

**PLANT TYPE:** ARUGULA  
**VARIETY NAME:** **Arugula, Adagio**  
**LATIN NAME:** *Eruca sativa*  
**POLLINATION:** insects  
**FLOWERS:** complete, open  
**ISOLATION:** 200 m  
**POPULATION SIZE:** minimum 12 plants



**GROWING NOTES:**

“Adagio” in musical terms, means slow, and this variety indeed is slower to bolt than other arugulas. Mature for salad greens in 30-40 days.

Plants for seed culture get large and will need staking or tying to keep them off the ground. Pods will pop and throw seed if not harvested as soon as they are dry. Cut stalks and put in paper bags to dry when most pods are mature.

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**PLANT TYPE:** BEET  
**VARIETY NAME:** **Beet Spinach**  
**LATIN NAME:** *Beta vulgaris*  
**POLLINATION:** wind  
**FLOWERS:** complete, open  
**ISOLATION:** 500 m  
**POPULATION SIZE:** minimum 12 plants



**GROWING NOTES:**

Heirloom. Biennial. 53 days. Also called Perpetual Leaf and Spinach Beet. Drought tolerant. Harvest like chard. Does not have beet root.

Will cross with other beets. Rogue out plants that bolt the first year. For seed culture, mulch selected plants to overwinter in the garden. Plants benefit from staking to support the thin seed stalks. Harvest when most seeds are dry.

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**PLANT TYPE:** KALE  
**VARIETY NAME:** **Kale, Red Russian**  
**LATIN NAME:** *Brassica nipposinica*  
**POLLINATION:** insect  
**FLOWERS:** complete, open  
**ISOLATION:** 200 m  
**POPULATION SIZE:** minimum 6 plants



**GROWING NOTES:**

Biennial. Flat leaf variety. 50 days.

Mild tasting kale. Harvest young greens for salads. Mature greens have sweeter taste after frost.

For seed culture, restrict leaf harvest on plants to be over-wintered for stronger plants. Apply thick mulch after frost.

Seed stalks will appear in spring. Green seed pods are edible. Dry pods pop open fast! Cut branches when most pods are dry and store in paper bags to complete drying.

**PLANT TYPE:** VEGETABLE MALLOW  
**VARIETY NAME:** **Mallow, Curly**  
**LATIN NAME:** *Malva verticillata var. crispa*  
**POLLINATION:** insects  
**FLOWERS:** complete, open  
**ISOLATION:** 500 m  
**POPULATION SIZE:** minimum 6 plants



**GROWING NOTES:**

Mild-flavored, curly-edged green leaves great in salads when young. Older leaves are better when lightly cooked. Very productive. Loves hot weather and is mildly frost resistant. Will self-seed.

Good digestive aid and a good northern replacement for okra as a thickener in soups. One of the first domesticated crops in Asia over 2,500 years ago.

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**PLANT TYPE:** MUSTARD  
**VARIETY NAME:** **Japanese Mustard, Giant Red**  
**LATIN NAME:** *Brassica juncea & Brassica rapa*  
**POLLINATION:** insect  
**FLOWERS:** complete, open  
**ISOLATION:** 200 m  
**POPULATION SIZE:** minimum 12 plants



**GROWING NOTES:**

Matures in 45 days. Young leaves are mild tasting; mature are very peppery. Milder when cooked. Very cold-hardy. Can be grown in part-shade or shaded in hot weather to prevent bolting.

Will cross with other mustards such as mizuna. This plant self-sows easily. Cut mature stalks and put in paper bags to dry when most seeds are brown.

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**PLANT TYPE:** MUSTARD  
**VARIETY NAME:** **Scarlet Frills**  
**LATIN NAME:** *Brassica juncea*  
**POLLINATION:** insect  
**FLOWERS:** complete, open  
**ISOLATION:** 200 m  
**POPULATION SIZE:** minimum 12 plants



**GROWING NOTES:**

DTM 21 baby; 37 full size. Annual OP. Spicy green and red, intricately lobed and ruffled leaves add flavor and loft to your custom salad mix. Slow bolting. Darker red in cooler weather. Will cross with other mustards.

**PLANT TYPE:** MUSTARD  
**VARIETY NAME:** **Mustard, Tokyo Bekana**  
**LATIN NAME:** *Brassica juncea & Brassica rapa*  
**POLLINATION:** insect  
**FLOWERS:** complete, open  
**ISOLATION:** 200 m  
**POPULATION SIZE:** minimum 6 plants

**GROWING NOTES:**

40 days. OP Annual. A slightly curled mustard with light green, ruffled leaves. good as baby leaf and in salad mixes. Sweet flavour that is neither hot nor bitter. At full size, its delicate leaves develop succulent white petioles, making it good for bunching. Slow to bolt.



**PLANT TYPE:** CHINESE CABBAGE  
**VARIETY NAME:** **Baby Bok Choy**  
**LATIN NAME:** *Brassica rapa var. chinensis*  
**POLLINATION:** insect  
**FLOWERS:** complete, open  
**ISOLATION:** 200 m  
**POPULATION SIZE:** minimum 6 plants

**GROWING NOTES:**

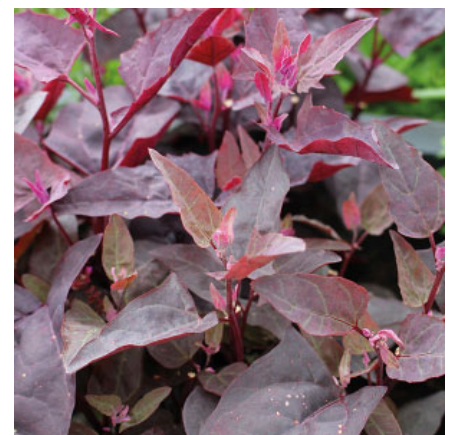
Annual OP. 30-40 DTM. Start early outdoors, does not transplant well. Harvest small and succession plant for eating, leaving at least 6 plants from early planting for seed production. This type of chinese cabbage does not form heads. Will cross with other *B. rapa* (mizuna, asian mustards and turnip). Seed originally from seed swap, also known as pak choi.



**PLANT TYPE:** ORACH  
**VARIETY NAME:** **Orach, Magenta**  
**LATIN NAME:** *Atriplex hortensis*  
**POLLINATION:** insect, wind  
**FLOWERS:** complete, open  
**ISOLATION:** 40 m  
**POPULATION SIZE:** minimum 15 plants

**GROWING NOTES:**

Also called French Spinach, this plant is slower to bolt in hot weather. Harvest young leaves for salads and mature leaves for steaming. Plants for seed culture grow to 4-5 feet height and turn a brilliant magenta colour.



Seeds are mature when they turn from red to light brown. This plant self-sows easily. Cut mature stalks and put in paper bags to dry when most seeds are brown.

**PLANT TYPE:** SWISS CHARD  
**VARIETY NAME:** **Chard, Ruby Red**  
**LATIN NAME:** *Beta vulgaris*  
**POLLINATION:** wind  
**FLOWERS:** complete, open  
**ISOLATION:** 500 m  
**POPULATION SIZE:** minimum 12 plants



**GROWING NOTES:**

Biennial. 60 days. Will cross with beets, beet spinach and other chards.

This variety produces bright red stalks with red-veined dark green, crinkly leaves.

For seed culture, heavily mulch selected plants in garden over winter. Protect shoots from frost in early spring. Plants benefit from staking to support the thin seed stalks. Snip out side shoots to concentrate plant energy on main stalks.

Harvest when most seed nutlets are brown and dry.

Do not collect seed from plants that flower in their first year, as this is an undesirable trait.

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**PLANT TYPE:** SPINACH  
**VARIETY NAME:** **Spinach, Corvair**  
**LATIN NAME:** *Spinacia oleracea*  
**POLLINATION:** wind  
**FLOWERS:** dioecious  
**ISOLATION:** 200 m  
**POPULATION SIZE:** minimum 12 plants



**GROWING NOTES:**

Annual. DTM 45d. Only female plants produce seed, pollinated by male plants. Don't save seed from early flowering plants, as early bolting is not a desirable trait. Pull male plants after seed is set in females to allow more room in the garden. Oval-shaped, thick leaves are upright in stature. High yielding plants are super productive in spring and autumn. Resistant to downy mildew.

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**PLANT TYPE:** SPINACH  
**VARIETY NAME:** **Monstrueux de Viroflay**  
**LATIN NAME:** *Spinacia oleracea*  
**POLLINATION:** wind  
**FLOWERS:** dioecious  
**ISOLATION:** 200 m  
**POPULATION SIZE:** minimum 12 plants



**GROWING NOTES:**

Annual. DTM 40-50d. Only female plants produce seed, pollinated by male plants. Don't save seed from early flowering plants, as early bolting is not a desirable trait. Pull male plants after seed is set in females to allow more room in the garden. This French heirloom dates back to 1866. This huge spinach can grow up to 60cm (24") in diameter, with 20cm (8") crisp, dark green leaves. No matter how big it gets, the leaves stay tender and delicious with lower levels of oxalic acid than other varieties.

**PLANT TYPE:** BROCCOLI  
**VARIETY NAME:** **Di Cicco**  
**LATIN NAME:** *Brassica oleracea*  
**POLLINATION:** insect  
**FLOWERS:** complete, open  
**ISOLATION:** 200 m  
**POPULATION SIZE:** minimum 6 plants



**GROWING NOTES:**

Di Cicco Broccoli is an Italian heirloom that dates back to 1890. It grows to an average height of 61-91 cm, (24-36") with a spread that is 30 cm (12") wide. The plants yield a vigorous supply of 7-11 cm, (3-4") clusters of blue-green heads.

Grow at least 6 plants together for proper pollination. The heads form flowers quickly; do not pick the first stems - allow them to go to seed as it may take the entire summer for seeds to mature. Harvest seed pods as soon as they dry, then continue harvesting side shoots for eating.

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