

**Carols Heirloom Garden  
Seed Catalogue 2022 & 2023**



**The seeds in this catalog 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](mailto:carolsheirloomgarden@gmail.com). Please list your seeds in an email to me in a vertical list, with one variety per line, with the number of packets next to it. Please do not send attachments, they are difficult to open. Make sure you provide your address details at the time of order so I can give you the full total with the correct shipping**

**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.**

**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)**

Check out my **Seed Breeding at Home Course** to become self sufficient producing your favourite veggies and never have to worry about seed shortages as we have been experiencing lately

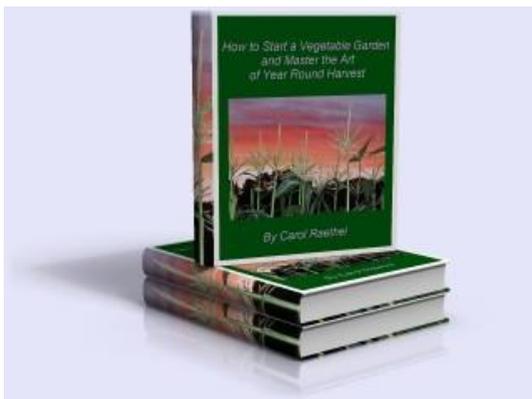
Learn more at <https://www.carolraethel.com/product-page/breeding-and-saving-heirloom-seeds-from-your-home-garden>

This course teaches you the 'How To' for every step of the process and is mostly much easier than you would think. Here is an isolation bag around a Capsicum flower so that only pure genetic seeds are collected



### Check out my ebooks

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



Free to download when you sign up for my monthly newsletter at <https://mailchi.mp/58ba6c6af64b/carols-heirloom-garden>

*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

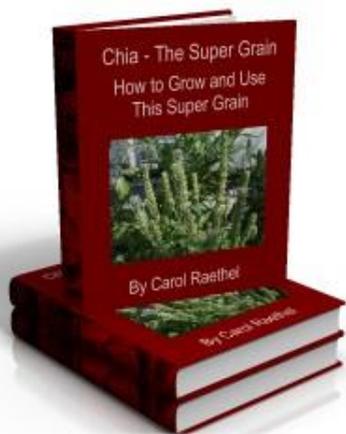
How to control weeds the easy way, the secret to the 10-minute gardener

How to prevent garden pests, and how to deal with them

Great recipes for using the bounty of your garden

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](mailto:carolsheirloomgarden@gmail.com) to order

## **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.**

**Email [carolsheirloomgarden@gmail.com](mailto:carolsheirloomgarden@gmail.com)**

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/or 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](mailto: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><b>Beetroot Crosby's Egyptian</b> 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. 80 seeds \$2.00</p>	
<p><b>Beetroot Detroit Red Organic.</b> 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. 80 seeds \$2.00</p>	
<p><b>Broccoli - De Cicco Organic</b> Grows a large central head, followed by large side shoots. Stalks are delicious peeled and eaten raw.  Sow late Spring to Autumn. Best sown in trays and transplanted.  Like lots of organic matter in soil and full sun. 80 Seeds \$2.00</p>	
<p><b>Brussels Sprouts</b> Prolific producer. Stimulate formation of sprouts by pulling off leaves below each sprout when they begin to form. Rich in nutrients.  Sow late summer and early autumn in trays for transplanting. Sow in low nitrogen soil.  40 seeds \$2.00</p>	
<p><b>Cabbage - Chinese Tat Soi</b> 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.  80 seeds \$2.00</p>	





<p><b>Cress – Land Variety</b></p> <p>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.</p> <p><b>100 seeds</b> <b>\$2.00</b></p>	
<p><b>Cucumber – Marketmore Organic</b></p> <p>Longish dark green burp-less cucumbers. Prolific producer.</p> <p>Sow spring and early summer in trays for transplanting later. Support plants as they grow to ensure straight fruit.</p> <p>20 seeds \$2.00</p>	
<p><b>Eggplant – Black Beauty Organic</b></p> <p>Large black shiny fruit. Prolific producer. Sow spring in trays and transplant to soil rich in organic matter and nutrients.</p> <p><b>30 seeds</b> <b>\$2.00</b></p>	
<p><b>Gherkins</b> <b>Back Again!</b></p> <p>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.</p> <p><b>20 seeds</b> <b>\$2.00</b></p>	
<p><b>Goji Berries</b></p> <p>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</p> <p><b>40 seeds</b> <b>\$2.00</b></p>	
<p><b>Kale</b></p> <p>A versatile vegetable. Pick small leaves for salad greens, large leaves for cooking. Loaded with vitamins and minerals. Sow spring to autumn. Frost tolerant. Likes rich soil.</p> <p>Annual 40 seeds \$2.00</p>	





<p><b>Radish German Giant</b> Amish heirloom from the 18<sup>th</sup> Century. Large red radish with a mild flavour. Milder in cooler conditions. Sow Spring and Autumn. Like lots of organic matter.</p> <p><b>100 seeds</b> <span style="float: right;"><b>\$2.00</b></span></p>	
<p><b>Rocket</b> <span style="float: right;"><b>Organic</b></span> 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><b>200 seeds</b> <span style="float: right;"><b>\$2.00</b></span></p>	
<p><b>Silverbeet, Perpetual Spinach</b></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. Sow spring to Autumn</p> <p>40 seeds <span style="float: right;">\$2.00</span></p>	

<p><b>Silverbeet Argentine</b></p> <p>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 <span style="float: right;">\$2.00</span></p>	
<p><b>Spinach –</b> <span style="float: right;"><b>Organic</b></span></p> <p>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 <span style="float: right;">\$2.00</span></p>	
<p><b>Tomato – Beefsteak</b> <span style="float: right;"><b>Organic</b></span></p> <p>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.</p> <p>30 seeds <span style="float: right;">\$2.00</span></p>	

<p><b>Tomato – Russian Red</b>  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 <span style="float: right;">\$2.00</span></p>	
<p><b>Tomato Black Cherry Back Again!</b>  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.  <b>20 seeds <span style="float: right;">\$2.00</span></b></p>	
<p><b>Turnip Milan Organic</b>  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 <span style="float: right;">\$2.00</span></p>	
<p><b>Watercress</b>  Easy to grow! Traditional watercress, loaded with vitamins &amp; minerals. Pick tender tips for salads, soups &amp; sandwiches.  Sow Spring &amp; 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 <span style="float: right;">\$2.00</span></p>	
<p><b>Zucchini – Cocozelle Back Again!</b>  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 <span style="float: right;">\$2.00</span></p>	

# Herbs

<p><b>Anise</b> <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><b>Basil – Bush</b> <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><b>Basil – Sacred</b> <i>Ocimum – sanctum</i>  Also known as Holy Basil, or Tulsi. Aromatic plant which supports the immune system, lowers cholesterol and is antioxidant. 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><b>Basil – Sweet</b> <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><b>Organic</b></p> <p>60 seeds \$2.00</p>	
<p><b>Basil – Thai</b> <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><b>Organic</b></p> <p>60 seeds \$2.00</p>	
<p><b>Bergamot – Bee Balm</b> <i>Monarda fistulosa</i>  Attracts bees to the garden, edible flowers. Valuable medicinally. Likes rich soil and full sun. Sow spring to summer  Perennial  <b>Spray free, naturally grown</b></p> <p>40 seeds \$2.00</p>	

<p><b>Bergamot – Lemon</b> 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 <b>Spray Free naturally grown</b></p> <p>40 seeds \$2.00</p>	
<p><b>Borage</b> 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><b>Burdock</b> 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><b>Calendula</b> Calendula nova Petals often used for the skin. Can use in salads. Sow Spring to Autumn. Likes medium soil and full sun. Short lived perennial <b>Spray free, naturally grown</b></p> <p>40 seeds \$2.00</p>	
<p><b>Caraway</b> 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 &amp; Autumn - direct into soil</p> <p>40 seeds \$2.00</p>	
<p><b>Catnip</b> 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><b>Chamomile Roman</b> <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 <span style="float: right;">\$2.00</span></p>	
<p><b>Chives</b> <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  <b>Spray free, naturally grown</b></p> <p>50 seeds <span style="float: right;">\$2.00</span></p>	
<p><b>Chives – Garlic</b> <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 <span style="float: right;">\$2.00</span></p>	
<p><b>Clary Sage</b> <i>Salvia scarea</i> <b>Out of Stock</b>  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  <b>Spray free, naturally grown</b></p> <p>30 seeds <span style="float: right;">\$2.00</span></p>	
<p><b>Coriander</b> <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 <span style="float: right;">\$2.00</span></p>	
<p><b>Dandelion</b> <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 <span style="float: right;">\$2.00</span></p>	

<p><b>Dill</b> <i>Anethum graveolens</i> <b>Organic</b>  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 <span style="float: right;">\$2.00</span></p>	
<p><b>Echinacea</b> <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 <span style="float: right;">\$2.00</span></p>	
<p><b>Elecampane</b> <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 <span style="float: right;">\$2.00</span></p>	
<p><b>Evening Primrose</b> <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><b>Spray free, naturally grown</b>  30 seeds <span style="float: right;">\$2.00</span></p>	
<p><b>Fennel</b> <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><b>Spray free, naturally grown</b>  50 seeds <span style="float: right;">\$2.00</span></p>	
<p><b>Feverfew</b> <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 <span style="float: right;">\$2.00</span></p>	

<p><b>Horehound</b> Marrubium vulgare  <b>OUT OF STOCK SORRY</b>  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  <b>Spray free, naturally grown</b>  30 seeds \$2.00</p>	
<p><b>Hyssop</b> Hyssopus officinalis  Attractive shrub. Affinity for respiratory system.  Sow Spring to Summer in trays for transplanting. Likes full sun, free draining light soil.  Perennial  <b>Spray free, naturally grown</b>  40 Seeds \$2.00</p>	
<p><b>Lady's Mantle</b> 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  <b>Spray free, naturally grown</b>  30 seeds \$2.00</p>	
<p><b>Lavender English</b> Lavendula angustifolia  <b>Out of Stock Sorry</b>  Intense purple flowers with old fashioned perfume. Calming and relaxing.  Sow Spring to Autumn. Likes free draining soil and full sun.  <b>Spray free, naturally grown</b>  30 seeds \$2.00</p>	
<p><b>Lemon Balm</b> 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</p> <p>40 seeds \$2.00</p>	
<p><b>Lemongrass</b> Cymbopogon citrates  Aromatic grass with strong lemon flavour. Refreshing as a tea.  Sow spring to summer in trays for transplanting  Perennial</p> <p>40 seeds \$2.00</p>	

<p><b>Lobelia</b> <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  <b>Spray free, naturally grown</b>  30 seeds \$2.00</p>	
<p><b>Marjoram</b> <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><b>Marshmallow</b> <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.  <b>Spray free, naturally grown</b>  30 seeds \$2.00</p>	
<p><b>Meadowsweet</b> <i>Filipendula ulmaria</i>  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  <b>Spray free, naturally grown</b>  30 seeds \$2.00</p>	
<p><b>Mexican Mint</b> <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  <b>Spray free, naturally grown</b>  40 seeds \$2.00</p>	
<p><b>Motherwort</b> <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><b>Mullein</b> <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  <b>Spray free, naturally grown</b></p> <p>40 seeds <span style="float: right;">\$2.00</span></p>	
<p><b>Oregano</b> <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 <span style="float: right;">\$2.00</span></p>	
<p><b>Parsley</b> <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  <b>Spray free naturally grown</b></p> <p>Biennial  50 seeds <span style="float: right;">\$2.00</span></p>	
<p><b>Parsley – Italian</b> <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 <span style="float: right;">\$2.00</span></p>	
<p><b>Peppermint</b> <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 <span style="float: right;">\$2.00</span></p>	
<p><b>Plantain</b> <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  <b>Spray free, naturally grown</b></p> <p>50 seed <span style="float: right;">\$2.00</span></p>	

<p><b>Pyrethrum</b> <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 <span style="float: right;">\$2.00</span></p>	
<p><b>Red Clover</b> <i>Trifolium pratense</i> <b>Organic</b>  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 &amp; free draining soil.  Perennial  60 seeds <span style="float: right;">\$2.00</span></p>	
<p><b>Rue</b> <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.  <b>Spray free, naturally grown</b>  30 seeds <span style="float: right;">\$2.00</span></p>	
<p><b>Sage</b> <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 <span style="float: right;">\$2.00</span></p>	
<p><b>Skullcap</b> <i>Scutellaria lateriflora</i>  <b>OUT OF STOCK SORRY</b>  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  <b>Spray free, naturally grown</b>  30 seeds <span style="float: right;">\$2.00</span></p>	
<p><b>Spearmint</b> <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 <span style="float: right;">\$2.00</span></p>	

<p><b>Summer Savory</b> <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. <b>Spray free, naturally grown</b> 40 seeds \$2.00</p>	
<p><b>Sweet Annie</b> <i>Artemisia annua</i> <b>Out of Stock Sorry, back soon</b> Attractive tall shrub with feathery scented foliage. Tolerates wide range of conditions. Young plant in image. Grows to 150cm Annual Sow spring, in trays. <b>Spray free, naturally grown</b> 60 seeds \$2.00</p>	
<p><b>Thyme</b> <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><b>Valerian</b> <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><b>Vervain</b> <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 <b>Spray free, naturally grown</b> 40 seeds \$2.00</p>	
<p><b>Winter Savory</b> <i>Satureja montana</i> Leaves add savoury flavour to cooking, especially soups, stews &amp; stocks. Perennial plant with low growing habit. Sow during mid to late Spring. 40 seeds \$2.00</p>	

<p><b>Wormwood</b> <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 <span style="float: right;">\$2.00</span></p>	
<p><b>Yarrow</b> <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 <span style="float: right;">\$2.00</span></p>	

## Extra

<p><b>Tobacco</b> 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 <span style="float: right;">\$2.00</span></p>	
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