

Carols Heirloom Garden

Seed Catalogue 2021 & 2022



The seeds in this catalogue are Heirloom Seeds. These are seeds with a pure genetic code, not crossed with other varieties and non-gmo.

Many varieties are identified as Organic. These varieties have been supplied to me by a Certified Organic grower. I personally do not have organic certification. If you are a Certified Organic Grower, I can supply you with a declaration showing my seeds meet the requirements of Biogro for organic growers. (Except Cumin)
Many varieties are identified as 'spray free, naturally grown'. These are grown at my premises and I can verify they are free of chemicals.

Heirloom seeds have been saved by generations of gardeners. Carol's Heirloom garden offers a range vegetable and herb seeds handed down from growers all over the world, over hundreds of years.

These seeds have been gathered from the best and strongest plants, using techniques to ensure genetic purity and strength, resulting in hardy plants with high resistance to disease, and the best quality produce. They are untreated by chemical or irradiation.

Follow Carols Heirloom Garden on Facebook - [carolsheirloomgarden](#), where I post any new seeds, developments, information and recipes.

Order Information

Seeds can be purchased directly from me, I can put together an email order for you at carolsheirloomgarden@gmail.com.

I will provide you with a bank account for making deposits. If you prefer to use a credit card, I can organise it through paypal.

Please note, if you are on rural delivery, please let me know when you place your order so that you are charged the right amount of postage. Sometimes the rural delivery fee can be omitted to keep costs down, depending on the security of your letter box.

I offer a free \$2.00 pack of seeds for every \$30.00 spent on seeds and/or books/ebooks per order, when you order directly from me (excludes trade me sales) Please indicate your preferred free pack of seeds with your order. (This does not include seed banks as they are already discounted)

Join my Facebook group Empowered Gardeners, to be the first to hear about specials, new seeds or any gifts that are coming to the members of the group The group is associated with the page CarolsHeirloomGarden on FB

Check out my ebooks

How to Start a Vegetable Garden, & Master the Art of Year Round Harvest



Great information in 124 pages you will find

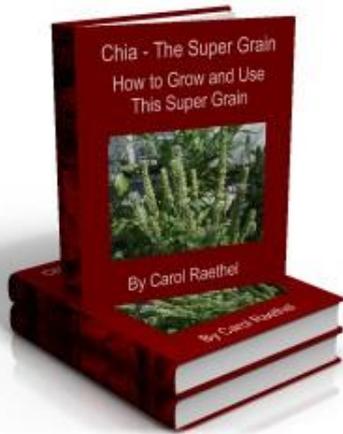
Where to put your vegetable garden
How to build your garden
How to grow vegetables in detail
A seasonal planting guide
How to grow the right amount of each type of veggie
The trick to having a year round supply of vegetables

How to control weeds the easy way, the secret to the 10-minute gardener
How to prevent garden pests, and how to deal with them
Great recipes for using the bounty of your garden

If you are a new gardener, the information inside the book will help you avoid falling into the common traps that new gardeners fall into, allowing you to have a successful garden the very first summer!

I am offering it to you for **\$19.95!**

Chia – The Super Grain, How to Grow and Use this Super Food.



In this ebook you will find great information on:
The Goodness in Chia
How to Grow Chia
How to Harvest and extract the seeds
How to use Chia medicinally
Great ways to use Chia and recipes
28 A4 pages of great information
\$12.95

This book is also available in hard copy in soft cover A5 format with black and white pictures.

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I will email them to you as soon as your payment is confirmed.

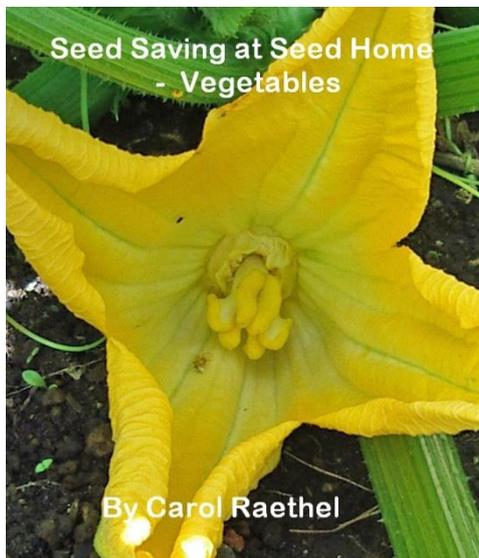
Email carolsheirloomgarden@gmail.com to order

Ebook - Seed Saving at Home – Vegetables

Great information on saving seeds and keeping the genetic line pure

Within this ebook, you will find detailed information on...

How to save seeds to keep the genetic line pure
Details on the needs for individual varieties
How to get the best seed harvest
When to harvest the seeds
How to dry the seeds for the best quality
How to extract the seeds
How to store the seeds to keep them viable for 10 years



This ebook is a must if you want to save \$\$ and take control of your power to have seeds forever, not to mention seeds that have not been genetically modified. You can pass on these skills to your children, so they can save their own seeds, and on into the future!

I am offering it to you at the low price of
\$14.95!

I am also offering this ebook in combination with 'How to Start a Vegetable Garden' for the low price of **\$29.95**, offering you further savings.

I am offering you a package of all 3 ebooks at **\$39.95**, saving you extra \$\$\$

Ebook – Growing Tobacco at Home

In this ebook, I take you through my journey of growing and processing tobacco.

Includes

Raising Tobacco from seeds

How to Care for your plants for quality of the end product

When to Harvest tobacco leaves

How to Cure Tobacco the simple way

How to Remove Toxins and excess nicotine from the leaves

How to Process and Shred Tobacco

How to Flavour Tobacco and much more!

This 42 A4 page ebook can save your hours of research, lots of money and losses due to the 'learning curve'.

Selling at only \$14.95

The ebook files are up to 2.1 megabytes in size, and are in PDF format. These can be opened with Adobe acrobat reader, available free from the Adobe website on the internet.

If you would like to purchase ALL FOUR of my ebooks, I am offering them to you in a bundle for only \$49.95.

Email carolsheirloomgarden@gmail.com to order the special 4 pack

When you purchase any of my seeds or ebooks, I give away a free copy of my ebook 'Successfully Raising Plants from Seeds' I have written this book with the intention of helping you to care for your seeds as soon as they arrive at your home to preserve their ability to germinate. It takes you through the steps of sowing vegetable and

herb seeds for best results. The second half provides specific information for the herb varieties I am selling, because sometimes herb seeds have special needs which can't be fitted on the labels of the packets. I have had great feedback from customers who have had much better results with their seeds after reading this book. Please ask about it if I don't automatically provide you with a copy when you purchase seeds or other ebooks.

SEED Banks

I recommend you consider buying your own seed bank so that you have plenty to go on with while you are learning how to save seeds.

Because of this, I have introduced 'seed bank' specials. All seed bank seeds will be vacuum sealed for long term storage. If you store your seeds in their bag in a cool dark place, you can expect them to be good for at least 5 years. If you pop them in the freezer, you can expect 10 to 15 years. Once opened, seeds will deteriorate at the same rate as fresh seeds and the germination rate drops off slowly after 18 months.

SEED BANK ONE

This seed bank includes 20 packets of your choice. Cost is \$40.00 plus postage.

SEED BANK TWO

This includes 30 packets of your choice and is \$58.00 plus postage

The above prices apply for bulk buying and seeds can be supplied without vacuum sealing if you intend to sow them within 6 months of purchase. The prices already include free seeds and the cost of vacuum sealing, so seed banks do not offer a free packet of seeds.

Entire Range of Veg seeds and Herb seeds is available. Please ask if you would like to invest in your future with a seed bank with either/or the full range of vegetable and herb seeds. Prices change according to stock levels, so ask about

Entire Range of Veg Seeds, Entire Range of Organic Seeds

Entire Range of Herb Seeds, Entire Range of All available seeds

Email carolsheirloomgarden@gmail.com to order seed banks

SEEDS

The Minimum number of seeds in each packet are indicated, however they are generally packed very generously

Vegetable Seeds

<p>Beetroot Crosby's Egyptian A rich flavoured round beetroot. Easy to harvest as most of the root forms above the soil. Sow Spring to Summer direct into soil. Likes soil rich with organic matter, low in nitrogen.</p> <p>80 seeds \$2.00</p>	
<p>Beetroot Detroit Red Organic. A rich flavoured beetroot that is delicious for juicing or cooked for salads. Sow spring to summer direct into soil. Likes soil rich with organic matter, low in nitrogen.</p> <p>80 seeds \$2.00</p>	
<p>Broccoli - De Cicco Organic Grows a large central head, followed by large side shoots. Stalks are delicious peeled and eaten raw.</p> <p>Sow late Spring to Autumn. Best sown in trays and transplanted.</p> <p>Like lots of organic matter in soil and full sun.</p> <p>80 Seeds \$2.00</p>	
<p>Brussels Sprouts Prolific producer. Stimulate formation of sprouts by pulling off leaves below each sprout when they begin to form. Rich in nutrients.</p> <p>Sow late summer and early autumn in trays for transplanting. Sow in low nitrogen soil.</p> <p>40 seeds \$2.00</p>	
<p>Cabbage – Chinese Tat Soi Spoon shaped dark green leaves. Great for stir fry's, chow mien and other Chinese cooking. This variety prefers cool growing conditions. Sow late Spring to late Autumn. Best raised in trays and transplanted later. Like soil rich with organic matter.</p> <p>80 seeds \$2.00</p>	
<p>Cabbage – Copenhagen Market Grows compact heads of sweet tasting crunchy leaves. Delicious raw in salads and coleslaws, or lightly steamed, tossed in butter. Sow late Spring to Late Autumn Best raised in trays and transplanted later. Likes soil rich with organic matter and full sun.</p> <p>80 seeds \$2.00</p>	

<p>Capsicum - Californian Wonder Sweet and crunchy. Ripen to bright red. Great and salads and cooking. Sow Spring. Best sown in trays for transplanting later. Like lots of organic matter and full sun. Hopefully back in stock soon 30 seeds \$2.00</p>	
<p>Capsicum - Golden Out of Stock Sweet and Crunchy golden capsicums Allow ripening to golden yellow. Wonderful in salads and cooking. Sow Spring. Best sown in trays and transplanted later. Like lots of organic matter and full sun. Hopefully back in stock soon 30 seeds \$2.00</p>	
<p>Capsicum Marconi Red Org A long sweet red capsicum from Italy. Lends itself to pizzas and Italian cooking. Has a mild heat to the flavour Sow spring and plant out after frosts have passed. Like lots of organic matter and magnesium for healthy fruit 30 seeds \$2.00</p>	
<p>Carrot - Berlicum Organic Sweet and crunchy orange carrots. The perfect carrot to pick small or grow really, really HUGE! Sow in drills in Spring to late Summer, direct into free draining soil. Like full sun. 200 seeds \$2.00</p>	
<p>Carrot - Mini Sweet and crunchy mini carrots. Great in the school lunch box, or steamed and tossed in orange juice. Sow Spring to Late Summer, in drills direct into free draining soil. Like full sun. 200 seeds \$2.00</p>	

<p>Cauliflower Organic Grows large creamy white heads of sweet caulis. Lovely steamed and sprinkled with grated parmesan cheese. Sow late Spring and early Autumn. Best sown in trays and transplanted later. Like soil rich with organic matter.</p> <p>80 seeds \$2.00</p>	
<p>Celery Eln Dark green crunchy stems. Lovely in salads, soups, and as a snack. High in nutrients. Sow Spring and Summer. Best sown in trays and transplanted later. Like lots of organic matter. If sown in Spring, can harvest until late the following winter.</p> <p>50 seeds \$2.00</p>	
<p>Chia <i>Salvia Hispanica</i> Organic The super grain. Seeds and sprouts are loaded with vitamins, minerals and enzymes. Grow to collect your own seeds. Seeds are about the same size as alfalfa.</p> <p>Sow Spring to late Summer, direct into soil in full sun.</p> <p>200 seeds \$2.00 500 seeds \$5.00</p>	
<p>Chili – Cayenne Organic Tender perennial This is a long and hot chilli known for its heat when grown in warm climates with lots of sunlight. large mild and sweet chilli. Delicious in Asian, Mexican and other Ethnic dishes requiring heat.Sow in Spring. Best raised in trays for transplanting later</p> <p>30 seeds \$2.00</p>	
<p>Chili – Jalapeno Organic Out of Stock Sorry Substantial heat, thick walled green chilli, ripens to red. Approx 8cm long. Sow in Spring. Best raised in trays for transplanting later. Likes full sun and soil rich in organic matter and magnesium.</p> <p>Tender perennial 30 seeds \$2.00</p>	

Cress – Land Variety

Land variety of watercress. Grows as a rosette. Leaves mild flavour in the cool seasons, peppery in the heat of summer. Loaded with vitamins and minerals. Sow all year round, either direct into soil or in seed raising trays.

100 seeds**\$2.00****Cucumber – Marketmore Organic**

Longish dark green burp-less cucumbers. Prolific producer.

Sow spring and early summer in trays for transplanting later. Support plants as they grow to ensure straight fruit.

20 seeds

\$2.00

**Eggplant – Black Beauty Organic**

Large black shiny fruit. Prolific producer. Sow spring in trays and transplant to soil rich in organic matter and nutrients.

30 seeds**\$2.00****Gherkins**

Traditional small cucumber specially bred in antiquity for pickling. Prolific producer over a long season. Sow spring in trays and transplant to soil rich in organic matter and nutrients.

20 seeds**\$2.00****Goji Berries**

A subtropical bush which grows numerous small berries with anti-oxidant properties and a myriad of health benefits. Sow late spring to summer. Full sun. Frost tolerant. Perennial

40 seeds**\$2.00**

<p>Radish German Giant Amish heirloom from the 18th Century. Large red radish with a mild flavour. Milder in cooler conditions. Sow Spring and Autumn. Like lots of organic matter.</p> <p>100 seeds \$2.00</p>	
<p>Rocket Organic Single leaf picking for salad greens. Rocket adds a savoury peppery flavour to salads. Harvest leaves when approx 7cm. Successive sow and plants mature quickly. Does best in cooler conditions. Sow all year. Likes nitrogen and organic matter.</p> <p>200 seeds \$2.00</p>	
<p>Silverbeet, Perpetual Spinach</p> <p>This is a great variety for harvesting from baby leaf size to full maturity. Usually goes to seed in second year, so has a very long harvest period. One of my favourites from years ago</p> <p>40 seeds \$2.00</p>	
<p>Silverbeet Argentine Large dark green leaves. Tolerates a range of soils and temperatures. Currently replacing the Fordhook variety, and is very similar, and I don't have a picture of this variety as yet. Will be bringing Fordhook back as soon as I can access the seeds. Sow early spring to early autumn. Likes plenty of organic matter.</p> <p>40 seeds \$2.00</p>	
<p>Spinach – Organic Large crinkly green leaves, growing in a rosette. Nice steamed and tossed in lemon juice, honey, salt and pepper. Baby leaves crunchy addition to salads. Sow all year round, in seed raising trays in cooler weather. Like soil rich with organic matter.</p> <p>60 seeds \$2.00</p>	
<p>Tomato Ace Organic Out of Stock Bright red medium sized tomato. Good tangy flavour, low in acid. Abundant production. Good blight and disease resistance. Sow Late Spring. Best sown in trays and transplanted after frosts have passed.</p> <p>30 seeds \$2.00</p>	

<p>Tomato – Beefsteak Organic Out of Stock Traditional large tomatoes with the old-fashioned beefsteak flavour. Sow Spring. Best sown in seed raising trays and transplanted later, when all frosts have passed. Require support. Like soil rich in organic matter and full sun. 30 seeds \$2.00</p>	
<p>Tomato – Russian Red Bountiful harvest of medium sized sweet red tomatoes. Strong resistance to blight. Sow Spring. Best sown in seed raising trays and transplanted later, when all frosts have passed. Require support. Likes soil rich in organic matter and full sun. This is a top favourite of mine because it tolerates many different climates and produces on time! 30 seeds \$2.00</p>	
<p>Tomato Tommy Toe Worlds earliest tomato. Tolerates cold climates. Produces clusters of small tomatoes that ripen simultaneously. This is a very small plant, and ideal for growing in pots. Sow early to late spring indoors and transplant after frosts have passed. 20 seeds \$2.00</p>	
<p>Turnip Milan Organic Delicious picked young and eaten as a crunchy treat in salads, or added to soups and stews. Quick growing, best cooked when approx 7cm diameter. Sow Spring to Summer. 50 seeds \$2.00</p>	
<p>Watercress Easy to grow! Traditional watercress, loaded with vitamins & minerals. Pick tender tips for salads, soups & sandwiches. Sow Spring & Autumn, direct into soil. Needs wet soil; ensure they have wet feet at all times. Ideal in large tub with a wet base. This one is grown in a polystyrene tub with drainage holes 2 inches up from the bottom. Prefers shade. 100 seeds \$2.00</p>	
<p>Zucchini – Cocozelle Organic Out of Stock Striped zucchini from Italy. Harvest when the flower falls away from the tip. Lovely lightly fried in garlic butter. Sow Spring direct into rich free draining soil. full sun. 15 seeds \$2.00</p>	

Herbs

<p>Anise <i>Pimpinella anisum</i> Annual Anise flavoured leaves and seeds. Harvest leaves for soups, salads and herb teas. Crushed seeds great in baking. Sow Spring in trays, transplant later to soil rich with organic matter and nitrogen and full sun. Attractive plant, with delicate flowers.</p> <p>80 seeds \$2.00</p>	
<p>Basil – Bush <i>Ocimum – basilicum</i> Traditional basil flavour in a compact bush with small leaves. Lovely in Italian dishes. Sow Spring to Summer in trays for transplanting later. Likes full sun and rich soil.</p> <p>Annual</p> <p>60 seeds \$2.00</p>	
<p>Basil – Sacred <i>Ocimum – sanctum</i> Also known as Holy Basil, or Tulsi. Aromatic plant which supports the immune system, lowers cholesterol and is anti-oxidant. Leaves lovely in herb teas. Sow Spring in trays for transplanting later. Likes full sun and rich soil. Tender perennial (frost sensitive)</p> <p>60 seeds \$2.00</p>	
<p>Basil – Sweet <i>Ocimum basilicum</i> Annual Traditional large leaf basil, lovely in Italian cooking and pesto. Grow indoors and out. Sow Spring to Summer in trays for transplanting later. Likes full sun and rich soil.</p> <p>Organic</p> <p>60 seeds \$2.00</p>	
<p>Basil – Thai <i>Ocimum basilicum</i> Annual Aniseed flavoured leaves. Great for herb tea, salads, pasta and pesto. Sow Spring to Summer in trays for transplanting later. Likes full sun and rich soil.</p> <p>60 seeds \$2.00</p>	
<p>Bergamot – Bee Balm <i>Monarda fistulosa</i> Attracts bees to the garden, edible flowers. Valuable medicinally. Likes rich soil and full sun. Sow spring to summer Perennial Spray free, naturally grown</p> <p>40 seeds \$2.00</p>	

<p>Bergamot – Lemon Monarda Citridora Fragrant leaves can be added to herb teas and salads.</p> <p>Attractive shrub in the garden. Sow Spring to Summer, direct into soil. Likes rich soil and full sun. Perennial Spray Free naturally grown</p> <p>40 seeds \$2.00</p>	
<p>Borage Borago officinalis Annual Flowers contain Gamma Linoleic Acid (Omega 6) Attractive shrub in the garden, flowers nice in salads. Leaves can be used like spinach. Sow Spring to Summer, direct into soil. Prefers shelter from wind and full sun.</p> <p>30 seeds \$2.00</p>	
<p>Burdock Arctium Lappa Biennial Roots high in nutrients, help to normalise blood and the liver. Sow Spring direct into soil. Likes rich free draining soil and full sun/partial shade.</p> <p>20 seeds \$2.00</p>	
<p>Calendula Calendula nova Out of Stock Petals often used for the skin. Can use in salads. Sow Spring to Autumn. Likes medium soil and full sun. Short lived perennial Spray free, naturally grown</p> <p>40 seeds \$2.00</p>	
<p>Caraway Carum carvi Biennial Caraway seeds have a liquorice-like flavour, and can be added to cakes and biscuits, veg dishes and pickles. The young tender leaves can be added to soups and salads. Caraway plants like a good, well drained soil. Sow Spring & Autumn - direct into soil</p> <p>40 seeds \$2.00</p>	
<p>Catnip Nepata Cateria Relished by cats. As a tea, can help to normalise the nervous system and sleep.</p> <p>Sow Spring to Summer in trays. Transplant to warm sunny site. Likes free draining soil. Contain roots as they spread readily. Perennial.</p> <p>30 seeds \$2.00</p>	

<p>Chamomile Roman <i>Chamomelum nobile</i> Fragrant flowers have a wonderful aroma. Calming and relaxing. Lovely as a tea. Lovely in a sleep pillow. Sow all year, direct or in trays. Grows in any conditions. Perennial</p> <p>100 seeds \$2.00</p>	
<p>Chives <i>Allium schoenoprasum</i> Lovely chopped into salads, egg dishes, sandwiches, spreads and more. Sow Spring and Summer in a sunny well drained location. Likes rich soil. Grows well in pots. Perennial Spray free, naturally grown</p> <p>50 seeds \$2.00</p>	
<p>Chives – Garlic <i>Allium tuberosum</i> The mild garlic flavour makes these chives a perfect addition for dishes where a delicate garlic taste is preferred. Attractive in a pot, the flowers have a sweet scent and will add perfume if placed on a sunny windowsill. Sow Spring to Summer. Perennial</p> <p>50 seeds \$2.00</p>	
<p>Clary Sage <i>Salvia scarea</i> Out of Stock Perennial Clary Sage is valued by herbalists for its effect on the female hormonal system. An attractive shrub, clary sage sends up a tall flower spike with numerous pink flowers. Sow Spring Spray free, naturally grown</p> <p>30 seeds \$2.00</p>	
<p>Coriander <i>Coriandrum sativum</i> Annual Prolific producer of dark green pungent leaves. Slow to bolt to seed. Great in salsas, salads and Asian dishes. Sow all year, direct into rich, free draining soil. Likes full sun.</p> <p>80 seeds \$2.00</p>	
<p>Dandelion <i>Taraxacum officinale</i> Leaves normalise function of the kidneys, roots on the blood. Normalises blood.</p> <p>Sow Spring to Autumn Perennial</p> <p>100 seeds \$2.00</p>	

<p>Dill <i>Anethum graveolens</i> Organic Seeds useful for pickles and Dill vinegar. Leaves add subtle flavour to seafood dishes. Sow all year into soil or in trays for transplanting later. Likes rich soil and full sun.</p> <p>60 seeds \$2.00</p>	
<p>Echinacea <i>Echinacea purpurea</i> Lovely purple flower. Second year root helps to normalise human immune system. Sow Spring and Summer, direct or in trays for transplanting. Prefers rich, free draining soil. Perennial</p> <p>30 seeds \$2.00</p>	
<p>Elecampane <i>Inula heleniun</i> Root of 1 year or older plant is valuable for any first aid use as antiseptic, antifungal, antibacterial. Internally is valuable as an antiviral. So many uses, must be part of every herbalists first aid kit!</p> <p>20 seeds \$2.00</p>	
<p>Evening Primrose <i>Oenothera lamarkiana</i> Grows many leaves, followed by a large flower spike. Flowers contain GLA, (gamma linoleic acid) Sow Spring, prefers a rich soil and full sun. Biennial</p> <p>Spray free, naturally grown 30 seeds \$2.00</p>	
<p>Fennel <i>Foeniculum vulgare</i> Leaves can be added to salads and soups. Seeds used in baking. Tea made from leaves helps ease colic in infants. Sow Spring to Summer. Likes full sun, any soil. Perennial</p> <p>Spray free, naturally grown 50 seeds \$2.00</p>	
<p>Feverfew <i>Chrysanthemum parthenium</i> Attractive shrub.</p> <p>Sow Spring, direct into soil or in trays for transplanting. Lies rich, free draining soil and plenty of sun. Perennial</p> <p>40 seeds \$2.00</p>	

<p>Horehound Marrubium vulgare Attractive shrub with flower stalks. Affinity for respiratory system.</p> <p>Sow Spring to Autumn, in trays for transplanting. Likes free draining soil and full sun. Perennial Spray free, naturally grown 30 seeds \$2.00</p>	
<p>Hyssop Hyssopus officinalis Attractive shrub. Affinity for respiratory system.</p> <p>Sow Spring to Summer in trays for transplanting. Likes full sun, free draining light soil. Perennial Spray free, naturally grown 40 Seeds \$2.00</p>	
<p>Lady's Mantle Alchemilla mollis Attractive low growing shrub. Valued to normalise menstrual cycle.</p> <p>Sow Spring and Summer in trays for transplanting. Likes free draining soil, full sun or partial shade. Perennial Spray free, naturally grown 30 seeds \$2.00</p>	
<p>Lavender English Lavendula angustifolia Low stocks so 1 packet per person Intense purple flowers with old fashioned perfume. Calming and relaxing. Sow Spring to Autumn. Likes free draining soil and full sun. Spray free, naturally grown 30 seeds \$2.00</p>	
<p>Lemon Balm Melissa officinalis Attractive shrub. Calming, helps normalise nervous system. Nice as a herb tea. Sow Spring to Autumn. Likes full sun or partial shade, soil rich with organic matter. Perennial 40 seeds \$2.00</p>	
<p>Lemongrass Cymbopogon citrates Aromatic grass with strong lemon flavour. Refreshing as a tea. Sow spring to summer in trays for transplanting Perennial 40 seeds \$2.00</p>	

<p>Lobelia <i>Lobelia inflata</i> Attractive herb with affinity for the nervous system. Assists smoking cessation when smoked. New Zealand law states not for internal use, as overdose can be fatal. Sow spring to autumn. Biennial Spray free, naturally grown 30 seeds \$2.00</p>	
<p>Marjoram <i>Origanum marjorana</i> Attractive small bushy plant. Lovely in soups, stews and casseroles. Sow all year, direct into soil or in trays for transplanting. Likes rich free draining soil, and plenty of sun. Perennial 60 seeds \$2.00</p>	
<p>Marshmallow <i>Althea officinalis</i> Powdered roots were the original marshmallow sweets. Affinity for the lungs and helps normalise lung mucosa. Perennial Sow Spring and Summer, directly into soil. Likes rich moist soil and plenty of sun. Spray free, naturally grown 30 seeds \$2.00</p>	
<p>Meadowsweet <i>Filipendula ulmaria</i> Out of Stock Attractive shrub. Tall white flower stalks. Contain salicylic acid. (Used in aspirin. Use leave and flowering tips. Sow spring and autumn. Likes moist soil. Perennial Spray free, naturally grown 30 seeds \$2.00</p>	
<p>Mexican Mint <i>Tagetes lucida</i> Leaves have a delicate liquorice flavour. Ideal for herb teas, salads and soups. Sow Spring to Summer. Likes rich, free draining soil and full sun. Dies down in winter. Can be grown indoors in pots. Perennial Spray free, naturally grown 40 seeds \$2.00</p>	
<p>Motherwort <i>Leonuris cardiaca</i> Robust short lived perennial, grows as a bush with tall branches. Valuable for female reproductive system and cardiovascular system. Sow spring for transplanting. 30 seeds \$2.00</p>	

<p>Mullein <i>Verbascum Thapsus</i> Attractive bi-ennial plant. Valued by herbalists for it's effects on the respiratory system Sow mid-summer to autumn. Likes deep, rich free draining soil Biennial Spray free, naturally grown</p> <p>40 seeds \$2.00</p>	
<p>Oregano <i>Origanum vulgare</i> A creeping perennial. Idea for Italian cooking and tomato dishes. Sow Spring and Summer, direct into soil or in trays for transplanting later. Likes rich free draining soil and full sun. Perennial</p> <p>40 seeds \$2.00</p>	
<p>Parsley <i>Petroselinum crispum</i> Triple curled variety. Loaded with vitamins and minerals. Sow all year round, best results from raising in trays for transplanting later. Likes free draining soil and full sun. Biennial Spray free naturally grown</p> <p>Biennial 50 seeds \$2.00</p>	
<p>Parsley – Italian <i>Petroselinum crispum</i> Strong yet smooth flavour. Flat leaves, loaded with vitamins and minerals. Sow all year round, best results from raising in trays for transplanting later. Likes free draining soil and full sun. Biennial</p> <p>50 seeds \$2.00</p>	
<p>Peppermint <i>Mentha piperita</i> Creeping perennial. Medicinal variety of mint with affinity for the brain. Helps normalise body temperature during viral attacks. Sow spring to summer. Likes average soil. Contain as spreads vigorously.</p> <p>Perennial</p> <p>50 seeds \$2.00</p>	
<p>Plantain <i>Plantago Major</i> A super herb with multiple uses. Great for first aid. Helps to normalise the blood and eliminatory organ function.</p> <p>Perennial Sow all year Spray free, naturally grown</p> <p>50 seed \$2.00</p>	

<p>Pyrethrum <i>Chrysanthemum cinerariifolium</i> Newly opened flowers contain highest concentration of pyrethrins, which act on the nervous system of insects to kill them. Can be grown as a border to attract beneficial insects to the garden Sow late Spring, Early Summer Perennial 30 seeds \$2.00</p>	
<p>Red Clover <i>Trifolium pratense</i> Organic Flowers are high in iron and nutrients. Valued by herbalists for affinity with lung conditions and circulatory system. Harvest flowers while bright pink. Sow Spring to Summer in trays for transplanting. Likes full sun & free draining soil. Perennial 60 seeds \$2.00</p>	
<p>Rue <i>Ruta graveolens</i> Perennial Attractive shrub. Fly, cat and dog repellent, great as a garden border. Sow Spring to Summer, in trays for transplanting. Likes free draining soil and full sun. Spray free, naturally grown 30 seeds \$2.00</p>	
<p>Sage <i>Salvia officinalis</i> Attractive bushy plant. Traditional herb for chicken stuffing. Sow Spring, direct into soil or in trays for transplanting. Likes rich free draining soil and full sun. Perennial 30 seeds \$2.00</p>	
<p>Skullcap <i>Scutellaria lateriflora</i> Low Stock so 1 packet per person Grows like a mint. Flowers and leaves help to normalise the nervous system and sleep. Sow spring to summer. Dies back in winter Contain as spreads through roots Perennial Spray free, naturally grown 30 seeds \$2.00</p>	
<p>Spearmint <i>Mentha spicata</i> A creeping perennial with attractive violet flowers. The leaves are the flavour of the popular minties lollies. Lovely as a herb tea, or used to flavour unpleasant herbal brews. Sow spring to autumn. Medium soil, full sun or partial shade. 50 seeds \$2.00</p>	

<p>Summer Savory <i>Satureja hortensis</i> Tender annual plant with savoury aroma. Ideal addition to soups and stews. Sow spring and summer in trays for transplanting. Likes average free draining soil and full sun or partial shade. Spray free, naturally grown 40 seeds \$2.00</p>	
<p>Sweet Annie <i>Artemisia annua</i> Out of Stock Sorry, back soon Attractive tall shrub with feathery scented foliage. Tolerates wide range of conditions. Young plant in image. Grows to 150cm Annual Sow spring, in trays. Spray free, naturally grown 60 seeds \$2.00</p>	
<p>Thyme <i>Thymus vulgaris</i> Ideal for Italian cooking, soups, stews and pasta. Sow Spring, best results in trays for transplanting. Likes rich free draining soil, full sun. Perennial 50 seeds \$2.00</p>	
<p>Valerian <i>Valeriana officinalis</i> Has an affinity for the nervous system and helps to normalise sleep Sow Spring and Summer in trays for transplanting. Likes full sun, deep well drained soil. Perennial 30 seeds \$2.00</p>	
<p>Vervain <i>Verbena hastate</i> Small shrub with serrated leaves. Has affinity for the nervous system. Sow spring and summer in trays for transplanting. Full sun. Perennial Spray free, naturally grown 40 seeds \$2.00</p>	
<p>Winter Savory <i>Satureja montana</i> Leaves add savoury flavour to cooking, especially soups, stews & stocks. Perennial plant with low growing habit. Sow during mid to late Spring. 40 seeds \$2.00</p>	

<p>Wormwood <i>Artemisia absinthium</i> Antiseptic action for wounds, destroys intestinal worms. To be used with care, alkaloids in wormwood can cause poisoning. Attractive shrub for the garden. Thrives in poor sandy soils. Sow Spring and Summer. Perennial</p> <p>30 seeds \$2.00</p>	
<p>Yarrow <i>Achillea millefolium</i> Astringent action, helps dry catarrh and stop bleeding. Aids treatment for coughs and colds. Attractive food source for bees and butterflies. Sow Spring and Summer. Likes rich, free draining soils with lime. Perennial</p> <p>40 seeds \$2.00</p>	

Extra

<p>Tobacco Virginia Gold <i>Nicotiana tabacum</i> This is an annual plant that grows large leaves on a central stem. Side shoots and flowering tips should be removed for best quality leaves. Sow spring in trays and transplant after frosts have passed.</p> <p>100 seeds \$2.00</p>	
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