### BLAUSCHOKKERS BLUE PODDED

A beautiful climbing blue-podded pea that can be eaten as a snow pea but is best eaten as a shelling pea. Big, plump, and delicious. The bi-coloured purple flowers are also edible. Can grow to 180 cm (6').

**60 days H. (Holland) R. \$3.50/50 seeds**

### GREEN ARROW

This is a classic main crop garden pea. Prolific yields of 10-12cm (4-5") pods. Two pods on each stem for easy harvesting. Up to eleven delicious peas per pod. Plants are 60-80 cm (24-30") tall. Excellent for freezing. Resistant to Downy Mildew, Fusarium Wilt.

**68 days \$3.50/50 seeds**

### LINCOLN

A great tasting shelling pea that withstands the heat. Peas are a good crop for our northern climate. They like to produce early so plant in April as soon as the soil can be worked. This is a bush variety so does not need staking. 45 cm (18") tall. 8-10 peas per pod. Harvest continually to encourage further yields.

**65-70 days H. \$3.00/50 seeds**

### PROGRESS NO. 9

High-yielding and early, this heavy producer boasts 10-12 cm (4-5") pods with up to 9 sweet, plump peas in each, hence the name. Short vines about 50 cm (20") high. Resistant to fusarium root rot and wilt. Grow on a trellis or along a fence. Harvest continuously when ripe to encourage greater yields. Peas are high in B vitamins, important for heart health. Also high in antioxidants.

**58-65 days \$3.50/50 seeds**

## TOM THUMB

Dwarf Shelling pea that dates back to the 1800 in England. Selected over time for height, now grows to approx. 16 cm (8"). Excellent for container growing. Grow several for tabletop snacking.

**50-55 days R. H. \$3.50/50 seeds**

## PEPPERS

*Capsicum annuum*

Peppers prefer a scanty, even water supply, good drainage, full sun, and a long, hot summer.

**TIP:** Soak pepper seed in water overnight to speed up germination.

**NOTE:** Number of days is from transplanting

## HOT PEPPERS

### ANAHEIM

Delicious mildly hot flavour, excellent for roasting or frying; good yields of very large chili peppers. Sometimes known as New Mexico peppers. Eat green or red. Often dried in 'Ristras'.

**70-90 days H. \$3.50/45 seeds**

### ANCHO POBLANO

These hot peppers are very, very popular in Mexico. They are called Poblanos when fresh and green but Ancho once they are ripe and dried. Green peppers turn reddish brown. They are mildly hot with a sweet taste (100-2000 SHU). Can be roasted and stuffed for chili rellenos (don't forget to remove the skin after roasting). Dried, they can be ground for chili powder and added to mole sauces. We are very happy to finally have organic seeds for this pepper.

**80 days H. \$3.50/0.25 gr./approx. 20 seeds**

### BULGARIAN CARROT

Bright orange peppers look like small carrots hanging profusely from bushy plants. Quite hot, even though many sources rate them at 3-5000 SHU. We found them to be much hotter than that. The dried and ground peppers have a slightly smoky flavour. Delicious, productive and ornamental too. Plants grow to about 60-90cm (2-3') tall. We dry ours and grind for a piquant hot chili powder.

**70-90 days \$3.50/approx. 30 seeds.**

## CARROT BOMB

Bright orange round hot peppers with moderate heat. 4cm (1.5") in diameter. Dan Brisbois has been selecting these for years out of some Bulgarian Carrot peppers.

**80 days \$3.50/approximately 35 seeds.**

## CAYENNE PURPLE

Very like the common red cayenne but a little wider at the stem end. Glossy purple turns to red when fully ripe but can be eaten at any stage. Productive in a wide range of climates. The plants are about 60-90cm (2-3') tall and have white-purple flowers. Ornamental and edible. 30,000-50,000 SHU's

**70 days \$3.50/50 seeds**

## CAYENNE RED

These are seriously hot. Use fresh or dried. Make your own chili powder. The thin walls of the fruit are easy to dry. Produces many long, thin fruit.

**70-80 days \$3.50/ 45 Seeds**

## CHINESE FIVE COLOUR

The seed for this pepper is very rare. In fact, in 2005, we found it impossible to find due to a fire at our supplier's farm. But thanks to Reema from Dufferin Grove Farmer's market who overheard Colette telling a customer to bring pepper plants indoors for the winter for a continued harvest, we can offer this variety again. Reema followed our advice and with no other peppers to cross-pollinate, her plant produced peppers through the winter. When she heard that we couldn't find seed, she gave us some ripe red peppers. Our grower, Kim Delaney, grew them out in her greenhouse in the summer of 2005, so now we have our seed again thanks to Reema. Just goes to show the power of seed saving even in the city!! We grow the plants for seed saving now in our own greenhouse in Toronto.

**75 days H. R. E. \$3.50/50 seeds**

## EARLY JALAPENO

A traditional early strain of very hot, blunt 6 by 2 cm. (2 ½ by 1") peppers. They can be eaten when dark green, or wait until they ripen to a deep red. Plants are very productive. Try smoking some for chipotles.

**65 days green - 85 days red. \$3.50/40 seeds**

## ESPELETTE PEPPER

Deep red and mildly hot peppers produce profusely on stocky bushes. Approximately 10cm by 3cm (4" by 1") each. Plants grow to about 60-90cm (2-3') tall. We dry ours and grind for a slightly piquant paprika that goes into almost every savoury dish. Highly prized in France. It is a cornerstone of Basque cuisine and is used instead of black pepper. An annual pepper festival organized by Confrérie du Piment d'Espelette, held the last weekend in October since 1968, attracts some 20,000 tourists.

**80 days \$3.50 /approx 50 seeds**

## GOLD NUGGET

We grew this variety for the first time in 2015. They were just stunning plants. About 40-60cm (1.5-2') tall. Covered in dark green little peppers that mature to deep purple and finally golden yellow. The leaves also have quite a bit of variegation, green, purple and white. Ideal for fresh eating, pickling and drying. 80,000 SHU

**80 days \$3.50/Approx. 25-30 seeds**

## HABANERO ORANGE

*Capsicum cinense*

An extremely hot pepper and a key ingredient in Jamaican 'Jerk' sauce. Fruit is approximately 5 x 3cm (2 x 1 ½") and can be used fresh or dried. Provide row covers in cool summers to ensure ripening to orange. May be eaten green also. Can you take the heat!

**90 days \$3.50/30 seeds**

## HABANERO MINI WHITE

*Capsicum cinense*

150,000-325,000 SHU. That's hot folks! Very ornamental and edible too. Little white habanero peppers on bushy plants that grow to about 45 cm (18") tall. Fruit is 5cm (2") long by 2cm (¾") in diameter. They have a smoky flavour. Also, sometimes known as Peruvian White Habanero.

**90 days \$3.50/40-50 seeds**

*Human health is only as good as the  
land we grow our food on.*

*– A W. Erickson*

## **NEW FOR 2018!**

### **HO CHI MINH**

Ho Chi Minh cayenne pepper was brought to Minnesota by Vietnamese immigrants in the 1980's and given to Steven Schwen, a Minnesota farmer. It ripens from green to a smooth yellow when ripe. The heat really develops once the peppers reach 9-12cm (4-5 in.) Use fresh or try drying and grinding for a lovely yellow chilli powder. Up to 2 dozen peppers per plant. Start peppers indoors 8-10 weeks before last frost. Tip: Soak pepper seed in water overnight to speed up germination. 30,000 Scoville units.

**68 days \$3.50/approximately 50 seeds.**

### **HUNGARIAN HOT WAX**

Probably one of our favourite peppers for versatility and production. An abundant yield of smooth, tapering yellow-orange peppers. This chili pepper is great for pickling, roasting and frying or eating fresh in salads. Try stuffing with your choice of cheese and putting them on the Bar-B-Q. They start out light yellow and mature to red. Prolific even in zone 5.

**Yellow fruit at 60 days , 85 days to red**

**\$3.50/50 seeds**

### **JAMAICAN RED** *Capsicum chinense*

Hot pepper from the Caribbean, looks like a miniature space ship or baby squash. Pods grow on very compact bushy plants. It is a very prolific pepper with high yields. Good for containers Both edible and ornamental. 100,000 to 200,000 SHU

**90 days \$3.50/50 seeds**

### **JOE E. PARKER** *Capsicum chinense* *'Anaheim'*

This is a traditional style Anaheim chili pepper. Harvest green and use for stuffing with cheese. Roast for sauces or pizza toppings. Great in sandwiches too as there is just enough heat. You can also process for winter use. Has thick flesh with mild heat and excellent flavour.

**70 days green, 95 red. \$3.50/40 seeds**

### **LEMON DROP**

*Capsicum baccatum*

Also known as Aji Limon, this is a sturdy and tall pepper plant loaded with 5cm (2") long bright yellow peppers. They are hot and they are fruity. 15,000 – 30,000 Scoville units.

**H. 100 days. \$3.50/ approx. 30 seeds.**

### **PADRON**

The traditional frying pepper from Galicia Spain. This pepper is very popular and can be found in almost every tapa restaurant in the country. Though they say that some can be almost sweet, they become hotter as they mature to red. Pick them small and green for a mild pepper with the odd surprise whammy. Like a culinary Russian Roulette. Though usually eaten as a green pepper, they turn to bright red when fully mature. After seeding the ripe fruit, we dry the flesh and then grind for a bright orange chilli powder.

**H. 65-80 days \$3.50/approx. 40 seeds**

### **SERRANO**

A very hot pepper popular in Mexican cooking. For fresh eating in salsas, sauces, stews and soups. The plants are loaded with fruit which can be eaten green or red. Always hotter at the red stage as that's when they are fully mature. 10,000-20,000 SHU

**75 days \$3.50/approx. 30 seeds**

## **SWEET PEPPERS**

*Capsicum annuum*

### **ALMA PAPRIKA**

Very tasty peppers with thick, sweet/hot walls. The fruit ripen from yellow to red. Yummy addition to a salad. Stuff, sauté, or eat raw. Dry for your own paprika. Tender annual in our climate but produces well in our Canadian summers. High in Vitamins.

**70-80 days H. \$3.50/25 seeds**

### **ANTOHI ROMANIAN SWEET**

Jan Antohi was a traveling acrobat when he defected to the United States. 8 years later, in 1991, he went back to visit family and returned with the seeds for this heirloom sweet pepper. The plants are strong and produce early. Very, very productive plants with 5cm wide and 10 cm long tapered yellow fruit that ripen to red. Did we say productive? We freeze cleaned peppers for winter use. No blanching needed.

**53 - 78 days H. \$3.50/20-25 seeds**

*The Future is in the seeds.*

*– Unknown*

## CALIFORNIA WONDER

Introduced in 1928. We are amazed by the size and productivity of this pepper. Blocky green fruit turning to red. 60-75cm (24"-30") upright plants. Strong resistance to Tobacco Mosaic Virus.

**68 days green, 85 days red. H. \$3.50/45 seeds**

## CALIFORNIA WONDER GOLDEN

Beautiful, glossy orange bell peppers with thick, sweet walls and 3-4 lobes. 60-75cm (24-30") plant, 9-10cm (3-1/2 - 4") fruit. Very productive. Yummy addition to a salad. Stuff, saute, or eat raw. Tender annual in our climate but produces well in our Canadian summers. High in vitamins.

**\$3.50/50 seeds**

## CHINESE GIANT

Blocky sweet bell pepper with mild, sweet, thick walls and almost square shape. Approximately 12 by 10 cm (5 by 4"). These can be eaten green or savoured at their cherry red stage. An early producer makes it ideal for both the home gardener and the farmer. An heirloom pepper introduced in the USA in 1990.

**85 days to red. H. \$3.50/ approx 35 seeds**

## CHOCOLATE BEAUTY

Tender bell pepper ripens from green to dark chocolate brown, turning green again when cooked. Brown on the outside and green on the inside, they look really striking sliced into salads or fresh veggie platters.

**70-75 days \$3.50/ approx. 40 seeds**

## FIARIELO PEPPER

Fiarielo is the famous sweet frying pepper of Napoli Italy. Highly productive plants produce long cone shaped peppers that are fried or pickled but also delicious fresh. Sweet distinctive flavour. Can be eaten at the green or red stages.

**Rare, Heirloom 65-75 days \$3.5/ approx. 50 seeds.**

## JIMMY NARDELLO

Italian heirloom since 1887. This variety is one of the more productive, disease-resistant, and most widely adapted heirloom sweet peppers available. It does well in the North as well as the South. The fruits are multi-dimensionally sweet and intensely flavoured. It is a banana-shaped pepper excellent for drying, frying, freezing, raw, and relishes. Fruits are long thin-walled, and slightly curved, 2-3cm (3/4 - 1-1/4") at the shoulder and 12-20cm (5 - 8") long.

**80-90 days R. H. \$3.50/50 seeds**

## JUPITER

Large peppers have thick walls, 4 lobes and measure 10-13cm (4-5") long and 90 cm (3") in height. They are widely adapted and early for such a large bell pepper. Great for fresh eating, stuffing, and freezing. We use fresh frozen peppers all winter long. Slice in half, remove seeds, no blanching necessary. Resistant to Tobacco mosaic virus.

**65 days green, 75 days red. \$3.50/50 seeds**

## LIPSTICK

Very tasty, thick, juicy fruit are about 10 cm (4") long. They taper to a blunt point. Ripen to glossy red. Good for salads, cooking, salsas and roasting. Heavy yields even in cooler summers.

**53 days \$3.50/20-25 seeds**

## MARCONI GOLDEN ITALIAN

Extremely sweet, large golden fruit on this Italian heirloom. Fruit is up to 20 cm. (7") long and 9 cm. (3") at the shoulder. Use fresh, raw, fried or roasted. Try them on the Bar-B-Q.

**70-90 days H. \$3.50/ approx. 50 seeds**

## MARCONI ITALIAN RED

Extremely sweet, large red fruit on this Italian pepper. Fruit is up to 20 cm. (7") long and 9 cm. (3") at the shoulder. Use fresh, raw, fried, smoked or roasted. Try them on the Bar-B-Q.

**70-90 days H. \$3.50/50 seeds; \$7.00/120 seeds**

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updates and events.*

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## PIMENTO

Thick-walled and heart-shaped, very sweet pepper. May be eaten green or allow to mature to red. Eat fresh, pickle, stuff with cheese and bake, grill, freeze, or dry. So versatile. This variety is so very productive.

**90 days \$3.50/35 seeds**

## PURPLE BEAUTY

Tender bell pepper ripens from green to purple, turning green again when cooked. The flesh is thick and delicious. Purple on the outside and green on the inside, they look really striking sliced into salads or fresh veggie platters.

**75-80 days \$3.50/50 seeds**

## SHISITO PEPPER

Shishito is a small (6-9cm), sweet green frying pepper from Japan. The peppers can be fried but also roasted, grilled, pickled and eaten raw. The flavour is enhanced with cooking and will blister up nicely when cooked. Highly productive plants are suitable for both the garden and the greenhouse and also a great choice for container growing.

**Heirloom 65-75 days. 0.35g/approx. 50 seeds.**

## **NEW FOR 2018!**

## SWEET BANANA PEPPER

The Sweet Banana pepper has long been used for pickling and for general use. The plants are productive, bearing pale fruit that ripen to yellow and orange/red, 10-14cm in length and 5cm wide. The flavour is sweet and tangy.

**H. 65-75 days. 50 seeds**

## POTATOES



*Give us a call. 416-504-1653*



## PUMPKIN

### **BIG MAX** *Cucurbita pepo*

Huge pumpkins up to 150cm (70") around often weigh 100 lbs. or more. They need plenty of moisture, compost and space. Bright orange skin, bright yellow-orange flesh. Delicious for pies. Let only 1-2 pumpkins develop per vine for largest size. Mulch when plants are 3-5 cm (1 - 2") high.

**120 days \$3.50/21 seeds**

## CINDERELLA - ROUGE VIF D'ETAMPES

*Cucurbita maxima*

Really one of the prettiest pumpkins. Rouge Vif d'Etampe is a very old French heirloom introduced to North America in 1883 and documented by Vilmorin the same year. Quite flattened, with deep red/orange ribbed fruit. Flesh is excellent for purées and soup. Makes a whimsical fall decoration. Can weigh approximately 11 kilos (20-25lb)

**110 days H. \$3.50/21 seeds**

## HOWDEN'S FIELD PUMPKIN

Its uniformly round shape makes it ideal for carving Jack'O Lanterns and its thick, sweet solid flesh makes it perfect for pie as well! Developed by John Howden, this variety produces pumpkins up to 25 lbs that keep well and are suitable for the home garden as well as market growers.

**110 days. \$3.50/7g Approx. 21 seeds.**

## JARRAHDAL

*Cucurbita maxima*

We like this one for its beautiful blue/green, deep ribbed skin, rich flavour, long storage capability and its very decorative appearance. Mild, nutty, sweet flavour. Australian Heirloom.

**90-100 days H. \$3.50/21-25 seeds**

## LADY GODIVA

*Cucurbita pepo*

Named after the real Lady Godiva who rode naked through Coventry, this pumpkin is grown for its naked seeds. High in protein and oil. Very nutritious. Enjoy!

**100 days H. \$3.50/21 seeds**

## LONG ISLAND CHEESE

*Cucurbita maxima*

Tan coloured flattened round squash, resemble rounds of cheese. Ribbed skin, smooth flesh. Very beautiful. These once caused a bit of a flurry at the farmer's market table when we only had one left but several people wanted it. You will love it too. Heirloom introduced in 1807.

**90-100 days H. \$3.50/21 seeds**

*What is the one lesson the nature  
has taught you?*

## SMALL SUGAR PIE PUMPKIN

*Cucurbita pepo*

Make pies for Halloween from this delicious heirloom variety. Grow with corn and beans for a 3 sisters garden. Small, 2-3kg. (4-6lbs) perfect for the urban garden.

**105 days H. \$3.50/50 seeds;**

## WINTER LUXURY PIE

*Cucurbita pepo*

This is most likely the best tasting pumpkin in the world; smooth thick and silky flesh. Highly regarded by Amy Goldman in her book "The Complete Squash". The skin is orange with a fine netting over top. The handle is long and graceful. The earliest pumpkin to produce for us.

**95 days. H. \$3.50/approx. 15-18 seeds.**

# RADISHES



*Raphanus sativus*

## CHERRYBELLE RADISH

Very reliable red radishes with white flesh are quick to produce. Munch away!

**28 days H. \$3.50/200 seeds**

## CININNATI LONG SCARLET

Rare, heirloom radish dates back to the 1870's Long and tapered, the 12 cm (6") roots are a beautiful deep red outside with crisp, tender white flesh inside.

**25-30 days H. R. \$3.50/100 seeds**

## EASTER EGG RADISH

Globe-shaped roots in a delightful array of pink, red, lavender, scarlet and white. The interior flesh is crispy and mild. Kids will love to grow them.

**28 days \$3.50/200 seeds**

## FRENCH BREAKFAST RADISH

8-10 cm oblong, red radishes with a bright white tip. Date to 1800's in France. A favourite for home and market growers.

**25 days H. \$3.50/175 seeds**

## GERMAN GIANT RADISH

This is a large 10cm (4") round, red radish. They stay mild and crisp even when full sized. Good for salads & slicing. Start picking when marble sized or leave to fully mature.

**29 days H. \$3.50/100 seeds**

## PURPLE PLUM RADISH

Bright purple skin covers firm white flesh that stays crisp, sweet, and mild all season. Never pithy or hot; hardy and adaptable. Very pretty too.

**28 days \$3.50/200 seeds**

## SPARKLER RADISH

Like a round French Breakfast. It is quick growing and suitable for both early and late season planting. Crisp and colourful, radishes are always a treat. Begin harvesting when roots are almost an inch across.

**28 days \$3.50/200 seeds**

## WATERMELON RADISH

Striking fall radish with white skin, pink flesh, and slightly green shoulders. Called "Beauty Heart" in Chinese. Mild and crisp for fresh eating or cooking. Also great for winter storage. Plant in summer or early fall as spring planting will cause it to bolt in the heat. 4-6 cm (2-4") in diameter.

**40 days H. \$3.50/130 seeds**

## WHITE BEAUTY RADISH

White Beauty radish is round, white and 2.5-4 cm (1-1/2") in diameter. Cool, crisp and crunchy. The creamy white skin and flesh with the very dark green tops make this a striking bunching radish. Can be planted either spring or fall.

**28 days \$3.50/200 seeds**

## WHITE ICICLE RADISH

This is a slender radish resembling a miniature Daikon. 8-10cm (3-4") long with a mild and sweet radish flavour.

**27 days \$3.50/200 seeds**

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*Instagram: @ubarvest*

*Twitter: @ubarvestseeds*

# SPINACH



*Spinacia oleracea*

## BLOOMSDALE LONGSTANDING

Standard open-pollinated spinach. It has crinkled leaves, withstands cool soil temperatures and is slow to bolt. Plant in early spring or in late summer for a fall crop.

**40-48 days H. \$3.50/140 seeds**

## BUTTERFLAY

This is a very tasty, semi-savoyed and highly productive Spinach. The glossy, dark green leaves are a little larger than most varieties. It is both tasty and fast growing; and very important in our climate, slow to bolt. Ideal for spring and fall plantings. Plant in early spring or in late summer for a fall crop.

**45 days \$3.50/2.5g/approx. 160 seeds**

# SUMMER SQUASH



*Cucurbita pepo*

## BENNINGS GREEN TINT PATTY PAN

The original patty-pan, this very pretty, pale green scalloped squash is tender inside and out. One of the oldest summer squashes grown on vigorous 90-120cm (3-4') bushes. A really compact plant. Harvest when as small as 2.5cm (1") for steaming, ideal at 10cm (4") for stuffing.

**52 days H. \$3.50/21 seeds**

## ZUCCHINI COCOZELLE

An heirloom zucchini dating back to 19th century Italy. Cocozelle produces slender fruits with light and dark green stripes on smooth, thin skins. Pick when young to prolong harvest. Germinates more consistently than many other summer squash. Bush type is good for small gardens.

**45-65 days H. \$3.50/21 seeds**

## **NEW FOR 2018!**

## EARLY PROLIFIC STRAIGHTNECK

Bushy summer squash that produce numerous pale yellow fruits. As all zucchini they are best eaten at 20cm long or smaller.

**H. 50 days. \$3.50/ 25 seeds.**

## GIALLO DE ITALIA

Finally we have an open-pollinated yellow zucchini. Delicious and oh so pretty. Grow one of our green ones too if you aren't saving seed. Cook together for a very appetizing plate.

**55 days \$3.50/21 seeds**

## JAUNE ET VERT

French heirloom patty pan squash is pale yellow with green radial stripes. Some variation can occur in the colour. Highly regarded for their flavour and best eaten small but can also be baked when larger in the fall. Very productive.

**49 days H. \$3.50/21 seeds**

## RONDE DE NICE

Round, green summer squash with  speckling. Originally from the south of France. Harvest when they are a bit larger than golf balls or even larger to stuff with your favorite filling. Best flavour at 8-10cm (3-4") in diameter. Great for markets. Freeze well.

**52 days H. \$3.50/21 seeds**

## YELLOW PATTY PAN BUSH

A yellow bush squash producing many scallop shaped fruit. Smooth and flavourful. Very easy to grow. Disease resistant. Best picked small. Roast, fry, barbeque, or pickle.

**49 days \$3.50/35 seeds**

## ZUCCHINI BLACK BEAUTY

Semi-upright, glossy black-green fruits. Very tender, firm, creamy-white flesh; fine flavour, very early and productive. Dark-green when small, almost black at maturity, excellent freezer. Introduced in 1957.

**50 days H. \$3.50/21 seeds**

## ZUCCHINI, DARK GREEN

This variety is best picked small. Lovely flavour, firm flesh, prolific and very early. Try adding cranberries and walnuts to your zucchini bread!

**50 days H. \$3.50/21 seeds**

*Organic food is not a niche, it is  
part of the solution.  
- Amajit Schota*

# WINTER SQUASH

## BLUE HUBBARD

*Cucurbita maxima*

The flesh of the Blue Hubbard is deep orange, dense, starchy and has the nutty, sweet taste of a sweet potato. Introduced by the Gregory Seed Co. In 1909. The hard, blue-gray shell helps keep these for long periods in storage. Great variety for fall decorations as well as eating.

**110 days. H. \$3.50/approx 21 seeds**

## BURGESS BUTTERCUP

*Cucurbita maxima*

A favourite squash of ours. Dark green with deep orange, smooth flesh with a rich, sweet flavour. The first time I tasted this squash it had grown in a friend's compost up on Georgian Bay. We  adored the flavour and dry texture, so are happy to be able to offer it. Harvest when the stems becomes woody. Store dry. 3-4 fruits per plant.

**95 days H. \$3.50/21 seeds**

## DELICATA SQUASH

*Cucurbita pepo*

Lovely oblong, creamy yellow, bush type squash with green stripes really lives up to its name in flavour. Small enough for a city garden. Delicious stuffed or cut into slices and roasted. Good keeper.

**95 days H. \$3.50/30 seed**

## GOLD NUGGET

*Cucurbita maxima*

AAS 1966. Bushy plants produce approximately 6 per plant, all at the base. Small, round, orange fruit weigh 500-700g (1-1 1/2lb) with orange flesh. Good storage squash. Pick once skin is no longer shiny.

**85 days \$3.50/21 seeds**

## HOPI ORANGE

*Cucurbita maxima*

A red-orange winter squash; fruit are 4.5-7kg (10-15 lbs) each. A very, very tasty winter squash with dense flesh, ripening a little sooner than the hubbards. Good yields and storage. Resists squash bugs.

**H. \$3.50/30 seeds**

## HONEYNUT

*Cucurbita moschata*



Mini sized butternut winter squash. These minis are just as tasty as a regular sized butternut squash such as our Waltham's but they are the perfect size for one meal for two. They can be harvested and eaten when the skin is still green but will get a smooth tan colour if left in the garden or a warm place inside. Powdery mildew resistant. Bred by Cornell University's breeding program. They do great work by the way, in breeding for organic production. 10-13cm long. (4"-5").

**110 days to tan colour. \$3.50/Approx. 21 seeds**

## PINK BANANA JUMBO

*Cucurbita maxima*

Large--can weigh 4-15kg (8.5-33 lbs)--pink, banana shaped fruit. Fine flavoured, dry, sweet, orange flesh with superb taste. Large yields.

**105 days H. \$3.50/21 seeds**

## RED KURI

*Cucurbita maxima*

A red-orange Japanese winter squash; fruit are 2-4.5 kg (5-10 lbs.) each and teardrop-shaped. The flesh is very tasty. Good yields and storage.

**92 days H. \$3.50/30-35 seed**

## NEW FOR 2018!

### STELLA BLUE

*Cucurbita maxima*

A beautiful slate blue winter squash with orange dry flesh. This is a very tasty variety developed by Bill Renoylds a farmer and dedicated seed breeder. We received the stock seed from Angie Koch of Fertile Ground Farm. They produced very well for us in 2017 even though they were planted late and in a very wet summer. Highly recommended!

**\$3.50/25 seeds**

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## TABLE QUEEN BUSH

*Cucurbita pepo*

Table Queen is a green-shelled variety that resembles an acorn in shape. They are about six inches in diameter at maturity and very prolific. An early squash, its pale orange flesh is tender and sweet with excellent flavour. Great for baking, soups and steaming. Stores well. A true bush plant producing 3-8 fruits each. Introduced by the Iowa Seed Company in 1913.

**80 days H. \$3.50/35-40 seeds**

## TRIAMBLE *Cucurbita maxima*

A very rare variety that was imported from Australia in 1932. This pale green squash is lobed like a three leaf clover, making it highly unusual in appearance. They weigh about 4.5 kg (10 lbs) each and have sweet orange, fine-grained flesh. Excellent for storage.

**90-100 days H. R. \$3.50/21 seeds**

## VEGETABLE SPAGHETTI

*Cucurbita pepo*

A mild, sweet, vining squash that turns ivory yellow when ready for harvest. The oblong, football-like fruits weigh 1-2kg (2-6lbs), and have yellow-orange flesh that separates into strands when boiled or baked. It makes an excellent, more nutritious substitute for pasta.

**90 days H. \$3.50/21 seeds**

## WALTHAM'S BUTTERNUT

*Cucurbita moschata*

Exceptional yields and better flavour than many other butternuts. 1.5-2 kg (3-4 lb) fruit with very small seed cavity and so much more flesh per fruit. Sweet but never watery. Harvest when skins cannot be pierced with a fingernail. Deep orange flesh contains cancer-fighting beta carotene. Easy to peel with a potato peeler (a big plus in our opinion). Reliable, productive. long-keeper and the flavour improves with storage.

**105 days \$3.50/21 seeds**

*Meet us at the farmer's market!  
Check our website for days & locations  
WWW.UHARVEST.CA*

## HUSK CHERRY

### AUNT MOLLY *Physalis pruinosa*

Native of eastern and central North America. Can be used for preserves, pies, over ice cream, or in fresh fruit salads. The 1.5-2.5 cm (½-¾") fruits are encased in a papery husk that turns brown when the fruits ripen. Productive plants have a sprawling habit. Children love them too. It is a member of the tomato family but tastes much sweeter. Plants have lots of branches, are self supporting and look like small tomatillos. They often will self-seed in your garden.

**70 days H. \$3.50/ approx. 100 seeds**

### GOLDIE *Physalis pruinosa*

Goldie is a prolific producer of small round berries with a husk. Sweet and more and more popular at our farmer's markets. Children love them too. It is a member of the tomato family and bears golden berries. Plants have lots of branches, are self supporting, and look like small tomatillos. They will often self seed too. We have found them growing wild in Central Ontario on an old farmstead. They can be eaten raw, dried like raisins, frozen, or made into preserves and pies.

**70 days \$3.50/ 100 seeds**

## TOMATILLOS

### TOMATILLO GRANDE RIO VERDE

*Physalis ixocarpa*

Round, green in a papery husk. Used to make salsa in Mexico. Try sautéing or eating fresh in salads for their tangy taste. Harvest when paper husk turns tan and opens. Check our web site for a salsa recipe.

**70 days \$3.50/40 seeds**

### TOMATILLOS DE MILPA

*Physalis ixocarpa*

Round fruit with a purple blush, also used to make salsa in Mexico. Try sautéing, or eating fresh in salads for their tangy taste. Harvest when paper husk turns tan and opens. The more sun they get the more purple they will be. Not quite as tangy as green tomatillo.

**70 days \$3.50/40 seeds**

# TOMATOES



*Lycopersicon lycopersicum*

**Tips:** Be sure to put some manure or compost in the hole before transplanting your tomato seedlings. Tomatoes love well composted manure! Kelp enables strong cell growth for all your plants and carbonite gives them the calcium they so love. Don't mulch tomato plants until the soil has warmed up. A week or so before planting out your tomatoes, harden them off by leaving them outside in a sheltered spot for a few hours each day. Once they are ready to plant, bury the stem up to the topmost leaves. This will make for stronger plants that give higher and earlier yields. Companion plants for tomatoes: basil, chives, onions, parsley, marigolds, nasturtiums, carrots. Don't plant near potatoes, fennel, cabbage and broccoli.

## CHERRY TOMATOES

### BAXTER'S BUSH



Great vigor and productivity with fruit set even under adverse temperatures. Tasty fruit is firm and is resistant to splitting. 7 to 10 days earlier than most open-pollinated cherries; needs no staking. Ideal container plant.

**72 day. D. H. \$3.50/35 seeds**

### BI-COLOUR CHERRY

A mostly unknown cherry tomato variety with exceptionally flavoured fruits. Small cherry fruits, which ripen to a slightly translucent orange, with rosy blushes. Flavour is highly sweet, much like the Sun Gold, though with subtle differences. Fruits are borne in clusters. Vigorous plants need to be staked.

**70-75 days I. \$3.50/50 seeds**

### BLACK CHERRY

Plants produce a good quantity of purple/black cherry tomatoes that have the great flavour of all black tomatoes. A tall, vigorous plant that produces abundant crops of 2 cm (1") fruits. Fruits are irresistibly delicious. Try mixing with other cherry tomatoes.

**64 days I. \$3.50/35 seeds**

### BLONDKOPFCHEN CHERRY

The name of this heirloom means "little blond girl". Plant produces clusters of 20-30 very, very tasty gold/yellow 2 cm (1") cherry tomatoes. An all around favourite for taste.

**75 days H. I. \$3.50/35 seeds**

### BOGUS FRUCTA



Heavy yields of round red 4oz fruits early in the season. Attractive stocky dwarf plants never reach more than 60cm (2').

**65 days D. \$3.50/Approx. 35 Seeds**

### CHADWICK CHERRY

This is a delicious early cherry tomato with full-bodied flavour. It was named after Alan Chadwick, the originator of the bio-intensive method of gardening. Large for a cherry at 4 cm (1 1/2"). Borne in clusters.

**64-85 days H. I. \$3.50/35 seeds**

### GARDENER'S DELIGHT CHERRY

Big yields of crack resistant, extremely tasty 2 cm (1") red cherry tomatoes. They are borne on long clusters of 6-12 tomatoes.

**65 days I. H. \$3.50/65 seeds**

### GOLDEN CHERRY

These little yellow tomatoes are probably one of the best tasting open-pollinated yellow cherry tomatoes you'll experience. Very productive and vigorous; thin skinned and resistant to cracking. Sprinkle them on salads or pasta, partially dry for snacking all winter long. That will remind you of the sweet tastes of summer.

**65 days I. \$3.50/35 seeds**

### GREEN GRAPE CHERRY

This is an old-fashioned tomato, originally developed by the Tater Mater Seed Co. by crossing the Yellow Pear with Evergreen. The yellowish green fruits are borne in clusters of 6-12 and look like large Muscat grapes. Translucent pale-green on the inside. Bush habit. Early season.

**60 days I. \$3.50/35 seeds**

*Drop seeds not bombs.*

### MATT'S WILD CHERRY



A very old tomato, possibly an originator of the modern tomato. Very tall vines can grow to 300-400cm. (10-12'). Harvest an immense amount of delicious, very small tomatoes right up to frost. Like eating raspberries and often the first tomato from our garden. 1889

**70 days H. I. \$3.50/35 seeds**

### PEACEVINE CHERRY

Not an heirloom variety but we thought it a nice addition since we could all use a little more peace in our lives. Big clusters of delicious tomatoes, high in Vitamin C and gamma-amino butyric acid (a natural sedative). Harvest right up to frost.

**78 days I. \$3.50/35 seeds**

### RED CURRANT



*Lycopersicon pimpinellifolium*

South American species with sprays of tiny, sweet fruit on fast growing vines. Prune hard or let ramble. Very disease resistant.

**65 days H. R. I. \$3.50/35 seeds**

### RED PEAR CHERRY



Pear shaped cherry tomatoes with rich flavour. We have dried lots of these and look forward to putting them on pizzas and in breads for the winter. Good keepers. Tall vines are good for container planting.

**75 days H. R. I. \$3.50/35 seeds**

### RIESENTRAUBE CHERRY

Riesentraube, meaning 'giant bunch of grapes' is a German heirloom tomato with indeterminate vines. This is an extremely productive plant. Produces clusters of 20 - 30 pear-shaped 1" fruit with sharp point on blossom end. Good flavour.

**75 days H. R. I. \$3.50/35 seeds**

### SUNRISE BUMBLEBEE CHERRY

These little tomatoes are probably one of the prettiest open-pollinated cherry tomatoes you'll experience. Orange in colour pink to golden stripes. Very productive and vigorous. Sweet taste and resistant to cracking. They produced very well even in our cool damp summer. Sprinkle them on salads or pasta, partially dry for snacking all winter long. That will remind you of the sweet tastes of summer. Plant at least 4 weeks before the last frost.

**I. 70 days from transplanting. \$3.50/Approx. 50 seeds**

### TINY TIM CHERRY



Introduced in 1945, Tomato "Tiny Tim" is an unusually tiny plant, growing to only 30cm (12") tall so no staking is needed. Great for containers, hanging baskets, or window boxes. The fruit is juicy and has very good sweet/tart tomato flavours.

**60 days D. H. (English) \$3.50/35 seeds**

### WHITE CHERRY

Plant produces good yields of white cherry tomatoes. Tomatoes are very sweet and turn from white to pale yellow as they mature.

**74 days I. \$3.50/35 seeds**

### YELLOW CURRANT

*Lycopersicon pimpinellifolium*

Like our red ones but a sweet yellow variety. The currant tomatoes have changed very little from their wild forms.

**65 days I. H. \$3.50/35 seeds**

### YELLOW PEAR CHERRY

A prolific, tall vine of pear-shaped, yellow cherry tomatoes with mild, sweet flavour. One of our most popular tomatoes. Children love them. Try growing with Red Pear or Riesentraube.

**70-75 days H. I. \$3.50/35 seeds**

## SALADETTE TOMATOES

### JAUNE FLAMME

This is a beautiful heirloom from France resembling an apricot and of similar colour. Tomatoes are borne in clusters of 6-8 and the yellow-orange skin yields to beautiful red-mottled flesh inside. Delicious fresh and for slicing, this was a favourite in our garden. The taste was quite exquisite. The tomatoes are about the size of a golf ball so lend themselves easily to drying.

**70 days I. H. \$3.50/35 seeds**

### VIOLET JASPER

A little workhorse that stands out for its beauty and its productiveness. Violet skin with bright green stripes. Meaty 1-3oz fruit will keep on coming. Skin is a little thick. Great for shish-kabobs, in market baskets, cooked, dried, salsas and salads.

**65 days H. (Chinese) I. \$3.50/35 seeds**

## YELLOW PERFECTION

Really delicious yellow heirloom tomato originally from England. Approximately 5 cm (2") across. Thin skinned and juicy but low in acid.

**70 days , H. R. I. \$3.50/35 seeds**

## THE REST

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### AMISH PASTE

This is a heart shaped, feather-leaved paste tomato. Good flavour and great for canning and those deep and delicious slow cooked sauces that will bring summer to your winter table.

**85 days H. I. \$3.50/35 seeds**

### AUNT RUBY'S GERMAN GREEN

Aunt Ruby's German Green is a sweet, juicy tomato with a tart taste. This heirloom is a large beefsteak-type tomato, pale green in colour with a hint of yellow striping. They often weigh up to 1/2 kg (1 lb) and boast a deep, robust flavour. Fresh eating tomato on the Slow Food Ark of Taste for the USA.

**80 days I. H. \$3.50/40 seeds**

### BANANA LEGS

Yellow, paste-type fruit is 10 cm (4") long and 3 cm (1-1/2") in diameter. These tomatoes are meaty with few seeds and low acidity. Great for making a yellow tomato sauce, hot sauce, salsa or ketchup. Very prolific variety. Determinate, but will still need to be staked.

**75 days \$3.50/35 seeds**

### BIG RAINBOW

This is a large, yellow and red marbled tomato. Often reaching 1/2 - 1 kg. Smooth delicious, juicy and fruity flavour. It will become a favourite if you don't already know it. Great for slicing and eating fresh. As fruits ripen they have a rainbow appearance: greens on the shoulder, yellow, orange and gold in the middle, and red on the blossom end.

**80 days I. \$3.50/35 seeds**

## BLACK KRIM TOMATO

A tomato with tender skin and dark mahogany (almost black) flesh with greenish shoulders. Excellent rich, full-bodied flavour. From Krim in the Black Sea. This is always one of our favourites.

**80-95 days H. I. \$3.50/40 seeds**

## BLACK PLUM TOMATO

The 5 cm (2") plum shaped fruit have a rich and tangy tomato flavour. Juicy too with crack-resistant skin. Deep mahogany-brown fruit are very prolific. Great for fresh eating, sauce and drying. Originally from the Ukraine. This is one of our all time favourite small tomatoes. Delicious roasted with a little olive oil. Just like candy for the tomato lover.

**75 days I. H. \$3.50/35 seeds**

## BLACK PRINCE TOMATO

The Black Prince Tomato is known in Russia as "Czerno Prinz Tomat" and is among the most popular and best known of Black Tomatoes. Originally introduced from Irkutsk, Russia (in Siberia) some years ago and is typically regarded as a true Siberian tomato variety due to its outstanding qualities in northern climates. There is an abundance of lycopene in this prolific producer of medium sized, red-brown tomatoes with dark brown (black) shoulders. Rich, juicy taste.

**75 days I. H.R. \$3.50/35 seeds**

## BONNY BEST

Bonny Best Tomato bears an abundance of medium sized fruits, excellent for slicing, and canning. Highly recommended due to their very firm flesh and very few seeds. A real old fashioned tomato.

**75 days I. H. \$3.50/35 seeds**

## BRANDYWINE BLACK

Black Brandywine Tomato is a maroon-red coloured tomato with outstanding, sweet tomato flavour. Large and meaty. Possibly an accidental cross between a Pink Brandywine Tomato and either a Black From Tula or Cherokee Purple Tomato. Typically lighter in colour than other black tomatoes. Very reliable and productive. Regular leaf.

**75-100 days H. I. E. \$3.50/35 seeds**

*Meet us at the farmer's market!  
Check our website for days & locations*  
**WWW.UHARVEST.CA**

## BRANDYWINE RED

An outstanding dark, reddish-pink tomato that is considered by many to be the best tasting of all the heirlooms and the one that made heirlooms popular again. It is an old Amish variety that has large, juicy fruits which can grow up to ½ kg (1lb)

**80 days I. H. \$3.50/35 seeds**

## BRANDYWINE YELLOW

A large yellow brandywine tomato. Good, sweet flavour, producing 0.5-1 kg (1-2lb) fruit on potato leaved plants.

**90 days I. H. \$3.50/35 seeds**

## BREAK O'DAY

This bright red heirloom tomato is the result of a cross between Margobe and Marvana made in 1923 and released in 1931. It has very high yields that rival many hybrids. Tomato expert Dr. Carolyn Male calls it “a workhorse of a tomato” Smooth, round, blemish free fruit have that tangy old fashioned tomato flavour. Great for canning, fresh eating and slicing.

**75 days I. H. \$3.50/35 seeds**

## CASPIAN PINK

Originally from southern Russia between the Caspian and Black Seas. Thought by some to be “Queen of the Pinks,” this is a 1-2 pound, globe-shaped, pink-red beefsteak tomato, and is perfect for cooler climates. Great sandwich slicer but also makes a lovely light tomato sauce.

**80 days. I. H \$3.50/35 seeds**

## CARO RICH

Approximately 10 oz fruit that have no cracking, rich flavour and meaty orange flesh. One of our new favourites. Great for market sales too. Sweet, tart balance and REAL tomato flavour. Very productive.

**77 days I. \$3.50/35seeds**

## CHEROKEE PURPLE TOMATO

This plant produces good sized flattened and slightly pleated fruit with an orange/brown to chestnut colour. Great tart flavour! Good for cooking, salsas, sauces and great raw too. On the Slow Food Ark of Taste for the USA. Late season.

**90 days I. H \$3.50/35 seeds**

## COSMONAUT VOLKOV



This is an Ukranian heirloom named after the famous Russian cosmonaut. It is a prize-winning tomato with great flavour and productivity. 1 kg (2.2 lb) fruits are round and slightly flattened. They have a complex flavour with a nice acid/sweet balance. Disease resistant too.

**H. R. SD 72 days \$3.50/ Approx. 35 seeds**

## COSTOLUTO GENOVESE



A very delicious, tart Italian heirloom tomato from the Piedmont region. This is the home of Slow Food International. It has deep red lobes and hollow cavities inside. Great for slicing or cooking. It is a vigorous and productive variety. Resistant to verticillium and fusarium wilt. Not to be missed.

**80 days I. H. \$3.50/approx. 35 seeds**

## CZECH BUSH DWARF TOMATO

Sent to Ben Quisenberry in 1976 by Milan Sodomka of Czechoslovakia. Heavy yields of round 100-200 gr (4-6oz) red fruits early in the season. Attractive stocky plants may need a small stake for support. Excellent for containers.

**70 days D. H. \$3.50/35 seeds**

## DRUZBA



Bulgarian heirloom has exquisite taste and is an easy to grow main crop tomato. 10 cm (4”) juicy fruits are deep red, uniformly round and blemish free. Market gardeners will appreciate the high yields of perfectly formed fruit. Indeterminate plants are tolerant of foliage diseases.

**75 days I. \$3.50/ 50 seeds**

## EARL OF EDGECOMBE

When the 6th Earl of Edgecombe died in the 1960's, the heir to the title was a tomato lover and rancher living in New Zealand. He traveled to England to claim the title, and took this extraordinary tomato with him. The smooth, beautiful 3-inch round, mango-coloured fruits are perfectly globe-shaped, growing in clusters of two or more. Flesh is smooth, meaty and marvelous, with sweet, rich flavour, rather tropical and fruity.

**73 days I. H. \$3.50/35-40 seeds**

## EVA PURPLE BALL



Late 1800's heirloom from the Black Forest region of Germany. Does very well even in hot, humid summers. Smooth, round, pink fruits (ours were never really purple but did have a glow about them.) weighing 115 -140 gm (4 - 5 oz.) Excellent flavour. Disease resistant and blemish free. Mid-season.

**78 days I. H. \$3.50/35 seeds**

## GARDEN PEACH

Small 50 gm (2oz) delicate and meaty fruit. Peach colour outside. Hint of red inside. Very mild-sweet, low acid taste. Light fuzz on fruit and leaves. A very pretty tomato. Try making some peach tomato salsa. Mid-season.

**75 days I. H. \$3.50/40 seeds**

## NEW FOR 2018!

## INDIGO APPLE



Immature fruits show deep purple, almost black coloration, which is caused by high anthocyanin (an antioxidant). Ours produced medium to large beautiful tomatoes with about 6 per truss. The flavour far surpasses other black tomatoes we have grown. The green bottoms turn red when the fruit is ripe. Resistant to cracking and disease and cool weather tolerant.

**\$3.50/ 50 seeds.**

## GERMAN JOHNSON

Originally grown in West Virginia, this heirloom was one of the parent lines for another much loved heirloom: the legendary Mortgage Lifter. With pinkish-red skin and nearly seedless meaty, mild flesh, the large, lobed fruits weigh 350-675g (3/4-1 1/2 lb). A favorite variety for slicing or canning. Disease-resistant, indeterminate vines thrive in hot, humid areas.

**80 days H. I. \$3.50/35 seeds**

## GREAT WHITE

Large beefsteak type white tomato. Flesh is really pale yellow when ripe. Approximately 700g (1 1/2 lb) in weight. Exceptional for fresh eating, salads and sandwiches. Some fruit have a pink blush or streaks on their blossom ends and all ripen to pale creamy yellow with no cracking. Excellent, divinely sweet flavour. Meaty and juicy texture. Good yield. Regular leaf. Amy Goldman calls this the 'Greatest white surpassing all other whites combined for flavour.' Late season.

**85 days I. H. \$3.50/40 seeds**

## GREEN ZEBRA

This is a medium sized green striped fruit. Stripes turn yellow when ripe. Good tomato flavour and a perennial favourite with Urban Harvest customers. Fairly tart. Mid-season.

**80 days I. \$3.50/50 seeds**

## JAPANESE BLACK TRIFELE

Black Trifele features a mouth watering flavour and possesses an extraordinary richness. Unlike many other black varieties, the tomatoes are blemish free and are not subject to cracking. Originally imported from Estonia, Black Trifele is one of the very darkest black tomato varieties available. Pick when the shoulders are still green. Potato leafed variety.

**75 days I. H. R. \$3.50/40 seeds**

## KELLOGG'S BREAKFAST

A beefsteak-sized, orange tomato of complex flavour. An heirloom from the Kellogg family of Michigan. The plants produce many fruit 1/2 kg (1lb) or more in size. A slice will cover a large slice of bread with true tomato flavour.

**80 days I. H. \$3.50/40 seeds**

## MARIANNA'S PEACE

It is said that Marianna's Peace is among the 3 finest tasting tomatoes in existence. Creamy, dense, red flesh is intensely rich, with perfect sweet-acid balance, great old fashioned tomato flavour. Large 12 cm (5") fruit. Czech Heirloom from early 1900's.

**80 days I. H. \$3.50/35 seeds**

## MENNONITE TIFFEN

Originating near Tiffen Ohio. A Mennonite heirloom with outstanding flavour. Plants produce large deep pink 450-900g (1-2 lbs) tomatoes. Well worth growing. Will be hard to not eat before getting them into the kitchen.

**80 days I. H. \$3.50/35 seeds**

*Find us here:*

*www.ubarvest.ca*

*Instagram: @ubarvest*

*Twitter: @ubarvestseeds*

## MONEYMAKER

Money maker is an old English variety that remains very popular with home gardeners. Produces heavy crops of uniform fruit and excellent colour, smooth-skinned, bright scarlet colour; around 160 gr (5 oz) and are 4 to 5 cm (1½ to 2") in diameter. Also suitable for greenhouse growing.

**75-80 days I. H. \$3.50/35-40 seeds**

## MORTGAGE LIFTER

Kentucky family heirloom grown since the 1930s. In a trial of 25 Mortgage Lifter types, Halladay's produced the best crops of 450-900 gr (1-2 lb) pink beefsteak fruits. Exceptionally meaty and typically crack-free. Great old-fashioned tomato flavour. Fruit is juicy and sweet but with a good amount of acid balance.

**80-90 days I. H. \$3.50/35 seeds**

## MOSKVICH



Fruits are early, deep red, and cold tolerant. Rich flavour. Smooth and globe-shaped, 100-150g. (4-5 oz)

**60 days SD. H. \$3.50/45 seeds**

## OAXACAN PINK

First discovered in the state of Oaxaca Mexico. Pink, slightly flattened, medium to large fruit with great sweet/acid flavour. Disease resistant too.

**80 days I. H. R. \$3.50/40 seeds**

## OLD GERMAN

A Mennonite heirloom from Virginia, this tomato plant produces good yields of ½ kg (1 lb), very delicious. golden-yellow tomatoes with red and pink stripes. Replaces our Striped German.

**75-80 days I. H. \$3.50/40 seeds**

## PAUL ROBESON

A Russian heirloom, this tomato was named after Paul Robeson, opera singer, who was an advocate of equal rights for African Americans. He was much loved in the Soviet Union, and hence this tomato bearing his name. It is a black tomato, with dark green shoulders. Fruits weigh about 200 gr (1/2 lb). Excellent flavour is complex, sweet yet tangy, and rich. A very special black tomato for your collection. A favourite.

**74 days I. H. \$3.50/35 seeds**

## PERSIMMON



Large round, orange coloured fruits. Excellent flavour. This one will become a must have in your collection. Disease resistant.

**80 days I. H. R. \$3.50/35-40 seeds**

## PINEAPPLE

Huge meaty tomatoes look a lot like Old German. Deep orange with red streaks. Very, very good flavour and good yields for such a large tomato. Can weigh up to 900 gr (2 lbs)

**90 days I. H. \$3.50/40 seeds**

## PRUDENS PURPLE

A large, potato leaf variety. Pinkish/purple in colour, blemish free, excellent sweet flavour and few seeds. Easily rivals a Brandywine and much tastier.

**70-80 days I. H. \$3.50/35 seeds**

## PURPLE CALABASH

Purple Calabash tomato dates back to pre-Columbian Mexico. A beautiful, drought tolerant variety producing small to medium 6-8cm (2 1/2 to 3 inch), flat, deeply ruffled, dark-purple fruit. Intensely rich flavour. Crack resistant and stores well.

**85-90 days I. H. \$3.50/35 seeds**

## SASHA'S ALTAI

A sweet and juicy, red, mid sized tomato. Originating from Irkutsk, Siberia and brought to North America by Seeds Trust. An early season beauty grows blemish free and produces well even in cool summers.

**60 days I. H. R. \$3.50/35-45 seeds**

## ST. PIERRE

Really nice round red but slightly lobed slicer, 125-200 gr (4 - 6 oz.) fruit. Thick, meaty flesh with an excellent flavour, producing well in cooler growing regions right up to the frost. From Geza Korbely, Hungary, on St. Pierre Island in 1889. Mid season.

**80 days I. H. \$3.50/ 35 -45 seeds**

*Never underestimate the power  
of a planted seed ~ 100th seed*

## STUPEICE

This potato-leaf heirloom from Czechoslovakia is a cold-tolerant tomato that bears an abundance of very sweet, flavourful 5-7cm (2-2.5") deep red fruit. Has wonderful sweet/acid, tomato flavour. Good production. Very early.

**52 days I. H. \$3.50/35-40 seeds**

## SUPER MARMANDE

Large, firm, slightly ribbed red heirloom from France with superb taste. This semi-bush variety is easy to grow either in the greenhouse or outdoors, and requires minimal training. Grow in the garden and provide them with a sturdy stake to help support the weight of the extremely heavy fruit. Height: 150cm (5').

**70 days SD. H. \$3.50/35 seeds**

## TIGERELLA

A sweet, yet tangy and juicy, mid-sized tomato. Weighs approximately 125gm (4oz). Lovely in salads. It's rich red colour is striped with yellow. Sometimes called Mr. Stripey, but there is a beefsteak by the same name. An early season beauty.

**55-65 days I. \$3.50/35 seeds**

## VALENCIA

300 gr (10 oz.) orange fruits are good for cooler growing regions. Full, complex tomato taste, with a great balance of acidic and sweet. It is meaty and rich with few seeds. Originally from Maine but may have received its name from the orange of the Spanish flag. Uniform shape.

**75 days I. H. R. \$3.50/35-40 seeds**

## WAPSINICON PEACH



Named after the Wapsipinicon River in Iowa. Peach like very, very sweet tomato with very delicate flesh. 3-4 cm (1 1/2 -2") fruit on large vines. Keep producing buckets of tomatoes right up until frost. Disease resistant.

**78 days I. H. \$3.50/35 seeds;**

*Interested in prices for buying in bulk? Please contact us directly:*  
**GROW@UHARVEST.CA**  
**416.504.1653**

## WATERMELON BEEFSTEAK

Plant produces high yields of large pink beefsteak tomatoes. These are very flavourful and juicy. A heirloom variety dating back to the 1800's. Abundant crops of 500 - 900 gr (1 to 2lb), lightly-scalloped fruit with sweet, complex, juicy, big tomato flavours with perfectly balanced acidity. A great example of the "old-fashioned" beefsteak tomato.

**80 days H. I. \$3.50/35-40 seeds**

## SAUCE TOMATOES

### OPALKA PASTE TOMATO

This is absolutely one of the best tasting sauce tomatoes ever. Flavour is much richer and sweeter than other paste tomatoes, so delicious you can eat them right off the vine. Makes very good sauce that barely needs any other flavouring. The bright red, elongated 7-12cm (3 to 5") fruits are produced in clusters of 2 to 5 on vigorous, high-yielding plants that are originally from Poland.

**75 - 80 days I. H. \$3.50/35 seeds**

### OXHEART

We have enjoyed these Oxhearts so much over the years. Big, meaty yet juicy hearts. Great raw for sandwiches or for your favourite tomato sauce or soup. Very popular in Italy and we saw these all over the vegetable markets there. Will need to be staked. Late season.

**85 days. H.I. \$3.50/ approx 40 seeds**

### ROMA TOMATO

A very popular sauce tomato. Widely used as a whole canning tomato and for paste. Try cutting in half, sprinkle with salt and a drizzle of olive oil, then roast. Use fresh or roasted for sauce. Yum!! Fruit ripens uniformly.

**75 days H. I. \$3.50/35 seeds**

### SAN MARZANO PASTE TOMATO

Italian heirloom variety of good size, is a superior paste tomato. Best for canning and tomato sauce. The plant can bear up to 10-12 bunches of dry blocky fruit with easily removable skin. Tart taste best for cooking.

**80 days H. I. \$3.50/35 seeds**

## SPECKLED ROMAN

A striking red plum tomato with wavy orange stripes and a pointy tip. Delicious fresh or cooked, they are quite meaty with few seeds. Try cutting them in half, drizzle with olive oil and a little salt and roast at about 350 degrees. Taste just like candy. Makes fabulous sauce.

85 days I. \$3.50/30 seeds

## TURNIP



*Brassica rapa*

### GOLDEN GLOBE TURNIP

A tasty turnip with sweet, lightly golden flesh; fine flavoured. My Irish mother always steamed and mashed these with lots of butter for Sunday dinners. Nice mixed with potatoes too. Likes warm soil temperatures for germination.

55 days \$3.50/400 seed

### PURPLE TOP WHITE GLOBE

These are the turnips we ate as children in Ireland. A staple food there. Steam, bake, roast, mash with potatoes for a treat. They are nearly round, smooth, bright purple at top and white underneath. Best when 5-8 cm (2-3") across.

55 days H. \$3.50/350 seeds

## WATERMELON



*Citrullus lanatus var. lanatus*

### NEW FOR 2018!

### CREAM OF SASKATCHEWAN

A small yellow fleshed watermelon that was probably brought to Saskatchewan from Russia. It has a quite thin, dark green striped rind. You will find the flesh nice and sweet. It grows well in cool climates, weighing up to 3 kilos at 25cm in diameter.

\$3.50/25 seeds

### GOLDEN MIDGET

An interesting and very early watermelon for cooler climates. Yellow rind and rosy pink flesh make this a very pretty watermelon. The flesh is crisp and sweet. The leaves are green and yellow. Plants are compact and can be grown in small gardens and large containers. Great for home and market gardeners. Harvest promptly to avoid splitting.

70 days \$3.50/20 seeds

## MOON AND STARS

This is an unusual watermelon in that it has dark green skin with small yellow spots (stars) and a large yellow spot (moon). Foliage is also spotted. 18 kg fruit (40lb) in a long hot summer. Water well. Reddish pink flesh with great flavour.

88-90 days H. \$3.50/21 seeds

## SUGAR BABY BUSH



There are few seeds in this delicious, medium sized watermelon that is a perfect size for the urban garden and for a picnic. Sweet pink flesh inside and dark green skin outside. Sugar Baby Watermelon is an icebox type of watermelon widely adapted, produces an abundance of small 20-22cm (8-8-1/2") fruits. Did you know that watermelon is good for the kidneys? Introduced in 1955.

80 days H \$3.50/40 seeds

## TENDERSWEET ORANGE

Juicy orange flesh with white seeds. Very tasty and sweet as its name suggests. Oblong 45 x 30 cm (18 x12 " diameter fruits, medium-thick light-green rind with dark-green stripes, 15-18 kg (35-40 lbs), deep orange flesh, high sugar, white seed with black markings and tips, great market variety.

90 days \$3.50/21seeds

# HERBS

A – Annual

SA – Self-seeding Annual

B – Biennial

P – Perennial

## ANISE HYSSOP



*Agastache foeniculum*

The leaves and tiny lavender-blue flowers of anise hyssop smell and taste of anise, but its square stems and opposite leaves tell you it belongs to the mint family. The leaves look a bit like catnip, but larger. Herb lovers claim it as a culinary herb, using the fresh or dried leaves in tea and crumbling the tangy flowers over fruit salad. Bees are very attracted to the flowers

SA. \$3.50/100 seeds

## BASIL



*Ocimum basilicum*

### CINNAMON BASIL

This is our favourite. Originally from Mexico, it is a pretty basil with pink flowers and purple stems. Smaller dark green leaves retain their intense flavour even when dried. Bushy plants.

**A. \$3.50/200 seeds**

### DARK OPAL BASIL

Deep, purple-red leaves add a great touch to the herb garden. The darkest basil we have grown. Very tender to cold nights. A personal favourite of ours for an ornamental and a culinary treat.

**A. \$3.50/200 seeds**

### GENOVESE BASIL

The classic variety for pesto and all your Italian cooking. Good sized smooth green leaves.

**A. H. \$3.50/200 seeds**

### ITALIAN LARGE LEAF BASIL

Plant produces excellent yields of very flavourful and tender, large, 10cm (4") long, medium dark green, smooth leaves. Preferred by chefs because it is sweeter and less clove-like than other varieties. A very large leaf basil that will produce a large crop. Used in sauces, salads, and Italian dishes.

**A. \$3.50/200 seeds; \$5.00/1g**

### LEMON BASIL

Lovely lemon flavour is superb with fish dishes and in salads. It also makes a wonderful pesto. Try using several varieties of basil to jazz up your pesto inventions. A popular herb in Arabic, Persian, Indonesian, Laotian and Thai cooking.

**A. \$3.50/300 seeds**

### LEMON BASIL MRS. BURNS

The strongest scent of any lemon basil. Superb with fish dishes. It also makes a wonderful pesto. Try using several varieties of basil to jazz up your pesto.

**A. H. \$3.50/100 seeds**

### LIME BASIL

This one really has a distinct lime flavour and scent. Vigorous bushy plant. Try it with fish dishes, in salad dressings and Southeast Asian cooking and experiment with using it in Mojitos.

**A. \$3.50/200 seeds**

## SACRED BASIL – TULSI



*Ocimum sanctum*

This basil has medium sized leaves with a very strong clove scent. It is an adaptogen in Ayurvedic medicine. It was also used by the Romans and Greeks as a medicinal herb. Used mostly as a tea, it has a very calming effect. It is the hardiest of the basil, even withstanding light frosts. This basil is grown in almost every temple and home garden in India and will delight you as you brush against it on your own garden walks. Wonderful nectar source for bees.

**H. A. \$3.50/200 seeds**

### NEW FOR 2018!

### SIAM QUEEN THAI BASIL

A really striking basil with purple flowers growing in flat inflorescences. Stems are purple and leaves are deep green. Strong anise-liquorice flavour, great for stir fries, salads, fresh in Vietnamese noodle soups and in curries. Also dries nicely with good flavour for winter cooking.

**\$3.50/110 seeds**

### SPICY GLOBE BASIL

A bushy, compact basil with 1cm (1/2") very tasty leaves. It is a great container plant too. Almost every Spanish house has one of these on their kitchen windowsill.

**A. \$3.50/200 seeds**

### SWEET HIGH OIL

Sweet basil has a stronger aroma than Genovese due to its high oil content, but is otherwise very similar. Dries better for winter storage. Loves the sun but will do well in partial shade especially during that hot mid-day sun. Start seeds indoors 4 weeks before last frost or direct sow in the garden after all chance of frost has passed.

**A. \$3.50/150 seeds**

### SWEET THAI BASIL

A really striking basil with purple flower clusters. Stems are purple and leaves are tinged purple. Strong flavour, great for stir fries and Asian cooking; dries nicely.

**A. \$3.50/200 seeds**

## **BORAGE**



*Borago officinalis*

Edible, star-shaped blue flowers bloom throughout the summer. Contains calcium and potassium, tolerates poor soil and attracts pollinators. Full sun to partial shade.

**SA. H. \$3.50/50 seeds**

## **CATNIP**



*Nepeta cataria*

Not just for cat lovers - bees love it too. Soothes upset stomach, colic, flatulence. Used for fevers & bronchitis. Drought tolerant. Full sun, zone 5 – 9.

**P. H. \$3.50/75 seeds**

## **CHAMOMILE, GERMAN**



*Matricaria recutita*

Makes a gentle tea that aids digestion and sleep. Good for the skin and hair too. Prefers dry, sandy, well drained soil.

**SA. \$3.50/500 seeds**

## **CHIVES**



*Allium schoenoprasum*

These common garden chives add an onion flavour to your cooking. Try separating the purple flowers and sprinkle on salads or sandwiches. Chop and freeze the leaves for winter use. Sun to part shade.

**P. H. \$3.50/250 seeds**

## **CHIVES, GARLIC**



*Allium tuberosum*

This herb has a tasty mixture of chive & garlic flavours. White, edible flowers and flat strap like leaves. Prefers well drained soil in sun to partial shade. Can also be sprouted indoors for winter use.

**P. H. \$3.50/100 seeds**

## **CILANTRO/CORIANDER**



*Coriandrum sativum*

Contains vitamins A & C, calcium, potassium and iron. Used in love potions during the Middle Ages. Essential ingredient in all your salsas. Likes dry, light soil. **A. \$3.50/150 seed.**

## **DILL, BOUQUET**



*Anethum graveolens*

Common culinary herb that grows 45 to 60 cm (1.5-2') Very leafy. Yummy with yogurt and cucumbers. Use the flower heads for pickling.

**SA. \$3.50/200 seed**

## **DILL, MAMMOTH**



*Anethum graveolens*

This dill is a tall, sweet smelling plant. All parts of the plant are used. Leaves and both young and mature seeds. The flower heads put the dill in your dill pickles. Good companion plant to cabbages, onions, lettuce and tomatoes.

**SA. \$3.50/200 Seeds**

### **NEW FOR 2018!**

## **ELECAMPANE**



*Inula helenium*

Elecampane is a member of the same plant family as the sunflowers and ragweed, native to southern and eastern Europe but naturalized around the world. It is named after Helen of Troy, who carried the flowers with her when Paris abducted her from Sparta. The (6- to 8-foot) 200-250 cm tall plant has large, pointed leaves with downy gray undersides, and yellow summer flowers. The parts used are roots and rhizomes dug from 2- to 3-year-old plants, dried and cut. Attractive to bees and other pollinators. Usually taken as a tea. Added to cough syrups, expectorants, herbal diuretics, pain remedies.

**\$3.50/50 seeds**

## **FENNEL, BRONZE**



*Foeniculum vulgare*

This is a non-bulbing fennel with stunning bronze coloured leaves. Veritably glows in the garden. Adds colour and flavour to salads and dips. Can be used as an ornamental or culinary herb. 25 days for baby, 55 for full size.

**SA. \$3.50/250 seeds**

*Before the seed, there comes the thought of bloom. - E. B. White*

## LEMON BALM



*Melissa officinalis*

Lemon balm is a perennial herb in the mint family, native to southern Europe and the Mediterranean. It grows 70-150 cm (28"-60") tall. The leaves have a mild lemon scent. It can be aggressive, so best to harvest if often and take advantage of its stress reducing properties and drink it hot or cold. Its flowers are a great nectar source for bees, hence the genus name *Melissa* (Greek for 'honey bee').

**P. H. \$3.50/100 seeds**

## LAVENDER, ENGLISH



*Lavandula angustifolia*

This one has a beautiful scent and an elegant form. Fast growing, long blooming, long lived, hardy. Fragrant ornamental with lavender- blue flowers. It is also culinary and medicinal. Drought tolerant. Full sun, zone 5 - 8.

**P. H. \$3.50/ 150 seeds**

## SWEET MARJORAM



*Origanum majorana*

Marjoram is native to North Africa and Southeast Asia and has become naturalized in the Mediterranean region. The Greeks called this plant "joy of the mountain". Precious to Aphrodite, goddess of love. It is an essential soup herb. Great with chicken and fish but adds a richness to vegetarian dishes too. For culinary use it is best used just before flowering but it is very ornamental if allowed to flower and the flowers dry very well.

**A.H. \$3.50/ 500 seeds**

## KOREAN MINT



*Agastache rugosa*

Hardy plants with thick heart-shaped 2" leaves that blush purple during their ideal salad phase. Harvest continually by the leaf or stem tips for light use in salad mix, or cut in bunches as you would . Also a much regarded tea herb. Purple flower spikes follow the tender eating stage, One of the top 10 herbs in Traditional Chinese medicine. Migrating birds relish oily seeds from unharvested seedheads. Bees are very attracted to the flowers. Grows in clumps, does not spread by runners. Hardy zone 4-9.

**H. \$3.50/approx. 100 seeds**

## NASTURTIUM



See FLOWERS

## OREGANO

### GREEK OREGANO

*Origanum heracleoticum*

Native to Greece and Turkey, oregano grows throughout the Mediterranean to central Asia and North America. This variety is the most flavourful oregano.

**P. H. \$3.50/ 1000 seeds**

### ITALIAN OREGANO

*Origanum vulgare*

Italian oregano is a close relative of Marjoram but has a gentler, sweeter flavour. It's widely used in Liguria to flavour savory pies, pasta sauces and seafood dishes. Floral wreaths of this herb were very commonly worn by couples at both Greek and Roman marriages, and were to symbolize their joy.

**Tender P. H. \$3.50/ 1000 seeds**

## PARSLEY



### MOSS CURLED PARSLEY

*Petroselinum crispum crispum*

Dark green, very curly parsley. Very tasty, compact habit. A new favourite of chefs. Full sun to part shade.

**Tender B. \$3.50/ 600 seeds**

### ITALIAN GIANT PARSLEY

*Petroselinum crispum neapolitanum*

Flat leafed Italian variety with strong flavour. Indispensable in the culinary garden. Prefers rich, well drained soil.

**Tender. B. H. \$3.50/ 300 seeds**

## SAGE



### GARDEN SAGE *Salvia officinalis*

One of the most important herbs in the herb garden. Prefers well-drained soil. Full sun, zone 5 - 9, drought tolerant.

**P. H. \$3.50/50 seeds**

**NEW FOR 2018!**

## **SPILANTHES**



*Spilanthes acmella*

Spilanthes or Toothache plant is native to South America so grown as an annual in Canada. Low growing hardy plants have deep green leaves and bright yellow button like flowers. They are happy in full sun to partial shade and make good border plants, flowering from mid-June till hard frost. Chewing on a leaf or flower will have a numbing effect on the mouth and hence the name Toothache Plant.

**A. \$3.50/approx. 50 seeds**

## **ST. JOHN'S WORT**



*Hypericum perforatum*

Yellow flowers on multi-branched plants. Flowering tops are medicinal. A nervine, anti-depressant, anti-inflammatory. We like to soak the blossoms in olive oil. Watch it turn red. Makes a lovely massage oil. Memories of past summers. Prefers poor, quickly draining soils in full sun. Needs light to germinate, so sprinkle on a sandy soil surface. Plant outside 60 cm (2') apart.

**P. \$3.50/approx 200 seeds**

## **STINGING NETTLE**



*Urtica dioica*

Wear your gloves to pick this herb. Important spring tonic, once cooked or dried it loses its sting. Soak the plant in water and cover outside for several days to make a powerful compost. Use for your garden. The plant supports the whole body and adds nutrients to the soil. High in chlorophyll, Vitamins A and C and potassium. Tomatoes love nettle tea. One of our top ten herbs as a must for your garden. **SA. H. \$3.50/100 seeds**

## **SORREL, GARDEN**



*Rumex acetosa*

Perennial, native to Eurasia. Long broad green leaves used for soups and salads Very popular in French cooking. Easy to grow and very hardy.

**P. H. \$3.50/150 seeds**

## **ENGLISH THYME**



*Thymus vulgaris.*

This thyme is native to the western Mediterranean area, and now widely cultivated throughout temperate zones. It is a good companion plant for eggplant, potatoes, and tomatoes. Repels cabbage worms.

**P. H. \$3.50/400 seeds**

## **TOBACCO**



### **VIRGINIA SMOKING TOBACCO**

*Nicotiana tabacum*

Native. This is a very mellow smoking tobacco that matures readily, even if the summer is cool or the growing season short. Pink flowers 150 cm (5').

**A. H. \$3.50/50 seeds**

## **VIOLA**



*Viola tricolor*

So cheery with edible dark purple and yellow flowers and leaves. Good for the skin, lungs, heart and urinary system. Partial shade.

**SA. H. \$3.50/100 seeds**

**NEW FOR 2018!**

## **WORMWOOD**



*Artemisia absinthium*

The bitter leaves were an important ingredient in absinthe, vermouth, and other liqueurs. It has great reputation for stimulating the appetite and improving digestion and is one of the oldest known remedies for worms. The plants are about 3 feet tall with soft grey green aromatic leaves. We love to brush against this while working in the garden.

**H. P. \$3.50/100 seeds**

## **YARROW**



*Achillea millefolium*

One of the 'must haves' in any garden. Builds the immune system of plants growing around it. Great for the bronchial system. Tea and medicinal plant. Attracts pollinators. Makes a great herbal ground cover if mown regularly.

**P. H. \$3.50/150 seeds**

# FLOWERS

A – Annual

SA – Self-seeding Annual

B – Biennial

P – Perennial

## AMARANTH

### ELEPHANT HEAD *Amaranthus gangeticus*

This heirloom was brought to North America from Germany in the 1880's and so named because the huge flower heads often take on the appearance of an elephant's trunk. The tiny seeds are edible popped or ground into flour. The young leaves can also be steamed as an early summer green. 120-150cm (4-5 foot plant); 25-50cm (10-20 inch) flowers. Full sun. **A. H. 75 days. \$3.50/ approx 250 seeds.**

### RED GARNET *Amaranthus caudatus*

Beautiful bright fuchsia-red plants are brighter than most amaranths. Can be used as a cooked green, allowed to flower for a dramatic display in the garden or allowed to go to seed and used as a grain. You can even just let the birds feed themselves from your plants. A stunning addition to the edible flower garden.

**A. H. \$3.50/ 500 seeds**

## BACHELOR BUTTONS

### POLKA DOT *Centaurea cyanus*

Bachelor Buttons are drought tolerant annuals, native to Europe. The plants are multi-stemmed, producing many bright flowers in shades of blue, pink, white and lavender. Leaves are covered with small white hairs which causes the plant to have a blue-gray appearance. Important nectar source for bees. Butterfly plant. Looks lovely with poppies. Dries well too. Edible flower. Height 40-60 cm. Plant out in early spring when soil is still cool.

**SA. H. \$3.50/50 seeds**

## BORAGE

SEE HERBS

## CALENDULA



### ORANGE *Calendula officinalis*

Such a cheery and reliable flower in the medicinal and herb garden. This Calendula is the closest to "Alpha" which we used to offer. It has deep orange, edible flowers also used in natural cosmetics and medicinals. Blooms past the last frost. Loved by pollinators.

**\$3.50/1g/approx. 90 seeds**

## CORNFLOWER

### BLUE CORNFLOWER *Centaurea cyanus*

Cornflower or 'Bachelor Button' is a drought tolerant annual, native to Europe. The plant is multi-stemmed, producing many bright blue flowers. Leaves are covered with small white hairs which causes the plant to have a blue-gray appearance. Important nectar source for bees. Butterfly plant. Looks lovely with poppies. Dries well too. Edible flower. Height 60-90 cm. (24-36"). Plant out in early spring when soil is still cool.

**H. SA. \$3.50/50 seeds**

## COSMOS

### COSMOS PURITY *Cosmos bipinnatus*

This is a hard to find pure white Sensation-type cosmos. Ferny foliage and graceful pure white flowers up to 10 cm (5") in diameter. Great for cutting.

**SA. \$3.50/40 seeds**

### COSMOS SENSATION MIX

This variety of cosmos has been popular since 1936. 90-150 cm (3-5') bushy plants with feathery foliage have pink, red, purple and some white flowers. Great for cutting. Loves the sun and very easy to care for.

**SA. \$3.50/Approx. 50 seeds.**

## ECHINACEA PURPUREA

A medicinal flower, purpurea is the easiest to grow of all the echinaceas. Does best in rich soil and full sun to dappled shade. Harvest roots in the fall after the plants are at least 3 years old. Leaves, flowers and seeds can also be used medicinally without waiting for 3 years. The plants can be divided at that time. Adored by butterflies! Zone 3-8

**P. \$3.50/0.3g/approx. 75 seeds**

## **BACK IN 2019** **PURPLE FOXGLOVE**

*Digitalis*

## **LARKSPUR**



### **IMPERIAL SALMON SPIRE**

*Delphinium elatum*

Big fully double blooms, very intensely coloured, vigorous plant to 1-2 metres tall that blooms quickly from seed. The blooms open from the bottom of the spire up, so the top is still in bud while the bottom is in full flower giving you weeks of colour from every spike. Very good choice for dried flowers and for fresh cutting with a productive branching habit. Sow seed in early spring in cool soil or place in damp paper towel in the fridge for 2 weeks. Flowers July to October. Cut flower. Full sun to part shade.

**NOT EDIBLE - POISONOUS.**

**A. \$3.50/ 50 seeds**

### **WHITE LARKSPUR**

Big fully double white blooms on vigorous plants to 1-2 metres tall, that blooms quickly from seed. The blooms open from the bottom of the spire up, so the top is still in bud while the bottom is in full flower giving you weeks of colour from every spike. Very good choice for dried flowers and for fresh cutting with a productive branching habit. Sow seed in early spring in cool soil or place in damp paper towel in the fridge for 2 weeks. Annual, flowers July to October. Cut flower. Full sun to part shade.

**NOT EDIBLE - POISONOUS.**

**\$3.50 50 seeds**

## **BACK IN 2019** **LUPINS**

*Lupinus perennis*

## **MARIGOLD**



### **AFRICAN DARK ORANGE MARIGOLD**

*Tagetes spp.*

This is the tall African marigold with orange flower heads on one of the most popular garden companion flowers. The distinctive scent repels animals. Great companion plant too. Sow near tomatoes and cucumbers. Flowers summer to autumn.

**85 days. A. H. \$3.25/60 seeds**

## **NEW FOR 2018** **FRENCH MARIGOLD**

*Tagetes patula*, the French marigold, is a species in the daisy family (Asteraceae) It is native to Mexico and Guatemala but is found all over the world. The flowers are edible and are sometimes ground into a powder as a substitute for saffron. We love their cheery faces in the vegetable garden. In shades of yellow to orange to burgundy. We even like their smell though they do deter nematodes. Beneficial companion plant. They love the sun and are very easy to care for. Flowers summer to autumn. Attracts beneficials. Full sun. Edible.  
**\$3.50/125 seeds**

## **MARSHMALLOW**



*Althaea officinalis*

This charming plant is native to Europe and was brought to North America as a medicinal plant. It has downy soft, grayish- green, velvety leaves that you will want to touch over and over again. It likes moist to dry soil but does very well in the average garden. Blooms August to October; 60-120 cm tall (2-4') with pale pink blossoms 6 cm across.

**H. P. \$3.50/30 seeds**

## **MEXICAN TORCH**



*Tithonia rotundifolia*

Beautiful 8-10cm (4"-5") blooms on 120 cm (4') tall plants. Glowing orange Zinnia like flowers attract butterflies and hummingbirds. Blooms mid summer till the frost. Likes it hot and dry like its homeland.

**H. A. \$3.50/40 seeds**

## **NASTURTIUMS**



### **TRAILING NASTURTIUM**

*Tropaeolum majus*

These cheery flowers are both edible and ornamental. Flowers & leaves add a peppery bite to salads. Anti-microbial, high in vitamin C. Climbs or rambles.

**A. \$3.50/21 seeds**

### **DWARF JEWEL NASTURTIUM**

*Tropaeolum minus*

As above but with a more compact habit. Full sun,

**A. \$3.50/ approx. 21 seeds**

## NICOTIANA, JASMINE

*Nicotiana glauca*

Pendulous white flowers on 90-120 cm (3-4') tall plants. The plants give generously of their delicious scent at night. Easy to grow. Try planting by our Velvet Queen Sunflowers for a stunning display.

**A. \$3.50/ 200 seeds**

## NIGELLA BLACK CUMIN

*Nigella arvensis*

Native to the Middle East. The blue and white flowers dance amongst a cloud of ferny, green leaves. Edible seeds are eaten as a tasty, perfumed condiment in rice dishes and confections. Medicinally, nigella is used for treating indigestion, appetite loss, parasites, water retention and fever. Full Sun.

**A. \$3.50/ 50 seeds**

## PHACELIA

*Phacelia tanacetifolia*

Pale, mauve-blue, fragrant flowers unfold like ferns at the top of long leafy stems and attract bees from miles around. Plant every 3 weeks to ensure a long blooming period. A truly wonderful pollinator plant. A good companion plant to all the cucurbits. ie cucumbers, melons, squashes. Phacelia can not only attract bees but can also help to boost the numbers of predatory insects that can help to control sap-sucking pests like aphids. Grows to 23cm (9") in full sun or part shade.

**A. \$3.50/ approx 225 seeds**

## POPPIES

Direct seed in late autumn or early spring. Self seeding.

### **ANGEL WINGS POPPY** *Papaver rhoeas*

Silk like poppies on nodding stems in iridescent colours including lilac, peach, pink and white. Flowers June to September. Full sun to part shade. Seeds require darkness and cool temperatures to germinate. Grows to 35cm.

**SA. \$3.50/300 seeds**

*Find us here:*  
[www.ubarvest.ca](http://www.ubarvest.ca)  
*Instagram: @ubarvest*  
*Twitter: @ubarvestseeds*

## CALIFORNIA ORANGE POPPY

*Eschscholzia californica*

California orange poppy is native to western North America. Early Spanish settlers called it cup of gold after the legend that the orange petals, turning to gold, filled the soil with the precious metal. They are considered to be a sedative, analgesic and antispasmodic and used for the treatment of anxiety and to induce sleep in patients affected with insomnia. This is an annual poppy so save the small seed heads and scatter again the following year. Flowers June to September.

**SA\$3.50/100 seeds**

## FLANDERS/CORN POPPY

*Papaver rhoeas*

Next to California poppy, this is the most vigorously self-seeding of the poppies. Used in Europe as a gentle sedative. It fills the fields around the Mediterranean basin every spring with its bright red/orange blossoms. Looks particularly nice growing with Blue Cornflowers.

**SA. \$3.50/100 seeds**

## **JIMI'S PURPLE HAZE POPPY**

*Papaver somniferum*

This is such a beautiful flower, it is a must in the ornamental garden. Very delicate lilac jagged petals above coarsely-cut grey leaves. Hardier than most other varieties. Approximately 60 cm (2') tall. Flowers: June to September Full sun .

**SA. \$3.50/ 175 seeds.**

## **PIERROT POPPY** *Papaver rhoeas*

Silky scarlet petals form 7cm (3") diameter flowers with four large black markings in the center. Adds a vibrant splash of color to beds and borders and at 30-60cm tall are taller than our Flanders Poppy. These flowers have long, wiry stems over light green, ferny foliage. May naturalize in mild climates. Prefers poor soil. Self seeding annual.

**SA. \$3.50/150 seeds**

## **PESHAWAR POPPY**

*Papaver somniferum var. album*

Cultivar from Persia flowers early and makes large, elongated pods. For best results, plan the planting of poppies so that they germinate and grow during cool, moist weather and flower and make seed during hot, dry weather.

**SA. \$3.50/200 seeds**

## SUNFLOWERS



*Helianthus annuus*

### AUTUMN BEAUTY SUNFLOWER

Autumn Beauty is a lovely sunflower with a branching habit. You will get multiple flower heads on each plant. Flowers bloom over a long season in a variety of autumnal shades. An excellent cut flower. 150-210 cm. (5-7'). Direct sow as sunflowers do not like transplanting.

**A. \$3.50/45 seeds**

### LEMON QUEEN SUNFLOWER

Pointed lemon-yellow petals with a chocolate brown centre. Great cut flowers. Plants are multi-branched and grow to about 2 M (6.5') tall.

**A. \$3.50/35 seeds**

### ORNAMENTAL MIX SUNFLOWER

A variety of colours, sizes and heights, single and multi-headed types make up this mix. There are a wide variety of shapes and sizes for cutting. Dried flower heads can be hung in the garden for the birds.

**A. \$3.50/approx. 30 seeds**

### RUSSIAN MAMMOTH

This is the famous giant of the flower garden. Grow it for yourself or the dried flower heads can be hung in the garden for the birds. Large striped seeds are delicious. Height of 360 cm (12') can be reached if given lots of compost.

**A. H. \$3.50/50 seeds**

### TEDDY BEAR



A dwarf sunflower suitable for growing in containers or in garden beds. The blooms are very full and 'shaggy'. Unlike other sunflowers except in its deep yellow colour. Plant outdoors in May. 60-90 cm (2-3') tall.

**A. \$3.50/35 seeds**

### VELVET QUEEN SUNFLOWER

A dark burgundy, velvet sunflower with 10 cm (5") blooms. It has many branches and strong stems. This one really stands out. 150 cm (5'). They are a truly beautiful and unusual sunflower.

**A. \$3.50/30 seeds**

## SWEET PEA



*Lathyrus odoratus*

### NEW FOR 2018!

#### MAMMOTH

This early-flowering variety can withstand heat and drought very well. A mix of deep rose, rose pink, salmon, scarlet, white, lavender, medium blue, and deep burgundy flowers on long stems produce well into the summer. Attracts hummingbirds. Full sun.

**80-90 days. A. \$3.50/50 seeds**

### NEW FOR 2018!

#### OLD SPICE

The old fashioned scent of this sweet pea is so appealing. Mixed colours of pink, purple, blue and white blossoms make wonderful cut flowers. A small bunch will scent a whole room. Full sun.

**A. \$3.50/30 seeds.**

#### PAINTED LADY

Very fragrant rose and white flowers on 30 cm (10") stems. Dreamy scent fills a room from just a few blooms. Good heat tolerance unlike some sweet peas. Earliest to bloom. Plant in March or April while the soil is still cool

**A. H \$3.50/ 21 seeds**

### NEW FOR 2018!

#### ROYAL FAMILY

Large and very fragrant lavender and white, pink, purple and blue flowers on long stems. Dreamy scent fills a room from just a few frilly blooms. Good cut flower.

**80-90 days. . A. \$3.50/ 35 seeds.**

## ZINNIA



*Zinnia spp.*

### CALIFORNIA GIANT

A lovely mix of many coloured blossoms, pink, red, orange, yellow and white. Flowers are 9cm (3") in diameter and 90cm (3') high. Great for cottage gardens and mass plantings. Heirloom dating back to 1919 Full sun.

**A. \$3.50/ 0.5g Approx. 60 seeds.**

## PASTEL DREAMS

Not really so pastel, this tall Zinnia comes in many rich colours from pink to orange to fuchsia. They are much more tolerant to powdery mildew than some other zinnias. Attracts butterflies. 65 days  
A. \$3.50/ 50 seeds

# WILD FLOWERS

## BLACK-EYED SUSAN

*Rudbeckia hirta*

This is the cheery dark yellow daisy-like flower with dark brown centre cones. Black-eyed Susan is often found in meadows and roadsides and along river-banks. Black-eyed Susan produces large amounts of nectar and pollen making it extremely attractive to bees butterflies, moths. Its seeds are also enjoyed by Goldfinch. 4 cm (2") blossoms grace 45 cm (1 1/2') tall plants.

P. N. \$4.00/ approx 100 seeds

## BUTTERFLYWEED

*Asclepias tuberosa*

Butterfly milkweed has bright orange flowers and grows to about 60 - 90 cm (2-3') tall. It is an essential addition to the butterfly garden. Blooms in July. Medium dry to dry soils and full sun. Native. Zone 3-8

P. N. \$4.00/ 30-35 seeds

## DYERS COREOPSIS

*Coreopsis tinctoria*

These flowers have stolen our hearts with their ferny foliage and profuse bright flowers. Their colour ranges from deep gold with burgundy centre to all velvety burgundy. The petals have been used for centuries to dye fabric yellow. Native to Eastern North America. Heirloom. 90cm tall and 60cm wide. Full Sun.

\$3.50/100 seeds

*Anyone who thinks gardening  
begins in the spring and ends in  
the fall is missing the best part of  
the whole year: gardening begins in  
January with the dream  
- Denis Mailloux*

## WILD BERGAMOT

*Monarda fistulosa*

Wild Bergamot has lavender-pink flowers on 60-90 cm/2-3' tall plants. Plant in average to rich well drained soil in full sun to partial shade. Best time to plant is in the fall or very early spring. The seed can also be cold stratified by placing in a damp paper towel in the fridge for 30-60 days. Combines well with Turtlehead, Joe-pye weed, Black-Eyed Susan, Yarrow and Geranium maculatum.

P. N. \$3.50/ Approx. 100 seeds

## GREY HEADED CONEFLOWER

*Ratibida pinnata* is indigenous to the North American Plains. It has a lovely delicate flower with drooping yellow petals. They wave in the breeze like a magic wand to induce a peaceful ambiance. They like well drained gritty soil but do very well in loamy soil in the garden. They will bloom mid season in the second season if started in the spring. Full sun.

P. N. \$3.50/ 80 seeds.

# NATIVE GRASSES

## INDIAN GRASS

*Sorghastrum nutans*

Indian grass is one of our most ornamental native grasses, admired for its golden seed heads, nice fall colouration and sturdy, upright growth habit. Indian Grass foliage is used as a larval food by butterflies. Wild turkey and prairie birds eat its seeds and use its foliage for cover. Beautiful red colour in fall. Zone 4-8, height of 90-240 cm. (3'-8').

P. \$4.00/ approx 50 seeds

## BIG BLUESTEM

*Andropogon gerardii*

This was the chief grass of the tall grass prairie and once covered solid acres. It has tall slender stems and is green throughout much of the summer; the stem turns to blue-purple as it matures thus, the name bluestem. The seed heads resemble a bird's foot. It begins growth in April, flowers in late summer. Heights up to 240 cm. (8'). Zone 3.

P. \$4.00/ approx 100 seeds

## LITTLE BLUESTEM



*Schizachyrium scoparium*

Little Bluestem is native to North American tall grass prairies. It is a bunchgrass that reproduces only by seeds. Being a warm season species it starts to grow in late spring, with the seed head developing and maturing in August. It has blue-green foliage that turns a striking crimson in fall. Needs well-drained sandy soils or light loam, and excels in dry sandy and rocky soils. Not recommended for heavy clay or damp soils. Butterfly Milkweed and Pale Purple Coneflower make good companion plants. Height may reach 150 cm (5') when in flower. Full sun, Zone 4.

P. \$4.00/approx 100 see

# SEED MIXES

all Seed Mixes \$4.50/pkt

## ASIAN GREENS



These Asian greens are tender when small or can be used for stir-fries when more mature. Great for the summer garden as it is slow to bolt. Includes Arugula, Tatsoi, Red Russian Kale, Red Daikon and other Asian greens. **2 gr.**

## BABY BRASSICA GREENS



A colourful combo of greens to be harvested when small. Steam, stir-fry, or eat raw. Includes broccolis, chards, arugula, mustard and Asian greens. A vitamin pack! **2 gr.**

## CUT & COME AGAIN HERBS



A delicate mix of culinary herbs to sow in your garden or on your windowsill for coriander and parsley. **1.5 gr**

## EDIBLE FLOWERS



A beautiful mix of orange, blue and white edible flowers to use in salads or as garnish. Calendula, Borage, Cornflower, Cilantro, Sunflower. **1 gr.**

## FEED THE BIRDS



A mix of flowering grains to plant in a corner of your garden. Allow to go to seed and let the birds feed themselves. Happy bird watching! **10 gr.**

## LUSCIOUS LETTUCES



Lots of colours and textures in this mix for all those lettuce enthusiasts. Red and green, frilly, speckled and smooth. Make the best salads ever. 10 varieties of lettuce in all. **1 gr.**

## MILD SALAD MIX



A mild, colourful mix of greens for cut and come again salad all summer. Includes lettuces, arugula, kale and beet leaves. **1.7 gr.**

## MUSTARD MIX



A mild and spicy combo of colours, flavour and texture. Mizuna, red mustard, curly, tender and zingy. Includes Arugula, Tatsoi, red & green mustard, mizuna and other lovelies. **1.7 gr.**

## RAINBOW CARROTS

Can't decide which colour to grow? Why not try a mix of all our carrots: Atomic Red, Cosmic Purple, Lunar White, Scarlet Nantes, Solar Yellow. **0.6 gr.**

## SPICY SALAD MIX



A mix to grow all summer if you like salad with a bite! Try tossing with your favourite lettuce. Includes arugula, lettuces and mustards. One of our most popular seed combos. **1.7 gr.**

# SEEDS FOR SPROUTING

## WHY SPROUT

Sprouting seed are a great way to add superfoods to your diet in the winter. While our gardens lie under a blanket of snow, our kitchens can still be producing fresh food. Sprouting seeds is like having a mini garden in your house all year long.

They have huge nutritional benefits too: aiding digestibility, neutralizing enzyme inhibitors, increasing the nutritional value of the seeds, and sprouts are more alkalizing to the body. All good things.

Just remember to make sure your sprouting jar is very clean, rinse well at least twice a day and never eat sprouts that are slimy or smell mouldy.

Happy sprouting!

**All sprouting seeds are \$4.00  
unless otherwise stated.**

Alfalfa – 60g

Broccoli – 50g - \$5.00 \*

Buckwheat – 100g

Clover, Red – 100g

Mung Beans – 200g

Peas, Speckled – 200g

Quinoa, Black – 100g - \$5.00\*

Spicy Lentil Crunch – 60g

Sunflowers – 120g

Hard Spring Wheat – 200g

## URBAN HARVEST

*is a member  
of the following organizations  
and fully endorses them:*

Canadian Organic Growers  
Biodynamic Society of Ontario  
Seeds of Diversity Canada  
Toronto Parkdale Horticultural  
Society  
Organic Council of Ontario  
Toronto Urban Growers

# GARDEN AMENDMENTS

All of the following garden amendments will encourage healthy soil and plants. The first and most important tenet of gardening is to feed the soil and then the plants can take what they need to grow. Consult a good gardening book such as 'The Four Season Harvest' by Elliot Coleman for more in depth descriptions. Rather than killing our weeds, learn to 'read' them. They all have a story to tell about the soil's needs. Many are also delicious additions to our salads or soups or to making healing teas. For instance, did you know that Dandelions are one of the best natural sources of potassium? They are a great diuretic and liver tonic too; or brew them up into a tea and feed back to your garden.

***There is a discount on minerals  
if picking up in person.  
Surcharge applies for mailing amendments.***

## CARBONITITE

A must for tomato growers!!! Provides a great source of calcium which helps tomatoes withstand a drought. Carbonitite supplies a broad spectrum of essential minerals such as calcium, phosphorus, potassium, iron, sulphur, manganese, zinc, copper and boron. These slow release elements are essential for plant vitality, providing long term fertility when combined with composting and rotation planting.  
1 kg. \$10.99

## COMPOST ACTIVATOR

Our compost activator includes marl (powered sea shells). It provides readily available nutrients to all those friendly, hard working bacteria that decompose raw waste into 'black gold'. Directions: Sprinkle on a pinch each time you add kitchen waste to the compost bin. 1/2 kg. \$7.00

## DIATOMACEOUS EARTH

Diatomaceous Earth is a non-toxic insecticide that works mechanically by dehydration. Safe for humans and animals to consume but not to inhale so do wear a mask if applying with a duster.

This is a geological deposit made up of the fossilized skeletons of marine and fresh water organisms,

particularly diatoms and other algae. It scratches through the protective wax layers on insects, whereupon they absorb some of this material and lose water rapidly, dry up and die. Can be used for fleas and cockroaches and ants too. **300g \$10.99**

### **GARDEN & LAWN MINERALS**

This fertilizer is a combination of black rock phosphate (phosphorus), marl (calcium), and carbonite (broad spectrum minerals). These nutrients are released slowly, providing long term fertility when combined with composting and rotation planting. Apply once per year.

**1/2 kg. \$7.00 1 kg. \$10.99**

### **GREEN WISDOM HERBAL PLANT FOOD**

An herbal elixir for your plants! Urban Harvest's herbal plant food contains a combination of certified organic herbs to boost the fertility of your soil and the health of your plants, both in the house and in the garden. Promotes flowering too. Eases transplant shock. **10 large hemp tea bags \$6.00**

### **SEAWEED MEAL**

Provides the essential micro-nutrients needed for healthy plant growth. A seaweed powder, kelp is a natural source of vitamins, amino acids and hormones that promote strong cell structure, and improve plant immunity.

**1/2 kg. \$8.99; 1 kg. \$13.99**

## **SALVES**

Urban Harvest's salves are made from the purest ingredients, with your health and the health of the planet in mind. Extra virgin olive oil, organic herbs and organic essential oils.

**Salves: 60 ml/2oz tin. \$12.00**

### **GARDENER'S SALVE**

A soothing remedy for the most active of working hands. Heals cuts and scratches. Softens the roughest skin. Contains certified organic comfrey leaf & root, extra virgin olive oil, local bee's wax & certified organic rosemary essential oil.

### **MASSAGE SALVE**

A warming body rub! Use to ease aching muscles after a workout in the garden. Certified organic essential oils of ginger (warming & anti-inflammatory), rosemary (stimulates circulation and eases muscle pain) and bay (stimulates lymph glands and circulation) are added to extra virgin olive oil infused with several skin soothing herbs.



### **GETTING MARRIED?**

Want to put a little green into your wedding day? Think of seeds as a gift for your guests. We will happily personalize the labels and give you a discount to boot.

**Call for details. 416.504-1653 or email us at:**

**[grow@uharvest.ca](mailto:grow@uharvest.ca)**

### **NEED SOME CASH?**

Attention fundraisers. If you are a school or a not-for profit organization, Urban Harvest can offer you a discount on your purchase of seed packets.

**Call for details. 416.504-1653 or email us at:**

**[grow@uharvest.ca](mailto:grow@uharvest.ca)**

### **WHOLESALE**

Are you a retailer? Find out about our in-store displays.

**Call for details. 416.504-1653 or email us at:**

**[grow@uharvest.ca](mailto:grow@uharvest.ca)**

# NOTES





### **WHY HEIRLOOM?**

By growing heirloom and rare plants we are helping to maintain the diversity of our food crops. And they taste great too! Many of these varieties went out of favour only because they did not match a narrow criteria set by agri-business industries. Grow some and experience for yourselves the true taste of an heirloom variety. The amazing flavour of our tomatoes has been known to bring people to tears.

### **WHY NATIVE?**

By growing some native plants in your garden, you help to preserve the original plant species that have adapted to our particular soil and weather conditions in Southern Ontario. Many are easy to grow and once established will joyfully return each year. Just as important, they provide food and shelter to wildlife.

### **WHAT IS THE DIFFERENCE BETWEEN A DETERMINATE & AN INDETERMINATE TOMATO?**

An indeterminate is a vining tomato plant which needs to be supported. They continue to grow and produce fruit until frost. A determinate is a bush type tomato plant which produces a determined number of branches, flowers and fruit and at a point in the growing season, stops producing more. Determinate tomatoes are quite suitable for growing in containers.

### **WHAT IS BIODYNAMIC?**

Biodynamic gardening is a method developed by Rudolf Steiner approximately 80 years ago. It takes into consideration the effects of the moon and planets on germination and it encourages minimizing off-farm inputs in the fertility of the farm. Animals and their composted manure play an important part in the fertility of the soil. Herbal preparations are used in small amounts as foliar sprays. The farm is treated as one living organism.



### **WHAT IS AN ANNUAL, A PERENNIAL AND A BIENNIAL?**

An annual is a plant that lives for one season only. To propagate it from year to year, seed must be collected from the plant at the end of its life cycle. Some annuals release seed that grow into plants the following year. These self-seeding annuals only live for one year, but their generous and resilient seeds continue coming up in your garden from year to year. A perennial is a plant which lives for more than 2 years and often indefinitely. A biennial is a plant which produces seed in its second year and then dies. To collect seed from biennials such as carrots or leeks, a few plants must be left to grow another year.

**WWW.UHARVEST.CA**

tel: 416.504.1653 | fax: 416.504.7426 | email: [grow@uharvest.ca](mailto:grow@uharvest.ca)  
PO Box 176, Stn C - Toronto, ON - Canada M6J 3M9