2023 ORGANIC SEED CATALOG

HIGH MOWING
Organic Seeds

Featuring the Agrarian Commons, a reimagining of farmland tenure introduced by Agrarian Trust (see pg. 26)

100% Certified Organic

highmowingseeds.com
Welcome

When starting something new, there is a deep need for imagination. What we can conceive of in our minds is the first step towards creation and it is often in the dreamy wintertime, sitting in a warm space with our favorite seed catalogs that our gardens and farms begin to take shape.

What we find in our creative imaginings are unforeseen solutions, workarounds, sudden inspirations and a future that cannot be obstructed by the barriers that we experience in our current world.

Unencumbered by the constraints of our reality, possibilities begin to bloom where problems only seem to exist, and our future efforts become supported by something deeper.

From this space of imagination, we can begin to bring our creativity onto paper; into spreadsheets and eventually into the soil. The next phase of our journey to harvest is the ever-important process of planning. Taking notes and photos during the season, recognizing which varieties favor our microclimates and building the framework for our successions ensures that what we dreamt of over the winter has the support, knowledge and structure it needs to bear fruit.

And lastly, we are tasked with taking action. The journey from dreaming to planting turns out to be only the first adventure of the season and it is when we are willing to engage with the present moment as it is, to sow seeds and put our plans into the world through acts of courage, love and hope that we build the green, nourishing and just future that we seek for all.

I am inspired by all of the individuals in this catalog that brought something out from deep within, fearlessly creating from the heart and sharing their gifts with our world; just as

I am inspired and grateful for each of you dreaming, planning and planting with us this season.

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The Safe Seed Pledge

In 1999 High Mowing Organic Seeds guided a coalition of 9 other seed companies in drafting a statement about the signers’ stance on genetic engineering.

“Agriculture and seeds provide the basis upon which our lives depend. We must protect this foundation as a safe and genetically stable source for future generations. For the benefit of all farmers, gardeners and consumers who want an alternative, we pledge that we do not knowingly buy or sell genetically engineered seeds or plants. The mechanical transfer of genetic material outside of natural reproductive methods and between generations, 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.”

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4 EASY WAYS TO ORDER

PHONE
(866) 735-4454 toll free

HOURS:
January-April: M-F 8am-6pm, Sat 9am-5pm
May-December: M-F 9am-5pm

WEB
highmowingseeds.com

FAX
(802) 472-3201
Fax the order form (p. 59) anytime.

MAIL
Send the order form (p. 59) to:
High Mowing Organic Seeds
76 Quarry Road, Wolcott, VT 05680

PAYMENT OPTIONS
Mail orders can be paid for by check, money order or credit card (Mastercard, Visa, Discover or American Express). Fax, phone and web orders can be paid for by credit card.

LIMITATION OF LIABILITY
Farming or gardening is risky business, with weather extremes and many other variables outside our control. The responsibility of High Mowing Organic Seeds extends only to the purchase price of the seed.

*Prices are in effect through November 1, 2023 and are subject to change.

We offer Free Shipping!*

*On orders over $200, see page 59 for details.
### 57 New Varieties for 2023

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*highmowingseeds.com | toll free (866) 735-4454*
It is our mission at High Mowing to source the best, highest quality supplies to support the success of your gardens and farms. Our supplies have been evaluated by our experienced team for usability, durability and, whenever possible, their potential for long-term use. All trays and pots in this category are compatible and can be used together to design an effective seedling propagation system.
**128-Cell Standard Plug Flat**
Standard sized 128-cell flat for seedling propagation. Cells are square with a drainage hole. Trays are durable and can be used for multiple growing seasons with proper care.

- Width (in.): 11
- Length (in.): 21.22
- Depth (in.): 2
- 1 flat: $4.45, 10 flats: $46.00, 50 flats: $185.00

**Medium Weight Carrying Tray**
Carrying tray for use under standardized plug flats, plastic and compostable pots, and other seed propagation containers. Flexible trays with durable construction using quality, blended recycled raw materials with additives. Carrying tray extends the life of seedling flats and can be used to transport flats safely to the field. Designed to last for multi-season use. Compatible with all of our standardized plug trays.

- Width (in.): 10.5
- Length (in.): 21.25
- Depth (in.): 2.5
- 1 tray: $4.15, 10 trays: $30.80, 50 trays: $155.00

**Fertil 3.5” Compostable Pot**
OMRI-listed fully biodegradable 3.5x3.5 in. pots designed to be planted directly into soil. Pots are lightweight and permeable, offering good air flow, letting water well without the need for drainage holes. Square construction prevents pots from rolling out of carrying trays. Can be planted directly into the ground, raised bed, or container; reducing transplant shock and waste. Made from wood fibers with small amounts of peat and limestone. No glues or binders. 18 pots per Medium Weight Carrying Tray.

- Width (in.): 3.5
- Length (in.): 3.5
- Depth (in.): 3.5
- 18 pots: $8.50, 90 pots: $26.50

**Seed Starting Kit**
Our organic Seed Starting Kit - everything you need, but the seeds. Our seed starting kit is perfect for growing your own healthy seedlings or indoor greens. When growing indoor greens such as shoots or microgreens, plant directly in the standard 1020 tray. For starting seedlings, plant in the 50-cell tray.

The kit includes:
- A 50-Cell Tray for starting vegetable, herb and flower seedlings
- A Standard 1020 Tray - without drainage holes
- A 6-quart bag of Vermont Compost Company Fort Vee™ Potting Soil, approved for organic growing by Vermont Organic Farmers (VOF) certifying agency

**INOCULANTS**

**Guard-N® for Peas and Vetch**
Guard-N® contains several strains of rhizobia bacteria to stimulate the development of nitrogen-producing nodules on the roots of leguminous plants. Inoculation of legumes dramatically increases yields, improves soil conditions, and boosts overall plant vigor. Correct inoculant selection for the variety of legume being grown is critical for successful nitrogen fixation. This all-purpose organic inoculant is for shell peas, snap peas, field peas, dry beans, snap beans, lima beans, fava beans, lentils, vetch and most other peas or beans. Rhizobia strains in this product include: Bradyrhizobium japonicum, Bradyrhizobium sp. (Vigna), Rhizobium leguminosarum biovar viciae and Rhizobium leguminosarum biovar phaseoli.

- 94535 (1.5 oz, treats 8 lbs): $18.50
- 94536 (6 oz, treats 50 lbs): $19.75

**CLIPS**

**Side Grafting Clips**
Spring-loaded side grafting clips.
- 10 clips: $2.90, 25 clips: $5.85, 100 clips: $17.50

**Top Grafting Clips**
Silicon top grafting clips available in two sizes, 1.5mm and 2.0mm.

- 94928 (1.5mm): 10 clips: $2.65, 25 clips: $4.75, 100 clips: $10.55
- 94929 (2mm): 10 clips: $3.55, 25 clips: $4.95, 100 clips: $11.15

**Trellis Clips**
The industry standard for trellising greenhouse tomatoes. Simply attach tomato twine to greenhouse frame, clamp twine between clip hinges, then close the clip around tomato plant leaders for sturdy support. Accommodates stem diameters up to 3/4 in., also suitable for cucumbers and other vining crops. Releases easily to adjust or reuse over multiple seasons.

- 100 clips: $12.00, 500 clips: $35.00, 1M clips: $61.00, 5M clips: $250.00

**HARVESTING**

**Harvest Knife**
Our red-handled Victorinox harvest knife features our logo on the serrated blade. Suitable for delicate harvests as well as light pruning on tough stems, these 3.25 in. blades will stay sharp all season long. Made in Switzerland with a lifetime warranty.

- $11.30

**Victorinox Knife Sheath**
The Victorinox Nylon Knife Sheath accommodates the HMOS harvest knife with a blade up to 3.25 in. in length. Meant to slide onto a belt or pocket and is perfect for storing your knife during long harvest days.

- $13.00
What’s in a description? Here’s what you’ll find in our variety listings:

**VARIETY NAME**

**ITEM CODE**

**DAYS TO MATURITY:**
From transplant if a commonly transplanted crop or from seeding if commonly direct sown; based on Vermont conditions.

**PROTECTION STATUS CATEGORIES**
Look for these notations in the first line of the variety descriptions:

- **OSSI - Open Source Seed Initiative.** These varieties have been protected under the OSSI’s pledge and the germplasm is open, unrestricted, available for utilization by the general public in perpetuity and can never be patented or restricted.
- **UP - Utility Patent.** Variety has patented genetic attributes that disallow an individual from saving, breeding with, or selling seed from parent plants. Lasting 20 years, this patent protects plant breeders’ investments in the development of improved varieties.
- **PVP - Plant Variety Protected.** Protects unique seed and tuber varieties by prohibiting unauthorized commercialization. Lasting 20 years, this protection guards the work of breeders who develop uncommon and desirable traits in both open-pollinated and hybrid varieties. Breeding with and saving seed from these varieties is allowed.

**VARIETY FEATURES LINE:**
- Indicates if variety is OP (open-pollinated), HEIRLOOM or HYBRID.
- Indicates if protection status category of variety is OSSI (Open Source Seed Initiative), UP (Utility Patent), or PVP (Plant Variety Protected). See key on right hand side of this page for details.
- Indicates intermediate (IR) or high (HR) resistances—resistance key is in the crop type’s Cultural Information.
- Indicates useful information such as fruit size, commercial uses and other important attributes that make the variety unique.

**ATTRIBUTION:**
Certain varieties that were bred by our partners, public or independent breeders have been identified at the end of the descriptions.

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**Artichokes**

*Cynara scolymus*

**Trials Manager Taylor checking on artichoke progress at the organic trials farm.**

**CULTURAL INFO:** Days to maturity are from transplanting. Although artichokes are perennials, certain varieties can be grown as annuals, even in cold climates. Start seeds indoors at least 10 weeks before the last frost date. Plant ¼” deep and keep at 65-70°F. Transplant to larger pots or cells when roots are well developed. Harden off before planting outside, but get them out 10 days or more before the last frost date so they’ll experience temperatures between 40-50°F. They can tolerate light frost, but protect if harder frost is expected. Soil preparation is required as artichokes do best in rich, well-drained soil with neutral to slightly acidic pH between 6.0 and 7.0. Fertilize heavily at planting and continue to side dress in the early season of rapid growth.

**SEED SPECS:** 560-680 (625 avg) seeds/oz, 9-11M seeds/lb. M=1,000. Direct seeding rate, 2 seeds every 12”, thin to 1 plant in rows 5’ apart. Transplants: 24”-30” apart in rows 5’ apart.

Please visit [highmowingseeds.com](http://highmowingseeds.com) for more info.

**2026 Red Tail** 55 days

- OP • PVP • HR: BCMV, CTV / IR: R • Vigorous bush • 5.5-6” pods

Broadly adapted, prolific plants with exceptionally high yields of attractive, flavorful beans. The highest yielding bush bean in our trials program, plants are laden with 5.5-6” pods. Dark green, shiny beans are uniform and straight making for an efficient, reliable harvest. From our partners at EarthWork Seeds. White seeds.

**1505 Wonder® F1** 88 days

- HYBRID • UP • Spineless • High yielding

High-quality spineless hybrid with excellent flavor. After a long search, we are quite pleased with this hybrid artichoke with exceptional performance. Has pear shaped, dense 5” heads with good, bright color. Very firm with a tender and delicious center. Will produce in one season. From our partners at Genesis Seeds.

**1501 Tavor** 90 days

- OP • 3-4’ tall • Improved Imperial Star-type

Improved Imperial Star-type adapted for organic production. Nearly spineless plants yield 7-8 artichokes averaging 4.5” in diameter. Artichokes are green with purple tips and are buttery and tender when steamed. Can be grown as an annual from seed in one season.

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**ARTICHOKE SEED - SOLD BY SEED COUNT**

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Larger volumes available; please call for pricing.

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Trials Manager Taylor checking on artichoke progress at the organic trials farm.
Beans
Phaseolus vulgaris

Laura delighted by a healthy harvest of green beans at our organic trials fields.

CULTURAL INFO: Days to maturity are from direct seeding. Beans are tender annuals that prefer full sun, average fertility and well-drained soils. Bush varieties do not require support, but pole varieties will require varying amounts. Direct seed after all danger of frost has passed. Inoculant may be used to increase yields. Optimal soil temperature for germination is 75-95°F. Beans are particularly sensitive to cool soils and may rot at soil temperatures below 55°F. Germination is apparent within 7-10 days. Snap beans can be sown through the summer every 1-2 weeks for a continuous harvest all season. Store unwashed snap beans at 40°F and 90% humidity for 7-10 days; can or freeze for long term storage. Dry beans should be harvested when pods are at least 70% brown and threshed when pods are dry enough to break easily. Dry the threshed beans to approximately 10-15% moisture before storage or allow to continue drying in breathable bags.

DISEASE & PESTS: Root rot is caused by several different soil-borne fungi; prevent by planting into well-drained soil when temperatures have warmed. To avoid disease, only handle plants in dry conditions. Wide spacing allows more airflow between plants, helping to dry plant surfaces. Infected plants should be removed immediately.

RESISTANCE KEY: HR-High Resistance, IR-Intermediate Resistance, AN-Anthracnose, BBS-Bacterial Brown Spot, BCMNV-Bean Common Mosaic Necrosis Virus, BCMV-Bean Common Mosaic Virus (races indicated if known), CTV-Curly Top Virus, DM-Downy Mildew, FW-Fusarium Wilt, HB-Halo Blight, PM-Powdery Mildew, PMV-Pod Mottle Virus, R-Rust

SEED SPECS: 70-220 (145 avg) seeds/oz, 1.1-3.5M (2.3M avg) seeds/lb. M=1,000. 1 oz approx. 145 seeds. Direct seeding rate: Bush, 8 seeds/foot in rows 18-30” apart. Pole, 8 seeds/foot in rows 5’ apart.

Please visit highmowingseeds.com for more info.

SNAP BUSH

2210 Provider 50 days
OP • HR, BCMV, PM • 5-6” pods
The standard fresh market variety for green beans. Provider comes through every year with early, heavy yields of attractive, uniform beans. Plants are vigorous and productive with strong root systems, even under adverse conditions. Good resistance to mildew and virus. Purple seeds.

2022 Jade 55 days
OP • HR, BCMV / IR: BBS, CTV, R • Heat tolerant • 6-7” pods
Gourmet-quality long, slender, stringless green beans. Commercial yields of glossy, medium green beans for fresh market sales or the garden. Large, 18-22” tall plants produce yields comparable to Provider and Strike. Pale green seeds

2026 Red Tail 55 days
OP • PVP • HR, BCMV, CTV / IR: R • Vigorous bush • 5.5-6” pods
Broadly adapted, prolific plants with exceptionally high yields of attractive, flavorful beans. The highest yielding bush bean in our trials program, plants are laden with 5.5-6” pods. Dark green, shiny beans are uniform and straight making for an efficient, reliable harvest. From our partners at EarthWork Seeds. White seeds.

2255 Strike 55 days
OP • HR, BCMV • Suitable for mechanical harvest • 5-6” pods
Strike it rich with heavy harvests ideal for processing or freezing. Stringless, smooth beans are medium green in color. Strike is known for its concentrated pod set; great for canning. Widely adapted, disease-resistant variety. White seeds.

2205 Antigua 60 days
OP • HR, AN, BCMV / IR: HB • Suitable for mechanical harvest • 5” pods
Impressive yields of beautiful dark green pods on widely adapted plants. The darkest green bush bean of any variety we saw in our trials. Very upright, 18” tall plants offer excellent disease resistance and form a plethora of uniform pods that are suitable for mechanical harvests. Developed for the processing industry to offer commercial yields of beans that are good for blanching. From our partners at Pure Line Seeds. White seeds.

GROWER’S CHOICE

I always resort to tried and true varieties such as Provider. The compact plants are super reliable and produce a massive, concentrated yield of uniform pods making beans a trouble and stress-free crop. –Pierre-Antoine, commercial grower in Quebec
COLORFUL SNAP BUSH

**2021 Celine** 55 days
OP • PVP • HR: BCMV (US1) • Magenta Color • 4.75-5.5" pods

**Vibrant, dark to light purple wax beans with contrasting yellow interior. Tasty and juicy beans with a strikingly bright, magenta color and wonderful tenderness. These are the first purple wax beans on the market. Plants are healthy producers of uniform beans on robust, bush habit plants. Incredible as a stand-alone bean variety or mixed with other colors for specialty appeal. Brighter and more of a brilliant purple than most other purple varieties and tender enough to be enjoyed raw. Developed by Dr. John Hart of EarthWork Seeds. Light tan seeds.**

**2232 Gold Rush Yellow Wax** 55 days
OP • HR: BCMV, CTV • Concentrated harvest • Holds well • 4-5" pods

**Early variety with concentrated maturity for a faster harvest. Lemon-yellow pods with green tips are round, straight and tender. Fine flavor and crisp texture ideal for pickling or lacto-fermenting. Pods hang in clusters around the main stem, making them easy to pick. White seeds.**

**2150 Mardi Gras Blend** 55 days
OP • Matures evenly • 4-6" pods

**Pre-mixed purple, yellow and green snap beans make an eye-catching custom blend. No more hand mixing after a bean harvest – our tri-color bean blend makes it easy and efficient to offer bags of colorful beans. Varieties selected for their excellent flavor and even rates of maturity. Plant successions and harvest these beautiful, festive beans all season. Includes gold, purple and green snap beans.**

**2230 Royal Burgundy** 55 days
OP • Large plants • 5" pods

**Gorgeous deep purple stringless pods with green interiors. Almost-black beans make a stunning display when mixed with yellow and green beans, especially raw in salads. Beans turn green when cooked. Widely adapted, grows well in cool conditions. Displayed highest resistance to white mold in our trials. Light brown seeds.**

FRENCH FILET BUSH

**2258 Tavera Haricot Vert** 54 days
OP • HR: AN, BCMV • Compact, high yielding • 4-5" pods

**Extra-slender, stringless French filet beans with incredible flavor. Similar to Maxibel in quality but shorter in length and darker green. These exceptionally tender french filet beans are perfect lightly steamed and served with butter or in bean salad. Round pods are ready for picking when 4-5" long. White seeds. Unavailable in 2023**

**2200 Maxibel Haricot Vert** 65 days
OP • HR: AN, BCMV • Large plants • Tender 6-8" pods

**Unsurpassed French filet bean for gourmet markets. Known for its long, slender, medium green pods with a delicate tender texture. Heavy producer of 6-8" beans on good-sized plants. Maxibel will keep you loaded with fresh beans; pick frequently for optimal tenderness and yields. Some plants have runners. Speckled brown seeds.**

ROMANO BUSH

**2234 Dragon Langerie** 55 days fresh, 95 dry
HEIRLOOM • Versatile • 6-8" flat pods

**Unique purple-streaked white pods, also known as Dragon’s Tongue. Popular for eating fresh as a snap bean with exceptional flavor and crispiness – a clear winner in our taste tests. Streaks fade when cooked. Versatile variety also makes a great shelling bean or dry bean. Purple seeds.**

**2027 Forrester** 59 days
OP • IR: R, HB • Vigorous bush • 5.5-6" pods

**Flat, medium green pods on 21” productive, bush-habit plants. Plants produce plentiful harvests of flat pods with rounded edges that are tender and smooth. Fruit set occurs high, making for easy harvesting. This flat bean is known as a Kentucky Wonder type, which originally came out as a pole bean and was later developed into a bush bean. The pod is not as wide as the Roma II, but it is thicker and juicier. From Pure Line Seeds. Unavailable in 2023**

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Our Jade, Gold Rush and Celine bean trio was amazing this season. Each bean variety was prolific, so much so, that it was hard to keep up with harvest! Great for multiple small successions to have beans all season. Our market and CSA customers loved the taste and look to these beans. And they held up well in post-harvest. The Celine beans are very slender, crunchy and tasty! –Tiffany of Carnation Farms in Washington
2156 **Northeaster** 56 days

**Snap or dry bean** • 10’ tall vines • 8’ long pods

**POLE** • Very early • 7-8” flattened pods

Romano bean with buttery flavor and hearty texture. Northeaster is consistently one of the earliest pole beans in our trials and is well-suited to short seasons. Flattened, pale green pods on tall, vigorous vines. Quick to harvest, as beans are easy to distinguish from the foliage. Re-discovered by Rob Johnston of Johnny’s Selected Seeds. White seeds.

2154 **Seychelles** 60 days

**Snap or dry bean** • IR: AN, BCMV • Stringless • 5-6” pods

A prolific producer of perfect-quality, stringless pods with an archipelago of tender, small seeds inside each. Seychelles is an All-America Selections winner with plenty to offer pole bean-lovers: vigorous plants produce dark green, round pods that drop in clusters of six on a loose hanging truss for an easy and continuous harvest. Great flavor and all-around high performance won our hearts. Vines will reach 5’ tall and require initial training to climb a trellis. From our partners at Pure Line Seeds. White seeds.

2235 **Blue Coco** 65 days

**HEIRLOOM** • Tolerant of heat, cold and drought • 6-7” pods

Vigorous, high-yielding dark purple snap beans. Beautiful plants with violet flowers and dark green leaves with contrasting purple undersides and stems. Plants are well adapted and produce an abundance of sweet, tender beans in a variety of conditions. French heirloom dating back to the 18th century. Brown seeds. Unavailable in 2023

2161 **Rattlesnake** 65 days fresh, 105 dry

**HEIRLOOM** • 10’ tall vines • 8’ long pods

Exceptional heirloom flavor fresh, shelled or dry. Picked fresh, beans are flattened and dark green with unusual purple streaks that fade when cooked. Shelled beans are beige, with rattlesnake streaks when fully dry. Signature addition for roadside stands and farmers markets. Streaked seeds.

2160 **Kentucky Wonder** 65 days fresh, 115 dry

**HEIRLOOM** • Snap or dry bean • 7-9” pods

Unbeatable productivity, consistency and flavor. Introduced in Kentucky just prior to the Civil War, this classic variety has proven its excellence over many generations. Pods are stringless, solid and meaty with great flavor. Use fresh for snap beans or dry on vines for an excellent soup bean. Brown seeds. Unavailable in 2023.

2060 **Light Red Kidney** 85 days

**OP** • Widely adapted • Bush habit

Exceptional culinary quality with silky texture and thin skin. Mild flavor and drier texture excellent for chili, bean salads, baked and in soups. Medium-sized plants are sturdy and widely adapted, producing well even in cool, wet climates like the Northeast.

2030 **Calypso** 90 days

**HEIRLOOM** • Bush habit

Widely adapted, delicious bean for baking and soups. Dependable and early yields of 4–5 beans per pod on sturdy plants. Also known as Orca or Yin Yang for its distinctive black and white pattern that is retained in cooking. Mild flavor and creamy, rich texture. Beans double in size when cooked.

2020 **Eclipse** 90 days

**OP** • PVP • HR: BCMV / IR: AN, R • White mold tolerant • High yielding • Bush habit

Eclipses other black beans! An earlier and higher yielding version of the Black Turtle bean we all love. Eclipse has impressed nearly everyone by having all the flavor and color of the traditional Black Turtle but returning many more pounds of beans and maturing nearly a week earlier. Eclipse also resists rust, anthracnose, BCMV and shows tolerance to white mold. Upright plants are highly uniform, don’t lodge and do a synchronous dry down. Released in 2004 by the North Dakota Agricultural Experiment Station. A portion of the sales of this variety is paid to the breeder.

2050 **Jacob’s Cattle** 90 days

**HEIRLOOM** • Excellent cooking bean • Bush habit

Incredible red and white speckled heirloom. Full-flavored bean that holds its shape under long cooking and possesses a rich aroma. Legend has it that it was a gift from Main’s Passamaquoddy Native Americans to Joseph Clark, the first non-native born in Lubec, Maine.

2040 **Silver Cloud Cannellini** 95 days

**OP** • HR: CTV / IR: BCMV • Bush habit • Rust tolerant

Improved white bean with excellent culinary qualities. Shelling and cooking beans prized for their smooth, meaty texture and dense, nutty flavor. Ideal for minestrone; also known as fagioli or white kidney. Bred by Washington State University for higher yields, greater disease resistance and more upright habit than the famous heirloom.

2035 **Quincy Pinto** 106 days

**OP** • HR: BCMNV, BCMV / IR: CTV • Large, semi-bush plants

Very high yielding pinto ideal for slow-cooking and canning. Large, medium- to late-maturing beans with delicious, creamy flavor. The first pinto variety with genetic resistance to BCMV and CTV, bred in collaboration with Washington State University. Susceptible to Rust.
**BEANS - OPEN-POLLINATED • SOLD BY SEED WEIGHT**

<table>
<thead>
<tr>
<th>Variety</th>
<th>1 oz</th>
<th>1/2 lb</th>
<th>1 lb</th>
<th>5 lb</th>
<th>20 lb*</th>
<th>40 lb*</th>
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<tbody>
<tr>
<td>Antigua Bush</td>
<td>$3.55</td>
<td>$8.10</td>
<td>$13.95</td>
<td>$9.21/lb</td>
<td>$8.21/lb</td>
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<td>Blue Coco - Unavailable in 2023</td>
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<tr>
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<tr>
<td>Chiba Green Soybean</td>
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<td>$17.25</td>
<td>$24.50</td>
<td>$21.22/lb</td>
<td>$18.66/lb</td>
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<td>Eclipse Dry</td>
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<td>$16.50</td>
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<td>Jacob's Cattle Dry</td>
<td>$3.35</td>
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<td>$12.98/lb</td>
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<td>Jade Bush</td>
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<td>$14.60</td>
<td>$12.10/lb</td>
<td>$10.45/lb</td>
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<tr>
<td>Kentucky Wonder Pole - Unavailable in 2023</td>
<td>$4.05</td>
<td>$16.35</td>
<td>$25.65</td>
<td>$22.15/lb</td>
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<td>Light Red Kidney Dry</td>
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<td>Midori Giant Soybean</td>
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<td>Silver Cloud Cannellini Dry</td>
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<td>$13.53/lb</td>
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<td>Strike Bush</td>
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<td>$13.95</td>
<td>$11.44/lb</td>
<td>$10.45/lb</td>
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<tr>
<td>Tavaer Haricot Vert Bush - Unavailable in 2023</td>
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<td>$15.20</td>
<td>$21.00</td>
<td>$16.32/lb</td>
<td>$12.83/lb</td>
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<td>Windsor Fava - Limited availability in 2023</td>
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<td>$21.40</td>
<td>$19.03/lb</td>
<td>$15.63/lb</td>
<td>$13.06/lb</td>
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</tbody>
</table>

**BEANS - OPEN-POLLINATED • SOLD BY SEED COUNT**

<table>
<thead>
<tr>
<th>Variety</th>
<th>100</th>
<th>500</th>
<th>1 M</th>
<th>5 M</th>
<th>25 M</th>
<th>100 M**</th>
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<tbody>
<tr>
<td>Celine Bush</td>
<td>$3.25</td>
<td>$9.35</td>
<td>$13.95</td>
<td>$10.49/M</td>
<td>$9.09/M</td>
<td>$8.10/M</td>
</tr>
</tbody>
</table>

*Larger volumes available; please call for pricing. **Please see shipping charges on page 62 for individual items weighing 20 lbs or more.***For 100M, add $16.**

**CULTURAL INFO:** Edamame soybeans are usually eaten as a fresh bean. Direct seed in well-drained soil that is 60-85°F. Do not plant in colder soil. Inoculant may be used to increase yields. Succession plant every 1-2 weeks for a continuous harvest. Harvest when beans are plump in pods and leaves begin to change from bright green to a slight yellow-green. Handpick only bright green pods with at least two beans per pod, or harvest whole plants and bunch for market. Pods can be refrigerated for up to a week or blanched and frozen for storage. Steam for 5 minutes to release beans.

**GMO POLICY:** Through a combination of controlled stock seed production, field isolation and inspection, and policies for harvesting and handling, we focus on prevention of GMO contamination in all our seeds. All soybean seed lots are also tested to confirm zero detectable level in 10,000 seeds. No contaminated seed lots will ever be sold.

**SEED SPECS:** 68-110 (90 avg) seeds/oz, 1-1.1M (1.4M avg) seeds/lb. M=1,000. 1 oz approx. 90 seeds. Direct seeding rate: 6 seeds/ft in rows 12-30” apart.

**2253 Chiba Green** 75-80 days

*OP • Early • Compact habit

**Early edamame with delicious, very large green seeds.** Consistently 5-7 days earlier than Midori Giant, yet still blew away the competition for flavor. Compact, upright plants make harvesting easy and produce predominantly 3-seeded pods with attractive deep green color. Widely adapted throughout North America. Great for small gardens.

**2241 Midori Giant** 80-95 days

*OP • Reliable producer • Highly vigorous plants

**Early-maturing, high-yielding variety with large, buttery seeds.** Rich, flavorful beans; one of the most popular soybeans for edamame. Consistently yields over 90% two and three-seeded pods with a clear pubescence. Well-branched, tall and sturdy plants. Widely adapted throughout the U.S. and Canada. A sure winner for both commercial growers and gardeners.

**2023 Windsor Fava** 75 days

*HEIRLOOM • Tall 4’ plants • Cold tolerant

**Hardy plant with large, nutty beans.** English variety dating back to 1863 with delicious flavor when eaten as a shell bean. Plants produce 5-6" pods of large, buttery seeds; one of the most popular soybeans for edamame. Consistently 5-7 days earlier than Midori Giant, yet still blew away the competition for flavor. Compact, upright plants make harvesting easy and produce predominantly 3-seeded pods with attractive deep green color. Widely adapted throughout North America. Great for small gardens.

**2020 Eclipse Dry** 80-90 days

**Compact habit • Very large beans.** Early-maturing, high-yielding variety with large, buttery seeds. Rich, flavorful beans; one of the most popular soybeans for edamame. Consistently yields over 90% two and three-seeded pods with a clear pubescence. Well-branched, tall and sturdy plants. Widely adapted throughout the U.S. and Canada. A sure winner for both commercial growers and gardeners.

**2010 Antigua Bush** 80-90 days

**OP • Early • Compact habit

**Early edamame with delicious, very large green seeds.** Consistently 5-7 days earlier than Midori Giant, yet still blew away the competition for flavor. Compact, upright plants make harvesting easy and produce predominantly 3-seeded pods with attractive deep green color. Widely adapted throughout North America. Great for small gardens.

**2022 Jade Bush** 80-90 days

**Compact habit • Compact plant.** Early-maturing, high-yielding variety with large, buttery seeds. Rich, flavorful beans; one of the most popular soybeans for edamame. Consistently yields over 90% two and three-seeded pods with a clear pubescence. Well-branched, tall and sturdy plants. Widely adapted throughout the U.S. and Canada. A sure winner for both commercial growers and gardeners.
Beets
Beta vulgaris

CULTURAL INFO: Days to maturity are from direct seeding. Hardy biennial that can tolerate light frosts and freezes. Beets can be grown for greens or roots. Direct seed as soon as soil can be worked and up to 6-8 weeks before first frost date. Requires moderate fertility and moderate drainage. Each seed produces more than one plant, and thinning results in a more uniform root size and fewer undersized roots. Optimal germination temperature is 55-75°F. For continuous harvest, plant every 2-3 weeks. Optimal storage conditions for roots are 32°F and 95% relative humidity for up to 6 months.

DISEASE & PESTS: Damping off and root rot are caused by a number of individual fungi and can best be avoided by maintaining well-drained soils. Leaf spots are prevalent during periods of frequent rainfall and high humidity. Scab or Rhizoctonia can commonly occur on the outer skin of the root. Prevention includes removal of plant debris, crop rotation and increased airflow.

RESISTANCE KEY: HR-High Resistance, IR-Intermediate Resistance, CE-Cercospora Leaf Spot, RZ-Rhizoctonia

SEED SPECS: 1.5-2.5M (2M avg) seeds/oz, 25-40M (32.5M avg) seeds/lb. M=1,000. 1/16 oz approx. 125 seeds. Direct seeding rate: Baby leaf, 40 seeds/foot in rows 12-18” apart. Roots, 15 seeds/foot in rows 18-24” apart. Please visit highmowingseeds.com for more info.

DARK RED GLOBE

2290 Early Wonder Tall Top 35 days full size leaf, 60 beets
OP • Early greens • Excellent baby beet • 2-3” roots
A sure crop for early spring greens and roots. Quick-growing tops perfect for early beet greens; roots size up quickly for bunched baby beets. Also a good full size beet with vibrant tops. Similar quality to Detroit Dark Red for early season crops. See baby leaf photo on p. 39.

2265 Boro F1 50 days
HYBRID • IR: CE • Stores well • Baby or full size • 2-6” roots
One of the sweetest beets we’ve tasted. Superb flavor and the ability to stay tender support a wide range of uses. Juicy roots can be harvested baby and beyond 3” with good quality up to 6”. Tops regenerate quickly for clean, healthy leaves all season. Deep red color with minimal zoning. From our partners at Bejo Seeds. Precision sized. Available as raw or pelleted seed.

2267 Subeto F1 50 days
HYBRID • Early and uniform • Strong tops • 3” roots
A very early, round dark red beet for commercial production. Vigorous plants mature early and size up well even if spaced closer together. Strong tops are suitable for mechanical harvest. Smooth roots are full and uniform, making them very easy to process. From our partners at Bejo Seeds. Precision sized.

2280 Detroit Dark Red 55 days
HEIRLOOM • Quality tops • Uniform 3” roots
Top-notch heirloom variety, well known for high-quality roots. Tops are strong. A standard type for the home garden or direct market sales. Uniform, 3” round roots store well and are excellent for eating fresh or canning. First developed by Mr. Reeves of Port Hope, Ontario, Canada and further selected for improvements by D.M. Ferry & Co., who officially released it in 1892 as Detroit Dark Red.

2266 Merlin F1 55 days
HYBRID • IR: CE • High Brix • 2-3” roots
Gorgeous, smooth skinned round roots with dark red, exceptionally sweet flesh and strong tops for efficient bunching. Roots are highly uniform with neatly arranged, short taproots. Tall tops of 15-17” with upright growth habit make this an excellent candidate for commercial bunching. Interior color tolerates zoning during adverse weather. From our partners at Sakata Seeds. Precision sized.

2285 Red Ace F1 60 days
HYBRID • IR: CE • Stores well • Suitable for mechanical harvest • 3” roots
Tried-and-true variety with great uniformity and healthy tops. Red Ace F1 excels for both fresh market and industry growers due to its wide adaptability and high yield potential of uniformly sized and shaped beets. Good disease tolerance and fast regrowth result in upright, glossy, bright green tops. From our partners at Sakata Seeds. Precision sized.
2262 Shiraz 60 days
OP • HEIRLOOM • Tall tops • Excellent for processing • 3-4” roots
Unparalleled aesthetics and taste with impressive resistances make Shiraz a reliable choice. A strong parent line of three different heirlooms gives Shiraz genes that can’t be beat: tall, succulent tops for high-quality greens and easy bunching, Rhizoctonia resistance and exceptionally smooth, round roots. Bred by Steve Peters in collaboration with crop scientists from Organic Seed Alliance.

2289 Rhonda F1 65-70 days
HYBRID • Very long storage • Uniform size and shape • 3-4” roots
Excellent storage beet with sweet flavor. Very similar to Boro F1, sharing its sweet flavor and smooth texture, even after months of storage. Tuck Rhonda F1 away all winter and beets will still be hard and sound come spring. Round, deep red roots and nice, strong tops. Two weeks later than Boro F1 for staggered harvest from a single planting. From our partners at Bejo Seeds. Precision sized.

**SPECIALTY**

2260 Bull’s Blood 25 days baby leaf; 60 beets
HEIRLOOM • Deep purple leaf for salad mix • Baby beet • 2-3” roots
Striking dark red-purple leaves provide incredible contrast in salad mixes. Elliot Coleman’s choice for a red leaf in winter salad mixes. Roots are also tasty and tender when harvested early as baby beets. Tolerant of heat and cold. Color intensifies as plants mature. Selected by Dutch breeder Kees Sahin in 1986 from the French variety Crapaudine. See baby leaf photo on p. 39.

2272 Formanova 54 days
HEIRLOOM • Great for processing • Specialty appeal • 1-2” wide and 5-6” long roots
Large, cylindrical roots that slice into uniform pieces ideal for cooking or canning. Roots are long and extend well above the soil for easy harvest. Great market appeal from unusual shape. Productive storage variety with deep red flesh and healthy, harvest-ready tops. From our partners at Salva Organic Seeds.

2271 Badger Flame 55 days
OP • Easy to process • Delicious raw or cooked • 1.5” wide and 4” long roots
A unique, oblong golden beet cultivar developed with flavor-first chefs and consumers in mind. This fascinating cultivar was developed to have a low amount of geosmin, the compound that gives beets their earthy flavor. This makes for a perfectly mild and sweet golden beet that is delightful when eaten raw. This one-of-a-kind variety comes to us from renowned plant breeder Irwin Goldman of the University of Wisconsin. A portion of the sales of this variety is paid to the breeder.

2288 Touchstone Gold 55 days
OP • Improved germination • Uniform shape • 3” roots
Improved gold beet with mild flavor and vibrant color retained in cooking. From All Christianson Seed Company, the breeders of Red Ace F1 and Guardsmark Chioggia, this is an improved golden beet with better germination and uniformity than standard golden types and less zoning. Attractive, solid green tops quickly shade out weeds. Germinates best in warmer soil. From our partners at Sakata Seeds. Precision sized.

new 2261 Vereduna Alba 55 days
OP • Mild flavor • Tender flesh • 3” roots
Sweet, white roots with delicate flavor and less earthiness than red beets. Roots have a very slight pink tinge on the skin, but do not contain the highly staining red pigment of typical beets. Flesh is tender and the leaves are wavy, robust and delicious. Tops have excellent field resistance to cercospora. Roots can be eaten raw, pickled, cooked or frozen. Mix with other beet colors for specialty appeal.

2273 Cylindra 56 days
HEIRLOOM • Great for processing • Specialty appeal • 1-2” wide and 5-6” long roots
Unique 6” long cylindrical beet with fine texture and sweet flavor. A favorite with chefs due to uniform slices and ease of peeling. Popular at markets thanks to its unusual shape. Great for pickling. Limited availability in 2023.

2269 Guardsmark Chioggia 60 days
OP • Uniform • Bolt tolerant • 3” roots
Unique and beautiful, candy-striped beet. Alternating rings of dark red and white make this a popular choice for specialty markets. This strain of the popular Italian heirloom was improved by All Christianson Seed Company for better uniformity and bolt tolerance. Precision sized.

Neither Daniel or I like beets, in any form, except for the green tops. I tried growing Touchstone Gold beets from High Mowing and umm, well, our eyes were opened. Delicious! - Heather & Daniel of Restless Haven Homestead in Vermont

GROWER’S CHOICE
CULTURAL INFO: Days to maturity are from transplant; add 15-20 days if direct seeding. Broccoli is a cool-season biennial grown for spring and fall crops and prefers well-drained, fertile soils high in organic matter. Will tolerate slightly alkaline soil, performing best between 6.0-7.5. Ideal daytime temperatures for optimal growth are 60-75°F. Start seeding indoors 4-6 weeks before planting date. Plant outside as soon as chance of hard frost has passed. Some broccoli varieties produce one large head followed by the growth of side shoots, while others produce many smaller spears. Cool broccoli immediately after harvest to retain quality. Store at 32°F for 10-14 days.

DISEASE & PESTS: Prevent diseases and recurrent pest pressure with crop rotation and cover cropping. Fungal and bacterial diseases like fusarium yellows, blackleg and black rot are best prevented by starting with disease-free seed and utilizing production practices that build soil and promote vigorous plant growth. Broad spectrum applications like copper hydroxide can also be used to prevent fungal diseases. Always check with your certifier before applying control measures. Head rot can develop quickly under conditions of high moisture and high temperature and is prevented by enhancing air movement to promote drying. Pests of the Lepidoptera order such as cabbage looper, imported cabbage worm, and diamondback moth can be controlled by Bacillus thuringiensis (Bt) and/or spinosad, preferably in rotation with one another to prevent selection of resistant individuals. Root maggots can be controlled by applying beneficial nematodes. Protect plants from flea beetles by using floating row cover in the early season.

RESISTANCE KEY: HR-High Resistance, IR-Intermediate Resistance, BR-Black Rot, FY-Fusarium Yellows, WR-White Rust

SEED SPECS: 5.6-9.4M (7.5M avg) seeds/oz; 90-150M (120M avg) seeds/lb. M=1,000.

Broccoli
Brassica spp.

Commercial grower sales representatives Aaron and Michelle in the High Mowing broccoli trial.

**HEADING BROCCOLI - B. oleracea var. italic**

2300 De Cicco 48 days
HEIRLOOM • Abundant side shoots • 3-4” heads
Italian variety known for tender stalks and mild flavor. Reliable multi-cut variety that produces a compact, 3-4” bluish-green central head followed by a prolific set of side shoots. Variable maturity results in a long harvest period for both central heads and side shoots. Excellent home garden variety and/or bunching variety.

2310 Umpqua 48 days
OF • Abundant side shoots • Spring and fall crop • 5-6” heads
Hardy plants boast beautiful, blue-green heads along with excellent side shoot production over a long harvest window. Developed by Tim Peters in 1990; plants are very productive, open-pollinated crops that perform especially well in the spring and fall. Heads are large and loose with a mild spice when eaten raw. A portion of sales are paid to the breeder. Limited availability in 2023.

Larger volumes available; please call for pricing. *Please see shipping charges on page 62 for individual items weighing 20 lbs or more. **For all 1000M sizes and 500 M Boro F1 pelleted seed, add $16.
Vigorous, sturdy, and able to persevere through hot weather, the **Fiesta F1 broccoli** is a variety that I rely on as a staple for my home garden. The large, central heads are easy to harvest, and the side shoots are a bonus. It withstood pest pressure, drought, and a very warm spring.

- Kim, Customer Service at High Mowing

**2302 Belstar F1** 65 days
HYBRID • HR: FY / IR: BR, WR • Compact habit • Heat tolerant • 6-8” heads

A versatile broccoli with excellent heat and cold tolerance and uniform, rounded heads. Great choice for spring, summer and fall plantings with excellent vigor. Plants are compact and produce small to medium-sized heads within a 10-14-day harvest window. Domes span 6-8” and average 1.5 lbs. Plants have been known to survive 20-degree temperatures with proper frost protection and care. From our partners at Bejo Seeds.

**2303 Covina F1** 68-70 days
HYBRID • HR: FY / IR: WR • Extremely stress tolerant • 6-8” heads

Vigorous plants withstand a wide range of environmental stresses to reliably produce uniform, tight domes. We were blown away by Covina F1’s performance in our field trials two years in a row when we had an unusually cold, wet year followed by an extremely hot, dry year. Both wildly different but equally stressful conditions didn’t bother this workhorse broccoli. The upright, large framed plants produced big, tightly beaded heads for consistent harvests. Good for both spring and fall production. From our partners at Bejo Seeds.

**2305 Fiesta F1** 75 days
HYBRID • HR: FY / IR: BR • Uniform • Short harvest window • 6-7” heads

Impressive late-season variety for fall harvests. Uniform maturity and stand of well-domed heads. Medium beads slightly larger than Belstar F1. Ideal for dense plantings of single cuts with a harvest span of less than one week. Well adapted; performs best when days are warm and nights are cool.

**2315 Waltham 29** 80-85 days
OP • Fall crop • Many side shoots • 5-6” heads

Best variety for bunched side shoots. Sturdy 20” plants support 5-6” loose, dark blue-green heads with medium to large beads and long stalks (hard to find with modern hybrids). Developed to withstand increasing cold for fall maturity. Heat sensitive.

### SPROUTING BROCCOLI - Brassica spp.

**1960 Spring Raab Broccoli Raab** 45 days
OP • Italian specialty • Large 30” tall plants

Italian specialty with mild mustard flavor and broccoli-like florets. Delicious traditionally cooked in olive oil with garlic and pepper flakes. Easy to grow and loaded with folic acid and vitamins. Plant early spring to midsummer or overwinter in mild climates. *Brassica rapa var. ruvo.*

**2311 Santee F1 Sprouting Broccoli** 75-115 days
HYBRID • Specialty crop • Excellent for overwintering

Mini purple heads on leafy stalks; also known as broccolini. Abundant, tender, burgundy spears and mini broccoli heads are flavorful and packed with nutrients. Unlike most sprouting broccolis, Santee F1 doesn’t require cold treatment to initiate bud development. Can be overwintered in mild climates. From our partners at Bejo Seeds. *Brassica oleracea var. italica*
Divino F1 Brussels sprouts are a game changer. The stalks are strong, standing upright when fall weather hits. It’s a farm dream to have a beautiful stalk full of Brussels to give to the CSA or show off at market and Divino F1 makes it possible. The sprouts hold quality late into the season, giving us a needed boost at the end of our fresh sales season.

-Darby of Life Arises Farm in Vermont

**CULTURAL INFO:** Days to maturity are from transplant; add 15-20 days if direct seeding. Brussels sprouts are a cool-season biennial that prefer temps of 45-75°F with optimal growth at 60-65°F. Direct seed as soon as ground can be worked in spring, or start transplants indoors 4-6 weeks before setting out. Can tolerate frost once hardened off. Fertilize well at planting and side dress again about three weeks later. Snap tops off plants in late summer to encourage sprout production. Sprouts become sweeter after a few light frosts in fall.

**DISEASE & PESTS:** Black rot (Xanthomonas campestris pv. campestris) first appears as V-shaped, yellow lesions at leaf margin. Pull up infected plants immediately. Plantings should never be worked during wet conditions. Fusarium yellows (Fusarium oxysporum f. sp. conglutinans) manifests as yellowing of the lower leaves then moves to upper leaves and causes wilt. Fungal diseases can be prevented by spraying with copper hydroxide; check with your certifier before applying. Clubroot is a soil borne disease which stunts the roots. Rotate crops and add lime to raise soil pH to 7.2. Cabbage looper, imported cabbage worm and diamondback moth are of the Lepidoptera order and can be controlled by Bacillus thuringiensis (Bt) and/or spinosad, preferably in rotation with one another to prevent selection of resistant individuals. Protect plants from flea beetles by using floating row cover in the early season. Control root maggots with beneficial nematodes or by covering with row cover early in the season.

**RESISTANCE KEY:** HR-High Resistance, IR-Intermediate Resistance, BR-Black Rot, FY-Fusarium Yellows

**SEED SPECS:** 6.8-11.3M (9.3M avg) seeds/oz, 110-180M (150M avg) seeds/lb. M=1,000.

For more info, please visit highmowingseeds.com.

**BRUSSELS SPROUTS SEED - HYBRID - SOLD BY SEED COUNT**

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Larger volumes available; please call for pricing.

**Grower's Choice**

Divino F1 Brussels sprouts are a game changer. The stalks are strong, standing upright when fall weather hits. It’s a farm dream to have a beautiful stalk full of Brussels to give to the CSA or show off at market and Divino F1 makes it possible. The sprouts hold quality late into the season, giving us a needed boost at the end of our fresh sales season.

-Darby of Life Arises Farm in Vermont
CULTURAL INFO: Days to maturity are from spring transplanting; if transplanting in warm weather subtract 10-14 days; direct seeding add 14 days. Cabbage is a hardy biennial closely related to broccoli and kale. The trick to growing cabbage is steady, uninterrupted growth with good fertilization and ample water. Cabbage does best in cool, temperate climates but can be grown anywhere with the right varieties and good care. In most areas, you can plant an early crop for fresh eating and a late crop primarily for winter storage. Direct sow when daytime soil temperatures warm to 65-75°F or start seeds indoors or in cold frames 4-5 weeks before planting date. Optimal soil temperature for germination is 75°F, but seeds will germinate in soils as cool as 50°F. Seedlings can tolerate light frost after they’ve hardened off. Plant into well-drained soil with plenty of organic matter. Cabbage prefers a pH of 6.5-6.8 with good fertilization and ample water. Cabbage does best in cool, temperate climates but can be controlled by soil-borne disease clubroot by rotating crops and adding lime to raise soil pH. Pests of the Lepidoptera order such as cabbage looper, imported cabbage worm and diamondback moth can be controlled by Bacillus thuringiensis (Bt) and/or spinosad, preferably in rotation with one another to prevent selection of resistant individuals. Protect plants from flea beetles by using floating row cover in the early season.

DISEASE & PESTS: Prevent disease and recurrent pest pressure with crop rotation and cover cropping. Fungal and bacterial diseases like fusarium yellows, blackleg and black rot are best prevented by production practices that build soil and promote vigorous plant growth. Broad spectrum applications like copper hydroxide can also be used to prevent fungal diseases. Always check with your certifier before applying organic control measures. Prevent the soil-borne disease clubroot by rotating crops and adding lime to raise soil pH. Pests of the Lepidoptera order such as cabbage looper, imported cabbage worm and diamondback moth can be controlled by Bacillus thuringiensis (Bt) and/or spinosad, preferably in rotation with one another to prevent selection of resistant individuals. Protect plants from flea beetles by using floating row cover in the early season.


SEED SPECS: 4.8-9.5M (7.3M avg) seeds/oz, 78-156M (117M avg) seeds/lb. M=1,000.

GREEN - B. oleracea var. capitata

2348 Tiara F1 57 days
HYBRID • Mini cabbage • Early fresh market • Highly uniform • 2-3 lb heads
Early maturing, dense mini cabbage suited for successions and tight planting spaces. Heads are of exceptional quality, densely packed with sweet, flavorful leaves that are crisp, juicy and perfect for fresh use. Round mini heads with short cores grow on compact plants and are an excellent option for CSA boxes, succession planting and small garden space. From our partners at Bejo Seeds.

2298 Golden Acre 62 days
OP • Early fresh market • Compact habit • 3-4 lb heads
A refined, open-pollinated cabbage with round green heads encasing beautiful, tender white hearts. Plants mature early and are compact, perfect for dense plantings with tighter spacing while still producing good yields of marketable heads. Heads are round, solid, and have a delicate, crunchy flavor that is suitable for most kitchen preparations. When cooked, the spicy cabbage flavor becomes mild and buttery. An excellent OP for the serious cabbage grower.

2366 Farao F1 63 days
HYBRID • IR • TB • Early fresh market • 3-4 lb heads
Delicious, early heads are sweet and tender. Leaves are thin and juicy with a slight peppery bite, perfect for stir-fries and egg rolls. Small, uniform heads with attractive rosequad wrappers are great for smaller households and pack nicely in boxes. Round heads with a short core hold well in summer heat; habit suitable for dense plantings.

2349 Caraflex F1 68 days
HYBRID • HR • FY • Fresh market • 1.5-2 lb heads
Green sweetheart for fresh and gourmet markets. Prized for its unusual cone-shaped heads and thin, sweet leaves that are delicious eaten raw or in stir-fries, slaws or egg rolls. Extremely uniform with good wrapper leaves for insect and sun protection. Sara Schlosser of Sandiwood Farm loves how perfectly Caraflex F1 packs a box.

2380 Megaton F1 77 days
HYBRID • HR • FY • Excellent eating quality • 10-17 lb heads
Early maturing cabbage with impressive size, short core and silky, tender leaves. Blemish free, huge heads can measure up to 16 inches in diameter and remain tender and sweet with a mild cabbage flavor. The small core offers an incredible amount of usable leaves that have a wonderful eating quality. An excellent processing cabbage. Plant 24 inches apart. From our partners at Bejo Seeds.

Please visit highmowingseeds.com for more info.
2357 Capture F1 85 days
HYBRID • HR: FY • IR: BR • Main season fresh market & processing • 4-6 lb heads
Black rot-resistant fresh market cabbage for organic growers. Full size green cabbage for fresh market or processing; short term storage ability. Excellent disease resistance—grows best in susceptible climates where black rot and thrips are present. Uniform heads sit high on the stalk with good wrapper leaves.

2296 Passat F1 90 days
HYBRID • HR: FY, WR • Storage & processing • Upright habit • 6-11 lb heads
One stop shopping for all your cabbage needs. Versatile, late season variety with large, dense heads and early vigor. Ideal for slaws, sauerkraut, storage and fresh eating with quality that improves in storage. High Brix and classic texture with a short core. A gorgeous, uniform late-season variety to replace Karlin F1. Good resistance to leaf diseases. Bred by Bejo Seeds for the kraut and processing industry in Holland.

2383 Expect F1 100 days
HYBRID • HR: FY • Long term storage • 5-9 lb heads
Gorgeous, fresh green heads that maintain taste, color and high quality in long term storage. Heads are dense, perfectly round and exceptionally uniform. Notable heat tolerance makes this a very versatile variety. Plants are easy to trim, highly consistent, reliable and productive and are an excellent choice for the commercial grower. Replacement for Impala F1. From our partners at Bejo Seeds.

2295 Reaction F1 100 days
HYBRID • HR: FY • Mini cabbage • Long term storage • 2-8 lb heads
Productive and uniform storage cabbage with a crisp, matte white interior. This crowd-pleasing cabbage is dense and sweet with a beautiful, cream-colored heart. Producing medium-sized heads with normal spacing, this variety is especially successful when planted closer to encourage the development of mini heads. Excellent for overwintering in the Pacific Northwest Region.

2370 Primero F1 62 days
HYBRID • Fresh market • Suitable for succession growing • 2-3 lb heads
Early producing, compact, dark red heads ideal for succession plantings. Texture is tender and very sweet with a manageable head size that is perfect for a single meal. Plants are uniform and highly productive. Plants head up quickly which makes them perfect for succession growing. Interior leaves are plentiful, protected by nice wrapper leaves. From our partners at Bejo Seeds.

2369 Red Express 62 days
OP • Fresh market • Compact habit • 1.75-3 lb heads
Heads up quickly into tidy little red cabbages perfect for smaller portions. Performed well in our trials with very nice color and early maturity. Compact habit; can be densely planted at 8” spacing with Farao F1 and Famosa F1 for an earlier harvest and knockout market display. Great for northern climates and small spaces.

2374 Amarant 70 days
OP • Fresh market • Heat tolerant • 1.25-2.5 lb heads
Strikingly beautiful red coloration on compact heads with good crunch, sweet flavor and juicy texture. Short stems and highly flattened outermost leaves make heads visible and easy to harvest. Tolerance to heat allows for early and main season growing. Darker purple interior than Red Express. This open-pollinated variety is bred by Kultursaat biodynamic seed initiative in Germany.

2354 Integro F1 85 days
HYBRID • Fresh market • Moderate storage • 3-4 lb heads
Uniform red cabbage for fresh market or short-term storage. Heads are very dark purple with an attractive silver sheen and oblong shape measuring about 5” wide by 7” tall. Matures a few weeks earlier than Buscaro F1, but holds well in the field. From our partners at Bejo Seeds.

2294 Kalibos 90 days
HEIRLOOM • Conical red cabbage • Storage quality • 2-3 lb heads
Elegantly shaped, pointed red cabbages that shed winter weather and store for extended eating and selling. A breathtaking cabbage with a mild sweetness and crunch that lasts well into storage. The bright purple head of the cabbage is housed in a very large, elaborate formation of green leaves that require a 2’ plant spacing. Our strain has been improved. Unavailable in 2023.

2361 Buscaro F1 105 days
HYBRID • Fresh market • Moderate storage • 4-5 lb heads
Full sized heads with sweet, juicy flavor for fresh market use. Large plants give rise to hefty heads with a gorgeous, red-purple hue and distinctive silvery sheen. Heads are round to slightly oblong; beautiful color in salads and slaws. Moderate storage capacity; ideal for processing with a medium sized core.

Your Source for 100% Certified Organic, Non-GMO Project Verified Seeds
Emiko F1

Our growing climate is incredibly hot and dry May-November, with short shoulder seasons. Napa cabbage has proven to be tricky to grow given our climate constraints, but **Bilko F1** always seems to pull through. The heads are dense even when small, and still compact enough at full size to fit in our CSA boxes. A winner!

-Kale of Mountain Bounty Farm in California
CABBAGE SEED - OPEN-POLLINATED - SOLD BY SEED WEIGHT

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CABBAGE SEED - HYBRID - SOLD BY SEED COUNT

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CABBAGE SEED - OPEN-POLLINATED - SOLD BY SEED WEIGHT

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CULTURAL INFO: Days to maturity are from direct seeding. Carrots are hardy biennials that do best in fertile, sandy loam. For more compact soils, choose tapered carrots like Chantenays or Danvers types that can wedge their way into soils. Prepare raised beds by loosening soil and raking smooth. Direct seed as soon as soil can be worked in the spring. Seedlings may take up to three weeks to emerge and may require thinning to 1” apart. Ensure constant moisture during germination. Plant every three weeks for a continual harvest. Carrots hold well in the field for up to three weeks in the summer and longer in cool conditions. Some varieties may be overwintered outdoors or in a high tunnel for an early spring harvest. For storage carrots, dig roots after frost but before ground freezes.

DISEASE & PESTS: Avoid planting in areas that are shady or have poor drainage, and practice crop rotations with non-vegetable crops.

RESISTANCE KEY: IR-Intermediate Resistance, ALB-Alternaria Leaf Blight, BR-Black Rot, CLB-Cercospora Leaf Blight, CS-Cavity Spot, LR-Liquorice Rot, PM-Powdery Mildew


EARLY SEASON

2322 Napoli F1 45 days baby, 55 full size
HYBRID • IR: ALB, BR, CLB, CS, LR • Long storage • 5-7” Nantes-type
An early, versatile carrot for all seasons. Great flavor and color as an early spring or baby carrot, but will continue to grow to full size for fresh market or storage. Great for high tunnels and one of Eliot Coleman’s top choices for overwintering. Available as raw or pelleted seed.

2336 Yaya F1 50 days baby, 60 full size
HYBRID • IR: BR, CLB, CS, LR • Uniform size • Bunching or storage • 6” Nantes-type
The standard for commercial growers. Truly stellar flavor and crispness with blunt barrel shape. Versatile and suitable for storage, bunching or soup-grade carrots; compares well to Nelson F1 with better uniformity. One of the most well-known varieties from our friends at Bejo Seeds. Available as raw or pelleted seed.

Michael harvesting from a gorgeous stand of carrots at Echo Creek Farm in Upstate New York.
2320 Red Cored Chantenay 65 days
HEIRLOOM • Processing and storage • 6" Chantenay-type
Broad-shouldered variety with sweet, old-fashioned carrot flavor. Wide shoulders, a tapered root and a blunt, rounded tip; thrives in heavy soils. Fine-grained texture and a characteristic red core. A great variety for soups, freezing, canning and storage. Introduced in France in the late 1800s and quickly became the processing industry standard.

2340 Scarlet Nantes 65 days
OP • Storage • 6-8" Nantes-type
High yields with fine texture and classic carrot flavor. Our improved strain offers enhanced uniformity and a more even rate of maturity. Bright red-orange flesh with fine grain and almost no core. Very cylindrical roots with blunt tips and smaller tops for bunching or storage. A great choice for the garden.

2330 Danvers 126 70 days
HEIRLOOM • Processing and storage • 6-7" Danvers-type
Reliable, stocky variety with broad shoulders and deep orange color. Bright orange conical roots with rugged tops strong enough to withstand being pulled. Displayed superior disease resistance in our trials and thrives in heavy soils. A great variety for canning, freezing, juicing and storing; had the highest Brix reading of any of our varieties even after months of storage. Resists splitting.

2342 Naval F1 72 days
HYBRID • IR: ALB, BR, CLB, LR, PM • Stores well • 7" Nantes-type
Long, uniform roots and strong, healthy tops make a standout market display. This early-maturing slicing variety has a strong following for its versatility. Naval F1’s tops are healthy and durable for bunching and fresh market sales, while the roots are comparable to Bolero F1 for long term storage. Naval F1 has excellent flavor right out of the field. Moderate resistance to Alternaria and powdery mildew. From our partners at Bejo Seeds. Available as raw or pelleted seed.

2339 Bollin 75 days
OP • Good flavor • All season production • Long storage • 6-8" Nantes-type
Bright orange, moist textured roots with upright, healthy foliage and excellent storage. A uniform and reliable open-pollinated variety with good field holding quality and great carrot flavor. Around 20 days earlier than Dolciva, with a mild sweetness fresh out of the ground. Tops hold up well late into the growing season, allowing for extended bunching. A true standout in our trials field for all season performance.

2328 Miami F1 75 days
HYBRID • IR: ALB, BR, CLB, CS, LR • Long storage • Uniform 6-8” Nantes-type
Consistently uniform cylindrical roots with exceptionally sweet carotty flavor. Bright orange roots grow stouter as they mature with attractive feathery tops perfect for fresh market bunches. Well adapted for early or main season successions. Very long storage; compares well to Bolero F1. Retained its great flavor long into the winter in our storage trials.

2331 Caravel F1 80 days
HYBRID • Main season • Fast-growing • 7-8” Nantes-type
Fast-growing, cylindrical roots with blunt tips and sweet flavor. Strong, healthy tops make this an excellent variety for bunching in the field. Can also be grown for large, topped wholesale carrots. Roots are smooth and clean, making for efficient processing and excellent visual appeal.

2324 Negovia F1 80 days
HYBRID • IR: ALB, BR, CLB, LR, PM • Bunching or storage • 7-8” Nantes-type
A standout in our summer carrot trials for both sweetness and texture. Smooth, cylindrical roots with impressive flavor and stronger tops than Yaya F1, plus great storage quality. Excellent uniformity makes this a good variety for bunching and mechanical harvest; compares well to Bolero F1 with similar sweetness and crunch.
A certified organic carrot blend made with improved variety strains for reliable production. This rainbow of sweet and crunchy roots will delight people of all ages with striking shades of white, yellow, orange and purple. Our improved strain of Scarlet Nantes orange is the star of the blend, providing enhanced color sugars than Bolero F1 over 9 months in storage. From our friends at Swiss biodynamic seed company, Sativa Seeds. Available as raw or pelleted seed.

**SPECIALTY**

**2335 Cosmic Purple** 70 days
OP • Specialty appeal • 7” Danvers-type
Stunning roots with deep purple skin, orange flesh and a hint of spice. These tapered roots steal the show in salads with their extraordinary color combination and sweet flavor with a bit of spice. Tremendous gourmet appeal at market. Developed by Dr. Philipp Simon and staff at the USDA ARS in Madison, Wisconsin in 2005.

**2333 Starburst Blend** 70 days
OP/HYBRID • HMOS EXCLUSIVE • Specialty appeal • 7”-9” roots
A certified organic carrot blend made with improved variety strains for reliable production. This rainbow of sweet and crunchy roots will delight people of all ages with striking shades of white, yellow, orange and purple. Our improved strain of Scarlet Nantes orange is the star of the blend, providing enhanced color and uniformity over our previous strain for a more even mix overall. Flavorful, extra nutritious roots of all colors are packed with antioxidants and add vibrant color to salads, mixed bunches and crudites. Great sweet flavor, juicy crunch and strong field resistance to Alternaria. We are delighted with this Swiss-bred variety. Slightly tapered roots have good uniformity, bright color and strong tops. Widely adapted; rated 20-30% higher in sugars than Bolero F1 over 9 months in storage. From our friends at Swiss biodynamic seed company, Sativa Seeds. Available as raw or pelleted seed.

**2337 Yellowstone** 70 days
OP • IR, ALB, BR, CLB, LR • Productive • Mild flavor • 9” roots
Long, sunflower-yellow carrots with strong, feathery tops. Extremely productive and adaptable to many growing conditions; one of the easiest carrots to grow. Strong tops are ideal for bunching. Pick early for a sweet, tender, mildly flavored treat that kids will love.

**2325 Dragon** 85 days
OP • Specialty appeal • 7” Danvers-type
Vibrant purple skin with bright orange flesh and unusual yellow core. Adored by carrot aficionados for its yellow core and spicy yet sweet flavor. Roots are full size at 7” long, thrive in heavy soils and are very hardy. Improved from a USDA specimen by Dr. John Navazio, with lycopene content equal to tomatoes.

**new 2321 Carnelian** 95 days
OP • Uniform root shape • Summer and fall production • Specialty appeal • 6-7”
Beautiful salmon pink roots with a gorgeous contrasting core ranging from pink to yellow. Roots are sensationally beautiful with slender taper and smooth skin. The texture is firm, perfect for roasting, turning a dark red color. Can be grown on its own as a specialty carrot or mixed into bunches with other carrot colors. This carrot comes to us as a first release from the Organic Seed Alliance’s Carrot Improvement for Organic Agriculture Project. Not recommended for spring production as red carrots are environmentally sensitive and susceptible to bolting. A portion of sales is paid to the breeder. Limited availability in 2023.

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"We knew we needed to become a year-round farm in order to be a sustainable business. We decided our move was to expand our storage capacity and the crops to fill it. Carrots from High Mowing have been integral in our production. We grow Naval F1 for our main summer carrots; they grow quickly and straight, have very little rust fly damage and taste good. They taste shockingly good after harvest, when they have been in our cold room for a couple weeks! - Eric of Patchwork Gardens in Ontario"
### CARROT SEED - HYBRID - SOLD BY SEED COUNT

<table>
<thead>
<tr>
<th>Variety</th>
<th>Seed Weight (oz)</th>
<th>1/32 oz</th>
<th>1/8 oz</th>
<th>1/2 oz</th>
<th>2 oz</th>
<th>1 lb</th>
<th>5 lb</th>
<th>20 lb*</th>
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</thead>
<tbody>
<tr>
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<td>$3.55</td>
<td>$8.10</td>
<td>$25.66</td>
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### CARROT SEED - OPEN-POLLINATED - SOLD BY SEED COUNT

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<thead>
<tr>
<th>Variety</th>
<th>Seed Weight (oz)</th>
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<th>1/2 oz</th>
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<th>1 lb</th>
<th>5 lb</th>
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<td>$0.78/M</td>
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<tr>
<td>2334P Dolciva - Pelleted</td>
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<td>$4.50/M</td>
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<tr>
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<td>$1.41/M</td>
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**CULTURAL INFO:** Days to maturity are from transplant; add 15-20 days if direct seeding. Cauliflower is a cool season biennial closely related to broccoli and cabbage. It does best in cool climates but can be grown anywhere with the right varieties. Greatly prefers steady, uninterrupted growth with good fertilization and ample water. Environmental stress leads to poor head development. Direct seed or start indoors 4-6 weeks before planting date. Plant outdoors as soon as hard frost has passed. Seedlings can withstand light frost once hardened off. Sow fall crops in mid-summer and protect from extreme heat and drought during establishment. Daytime temps between 70-80°F and cool nights are ideal for head development. Cover developing heads by tying leaves together for a blanched effect. Self-blanching varieties have tight leaf curl around heads to minimize the need to cover. Harvest heads promptly when they are full size but still compact, white and smooth. Delaying harvest results in curds turning loose and ricey, greatly reducing quality.

**RESISTANCE KEY:** HR-High Resistance, IR-Intermediate Resistance, FY-Fusarium Yellows, VW-Verticillium Wilt

**SEED SPECS:** 5.6-7.5M (6.3 avg) seeds/oz, 90-120M (100M avg) seeds/lb. M=1,000.

**Direct seeding rate:** 2 seeds every 12”, thin to 1 plant in rows 18-30” apart. Transplants: 12-18” apart in rows 18-30” apart.

Please visit [highmowingseeds.com](http://highmowingseeds.com) for more info.

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**Monique holding a beautiful head of cauliflower in the brassica trials.**

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### Cauliflower

*Brassica oleracea var. botrytis*

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2292 **Bermeo F1** 68 days

**HYBRID - Heat tolerant • 6-7” heads**

Early-maturing cauliflower with a great inner wrap. Hardy leaves surround a reliable firm, round, domed head. Excellent variety for summer production due to exceptional heat tolerance. Heads are uniform and dense, making it a great choice for commercial growers. Plants hold well in the field. From our partners at Bejo Seeds.

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2373 **Flamenco F1** 70 days

**HYBRID - Late summer or fall crop • Partially self-blanching • 6-7” heads**

Gorgeous, deeply set, dense domes with long, erect leaves that provide partial shade from the sun. Plants are vigorous, developing large beautifully flavored heads with neat, dense curds. Excellent for raw preparations and the fresh market due to mild, sweet flavor. Widely adapted with good heat tolerance. Can be overwintered in southern climates. From our partners at Bejo Seeds.
2318 **Skywalker F1** 72 days  
HYBRID • Uniform maturity • 5.5” heads  
*Long season variety with exceptional quality for fall harvests.* A narrow harvest window is perfect for market or wholesale growers. Sturdy plants produce picture perfect, dense, milky white heads. Partially self-blanching heads easily separate into tender, uniform florets. A reliable variety, widely adapted to many regions. From our partners at Bejo Seeds.

2299 **Adona F1** 75 days  
HYBRID • Spring or fall crop • 5” heads  
*Strong, vigorous plants with beautiful, high-quality heads and a short harvest window.* Well-domed, compact heads with dense, flavorful white curds that resist becoming fuzzy or mealy. Heads are well-protected; wrapper leaves are suited to tying or the “break, fold and cover” method of blanching. Tolerant of bacterial soft rot and downy mildew.

2319 **Veronica F1 Romanesco** 77 days  
HYBRID • HR: FY • Gourmet • Space large plants 3’ apart • 6-7” heads  
*Extraordinary spiralled heads with mild, nutty flavor.* Heads are an alluring chartreuse in cool conditions and creamy white with a pink blush in summer. Favored for crudités and raw vegetable dishes. This type of cauliflower has northern Italian roots dating back to the 15th century and is a gourmet favorite today. From our partners at Bejo Seeds.

**CAULIFLOWER SEED - HYBRID - SOLD BY SEED COUNT**

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<tr>
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<td>75</td>
<td>$5.10</td>
<td>$32.95</td>
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<tr>
<td>2373 Flamenco F1</td>
<td>Hybrid</td>
<td>77</td>
<td>$5.10</td>
<td>$32.95</td>
<td>$59.40</td>
<td>$52.47/M</td>
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<tr>
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<td>$68.79/M</td>
<td>$61.60/M</td>
<td>$56.65/M</td>
</tr>
</tbody>
</table>

Larger volumes available; please call for pricing.

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**Celery & Celeriac**

*Apium graveolens*

**Trials Manager Taylor checking the progress of the celery and celeriac at the organic trials farm.**

**CULTURAL INFO:** Days to maturity are from spring transplanting. Celery and celeriac can be a challenging crop for beginning growers. These crops require a very long growing season with heavy feeding and a steady water supply. Transplanting is highly recommended; start seeds indoors 10-12 weeks before planting date. Optimal soil temperature for germination is 70-75°F and tiny seeds require shallow planting. Harden off plants by reducing water for one week. Do not decrease temperature, as a ten day period with nights below 40°F and days below 55°F can cause bolting. Transplant when outside temperatures are consistently over 50°F. In hot climates, celery may require partial shade. Celery is commonly blanched by covering plants, hilling with soil or planting close together. After harvest, cool stalk heads immediately in water and store at 34°F with 95% relative humidity for up to two weeks.

**RESISTANCE KEY:** HR-High Resistance, FY-Fusarium Yellows

**SEED SPECS:** 54-81M (67.8M avg) seeds/oz. M=1,000.

**Seedlings:** 6-8” apart in rows 18-24” apart.

Please visit [highmowingseeds.com](http://highmowingseeds.com) for more info.

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**CELEY**

2398P **Merengo F1** 80 days  
HYBRID • HR: FY • Vigorous • 28” tall  
*Early variety with compact plants for easy packing.* Robust plants grow quickly and have good flavor and texture. Tall, dark green stalks with healthy tops. Performed extremely well in our trials through wet conditions. Comparable to Calypso. Pelleted seed only.

2344 **Tango** 85 days  
OP • Self-blanching • 18-20” tall  
*Greatly improved variety that is early and easy to grow.* Plants are vigorous with good flavor; excellent for shorter seasons and home gardens. Smooth, non-stringy stalks with a big celery crunch and beautiful, apple-green tops. The most forgiving of our celery varieties. Available as raw or pelleted seed.
CELERY & CELERIAC SEED - HYBRID - SOLD BY SEED COUNT

2397 Balena F1 Celeriac 108 days
Hybrid celeriac with improved bolt tolerance. Excellent upright leaf growth and healthy foliage. Interiors are a lovely solid white, with little pithiness. Quick to mature with exceptional cold tolerance. From our partners at Bejo Seeds. Available as raw or pelleted seed.

2396 Diamant 115 days
OP • HR • FY • Long storage • Easy to clean
Large, uniform roots delicious in soups, salads and roasted vegetable dishes. Rugged looking roots hide a creamy white interior with surprisingly delicate celery flavor. Produced large, uniform roots in our trials. Leaves grow upright from the crown center for better presentation and easy cleaning. Requires consistent moisture all season. From Bejo Seeds.

CELERIAC

2397 Balena F1 Celeriac 108 days
Hybrid celeriac with improved bolt tolerance. Excellent upright leaf growth and healthy foliage. Interiors are a lovely solid white, with little pithiness. Quick to mature with exceptional cold tolerance. From our partners at Bejo Seeds. Available as raw or pelleted seed.

CELERIAC & CELERIAC SEED - OPEN-POLLINATED - SOLD BY SEED COUNT

<table>
<thead>
<tr>
<th>Seed Count</th>
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<tr>
<td>2345P Merengo F1 Celery - Pelleted</td>
<td>$4.95</td>
<td>$15.70</td>
<td>$13.48</td>
<td>$10.78</td>
</tr>
</tbody>
</table>

Larger volumes available; please call for pricing.

Chard

Beta vulgaris

Monique holding a bountiful bouquet of Improved Rainbow Blend and Fordhook chard at our organic trials farm.

CULTURAL INFO: Days to maturity are from direct seeding; if transplanting subtract 14-21 days. Chard is a hardy biennial that can be direct seeded all season long and used for winter tunnels. Thin as needed to promote healthy, uniform plants. It is easy to grow and tolerates mild freezes. Transplants can be started 4-6 weeks before planting. Plant outdoors after the danger of frost has passed. Immature plants can withstand temperatures down to 32°F. Optimal germination temperature is 55-75°F. For baby leaf production, sow every week until four weeks before frost date for a continual summer harvest. Chard prefers nutrient-rich soils with good drainage and a pH between 6.0-7.0. Chard is an excellent source of fiber and is high in antioxidants.

SEED SPECS: 1.2-2.5M (1.8M avg) seeds/oz, 20-40M (30M avg) seeds/lb. M=1,000.

2343 Fordhook Giant 25 days baby, 50 full size
HERITAGE • Narrow stems • High yielding
An easy winner for appearance and flavor in our trials. Broad, white stems and midribs contrasting with deep green, savoyed leaves make Fordhook a bestseller. Large plants have very upright architecture with high yield potential, excellent for commercial growers.

2355 Silverado 30 days baby, 55 full size
OP • Narrow stems • Slow to bolt • Disease resistant
Deep green glossy leaves and bright, white stems are beautiful at baby or full size. More compact and deeply savoyed than Fordhook with a narrower stem. Extremely cold tolerant and slow to bolt. Displays field resistance to Cercospora leaf spot, allowing for a very long harvest window of high-quality leaves. High Mowing is proud to be the exclusive producer of organic seed for this variety thanks to our partnership with Sakata Seed. Bred by Alf Christianson Seed Company. A portion of the sales of this variety is paid to the breeder.

2350 Improved Rainbow Blend 30 days baby, 60 full size
OP • Narrow to broad stems • Upright, easy to harvest
Striking improved blend of red, pink, white, yellow and gold stems. Upright habit makes for clean production and easy harvesting. Color intensity is not as well defined early on; mostly pink, red and white at baby stage. Grow to full size for a dazzling display at market.

2396 Diamant 115 days
OP • HR • FY • Long storage • Easy to clean
Large, uniform roots delicious in soups, salads and roasted vegetable dishes. Rugged looking roots hide a creamy white interior with surprisingly delicate celery flavor. Produced large, uniform roots in our trials. Leaves grow upright from the crown center for better presentation and easy cleaning. Requires consistent moisture all season. From Bejo Seeds.

2394P Tango Celery - Pelleted
$5.35 $14.15 $12.10 $9.90/M

2344P Tango - Pelleted
$5.80 $14.15 $12.10 $9.90/M

2396 Diamant Celeriac
$5.10 $21.00 $18.66/M $14.92/M

2397 Balena F1 Celeriac
$5.25 $21.95 $18.94/M $15.94/M

2344 Tango Celery
$4.30 $11.10 $8.80/M $7.48/M

2344P Tango - Pelleted
$5.35 $14.15 $12.10/M $9.90/M

2345P Merengo F1 Celery - Pelleted
$4.95 $15.70 $13.48/M $10.78/M

Larger volumes available; please call for pricing.

22

highmowingseeds.com | toll free (866) 735-4454
2365 Rhubarb Supreme  30 days baby, 60 full size
OP • Broad stem • Striking colors
Deep red stemmed chard with vibrant green leaves. A product of an exciting breeding project conducted by Dr. John Navazio, Nash’s Organic Produce, and Organic Seed Alliance, this excellent chard variety is an improvement on the classic “rhubarb” type. Perfect for full-sized bunching, this variety has been selected for bolt resistance which tends to affect red chard varieties the most. Leaves are large and savoyed with exceptional savory flavor. This variety is a favorite of growers due to its striking colors and outstanding performance in the field.

2360 Ruby/Rhubarb Red  30 days baby, 60 full size
HEIRLOOM • Narrow stems • Micro, baby or full size crop
Rich crimson red stems and bright green savoyed leaves. Our improved strain of this standard red has been selected for highly savoyed leaves, color contrast and minimal chocolate leaves late in the season. Good early coloring of stems, perfect for microgreens or baby leaf.

2347 Sunset  30 days baby, 60 full size
OP • Bright golden yellow stems • Gorgeous green leaves
Bright golden yellow stems that vein beautifully into glossy, broad, green leaves. Plants are large and uniform, displaying a beautiful bouquet of deep green leaves on cheerful golden stems. Performs well in variable weather, exhibiting exceptional quality as a microgreen, when harvested as a baby leaf and when grown to full size for bunching. Can be mixed with other colors for a classic rainbow appeal.

CHARD SEED - OPEN-POLLINATED - SOLD BY SEED WEIGHT

<table>
<thead>
<tr>
<th>Variety</th>
<th>1/32 oz</th>
<th>1/16 oz</th>
<th>1/4 oz</th>
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<th>1/4 lb</th>
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</tr>
</tbody>
</table>

Larger volumes available; please call for pricing.

2352 Champion  70 days
OP • Improved Vates type • 24-36” tall • Compact habit
Selected to hold in the field up to two weeks longer than other varieties for an extended harvest. Rich blue-green, tender leaves. Plants are bolt resistant, productive and hardy. Waxy leaf surface provides natural protection from cabbage worms.

2353 Georgia  70 days
HEIRLOOM • 36” tall plants • Heat tolerant
Top producer of tender, mild greens with reliable, heavy yields. Long, loosely held leaves are dark green with stark white midribs. Smoother leaves, whiter midribs, shorter internodes and larger habit than Champion. Thrives where it’s too hot for other cole crops. Old-time favorite introduced before 1880; variable leaf shape. Unavailable in 2023
Zea mays
Corn

Monique and Sara measuring sweet corn at our organic trials farm.

CULTURAL INFO: Days to maturity are from direct seeding. Corn is a warm-season, tender annual. It is a heavy feeder that needs high fertility and benefits from side dressing. Plant sweet corn varieties away from flint corn and popcorn to avoid crossed kernels. For improved pollination, plant in blocks with a minimum of four rows rather than long single rows. Side dress when plants are a foot tall. Harvest when ear silks have dried to a dark brown and kernels are filled to the tip and colored. Sweet corn is generally ready 21 days after first silk. For best quality, eat right away or cool to 32°F within one hour of harvest. Store at 32-34°F with 98% relative humidity.

GMO POLICY: Through a combination of controlled stock seed production, field isolation and inspection, and policies for harvesting and handling, we focus on prevention of GMO contamination in all our seeds. All corn seed lots are also tested to confirm zero detectable level in 10,000 seeds. No contaminated seed lots will ever be sold.

DISEASE & PESTS: Prevent disease and recurrent pest pressure with crop rotation and cover cropping. Damaging off may occur when planting untreated seed in cool soils. Other diseases include Rust, Northern Corn Leaf Blight, and Stewart’s Wilt (Erwinia stewartii). Common insect pests include corn flea beetles (a different species than those that attack brassica crops), corn earworm, and European Corn Borer, which can be controlled with beneficial parasitic wasps, Bacillus thuringiensis (Bt) or spinosad. Always check with your certifier before applying organic measures.

RESISTANCE KEY: HR-High Resistance, IR-Intermediate Resistance, CR-Common Rust, NCLB-Northern Corn Leaf Blight, S-Smut, SW-Stewart’s Wilt

GENETIC SWEET CORN TYPES:
Standard (su) – Traditional flavor of sweet corn. Conversion of sugar to starch begins quickly after harvest. Should be eaten soon after harvest.
Sugary Enhanced (se) – Heterozygous se type. Tender kernels. Retain their sugar content longer after harvest than su varieties.
Tablesweet (se+) – Homozygous se type. Tender kernels. Retain their sugar content longer after harvest than su varieties.
Synergistic (sy) – Possesses se and sh2 kernels on the same ear. Retains sweetness post-harvest better than se, while still maintaining se tenderness.
Supersweet (sh2) – Highest sugar content. Holds sweetness post-harvest longer than other types.
Augmented supersweet (augmented sh2) – Possesses se and sh2 in every kernel. Highest sugar content. Retains sweetness post-harvest longer than other types. More tender kernels than regular sh2 varieties.

SEED SPECS:
Sweet Corn: 105-220 (160 avg) seeds/oz, 1.7-3.5M (2.5M avg) seeds/lb. 1 oz approx. 150 seeds.
Popcorn: 235-280 (250 avg) seeds/oz, 3.8-4.5M (4.2M avg) seeds/lb. 1 oz approx. 150 seeds.
Ornamental & Milling: 75-125 (100 avg) seeds/oz, 1 oz approx. 250 seeds.

SEED YIELD:
Sweet Corn: 2-3 M (3M avg)
Popcorn: 2-3 M (2M avg)

SWEET CORN, WHITE

2389 Natural Bright XR F1 74 days
HYBRID • HR: CR • Supersweet (sh2) • 8” ears
Exceptional white, sweet corn with great husk protection and tender, sweet kernels. This sister hybrid of Natural Sweet XR F1 is the first white-kernelled, organic supersweet variety offered from Illinois Foundation Seeds, Inc. These vigorous, 6’ tall plants have strong resistance to lodging in the field and produce 8” ears with superb eating quality. Holds well in the cooler post harvest.

2378 Mirage F1 79 days
HYBRID • HR: CR/IR: NCLB, SW • Synergistic (sy) • 0.9’ ears
Attractive ears with wonderfully tender, sweet kernels that melt in your mouth. Ears start 2.5’ from the ground for easy harvest and are well wrapped in dark green husks. Plants are 7’ tall and average 2 ears per plant with 16 rows of kernels each. Thanks to our partnership with Seneca Vegetable Research, High Mowing is the exclusive producer of organic seed for this variety. A portion of the sales of this variety is paid to the breeder.

2375 Fisher’s Earliest 70 days
OP • Standard (su) • 6’ ears
Early and beautiful with old-fashioned flavor. Vigorous, multi-colored 5-6’ stalks with one ear per plant sitting 18” high. Ears grow 10-12 rows of kernels; excellent tip fill and husk cover. All su’s should be picked and eaten quickly as ears lose sweetness rapidly post-harvest. Selected for short seasons by Ken Fisher of Belgrade, MT.

SWEET CORN, YELLOW

highmowingseeds.com | toll free (866) 735-4454
2386 Natural Sweet XR F1 73 days
HYBRID • HR: CR • Supersweet (sh2) • 2.5” ears
An organic supersweet with improved sweetness and tenderness. From the same breeding team that brought us Xtra-Tender 2171 F1, Natural Sweet XR F1 is a continuation of these impressive sweet corn genetics. Slightly taller (5' plants) and with more ideal ear height for harvesting (20-25”) than 2171 F1, these vigorous plants produce uniform ears with great husk coverage and exceptionally sweet, milky kernels for enhanced eating quality. Developed by Illinois Foundation Seeds, Inc.

2379 Allure F1 75 days
HYBRID • HR: CR / IR: SW • Synergistic (sy) • Slender 8” ears
Seductive sweetness and an instant favorite in our trials. Long-lasting confectionary sweetness and excellent seedling vigor. Ears have good tip fill, and biting into the tender kernels results in a juicy pop. Impressively uniform 6-7” stalks. Synergistics (sy) hold sweetness better post-harvest than its. Thanks to our partnership with Seneca Vegetable Research, High Mowing is the exclusive producer of organic seed for this variety. A portion of the sales of this variety is paid to the breeder. Limited availability in 2023.

2385 Enchanted F1 78 days
HYBRID • IR: CR, NCLB, SW • Augmented supersweet (sh2) • 7” ears
This augmented hybrid produces ears full of mouthwatering, plump kernels and stays sweet longer post-harvest. Buttery white and gold kernels are juicy and flavorful. Ears consistently have 18-20 rows of kernels and excellent tip fill. Great variety for processing and freezing. Thanks to Seneca Vegetable Research, High Mowing is the exclusive producer of organic seed for this variety. A portion of the sales of this variety is paid to the breeder.

2376 My Fair Lady F1 78 days
HYBRID • Sugary Enhanced (se) • 7-8” ears
High-class corn with tender texture and delicious, sweet flavor. Elegant, long, slender ears are 1.25” wide at the center. Single-stalked plants grow to 5’. Developed by Dr. William Tracy at the University of Wisconsin in collaboration with High Mowing. A portion of the sales of this variety is paid to the breeder.

2382 Who Gets Kissed? 78-84 days
OP • IR: CR, S • Sugary enhanced (se) • 7-8” ears
A sweet corn bred for (and by) organic growers. Excellent flavor and texture; good cool soil emergence. Compact 5-6’ tall plants with ears 2’ off the ground. Good tip fill and husk coverage. Extended harvest window—check frequently for maturity. Developed by Dr. Bill Tracy, Dr. Jared Zytro, Dr. Adrenne Shelton and Dr. John Navazio in collaboration with Organic Seed Alliance and farmer Martin Diffley. High Mowing is the exclusive producer of organic seed for this variety. A portion of the sales of this variety is paid to the breeder.

2404 Painted Mountain 90 days
OP • MULTI-COLOR • Ornamental/Milling • 6-7” ears
Colorful Montana mountain corn for milling flour. Selected by Dave Christenson from a strain of Mandan Indian corn for earliness and hard-hardness. Multi-color kernels vary from ear to ear. Perfect for flour with soft starchy kernels that are easy to grind.

2390 Roy’s Calais Flint 90-95 days
HEIRLOOM • GOLD/RED • Ornamental/Milling • 9-12” ears
Beautiful gold and maroon ears excellent for cornmeal, flour and hominy. This excellent Vermont flint corn was recognized by the Slow Food Ark of Taste as a historic variety in need of preservation. Highly ornamental and genetically unusual blend of colors. Seed royalties are paid to the Indigenous Seed Keepers Network in acknowledgement of the historic breeding work done by the Abenaki people of the Northeast and Quebec. A portion of the sales of this variety go to the Native American Food Sovereignty Alliance.

2371 Dakota Black 95 days
OP • BLACK • Popcorn • Long storage • 5-6” ears
Delicious and beautiful with eye-catching black kernels. Perfect rows of purple-black kernels up to the tip. 6-7’ plants typically have one ear each. Allow to dry fully in the field and continue drying inside for best popping. Bred by Prairie Road Organic Farm in North Dakota.

2372 Tap Dancer 115 days
OP • BICOLOR • Popcorn • Full size • 6.5” ears
Gorgeous popcorn with yellow, purple and white kernel coloration. Vigorous plants grow upwards of 96” producing uniform, full-sized ears of beautifully colorful popcorn with good tip fill. Kernels pop easily when cooked, becoming fluffy with great eating quality. Bred by Dan Kelly at Blue Heron Orchard. A portion of the sales of this variety is paid to the breeder.

new 2377 Glass Gem Popcorn 120 days
OP • MULTICOLOR • Popcorn/parching corn • 5-8” ears
Glassy, translucent kernels of unparalleled beauty. Plants are strong, reaching 8-10’ tall and high yielding. Each 5-8” ear displays a gorgeous, unique variation of colors ranging from purples, greens and blues to oranges, yellows, pinks and deep reds. Though ornamental, kernels can be popped, ground or parched. This rare variety is the result of a cross between a Pawnee miniature corn, an Osage red flour corn, and another Osage variety called ‘Greyhorse’. It was selected and preserved by the late breeder Carl Barnes, an Oklahoma Cherokee dedicated to preserving traditional Native American corns.
As the next generation of farmers looks to start small agricultural businesses in their regions, the barriers to entry and challenges are growing. Land is being consolidated and transferred out of the hands of growers and the inflated real estate marketplace is pricing many farmers out of buying land, holding onto their property and even edging elder farmers towards selling their land to the highest bidder, often removing it from the agricultural system indefinitely. While conservation easements and land trusts protect natural habitats and support good land stewardship, they do not necessarily protect or support small farmers utilizing ecological farming practices.

Fortunately, there is a nationwide nonprofit that hopes to pave a new way forward for sustainable agriculture and land tenure in the United States. Agrarian Trust is a single national 501(c)(3) land trust with multiple local 501(c)(2) community land commons across the United States. The organization has reimagined land ownership and value through the development of the Agrarian Commons.

Farmer and Communications Director at Agrarian Trust Kristina Villa knows just how dire the situation is for small farmers facing the many challenges associated with land access. “Agriculture is in crisis. Because of escalating land market values, next-generation farmers who want to farm sustainably cannot afford to access land or must take on so much debt to do so that they are pressured out of sustainable practices.” Through donations, grants and limited debt capital, Agrarian Commons permanently removes viable agricultural land from the commodity market. It prevents the land from becoming developed and ensures that the land stays productive.

While this model is similar to a conservation trust, Kristina notes it has a few key differences. “Agrarian Trust does not use conservation easements, which permanently restrict land uses. Instead, Agrarian Trust ensures regenerative agriculture will be maintained on the land by farmers for generations to come. Another difference is the decentralized land ownership model, which places the power and control of land within the communities who are local to that place.”

Reimagining how land tenure works in a country with a highly privatized view of land ownership is no easy task, according to Kristina. “A unique challenge to the work of the Agrarian Commons is the mindset shift needed to think about and talk about land and people’s relationship to it in a different way. Instead of land being a commodity that is bought and sold, land needs to be seen as a resource that must be cared for responsibly and for the benefit of those who live in relationship with it.”

Agrarian Trust has accomplished a lot in just 2 years of existence. “In this past year, we raised funds and acquired land for a rematriation project in Massachusetts, found a farmer on Whidbey Island in Washington for the first land gifted into the Agrarian Commons, acquired to hold in perpetuity 82 acres of West Virginia farmland, accepted a land gift of 63 acres of New Hampshire farmland, and put out the Faithlands Toolkit, which is a free guide that supports faith communities in considering their spiritual traditions and linking those core values and beliefs to the land.”

Right now, Agrarian Trust is working on securing land access for Black farmers in Roanoke, Virginia through a partnership with farmer Cam Terry and in Richmond, Virginia through partnership with farmer and board member Duron Chavis. The team at Agrarian Trust is especially inspired by these projects because these two urban farms are already deeply interconnected with community health and food access, and are serving as catalysts for inspiring future generations to seek out lifestyles involving land stewardship.

With so much work already started, the team at Agrarian Trust is looking towards the future. In 10 years, they hope to have Agrarian Commons established in 40 states protecting over 100 farms. By reimagining how our food system works, Agrarian Trust is supporting passionate land keepers new and old, and creating a greener, more just future for us all.
**Cucumbers**

*Cucumis sativus*

Monique picking from a healthy patch of cucumbers at our organic trials farm.

**CULTURAL INFO:** Days to maturity are from direct seeding, subtract 10 days if transplanting. Cucumbers are warm season tender annuals that enjoy generous amounts of organic matter and good fertility. They can be direct seeded after all danger of frost has passed or begun as transplants 3-4 weeks before planting date. Optimal soil temperature for germination is 75-85°F. Plastic mulch and row covers are commonly used for field cucumbers to increase temperature and ward off insects. Thin-skinned cucumbers are especially affected by cucumber beetle feeding and may require row cover. Monoeccious plants have both male and female flowers and require pollination. Greenhouse cucumbers are parthenocarpic and are able to produce fruit without pollination. Gynoeccious plants produce predominately female flowers and require a pollinator partner. Harvest cucumbers regularly to increase production. Cucumbers store well for up to 7-10 days at 50-55°F with 95% relative humidity and can become injured at temperatures lower than 50°F. Thin-skinned cucumbers are best stored wrapped in plastic. Best Alphas are similar to European/Dutch types with the same ribbed skin but smaller.

**DISEASE & PESTS:** Being tender annuals, cucumbers are susceptible to various warm weather pests and diseases. Floating row covers and crop rotation can help reduce disease and pest pressure. Avoiding interaction with cucumber plants when conditions are wet can lessen the transmission of disease and trellising plants on netting can help aerate the plants in climates where humidity is commonly high.

**RESISTANCE KEY:** HR-High Resistance, IR-Intermediate Resistance, ALS-Angular Leaf Spot, AN-Anthracnose, BW-Bacterial Wilt, CMV-Cucumber Mosaic Virus, CVYV-Cucumber Vein Yellows Virus, CYSDV-Cucumber Yellowing Stunted Disorder, DM-Downy Mildew, PM-Powdery Mildew, PRS-Papaya Ringspot Virus, SCAB-Scab, TLS-Target Leaf Spot, WMV-Watermelon Mosaic Virus, ZYMV-Zucchini Yellow Mosaic Virus

**SEED SPECS:** I/1 oz approx. 65 seeds. Direct seeding rate: 3 seeds every 12”, thin to 2 plants in rows 5-6 apart. Transplants: 12” apart in rows 5-6 apart.

**EUROPEAN SLICER**

<table>
<thead>
<tr>
<th>Variety</th>
<th>Days to Maturity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2429</strong> Mini-Me F1</td>
<td>50 days</td>
<td>HYBRID • Mini Beit Alpha cucumber • Parthenocarpic • For fresh eating • 3-4” fruit Delicious, snack-sized, mini cucumbers that grow well in the field or greenhouse. High-yielding plants are covered in small, uniform fruits that have very smooth skin and juicy, refreshing flesh. Harvest when fruit is finger sized. Great for throwing in a lunch box or taking in the car on a road trip. Plants are gynoeccious and parthenocarpic. From Genesis Seeds.</td>
</tr>
<tr>
<td><strong>2434</strong> Picolino F1</td>
<td>50 days</td>
<td>HYBRID • HR: SCAB, TLS / IR: CMV, CVYV, PM • Parthenocarpic • 4-5” fruit Mini English cucumbers with sweet flavor, thin skin and crispy texture. We love the convenience of these prolific cukes. Best trellised in a greenhouse, but also suited to field production. Plants are gynoeccious and parthenocarpic.</td>
</tr>
<tr>
<td><strong>2421</strong> Socrates F1</td>
<td>52 days</td>
<td>HYBRID • HR: SCAB / IR: PM • Parthenocarpic • 7” fruit Midsize European cuke with thin skin; a winner in our taste tests. Plants do not require pollination; good for seedless production, but seeds will form if insects are present. Adaptable to field or tunnels but especially suited to fall or winter where light levels are low and powdery mildew is present. Plants are gynoeccious and parthenocarpic.</td>
</tr>
<tr>
<td><strong>2419</strong> Manny F1</td>
<td>55 days</td>
<td>HYBRID • IR: CVYV, PM • Parthenocarpic • Gourmet Beit Alpha type • 5-7” fruit Thin, lightly ribbed fruits are high yielding with excellent field performance. Crisp, consistent fruit set on hardy plants that do not require fertilization, which allows for early productivity even under climatic stress. Performs exceptionally well on trellis while also producing heavy yields in the field.</td>
</tr>
<tr>
<td><strong>2418</strong> Poniente F1</td>
<td>56 days</td>
<td>HYBRID • HR: SCAB / IR: CMV, CVYV, CYSOV, PM • Parthenocarpic • 12-13” fruits Long, straight fruits with lightly ribbed skin, excellent disease resistance and no bitterness. When trellised, fruit are long and perfectly straight with desirable texture and sweetness. A great sub for Kalunga F1, plants are vigorous and productive. Adapting to many different conditions, plants are versatile and are especially suited for growing in unheated greenhouses. Plants are gynoeccious and parthenocarpic. From Vitalis Organic Seeds.</td>
</tr>
<tr>
<td><strong>2428</strong> Tyria F1</td>
<td>58 days</td>
<td>HYBRID • HR: SCAB, TLS / IR: PM • Parthenocarpic • 14” fruit Long European/Dutch type with smooth, slender fruits. Thin skin is slightly ribbed and dark green. Crisp texture and mildly sweet flavor; never bitter. Trellises vines for straight fruit. Plants are gynoeccious and parthenocarpic.</td>
</tr>
</tbody>
</table>
H-19 Little Leaf

CUCUMBERS

Green Finger

Telegraph Improved

28

new

Green Finger

Provision F1

Excelsior F1

Green 18 F1

DMR 401

Telegraph Improved

National Pickling

Paraiso F1

DMR 401

Marketmore 76

DMR 401

Excelsior F1

National Pickling

Excelsior F1

National Pickling

Provision F1

H-19 Little Leaf

AMERICAN SLICER

2436 Green 18 F1 55 days
HYBRID • IR: CMV, CVYV, DM, PM • Parthenocarpic • Spring/fall crop • 8-9” fruit
Highly productive field cucumber with smooth, green skin and delicious, crisp texture. This adaptable variety has proven to be a productive and resistant cucumber for open field growing. The beautiful, green skin protects a dense, juicy flesh on the inside leading to the perfect summer bite. Highly recommended for the commercial grower and home gardener alike. Plants do not require pollination. From our friends at Genesis Seeds.

2425 Green Finger 60 days
OP • HR: PM, PBS, WMV, ZYMV • Monoecious • Gourmet Belt Alpha-type • 6-8” fruit
Thin, tender skin, crisp flesh and a small seed cavity. Green Finger blew away hybrids in our trials for quality and yield. Unusually durable for this type; no wrapping needed. A field or open tunnel variety bred by Cornell University; requires pollination for fruit set. A portion of the sales of this variety is paid to the breeder.

2417 Telegraph Improved 65 days
OP • Thin skin • Improved old English variety • Monoecious • 10-13” fruit
Reliable yields of long, thin-skinned, crunchy fruits with a refreshing flavor. Improved strain of a variety first developed in England in 1897, it is a favorite of many growers for its productivity and great texture. Plants are large and robust. Fruit is thin and long and has a small seed cavity. Great variety for the greenhouse or field. Should be trellised to ensure straight fruit.

2426 Paraiso F1 55 days
HYBRID • UP: IR: CMV, PM, SCAB • High yielding • Parthenocarpic • 8-10” fruit
Vigorous, disease resistant slicer with great flavor. Reliably early and abundant producer of long, slender fruit with sweet, mild flavor and great crunch. Vigorous vines with huge dark green leaves produce high yields in the greenhouse or field; plants are tolerant of cool temperatures. Comparable to Corinto F1 in productivity and vigor. From our partners at Vitalis Organic Seeds.

2440 Marketmore 76 65 days
OP • HR: CMV, PH, SCAB • Vigorous • Monoecious • 8-9” fruit
Marketmore 76 remains the most widely planted, open-pollinated slicer in the US. Dark green fruits stay green and mild-tasting even under heat stress, while multiple disease resistances keep plants vigorous and highly productive across a long picking season. Showed good resistance to angular leaf spot and anthracnose in our trials.

2438 DMR 401 67 days
OP • HR: DM • Monoecious • 7” fruit
The leading source of resistance to the new strain of downy mildew in cucumbers. DMR 401 offers resistance to the newest strain of cucurbit downy mildew with foliage that stands strong against the pathogen to keep producing sizable, uniform fruits. The hands-down winner for mildew resistance in both extension and farmer trials. Best used in regions with heavy DM pressure and during seasonal slots when DM is expected. Bred by Dr. Michael Mazourek of Cornell University with the support of a USDA-NIFA-OREI grant. A portion of the sales of this variety is paid to the breeder.

2439 Excelsior F1 50 days
OP • HR: SCAB, TLS / IR: CMV, CVYV, PM • Parthenocarpic and gynoecious • 4-5” fruit
Highly productive dark green pickler for the field or greenhouse. Fruit is uniform and well-proportioned with exceptional flavor and crisp texture. Ideal consistency for pickles but also a great fresh eating cucumber. Plants are vigorous with excellent disease resistance. A reliable choice for commercial production. From our partners at Vitalis Organic Seeds.

2450 National Pickling 52 days
OP • HR: CMV, SCAB • Productive • Monoecious • 5” fruit
Short, thick cucumbers with blunt ends are perfect for pickles and delicious in salads. Fruits have striped, medium green skin and a slightly tapered shape to fit in a pickle jar. A heavy producer with black spines. Developed by the National Pickle Packers Association; the cucumber growers asked for.

2442 Provision F1 52 days
HYBRID • HR: ALS, SCAB / IR: AN, CMV, DM, PM, WMV • Gynoecious • 4.5-5” Beautiful, cylindrical dark green fruit with blunt ends and sweet flavor. Plants are small and manageable, producing delicious fruit that can be eaten fresh or preserved as pickle spears or slices. Strong disease package offers adaptability and resilience in most climates. Skin and flesh are similarly dense, providing nice texture and bite. Pollinator included. From our partners at EarthWork Seeds.

2452 H-19 Little Leaf 58 days
OP • HR: ALS, AN, SCAB / IR: CMV, PM • Parthenocarpic • 3-4” fruit
Uniform fruits great for fresh eating or pickling. Compact, multi-branching vines climb easily; small leaf size makes fruit easy to see. Great for field, greenhouse, or containers. Developed and released by the University of Arkansas in 1991. Plants produce fruit under stress and without pollinators, guaranteeing high yields. Limited availability in 2023.

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2423 **Adam F1** 60 days  
**HYBRID** • **HR: CMV, PM, SCAB / IR: DM** • **Parthenocarpic** • 3-4” fruit  
*Early, heavy yields of gherkin-type fruit for pickling.* Fruit possesses a full, even shape with minimal tapering at a small size. Dense, crisp flesh and characteristic bumpy skin are most pronounced when young and help maintain crispness in pickling. Plants do not require pollination—perfect for greenhouses. Also performs great in the field.

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### SPECIALTY

2424 **Silver Slicer** 54 days  
**OP** • **HR: PM** • **Monoecious** • **Excellent flavor** • 5-6” fruit  
*Prolific, creamy white cucumber with crisp texture and delicious flavor.* This thin-skinned, refined variety from the breeders at Cornell University produces stunning, white fruits with thin skin that never gets bitter. Field resistance to powdery mildew allows for marketable harvest well into the fall. Favored over many of its green-skinned competitors for its buttery texture. A portion of the sales of this variety is paid to the breeder.

2437 **Shintokiwa** 60 days  
**OP** • **HR: BW** • **Japanese burpless type** • **Monoecious** • 9-12” fruits  
*Long, thin-skinned fruit with a small seed cavity and exceptional flavor and crunch.* Plants are vigorous and produce long, slender fruit that resists bitterness as they mature. Even when harvested at a larger size, fruit is juicy with bright, crisp texture and a sweet, vibrant flavor. A superior producer of uniform, long cucumbers that can be trellised for straight fruits. Harvest when cucumbers are thin and 9” inches long or shorter for optimal sweetness. Introduced by Japanese Rudolf Steiner students and stewarded by biodynamic seed grower Harald Hoven for years. Now stewarded by Meadowlark Hearth Biodynamic Seed Initiative.

2435 **Suyo Long** 60 days  
**HEIRLOOM** • **IR: PM** • **Heat tolerant** • **Asian** • **Monoecious** • 15” fruit  
*Long Asian burpless cucumber with sweet flavor and crisp texture.* Great for fresh eating, pickling or cooking. Fruits are spiny when young, becoming smoother at peak maturity. Fruits tend to curl on one end; trellis vines for straighter fruit. Widely adapted.

2433 **Tasty Green F1** 60 days  
**HYBRID** • **HR: IR / PM** • **Heavy yields** • **Asian** • **Monoecious** • 9” fruit  
*A slender Asian burpless variety with delicate skin and sweet flavor.* Vigorous plants produce long, slim fruits with higher yields and smoother skin than the heirloom Suyo Long. An early producer, Tasty Green F1 offers high-quality fruit with shallow ridges and crisp texture. Popular in specialty markets and for growing in home gardens. Best quality trellised, as fruits tend to curl if plants are left to grow over the ground.

2441 **Cucamelon Mexican Gherkin** 67 days  
**OP** • **Citrus flavor** • **Fresh eating or pickling** • **Novelty appeal** • 1” fruit  
*Gorgeous vines produce small, tiger-striped fruit with excellent crunch and tangy, citrus flavor.* Also known as Mexican Sour Gherkins, plants produce best in heat and are well suited to greenhouse production. Can be grown in the ground or in containers with trellising as vines rarely exceed 8’ in length. Fruit has excellent flavor and a crunchy texture that holds up well to pickling.

2430 **Lemon** 68 days  
**HEIRLOOM** • **Tolerates cool weather** • **Monoecious** • 3” fruit  
*Specialty variety prized by chefs for its delicate flavor and crunchy bite.* Round fruits turn from pale greenish-yellow to lemon-yellow (the best eating stage) and then bright golden-yellow (when it most closely resembles a lemon). Easy to grow; does well in short seasons.

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**Silver Slicer Cucumber**

*These high yielding, refined heirloom plants* churn out large harvests of beautiful, white cucumbers that are not only stunning but have a crisp texture and amazing flavor to match. They are so beautiful and delicious that they are often favored over their green skinned competitors.

- Highly resistant to powdery mildew
- Specialty appeal with excellent flavor
- Gorgeous mixed with green cucumbers
I know what did well and what didn’t. I like to take as many notes and pictures as I can, so “Through the spring and summer, I try and ensure progress? She takes good notes. Having since graduated from a balcony to an abundant homegrown plot, Pisa has learned a lot from one season to the next. How does abundance? She considers what worked and what didn’t. The garden does what it does best and reveals aspects of gardening. It is through studying beauty and color in the garden are sunflowers, zinnias, cosmos, and calendula. I also try to strategically plant pest-deterring flowers along with vegetables, like marigold and nasturtium, to keep my garden completely organic and chemical-free. I’ve read that companion planting can even improve the taste of certain vegetables, like basil and tomatoes.” Pisa is connected to plant stewardship through her mother who nurtured plants in her childhood home, and through her grandparents who had a rice farm in the Philippines. “My grandfather passed away before I started my personal gardening journey, but I feel a closeness to him whenever I’m out there, hands in the dirt, planting seeds and feeling the sun on my back.” This communion with her family through cultivation nurtures a passion in her to continue to plant seeds, and the garden does what it does best and reveals the interconnectedness we all share through soil. “The garden teaches us that we’re all connected and when we take care of the Earth, she will take care of us.” As high temperatures broke records across the globe this summer, the realities of climate change were deeply felt by commercial growers and home gardeners alike. With so much variability in weather, Pisa has had to adapt to protect her crops. “This season has already brought more heatwaves than in previous years, as well as unexpected overnight frosts. My tips are to check the weather often and figure out what kind of protection you can be prepared if there are frosts or heatwaves. My tips are to check the weather often.”

Pisa Tinana is a gifted gardener from Bucks County, Pennsylvania who unknowingly started her growing journey with a few herb seeds from a gift box set on her apartment balcony. “When I started to see tiny sprouts popping up, it was like magic. After seeing the power of water, sunlight, earth, and seeds working together to create life, I was hooked.”

Having since graduated from a balcony to an abundant homegrown plot, Pisa has learned a lot from one season to the next. How does she ensure progress? She takes good notes. “Through the spring and summer, I try and take as many notes and pictures as I can, so I know what did well and what didn’t. I like to keep a log of what vegetables I enjoyed growing and eating the most and those are at the top of my list for the following season. I’ll also note what kind of weather and pest damage I’d encounter and investigate methods for prevention.”

Companion planting is one of her favorite aspects of gardening. It is through studying how plants work together that Pisa realized she could not only maximize her space but also her yields. “I find it so beneficial to interplant flowers with my vegetables and herbs to attract pollinators. Some of my favorite pollinator-friendly flowers to add beauty and color in the garden are sunflowers, zinnias, cosmos, and calendula. I also try to strategically plant pest-deterring flowers along with vegetables, like marigold and nasturtium, to keep my garden completely organic and chemical-free. I’ve read that companion planting can even improve the taste of certain vegetables, like basil and tomatoes.”

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**CUCUMBER SEED - OPEN-POLLINATED - SOLD BY SEED WEIGHT**

<table>
<thead>
<tr>
<th>Code</th>
<th>Variety</th>
<th>1/16 oz</th>
<th>1/4 oz</th>
<th>1 oz</th>
<th>1/4 lb</th>
<th>1 lb</th>
<th>5 lb</th>
<th>20 lb*</th>
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</thead>
<tbody>
<tr>
<td>2425</td>
<td>Green Finger</td>
<td>$3.55</td>
<td>$8.15</td>
<td>$19.80</td>
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**CUCUMBER SEED - OPEN-POLLINATED - SOLD BY SEED COUNT**

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<tr>
<th>Code</th>
<th>Variety</th>
<th>25</th>
<th>100</th>
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**CUCUMBER SEED - HYBRID - SOLD BY SEED WEIGHT**

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<td>2417</td>
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**CUCUMBER SEED - OPEN-POLLINATED - SOLD BY SEED COUNT**

<table>
<thead>
<tr>
<th>Code</th>
<th>Variety</th>
<th>10</th>
<th>50</th>
<th>250</th>
<th>1 M</th>
<th>5 M</th>
<th>25 M</th>
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</thead>
<tbody>
<tr>
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<td>Provision F1 Pickling</td>
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<td>$64.15</td>
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<td>131.30</td>
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</table>
Eggplant
*Solanum melongena*

Cam Terry harvesting eggplant at Garden Variety Harvests Farm in Roanoke, Virginia.

CULTURAL INFO: Days to maturity are from transplant. A warm-season annual in the Solanaceae family which includes peppers, tomatoes, tomatillos, potatoes and ground cherries. Sow seeds indoors 8-12 weeks before last frost date. Optimal soil temperature for germination is 85°F. Seeds can be sown thickly in flats then planted in cell trays or containers after true leaves appear. Plant outdoors in daytime temperatures of at least 65°F and nighttime temperatures of above 50°F. Eggplants grow best between 75-85°F in deep, well-drained sandy loam with pH 6.0-6.5. Eggplants are very sensitive to cold temperatures, even more so than their close relatives, peppers and tomatoes. Plastic mulch and floating row cover may be used to increase soil and air temperatures, as well as ward off insects. Eggplants will tolerate dry conditions, but do best with irrigation, especially during flowering and fruit set. Harvest eggplants when skin is glossy and thumbprint will not leave an impression (over-ripe if seeds are brown.) Regular harvest increases production of fruit. Store at 50- 55°F with 90% relative humidity. Will keep quality for up to one week.

DISEASE & PESTS: White mold (Sclerotinia sclerotiorum), typically found in areas of poor drainage, produces water-soaked lesions on the fruit and causes rotting of the stem. Prevention includes increasing plant spacing to promote good air flow and improving the soil’s capacity to absorb water. Frequent scouting for Colorado Potato Beetles is recommended as both adults and larvae can quickly defoliate plants. Row cover can be used to avoid insect pests, including tarnished plant bug.

SEED SPECS: 5.5-7.5M (6.5M avg) seeds/oz. M=1000. 1/64 oz approx. 100 seeds.

Transplants: 12-18” apart in rows 18-30” apart, or in 2 rows 24” apart on plastic mulched beds. Please visit highmowingseeds.com for more info.

### ASIAN

**2466 Little Finger** 60 days
- OP • Early • Productive • Great for containers • 3-6” fruit
Slender, petite eggplants fantastic for grilling. Dark purple skin is thin and tender. Flesh has a silky texture with few seeds and mildly sweet flavor needing very little cooking time. Harvest when fruit is young and glossy.

**2476 Shikou F1** 60 days
- HYBRID • Asian type • Tender skin • 6-10” fruit
Glossy, deep purple fruits on productive, semi-spineless plants with upright, open habit. Ten days earlier than Ping Tung Long, fruits have bright, white interior flesh with a purple calyx—making a striking contrast when sliced—and very few seeds inside. Plants are productive and highly ornamental, a beautiful addition to the garden. The first organic, hybrid, Asian type eggplant on the market, the semi-spineless plants are robust and prolific, producing tender-skinned fruits that do not get bitter and never need to be peeled. From Sakata Seeds.Unavailable in 2023

**2467 Ping Tung Long** 70 days
- HEIRLOOM • Compact habit • Excellent for containers • 12-14” fruit
Easy-to-grow Asian eggplants are long and slender with tender magenta skin. Productive plants yield up to 20 fruits each and are vigorous and stress tolerant. Slim fruits average 1-2” wide. No peeling required.

### CLASSIC ITALIAN

**2468 Michal F1** 60-70 days
- HYBRID • Parthenocarpic • Greenhouse or field • 7.5” fruit
This vigorous hybrid produces early and often, offering firm fruits with an excellent shelf life. Hardy, parthenocarpic plants are perfect for greenhouse production but also perform well in the field. Uniform, classically shaped fruits have good flavor and very few seeds. Dark black skin and firm flesh—great for eggplant parmesan. Bred by Genesis Seeds.

**2471 Diamond** 70 days
- OP • Good short season variety • Highly productive • 6-8” fruit
A standout as a very prolific early producer; yields as well as hybrids in our trials. Slender, attractive, dark purple fruit hang in clusters for easy picking. Fruit has mild flavor with no bitterness and a fine, creamy texture. Great choice for eggplants in a short season or for those looking for a high-quality open-pollinated variety for commercial production.

**2464 Gaudi F1** 75 days
- HYBRID • Spineless • Greenhouse or field • 7-8” fruit
Long, bell-shaped fruit with gorgeous, dark purple skin on strong, upright plants with an open growth habit. Medium tall plants produce early and abundantly, and are covered in dark purple fruit with bright green, spineless calyxes. Fruit is firm and maintains deep coloration into maturity and well after harvest. An excellent and versatile variety perfect for fresh market sales, pre-packing and processing.

Your Source for 100% Certified Organic, Non-GMO Project Verified Seeds
EGGPLANT

**EGGPLANT SEED - OPEN-POLLINATED - SOLD BY SEED WEIGHT**

<table>
<thead>
<tr>
<th>Variety</th>
<th>Days to Maturity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>2470 Black Beauty</td>
<td>80</td>
<td>HEIRLOOM • Productive • Classic shape • 5-6&quot; fruit</td>
</tr>
<tr>
<td>2471 Diamond</td>
<td></td>
<td>Classic Italian eggplant with high yields. Blocky, nearly black bell-shaped fruits have a slight signature ribbing. Medium to thick skin is deep purple and glossy when mature. Compact plants benefit from staking to support heavy yields of large fruit.</td>
</tr>
<tr>
<td>2474 Listada de Gandia</td>
<td>85</td>
<td>OP • Gourmet appeal • 3-5&quot; fruit</td>
</tr>
<tr>
<td>2466 Little Finger</td>
<td></td>
<td>Stunning magenta-striped Italian eggplant for a beautiful display. Very productive plants produce abundant tender, delicious fruits with unusually thin skin. Egg-shaped petite fruits fit in the palm of your hand and are great for smaller portions. Holds its color even at large sizes.</td>
</tr>
</tbody>
</table>

**EGGPLANT SEED - HYBRID - SOLD BY SEED COUNT**

<table>
<thead>
<tr>
<th>Variety</th>
<th>Days to Maturity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>2477 Annina F1</td>
<td>75-80</td>
<td>HYBRID • Spineless • Greenhouse or field • 5-7&quot; fruit</td>
</tr>
<tr>
<td>2468 Gaudi F1</td>
<td></td>
<td>Italian eggplant with high yields of extremely uniform fruits. Dark purple skin has a healthy shine when ripe and no spines. Fruit is abundant, setting regularly throughout the season. Plants are upright, sturdy, and very uniform. Bred by Vitalis Organic Seeds.</td>
</tr>
<tr>
<td>2465 Piccolo F1</td>
<td>60-70</td>
<td>HYBRID • Parthenocarpic • Greenhouse or field • 3-4&quot; fruit</td>
</tr>
<tr>
<td>2467 Rosa Bianca</td>
<td>73</td>
<td>A lovely Sicilian variety with light pink fruit streaked with white and violet. Pumpl, Round fruits have mild, creamy taste adored by chefs; no bitterness and few seeds. Does best in areas with warm nights like states located in the southeast and southwest. Can have lower yields in extreme northern regions like northern Vermont or Quebec.</td>
</tr>
</tbody>
</table>

Larger volumes available; please call for pricing.

Get 10% MORE with COMMUNITY SUPPORTED SEEDS

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**Purchase** Community Supported Seeds (CSS) credits online at [highmowingseeds.com/save](http://highmowingseeds.com/save) or call (866) 735-4454 by December 21st, 2022

**Earn** an extra 10% with your credit (for example, purchase a $200 share and pay only $180)

**Redeem** your credit for seeds anytime after January 18th, 2023
Fennel
*Foeniculum vulgare*

**CULTURAL INFO:** Days to maturity are from transplants. Fennel is a hardy annual. Cool weather, fertilization and irrigation produce the largest and sweetest bulbs. Direct seed fennel mid-spring through late summer or start transplants 4-5 weeks before planting date. Plant outdoors after danger of hard frost has passed. Bolting can result from disturbing the roots. Remove all seed stalks to preserve quality. Harvest bulbs at 3-4” in diameter. Greens will hold quality for a week and bulbs will store for many months; remove stalks and wrap bulbs separately in plastic. Store in cooler as close to freezing as possible. **DISEASE & PESTS:** Fungal leaf blights caused by *Alternaria dauci* or *Cercospora carotae* can cause severe defoliation and greatly reduce yields. Generally, Cercospora blight appears earlier in the season than Alternaria blight. Both these fungi can be seed-borne but can also be spread by crop residue from previous years. White mold (*Sclerotinia sclerotiorum*) manifests as a cottony, white mycelium around roots and lower plant parts, usually late in the season. Avoid planting in areas that are shady or have poor drainage, and practice crop rotations with non-vegetable crops.

**SEED SPECS:** 5.3-7.5M (6.4M avg) seeds/oz, 85-120M (102M avg) seeds/lb. M=1,000. 1/32 oz approx. 200 seeds. Direct seeding rate: 6 seeds/foot, thin to 6” apart in rows 12-24” apart. Transplants: 6” apart in rows 12-24” apart. Please visit [highmowingseeds.com](http://highmowingseeds.com) for more info.

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2478 **Preludio F1** 45 days baby, 75 days full size  
**HYBRID** • Bolt resistant • 4” bulbs  
Very early, heavy bulbs with superb flavor—a major improvement in hybrid fennel. This variety stood out in our trials with its lightly sweet flavor, uniformity and ability to hold in the field without bolting. Upright plants are easy to harvest. Early variety recommended for spring and summer harvest with good fall performance as well. From Vitals Organic Seeds.

2479 **Solaris F1** 45 days baby, 75 days full size  
**HYBRID** • Uniform baby bulbs • 3-4” bulbs  
*Our earliest fennel with excellent bulbing.* Stout, heavy bulbs grow to an impressive size crowned by feathery foliage. Juicy texture without woodiness or dryness; pleasant anise flavor. A standout variety for all seasonal slots and an excellent choice for baby fennel. Our growers in the Pacific Northwest say Solaris F1 holds better than other varieties for later season sales. Originally from our partners at Bejo Seeds.

**NEW** 2483 **Dragon F1** 50 days baby, 80 days full size  
**HYBRID** • Exceptional uniformity • Bolt resistant • 3-4” bulbs  
Large, elongated bright white bulbs with sweet, aromatic, juicy flesh and upright growth. Bulbs are dense, long and gorgeous with beautiful dark green fronds. Excellent field holding quality of fronds, color and bulb texture. From our partners at Bejo Seeds.

2484 **Finale** 50 days baby, 80 days full size  
**OP** • Bolt resistant • 4” bulbs  
Vigorous plants were a hit in our trials, producing huge juicy bulbs. Very large, uniform bulbs with slightly flattened shape. Finale stores well, keeping good quality and maintaining a crisp, juicy texture and pleasant flavor. Excellent bolt resistance.

2481 **Orion F1** 52 days baby, 82 days full size  
**HYBRID** • Bolt resistant • 3-4” bulbs  
Large, uniform, rounded bulbs with high yield potential. Heavy bulbs that hold well in the field with good tolerance to tip burn and bolting. An extremely reliable producer across a variety of conditions with strong late season vigor for baby bulbs in the fall.

---

**FENNEL SEED - OPEN-POLLINATED** - SOLD BY SEED WEIGHT

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**FENNEL SEED - HYBRID** - SOLD BY SEED COUNT

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<td>Preludio F1</td>
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<td>$13.20</td>
<td>$37.30</td>
<td>$23.05</td>
<td>$17.81</td>
</tr>
</tbody>
</table>

Larger volumes available; please call for pricing.
CULTURAL INFO: Days to maturity are from direct seeding. Asian and mustard greens are cold-hardy annuals that can be sown from early spring to late summer. Commonly grown as baby leaf for salad mixes in the U.S. and traditionally as full size leaves for sautés, braising, stir-fries or pickling. Direct seed as soon as soil can be worked. Sow every 1-3 weeks for a continuous harvest. For baby leaf, harvest when leaves are ~5” tall by cutting 1” from ground or pick individual leaves for cut-and-come-again. Harvest full size leaves as desired. Flea beetle feeding can be prevented by using floating row cover immediately after planting.

SEED SPECS: Please see individual variety descriptions for seed specs. Please visit highmowingseeds.com for more info.

LOOKING FOR SPROUTS? Please visit our website to find our Sprouting Seed offerings.

highmowingseeds.com/vegetables/greens-sprouts-shoots.html
2510 **Tat Soi** 21 days baby, 45 full size  
OP • Versatile • Heat tolerant  
Fast growing, spoon-shaped leaves are dark green and glossy with narrow white stems. Most popular as a baby leaf for salad and braising mixes or bunched at full size. Mild flavor and tender texture. At full size, leaves form a rosette that sits close to the ground. 20M seeds/oz.

2487 **Vivid Choi Pak Choi** 21 days baby, 45 full size  
OP • OSSI • Slow to bolt • Striking colors • Cold tolerant  
Brilliantly colorful greens with beautiful flavor, crisp stems, and tender leaves. Serrated, dark green leaves strikingly contrast gorgeous stems that range from pale pink, vivid pink and deep purple. Mild and pleasant flavor, perfect raw in salads, braised or stir-fried. Plants are cold hardy and also slow to bolt in heat. Developed by independent farmer/breeder Frank Morton of Wild Garden Seeds. A portion of the sales of this variety is paid to the breeder. 20M seeds/oz.

2493 **Yukina Savoy** 21 days baby, 45 full size  
OP • Heat tolerant • Mild flavor  
Heat-tolerant alternative to Tat Soi. Forest green, spoon-shaped leaves with very mild flavor are cupped and heavily savoyed. Upright architecture for easy harvesting. Slow to bolt. 21.5M seeds/oz.

2513 **Prize Choy** 21 days baby, 50 full size  
OP • Vigorous • Slow to bolt • 15” tall  
Elegant vase-like shape, medium thick white stems and smooth, mild flavor. The best open-pollinated, full-sized pak choi we have seen in our trials. Prefers cool weather, but is slow to bolt in heat. We have hand-selected our strain for uniformity, vigor and bolt resistance. For early spring or fall planting. 14M seeds/oz.

2515 **White Stemmed Pak Choi** 21 days baby, 50 full size  
OP • Excellent for baby leaf • Open habit  
Gorgeous thick white stems and glossy green leaves. More open habit than Prize Choy and more commonly used as a baby leaf variety in salad and braising green mixes. A standard for mild brassica flavor and thick, succulent leaves. 9M seeds/oz.

2495 **Hon Tsai Tai Flowering Broccoli** 37 days  
OP • Great late summer and fall crop • Multiple harvests • Edible flowers  
Exquisite, green leaves with delicate, sweet flowers on purple stems. Leaves have a mild spice and are very tender. Young plants send up succulent, purple stems with beautiful, edible flowers. Best when harvested young as maturing shoots and leaves can become tough and fibrous. A popular Kailaan type, Hon Tsai Tai is a well-known Chinese green with a great following among chefs and market shoppers. 11.7M seeds/oz.

2488 **Bopak F1 Pak Choi** 42 days small head, 60 full size  
HYBRID • AAS Winner • Excellent storage • Compact habit • 15-18” tall  
Compact plants hosting densely growing, brilliant green leaves on striking white stems. The first organic hybrid pak choi on the market and an AAS winner, plants are exceptional in form, flavor and performance, and extremely slow to bolt. Though the plants are compact in habit, they are weighty. Leaves are smooth and uniform and plants can be harvested as small heads for a quick growing green. A showstopper in our trials fields, this beautiful pak choi can grow to massive size when left in the field. From our partners at Bejo Seeds.

**MUSTARD GREENS - B. juncea**

1750 **Red Lace** 20 days baby  
OP • Essential salad leaf • Spicy flavor  
Attractive and aromatic, reddish-purple frills with superior texture and flavor. Elegant leaves are delicate and tender to eat but sturdy enough to withstand harvest and processing. A reliable baby leaf that can be grown on its own or mixed into a greens blend. Leaves introduce loft to salads and elaborate leaf structure sheds water, preventing leaves sticking together post-harvest. From our friends at CN Seeds. A portion of the sales of this variety is paid to the breeder. 20M seeds/oz.

**new** 2050 **Pizzo** 20 days baby, 40 full size  
OP • Essential salad leaf • Mild babyleaf flavor • Spicy at maturity  
Light green, extra serrated frills with mild spice at babyleaf stage, maturing to extra spicy at full size. Excellent winter salad variety with exceptional cold tolerance and field holding quality. Addition to salad mixes adds volume and loft and full-size leaves are strong and perfectly suited for bunching. Delicious raw in baby greens salads and equally desirable when steamed and lightly sautéed when harvested at larger growth stages. From our partners at CN Seeds. A portion of the sales of this variety is paid to the breeder. 19.8M seeds/oz.

2506 **Ruby Streaks** 20 days baby, 45 full size  
OP • Essential salad leaf • Spicy flavor  
Deeply lobed, lacy baby leaves with deep purple highlights. Green leaves with purple veining add loft, spice and rosy elegance to any salad plate or stir-fry. Color is darkest when sown summer through fall. Mix with Golden Frill for a gorgeous display. 20M seeds/oz.
| **2486 Garnet Giant** | 21 days baby | OP • Essential salad leaf • Spicy mustard flavor | Stunning, vibrant maroon leaves with bright lime green stems. A must-have for any baby mustard mix. Color fades under row cover (or any low-light condition), but returns within a few days of plants being uncovered. Flowers are tender and sweet in stir-fries. An ancient variety first cultivated for seed in northwest Asia and brought to us by Kitazawa Seed Company in California. 16M seeds/oz. |
| **2498 Golden Frill** | 21 days baby; 45 full size | OP • Essential salad leaf • Very slow to bolt • Spicy flavor | Lacy-looking leaves are vibrant light green, finely cut and frilly. Neon green, deeply cut and serrated leaves add loft, contrast and spicy mustard flavor to signature salad mixes. Bunch at full size for braising greens or use as garnish. Very slow to bolt. 17M seeds/oz. |
| **2485 Green Wave** | 21 days baby, 45 full size | OP • High yielding • Extremely slow to bolt • Medium spicy flavor | Bright lime green, ruffled leaves add great contrast to salad mixes. A reliable workhorse mustard with beautiful color and spicy flavor that mellows when cooked. At baby stage, leaves are flat with softly serrated edges. At full size, leaves become heavily serrated and frilly. 13.5M seeds/oz. |
| **2504 Red Carpet** | 21 days baby; 45 full size | OP • Essential salad leaf • Deep red color • Mild spicy flavor | Green stems and red leaves, a refreshing, mildly spiced mustard green with beautiful, plume-edged foliage. Excellent variety for microgreen, babyleaf and mature leaf production, as the red coloring is exhibited prominently on both sides of the leaf at all stages of growth. The mild flavor allows it to be included in salads and in other raw preparations, imparting a sweetness and moderate spice. From our partners at CN Seeds. A portion of the sales of this variety is paid to the breeder. 20M seeds/oz. |
| **2505 Red Giant** | 23 days baby; 45 full size | OP • Essential salad leaf • Spicy flavor | Baby greens have bright emerald leaves with stunning, deep purple veins. Full size plants are incredibly beautiful with a full whorl of burgundy leaves. Mild when baby; spicy flavor increases with maturity. Use full size leaves for stir-fries, soups and pickling. 18M seeds/oz. |
| **2503 Wasabina** | 23 days baby; 45 full size | OP • Spicy wasabi flavor • Slow to bolt • Cold tolerant • Essential salad leaf | Beautiful, light green frills with sweet and spicy wasabi flavor. At both baby leaf and full size, the leaves have enjoyable texture and remain tender, complementing their dynamic and unique flavor. Extremely cold tolerant, the plants are also slow to bolt and the serrated leaves remain upright and beautifully green throughout the growing season. 18.5M seeds/oz. |

**GREENS - ASIAN & MUSTARD - OP - SOLD BY SEED WEIGHT**

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<tr>
<th>Item Code</th>
<th>Description</th>
<th>1/32 oz</th>
<th>1/8 oz</th>
<th>1/2 oz</th>
<th>2 oz</th>
<th>1 lb</th>
<th>5 lb</th>
<th>20 lb*</th>
</tr>
</thead>
<tbody>
<tr>
<td>2486 Garnet Giant Mustard Greens</td>
<td>$3.55</td>
<td>$4.80</td>
<td>$8.15</td>
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<td>2498 Golden Frill Mustard Greens</td>
<td>$3.55</td>
<td>$5.55</td>
<td>$7.00</td>
<td>$21.00</td>
<td>$53.65</td>
<td>$88.60</td>
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<tr>
<td>2485 Green Wave Mustard Greens</td>
<td>$3.55</td>
<td>$3.95</td>
<td>$5.25</td>
<td>$14.20</td>
<td>$32.55</td>
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<tr>
<td>2495 Hon T'ai Tai Flowering Broccoli</td>
<td>$3.55</td>
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<tr>
<td>2489 Komatsuna Asian Greens - Limited availability in 2023</td>
<td>$3.55</td>
<td>$5.00</td>
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<tr>
<td>2507 Pizzo Mustard Greens</td>
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**GREENS - ASIAN & MUSTARD - HYBRID - SOLD BY SEED COUNT**

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Larger volumes available; please call for pricing. *Please see shipping charges on page 62 for individual items weighing 20 lbs or more.
CULTURAL INFO: Days to maturity are from transplant for chicories (endives, escaroles, puntarelles and radicchios) and from direct seeding for all others. Specialty greens are a broad category of leafy plants, many of which are cold hardy and fast growing. Crops in this group are gaining popularity due to their ease of culture and unique flavors and colors.

RESISTANCE KEY: IR-Intermediate Resistance, DM-Downy Mildew

Please visit highmowingseeds.com for more info.

ENDIVE - Cichorium endiva

1970 Frissé Endive 35 days baby, 60 full size
OP • Baby or full sized leaves
Frilly endive with finely cut leaves and blanched interior sprigs. A signature salad mix ingredient. Similar to Très Fine Marâchère but a bit less frilly. Grow as a baby leaf or leaf lettuce; plant at high density or cover centers for well blanched, tender sprigs. 15M seeds/oz.

2006P Benefine Frisée 48 days full size
OP • Très Fine Marâchère Frisée-type • Spring/summer production • Slow to bolt
Exquisite heads of deeply cut leaves with self-blanching, creamy hearts. A beautiful frisée-type chicory with excellent resistance to tip burn and good bolt tolerance. Plants grow in gorgeous, thin heads that are highly uniform and self-blanching in the heart to reveal tender, sweet leaves that are perfect for salads. From Vitalis Organic Seeds. Available as pelleted seed.

2007P Curlesi Endive 52 days full size
OP • Compact growth habit • Heat tolerant • Self blanching
Compact, ruffled heads with an upright growth habit and excellent self-blanching at maturity. Adaptable endive variety that has strong tip burn resistance and is slow to bolt in hot weather. Heads are beautiful with an upright growth habit, reducing exposure to bottom rot and increasing the coverage of internal leaves, leading to dense, self-blanched hearts. Plants are compact, perfect for tight spacings. From Vitalis Organic Seeds. Available as pelleted seed.

ESCAROLE - Cichorium endiva

2008P Eliance Escarole 50 days full size
OP • Field and greenhouse • Bolt resistant • All season production
Smooth-leaved endive with upright growth habit for field or greenhouse production. Heads are smooth, uniform and elegant with long, narrow and flexible internal leaves. Grown in greenhouses for its early maturity, plants are self-blanching with resilient bases. Excellent flavor and tenderness for salads. From Vitalis Organic Seeds. Available as pelleted seed.

PUNTARELLE - Cichorium intybus var. foliosum

2009 Fiamma Verde Puntarelle 65-70 days full size
OP • Puntarelle-type • Highly uniform
Highly uniform in both plant habit and maturity, upright full stems are gorgeous with exceptional flavor. The crunchy stems of the puntarelle appear as sprouts with dandelion shaped leaves and are pleasantly bitter and tender, perfect for fresh eating. When preparing, they can be allowed to rest in ice water for an hour to temper bitterness. Transplant seedlings 28-30 days after seeding. From Smarties.bio.

RADICCHIO - Cichorium intybus

2003 Rosa Scarlatta Radicchio 55 days full size
OP • Variegata di Lusia-type • All season production • 4-6” heads
Early producing, round and tight, dense heads with stunning ivory green leaves and rosy pink speckles. This show-stopping Variegata di Lusia-type is uniform and productive. A cross section of the head reveals multitudes of tender leaves with unique and gorgeous coloration. Heads have a short core. Plants are very reliable and produce early. Excellent sweet flavor when eaten raw in salads. Transplant seedlings 28-30 days after seeding. From our partners at Smarties.bio.
1987 **Virtus F1 Radicchio** 60 days full size  
**HYBRID** • Sugar-loaf-type • Great for all seasonal slots • Dense 8-10” heads  
Lovely, dense, elongated heads that come to a slender point with a graceful flourish of curled leaves. Pale green with crisp, yellow-white interior and a sweet, mildly bitter flavor delicious in salad mix. Harvest when heads are dense and firm to the touch. Good uniformity.

**2002** **Braci Ardenti Radicchio** 60-70 days full size  
**OP** • Treviso-type • Early maturing • 7.5-9” upright heads  
*Early Treviso-type with exceptional uniformity and field holding quality.* A standout in our trials, it was the earliest performing radicchio with excellent deep bitter flavor, perfect for fresh market harvests. Plants are upright with bright green outer leaves surrounding dark burgundy hearts that contrast beautifully to striking white stems. Forms large and uniform, tight heads. Transplant seedlings 28-30 days after seeding. From our partners at Smarties.bio.

**2004** **Notte Stellata Radicchio** 65 days full size  
**OP** • Variegata di Castelfranco-type • Excellent salad leaf • 3.5-6” diameter, 5-7.5” long heads  
*Light green wrapper leaves protect delicate, pink speckled, cream hued hearts. Heads vary in shape from cone-shaped to slightly elongated teardrops.* The flavor is a delightful balance of bitterness and sweetness. A reliable producer for fresh market harvest. Transplant seedlings 28-30 days after seeding. From our partners at Smarties.bio.

1986 **Fiero F1 Radicchio** 85 days full size  
**HYBRID** • Treviso-type • Upright 6-7” heads  
*Gorgeous plants with emerald green outer leaves and burgundy interiors.* Burgundy inner leaves have bright white ribbing and juicy crunch for beautiful color and texture contrast in salad mixes. Plants produce upright, dense, elongated heads with mildly bitter flavor. A lovely variety that will store for several months.

1992 **Leonardo F1 Radicchio** 85 days full size  
**HYBRID** • Chioggia-type • Round 4-5” heads  
*Large, perfectly round heads are intensely purple with bright white middrib.* Extremely vigorous variety that strongly resists bolting and shows some resistance to tip burn. Heads average one pound each at maturity. Plant for fall and winter crops when color and flavor is best. From our partners at Bejo Seeds.

ARUGULA, SALAD - *Eruca sativa*

2010 **Astro** 21 days baby, 40 full size  
**OP** • Heat and cold tolerant  
*The commercial standard with long, green leaves and characteristic mildly spicy flavor.* Germinates quickly and tolerates cold and hot temperatures well. Our strain has a mix of “cut” and “strap” leaf shapes when grown as baby leaf. Performs well as a cut-and-come-again crop. 13M seeds/oz.

2013 **Esmee** 21 days baby, 40 full size  
**OP** • Cold tolerant • Upright habit  
*Beautiful, fine leaves are incised with rounded, oak-leaf shape.* A wonderful flavor that is more nutty than spicy sets Esmee apart from other arugulas. Deeply lobed leaves are upright, lofty and the darkest green of all our arugulas. Good for either bunching or bagging. Quick growing and very cold tolerant. From our partners at De Bolster Organic Seeds. 18M seeds/oz.

2005 **Uber** 21 days baby, 45 full size  
**OP** • Serrated leaves • Erect plant habit for easy harvesting  
*Dark green serrated leaves with upright growth habit that contributes to easy harvesting.* A good replacement for Surrey, this variety offers a similar leaf shape with improved flavor. Upright growth habit can be cut mechanically. Leaves are smaller, more uniform and refined than Esmee. Early like Surrey, these beautiful leaves look elegant on a plate. From our partners at CN Seeds. A portion of the sales of this variety is paid to the breeder. 12M seeds/oz.

ARUGULA, WILD - *Diplotaxis tenuifolia*

1947 **Bellezia** 28 days baby, 50 full size  
**OP** • UP • IR • DM • Striking dark green leaves  
*Elegant leaves with a striking, dark green color and favorable uniformity.* This beautiful arugula is tender with a lovely spice. The highly serrated leaves give this variety its elevated charm and the outstanding uniformity makes for excellent selling quality. Plants have a strong field tolerance to downy mildew and excellent storage life. From our friends at Vitalis Organic Seeds. Bolt tolerant. 92M seeds/oz.

2011 **Sylvetta Wild** 50 days  
**OP** • Great winter crop • Heat and cold tolerant  
*Also known as roquette, this wild arugula relative has a fiery pungency.* More heat tolerant and much more cold tolerant than standard arugula, but grows much more slowly and attains only half the height. Its distinct look is considered an essential component of gourmet winter greens mixes. 108M seeds/oz.

Image credits: Sylvetta Wild Arugula, Virtus F1 Radicchio, Braci Ardenti Radicchio, Notte Stellata Radicchio, Fiero F1 Radicchio, Leonardo F1 Radicchio, Astro Arugula, Esme Arugula, Uber Arugula, Bellezia Arugula.
BEET GREENS - Beta vulgaris

2290 Early Wonder Tall Top 35 days baby leaf, 45 full size leaf
OP • Early greens • Excellent baby beet
A sure crop for early spring greens and roots. Quick-growing, arching tops are perfect for early beet greens, while roots size up quickly for bunchy baby beets. Also a great full size beet with vibrant tops. Similar quality to Detroit Dark Red for early season crops.

2260 Bull's Blood 35 days baby leaf, 50 full size leaf
HEIRLOOM • Deep purple leaf for salad mix • Baby beet
Striking, dark red-purple leaves provide incredible contrast in salad mixes. Eliot Coleman's choice for a red leaf in winter greens mixes. Roots are also tasty and tender when harvested early as baby beets. Tolerant of heat and cold. Color intensifies as plants mature.

CLAYTONIA - Claytonia perfoliata

1946 Claytonia 40 days
OP • Frost tolerant • Crunchy, juicy texture
Beautiful, tasty and very cold-hardy salad green with succulent texture and fresh flavor. Unique round to heart-shaped leaves with tender stems and tiny, white edible flowers. Ideal for winter hoophouses; will survive frost and multiple cuttings. 47M seeds/oz.

MÂCHE - Valerianella locusta

1988 Vit 50 days
OP • Spring/fall crop • Upright habit
Vigorous winter salad leaf with delicious, nutty flavor and succulent, crisp texture. Very cold-hardy, versatile green forming attractive rosettes of glossy leaves. Excellent hoophouse crop tolerating cool, moist conditions and downy mildew. From our partners at the Swiss biodynamic seed company Sativa. 15M seeds/oz.

RADISH GREENS - Raphanus sativus

2496 Hong Vit 25 days baby, 35 full size
OP • Versatile • Upright habit
Early color in a fast-growing leaf radish with smooth pink and red stems. Virtually hairless, lobed green leaves with a light red midrib and mild radish flavor. Ideal for microgreens or as a baby leaf in salads. Also for bunched greens with roots on. 2.6M seeds/oz.

UPLAND CRESS - Barbarea verna

1980 Belle Isle 50 days
OP • Early spring/late fall crop • Upright habit
Very dark green, deeply lobed, glossy leaves are exceptionally nutritious. Named for an island on which shipwrecked 17th-century Portuguese sailors survived the winter thanks to this little plant. Rich in Vitamin C, calcium, iron and especially Vitamin A. Best quality in cooler weather. From our friends at Wild Garden Seeds in Oregon. 11M seeds/oz.

GREENS - SPECIALTY - HYBRID - SOLD BY SEED COUNT

100 500 1 M 5 M 25 M
2006P Benefine Endive - Pelleted
2002 Braci Ardenti Radicchio
2007P Curlesi Endive - Pelleted
2008P Elance Escarole - Pelleted
2009 Fiamma Verde Puntarelle
2004 Notte Stellata Radicchio
2003 Rosa Scarlatta Radicchio

GREENS - SPECIALTY - OP - SOLD BY SEED COUNT

100 500 1 M 5 M 25 M
2006P Fiero F1 Radicchio
1993 Leonardo F1 Radicchio
1987 Virtus F1 Radicchio

Larger volumes available; please call for pricing. *Please see shipping charges on page 62 for individual items weighing 20 lbs or more.

Your Source for 100% Certified Organic, Non-GMO Project Verified Seeds
CULTURAL INFO: Days to maturity are from direct seeding. Salad mixes are moderately hardy annuals that can be sown from early spring through late summer. Best results will come from separate plantings of lettuces and brassicas as their days to maturity are not identical. Separation of these groups also allows for row cover to be used only on the brassica greens in order to control flea beetles. Mid-weight row cover can be used on all mixes for season extension. Direct seed as soon as soil can be worked. Sow every 1-3 weeks for a continuous harvest. Even fertilization and irrigation are critical for uniform germination, coloration and growth of the stand. Seeding density will impact growth rate and size of leaves. Harvest when leaves are ~4” tall by cutting 1” from ground or picking individual leaves for cut-and-come-again.

RESISTANCE KEY: HR: High Resistance, DM: Downy Mildew

SEED SPECS:
- Lettuce Mixes, 20-30M (25M avg) seeds/oz, 320-480M (400M avg) seeds/lb. M=1,000. 1/32 oz approx. 775 seeds.
- Brassica Mixes, 15-30M (20M avg) seeds/oz, 240-480M (320M avg) seeds/lb. M=1,000. 1/32 oz approx. 600 seeds.

Direct seeding rate: 60 seeds/foot in a 2” band in rows 2-6” apart.

Please visit highmowingseeds.com for more info.

2518 **Hotshot Mix** 21 days
OP • HMOS EXCLUSIVE: • Spicy blend of mustards and other favorites
Spice up your greens with this flavorful mix. A variety of spicy mustard flavors, colors and shapes. Includes our favorite spicy mustards and some secret ingredients for a signature mix with exciting diversity. Can be marketed and used as a braising mix if grown to full size.

2557 **Kaleidoscope Mix** 21 days
OP • HMOS EXCLUSIVE • Vibrant colors • Mildly spicy
Bright and colorful mix of mild greens featuring a dynamic combination of textures and flavors. This beautiful selection of Asian greens and mustards is something to be seen. Chosen for colors that truly pop, the light spice of the mustards blended with the deep, savory flavors of the Asian greens create a flavor profile that’s just as exciting. Excellent for baby leaf production and can be grown to full size as a braising mix.

2615 **DMR Salad Blend** 28 days
OP • HMOS EXCLUSIVE • HR: DM (most varieties resistant to races 1-33)
Superb downy mildew resistance in a high-quality blend. An attractive blend of DM resistant lettuces suitable for outdoor and indoor production. Features deep reds and brilliant greens including oak, romaine, lollo and red and green leaf types. Excellent for overwintering.

2610 **Gourmet Lettuce Blend** 28 days
OP • HMOS EXCLUSIVE • Lettuces in every shape and color
A unique HMOS creation you won’t find anywhere else. This tasty and attractive mix features a wide variety of lettuces including romaine, lollo, green leaf, red leaf and more. A signature blend with unique shapes and colors that chefs and gourmands will love.

2620 **Mesclun Mix** 28 days
OP • HMOS EXCLUSIVE • A complementary mix of lettuces and mustards
Our own HMOS blend of lettuce and mustard greens. The diversity of this mix will give you a great medley of flavor and color. Mustards grow quickly, shading the soil for lettuces, creating a bountiful mix of greens suitable for cut-and-come-again harvests.

2585 **Red Planet Blend** 28 days
OP • HMOS EXCLUSIVE • Bright red to deep purple lettuces with a few green lettuces
A stunning all-lettuce mix of spectacular red hued leaves. A great blend for spring or summer. We chose our most intensely colorful varieties for a mix that tastes great and makes a statement on the plate.

**Mesclun Mix’s** flavor is great, customers compliment us on it and we are very happy with our summer planting. We tell our customers it has everything in it. Overall your germination rate is better than anybody’s - and we never have to check if it’s organic! - Marilyn of Tree Frog Farm in Indiana
Ironman Kale Mix 30 days
OP • Hemos Exclusive • Cold hardy • Uniform maturity
These kale varieties are ideally suited for baby leaf production, maturing at an even rate to offer a unique, textured blend. The perfect bag of greens for the health-minded consumer. Farmers market customers will love this nutrient-dense alternative to salad mix. Tender young greens can be used raw or added to juices, smoothies and stir-fries. Varieties selected to mature at an even rate and provide a variety of colors and textures. May include various Lacinato, Russian, green curly and other kale types. 7.2M seeds/oz

Yankee Hardy Lettuce Blend 28 days
OP • Hemos Exclusive • HR, DM (most varieties resistant to races 1-17) • Cold hardy • Disease-resistant mix. This attractive blend of colors and leaf types creates an eye-catching, all-around pleasing mix for the garden or market. Most of these lettuces have good downy mildew resistance, essential for fall and winter plantings in regions with downy mildew pressure.

Emma & Maddy

Emma Arnold and Maddy Chitwood are passionate land stewards dedicated to feeding their community. Emma worked for several large scale farms over the last ten years, always with the hope of starting her own farm someday. The more she read about no-till farming and its benefits to soil health, the more she realized that was the type of farming she wanted to pursue. She brought on Maddy as her partner, and from there, they started looking for land in Whatcom County. They were lucky enough to find a few acres to lease in Everson, Washington, where they have been growing diversified vegetables at Daydream Farm since the fall of 2021.

In their first season, an unprecedented flooding event forced them to adapt quickly. “For us, we found the most important thing to consider was the way water flows through the land we farm on. Before we began our field setup, there was a large flooding event which showed us the areas most susceptible to flooding on our farm. Watching how the water moves with the contours of your land along with the type of soil you have can help ease some troubles and crop damage down the road.”

Though it was a tough first season, Maddy and Emma find hope in the potential benefits and opportunities to be found from working with the natural world. “Biodiversity is everything to our farm. We are making a conscious effort to work harmoniously with nature, looking at our farm from a holistic point of view, and trying to reach a sort of equilibrium. Without tilling, we are hoping to increase the fungal networks in our soil which in turn helps the microbes that aid in feeding our plants.

We seeded a large pollinator patch on the edge of the field to bring in beneficial insects and pollinators, hopefully helping diminish our pest pressure. Everything we do stems from the idea of balance. We try to observe our fields and just give them a helping hand. We hope to trade produce from the land in exchange for regenerating the soil it is growing on.”

As a low-till operation, managing the farm requires some specialization. From mulching to silage tarps, the duo primarily works with soil that is covered. “We have employed several weed management tactics this first year. Deep mulch composting being one. Where that system isn’t in place, we use hoes and hand weeding to mitigate weeds. Our long term weed management goal is to keep the soil covered, planted, and nutrient balanced, hopefully decreasing weed pressure over time. To open new plots, we employ silage tarps which remain in place for months at a time. We hope to incorporate more cover cropping and growing mulch in place to mitigate future weeds.”

When asked what advice they wished they had received before starting their farm, they both felt the deep need to learn about surrender. “I wish someone had put a hand on my shoulder and said, ‘first off, you’re going to have to learn to let go.’ It can feel overwhelming to learn something new every single day but once you come to terms with the fact that your entire farming career will be ever-changing, you learn to love it and constant change is what drives everything you do. You have to be as resilient as the crops you’re helping grow.”
CULTURAL INFO: Microgreens are the tender, immature leaves of salad greens, herbs, edible flowers and leafy vegetables. Almost any seed can be grown as a microgreen but there are some tried-and-true varieties that are sought out for their unique color, shape and flavor at the micro size. Choose flats with drainage holes for planting; 1020 plastic flats work well. Fill flats with an inch or more of moist potting soil or soilless mix. Broadcast seeds evenly over surface and press seeds gently into soil. Even and constant moisture is essential for vigorous and uniform sprouting. Use of a mister is helpful. Ensure moisture by lightly sprinkling medium over seeds or use a clear dome to cover tray. For blanching popcorn shoots, cover with an opaque tray. Remove dome after seedlings emerge to avoid mold. Flats can be placed under grow lights, outdoors under shade or in hoop houses with natural light. Harvest by clipping stems when first true leaves appear between cotyledon leaves, on average about 10-15 days after planting. Wash greens and dry on towels, or in a spinner. Store refrigerated in plastic bags. Microgreens are also sold by the flat and customers clip right before using for best quality. Please visit highmowingseeds.com for more info.
### GREENS - MICRO - SOLD BY SEED WT

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**SHOOTS - SOLD BY SEED WEIGHT**

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<tr>
<th>Description</th>
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<th>1/4 lb</th>
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<th>5 lb</th>
<th>20 lb*</th>
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</table>

Larger volumes available; please call for pricing. *Please see shipping charges on page 62 for individual items weighing 20 lbs or more.

Your Source for 100% Certified Organic, Non-GMO Project Verified Seeds
Kale
Brassica spp.

CULTURAL INFO: Days to maturity are from direct seeding, subtract two weeks if transplanting. Kale is a hardy biennial closely related to cabbage and broccoli. It will overwinter in milder climates and can be harvested over a long window. Kale is easier to grow than broccoli or cabbage because it is more tolerant of fluctuations in temperature and water, and because we eat the leaves and not the flower. Direct sow when daytime soil temps warm to 65-75°F or start 4-6 weeks before planting date. Optimal soil temperature for germination is 75°F, but seeds will germinate in soils as cool as 50°F. Seedlings can tolerate frost after they’ve hardened off. Plant for baby leaf every 1-3 weeks for a continual harvest. Sow fall plantings two months before first expected frost for full size and up until frost for baby leaf. Sweetens after light frosts.

DISEASE & PESTS: Kale is subject to the same insect pests as collards, cabbage, cauliflower and broccoli. Because the leaves are the edible portion, damage from insects like flea beetles may require control with floating row covers. Insect pests of the Lepidoptera order can be controlled by Bacillus thuringiensis (Bt) or spinosad, preferably in rotation with one another to prevent selection of resistant individuals (check with your certifier before applying). Kale can be affected by Black rot, caused by the bacterium Xanthomonas campestris and clubroot, caused by the soil-borne fungus Plasmodiophora. Prevention includes resistant varieties, crop rotation, removal or tillage of plant debris, eliminating cruciferous weeds and handling plants in dry conditions.

SEED SPECS: 5.6-9.4M (7.5M avg) seeds/lb, 90-150M (120M avg) seeds/lb. M=1,000. Direct seeding rate: Baby, 60 seeds/foot in a 2” band in rows 2-6” apart. Full size, 3 seeds every 12”, thin to 1 plant in rows 18-36” apart. Transplants: 12-18” apart in rows 18-30” apart. See Greens, Salad Mixes, page 41.

Red Russian 2530
21 days baby, 50 full size
HEIRLOOM • Excellent baby leaf strain • Cold tolerant • 24-36” tall
Bright purple stems and slate green, deeply lobed foliage. Leaves are tender, smooth and very sweet compared to other kales. An incredibly cold-tolerant variety that improves in flavor with cold weather. Popular ingredient in baby leaf salad mixes or as full size bunches. B. oleracea.

White Russian 2528
21 days baby, 50 full size
OP • OSS • Tolerates wet soil • Very cold hardy • 24-30” tall
Sweet, tender leaves with excellent frost tolerance. Voted the best tasting in our taste tests, with white ribs and blue green leaves that get sweeter in cold weather. Broad leaves size up well while remaining tender, offering the classic shape of a Red Russian kale with a slightly more refined appearance. Leaves are moderately serrated and beautiful cut at baby leaf size or left to mature for full bunches. Great for pairing with Red Russian for an attractive color blend. A portion of the sales of this variety is paid to the breeder. B. oleracea.

Ironman Kale Mix 2516
30 days
See Greens, Salad Mixes, page 41.

Lacinato 2520
30 days baby, 60 full size
HEIRLOOM • Improved vigor, yield and hardness • 26-36” tall
Unique, blue-green savoyed leaves on extremely vigorous plants. Ideal for raw kale salads and soups. Leaves are very dark blue-green and heavily savoyed, sweetening with each frost. Also known as Dinosaur or Tuscan kale. Our strain is exceptionally large, vigorous and cold tolerant. B. oleracea

Siberian 2535
30 days baby, 60 full size
OP • Productive • Frost hardy • 18-36” tall
Exceptionally tender, light blue-green leaves with white stems and ruffled edges. One of the best varieties for raw salad and spring “napini.” Plants are hardy and grow rapidly. Great flavor that is sweetened and improved by frost. B. napus pabularia

Black Jack F1 2511
60 full size
HYBRID • Well textured leaves • Highly uniform • Bolt resistant • 24-30” tall
Highly uniform plants boast gorgeous, blistered leaves with exquisitely dark coloration. Plants are upright and densely covered in long, straight leaves, offering quick harvests. Leaves are highly textured with sweet flavor, making for excellent eating quality. Plants are exceptionally hardy to cold weather and bolt resistant in heat. Smaller and more compact habit than Black Magic. From our partners at Tozer Seeds. B. oleracea. Limited availability in 2023
**2508 Black Magic** 60 days
**OP** • Strikingly dark leaf coloration • Long, straight stems • 24-36” tall
Uniform Lacinato-type with striking, deep blue-green leaves and excellent flavor.
Produtive plants are tidy with long, upright leaves that make for easy harvest. Plants are
cold and bolt resistant and produce multitudes of beautifully savoyed leaves,
perfect for full-size production or whole-plant harvest. From our partners at Tozer Seeds.
*B. oleracea*

**2534 Dazzling Blue** 60 days
**OP** • OSSI • Colorful Lacinato-type • 24-30” tall
“Dazzling” indeed, this Lacinato-type delights with unique coloring and rich
flavor. Vigorous plants produce leaves with purple midribs and a range of colors
that intensify in cool temperatures. Hardier than the traditional Lacinato. Ideal for
raw kale salads. Bred by Hank Keogh of Avoca Seed Farm, produced in association
with Wild Garden Seed in Oregon and released through the Open Source Seed
Initiative. *B. oleracea*

**2531 Scarlet** 30 days baby, 55 full size
**OP** • Very cold tolerant • 24-36” tall
Densely curled purple leaves on tall, upright stalks for easy bunching. Comparable
to Redbor F1 in height, leaf shape and color, Scarlet makes a unique addition to kale
offerings either in bunches or as a baby leaf. Vigorous plants produce reliable
yields in both spring and fall. Vibrant color intensifies in cooler temperatures.
From our partners at CN Seeds. A portion of the sales of this variety is paid to the
breeder. From our partners at Bejo Seeds.

**2533 Darkibor F1** 50 days
**HYBRID** • Extra curly • Resists yellowing • 24-36” tall
Dark green with excellent flavor, this hybrid kale produces best in spring and fall. Similar to Winterbor F1, these tall plants provide high yields of densely curled greens.
Vigorous plants hold well in cold weather and are suited to overwintering production in Southern climates. From our partners at Bejo Seeds. *
*B. oleracea*

**2526 Westlander** 50 days
**OP** • Uniform stands • Very cold tolerant • 20-30” tall
Very curly, broad leaves with tender texture. Compares well to hybrid kales. Extremely cold-hardy variety with large, flavorful leaves. Larger than Dwarf Green Curled, with a compact shape and loose green curls. Densely ruffled, blue-green leaves with uniform size and shape. From the Swiss biodynamic seed company Sativa. *B. oleracea*

**2509 Arun F1** 55 days
**HYBRID** • Exceptionally straight stems • Vigorous and uniform • 24-32” tall
High-yielding, uniform curly kale with gorgeous, blue-green leaves and superbly straight midribs. This powerhouse hybrid produces exceptionally straight stems making for seamless bunching in the field. Leaves have a delicious flavor and excellent texture, making it a great candidate for the larger processing markets, the market garden, or the home garden. From our partners at Tozer Seeds. *B. oleracea*

**2529 Curly Roja** 55 days
**HEIRLOOM** • Edible and ornamental • 24-36” plants
Gorgeous, magenta stems with bright green leaves that fade to purple on savoyed, lofty edges. Densely frilled leaf edges, stunning purple-sage color; deep purple stems and cold hardiness are all elements of an exquisite kale bunch that holds well after harvest. Compare to Redbor F1. Does especially well in fertile conditions. *B. oleracea*

**2536 Redbor F1** 55 days
**HYBRID** • Productive • Ideal for overwintering • 24-36” tall
The red, sister variety of the market-standard curly green kale, Darkibor F1. A long-awaited hybrid curly red kale, Redbor F1’s tall, dark red leaves on sturdy stems are full of vigor and grow upright for easy harvests. High performing with deeply curled, red leaves that hold up in a variety of field conditions. As with all red kales, flavor and color are enhanced by cold weather. From our partners at Bejo Seeds. *B. oleracea*
CULTURAL INFO: Days to maturity are from transplant; add 15-20 days if direct seeding. Kohlrabi is a delightful vegetable with mild flavor and the texture of an apple. Direct seed or transplant as soon as ground can be worked in spring or in late summer for fall harvest. Start transplants indoors.

RESISTANCE KEY:
- HR: High Resistance
- IR: Intermediate Resistance
- BR: Black Rot
- DM: Downy Mildew

SEED SPECS:
- 5.5-9M (6.5M avg) seeds/oz. M=1,000. Direct seeding rate: 8 seeds/foot, thin to 1 plant every 4-10", depending on variety, in rows 12-18" apart. Transplants: 4-10" apart, depending on variety, in rows 12-18" apart.

Please visit highmowingseeds.com for more info.

Kohlrabi
Brassica oleracea var. gongylodes

CEO Tom Furber examining a gorgeous stand of kohlrabi at the Bejo Open Days in Warmenhuzien, Netherlands.

GREEN

2537 Korist F1 42 days
HYBRID • HR, DM • Long field holding capacity • 3" bulbs
Early, uniform bulbs with dense, crisp centers. Clean skin and uniform shape make this a more refined bulb than other kohlrabi varieties. With a growth habit very similar to Kolribi F1, they can be grown together for beautifully contrasting, colorful bunches.

2539 Trero 42 days
OP • Sweet flavor • Bolt resistant • 3" bulbs
Early-forming bulbs are white, tender and ideal for fresh eating. This early, sweet variety performs well in a high tunnel, under fabric, or in the field. The white bulbs have a thin, supple skin that makes them delicious in salads and slaws. Bulbs are globe shaped and plants are highly resistant to bolting as the temperatures begin to climb.

2538 Kordial F1 45 days
HYBRID • HR, DM, FY / IR, BR • Spring/fall crop • 3-5" bulbs
Early, uniform bulbs with dense, crisp centers. Rich flavor and a satisfying, crunchy texture that is excellent shredded and added to coleslaw. Crack-resistant bulbs have erect leaves that are suitable for bunching. Performs best as a spring or fall crop.

2306 Kossak F1 70 days
HYBRID • IR, DM • Stores well • Huge 8-10" bulbs
White skinned with dense white flesh; big enough to feed a community. Grows to a huge size, remaining sweet and juicy without developing any woodiness. Can be kept for several months in cold storage. Plant 12" apart.
2308 Superschmelz 80 days
OP • Sweet flavor • Bolt resistant • Huge 8-10” bulbs
Late season, giant kohlrabi with tender, sweet flesh that holds quality in storage. Performs well under fabric or in the field. The white bulbs have no woodiness and are delicious in salads and slaws. Bulbs are globe shaped and plants are highly resistant to bolting. This storage variety is later than other varieties but its sweetness is worth the wait. Plant 12” apart.

2304 Azur Star 50 days
OP • Very juicy • Slow to bolt • 3.25” bulbs
Delicious early kohlrabi with eye-catching violet skin and smoky, blue-green leaves. A beautiful and reliable variety with attractive presentation for market. Crisp, juicy flesh great for slaws. Originally bred by Hild Seed Company in Germany.

2307 Kolibri F1 50 days
HYBRID • IR: BR • Highly uniform • 3-4” bulbs
The most uniform purple kohlrabi, with deep purple, tender skin. Kolibri F1 is reliably beautiful year after year in every set of conditions. Has crisp, nearly fiberless white flesh that contrasts nicely with its violet skin. From Bejo Seeds. Limited availability in 2023

KOHLRABI SEED - OPEN-POLLINATED - SOLD BY SEED COUNT

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<tr>
<th>Variety</th>
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KOHLRABI SEED - HYBRID - SOLD BY SEED COUNT

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<td>$58.30</td>
<td>$50.38/M</td>
<td>$43.56/M</td>
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</tbody>
</table>

Larger volumes available; please call for pricing.

LEKKS
Allium porrum

CULTURAL INFO:
Days to maturity are from transplant; add 30-40 days if direct seeding.
Trim 5” seedlings to increase girth. Transplant to shallow 6” trenches, leaving a few inches of leaf above the soil and hill plants as they grow. Store at just above 32°F with high humidity.

RESISTANCE KEY: IR-Intermediate Resistance, PB-Purple Blotch, R-Rust, T-Thrips, WT-White Tip

2700 Alto 75-85 days
OP • Summer crop • Versatile
Popular, fast-growing, early summer leek with nice, cylindrical shape and thick, white shaft. Tall, Bulgarian-type that can be left to mature for beautiful full-bodied leeks or harvested early for delicately flavored bunching leeks good for salads or lightly sautéed. Consistent performance in summer production, not a winter hardy variety.

2709 Lancelot 90 days
OP • IR: PB, R, WT, T • Adaptable planting dates based on region • Bolt resistant
Thick, uniform shafts with bolt resistance. This impressive open-pollinated leek is dependable, producing long white shafts with dark green flags. Suitable for summer and early fall harvests in cooler climates and late fall and overwintering in warm climates. Shafts are large and uniform, making them easy to clean and versatile in the kitchen. From Bejo Seeds.

SEED SPECS:
9.5-11M (10.5M avg) seeds/oz, 152-176M (164M avg) seeds/lb. M=1,000, 1/64 oz approx. 150 seeds.
Direct seeding rate: 6 seeds/foot, thin to 1 plant every 6” in rows 18-30” apart. Transplants: 6” apart in rows 18-30” apart.
Please visit highmowingseeds.com for more info.
LEEK SEED - HYBRID - SOLD BY SEED COUNT

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Larger volumes available; please call for pricing.

**FALL/WINTER**

**Chinook F1** 90-95 days
HYBRID • Summer crop • Uniform size and shape • Easy to clean
Early, high-quality leeks with great performance in cold conditions. Long, straight shafts have bright green outer wrapping and deep blue-green flags. Adaptable variety grows quickly, is easy to field clean, and has high yield potential for commercial growers. Slightly longer and narrower than Megaton F1 with superior uniformity. From our partners at Vitalis Organic Seeds.

**Comanche F1** 95-100 days
HYBRID • Flexible harvest window • Sizes up early
Early fall leek with long white shafts and dark bluish-green foliage. Suitable for both bunching and prepacking; these beautiful white shafts are durable with a tender interior. The layers are easy to peel, making them an ideal allium for the kitchen. With an upright growth habit, plants have good field-holding quality and a flexible harvest window.

**Bandit** 100 days
OP • IR, PB, R, T, WT • Fall/winter crop • Upright habit
Thick, heavy, winter leek for late harvests or overwintering. Forms a very thick base with little bulbng, making cleaning easier and offering more weight per plant. Deeply colorful blue-green flags stand upright. Elongate and blanch shafts by hilling. Mulch well for overwintering in northern regions.

**Oslo F1** 110 days
HYBRID • Fall/Winter crop • Bolt resistant • Stores well
Thick, stocky shafts with dark blue leaves and attractive, upright habit. Late maturing leek for late fall, early winter harvests. Can be overwintered in more temperate climates. Boasts impressive bolt resistance and good uniformity. Thick shafts are easy to peel and process, making it a versatile ingredient in the kitchen. From our partners at Vitalis Organic Seeds.

**Tadorna** 110 days
OP • Winter crop • Uniform size • Excellent field performance
Exceptional winter leek with highly uniform, stocky, dark green shafts that size up well and hold into the fall. Plants have reliable, vigorous growth and impressive field resistance to disease. Well adapted to many regions; can be overwintered in mild climates. We have seen good field resistance to leaf blights. Excellent open-pollinated variety for both the home garden and for commercial production.

**Bopak F1 Pak Choi**
A true favorite of our Trials Manager Taylor, Bopak F1 Pak Choi is an AAS winning champion for its gorgeous shape, dense growth and exceptional flavor. Heads can be harvested at the baby leaf stage or left in the field to mature into large, marketable plants that are extremely slow to bolt. If you’re looking for something reliable with culinary appeal to match, Bopak F1 Pak Choi is the one.

- Dense heads with great storage
- Brilliant green leaves on white stems
- Reliable with bolt resistance

Bopak F1 Pak Choi
**CULTURAL INFO:** Days to maturity are from direct seeding; in spring conditions subtract 10-14 days if transplanting, subtract 7-10 days if planting in summer conditions, add 20 days if planting late summer-fall. A cool-season annual, lettuce prefers well-drained soil and high levels of fertility. Can be grown all season long by choosing appropriate varieties. Many varieties can be difficult to germinate in soils above 70-75°F. For best results, germinate lettuce at or below 68°F. Lettuce will germinate at temperatures as low as 40°F. Start transplants 3-4 weeks before planting date. Harden off seedlings by reducing water and temperature. For baby leaf, harvest individual leaves or cut evenly across the bed staying above the growing tip for cut-and-come-again. For a continuous harvest, sow lettuce every 1-3 weeks.

**RESISTANCE KEY:** HR-High Resistance, IR-Intermediate Resistance, APH-Aphids, BR-Bottom Rot or Rhizoctonia, CR-Corky Root, DM-Downy Mildew (races indicated if known), FW-Fusarium Wilt, LD-Lettuce Drop, LMV-Lettuce Mosaic Virus, LRA-Lettuce Root Aphid, Nr-Lettuce Leaf Aphid Nasonovia ribisnigri, PM-Powdery Mildew, TB-Tip Burn, TBSV-Tomato Bushy Stunt Virus, WM-White Mold, MT0-30 - indicates that 0 seeds out of 10,000 or 30,000, respectively, have tested positive for LMV. Aphid-resistant varieties are bred to reduce the spread of LMV from non-resistant crops.

**SEED SPECS:** 20-30M (25M avg) seeds/oz, 320-480M (400M avg) seeds/lb, M=1,000. 1/32 oz approx. 750 seeds. Direct seeding rate: Baby, 60 seeds/foot in a 2” band in rows 2-6” apart. Full size, 12 seeds/foot, thin to 1 plant every 6-16”, depending on variety, in rows 12-18” apart. Transplants: 6-16”, depending on variety, in rows 12-18” apart. For Eazyleaf and mini heads, space in rows 6-9” apart. Transplants: 6-12”, depending on variety, in rows 12-18” apart for full size or 6-9” apart for Eazyleaf and mini. Please visit highmowingseeds.com for more info.

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**EZYLEAF**

**CULTURAL INFO:** Eazyleaf lettuces can be cut once above the growth point and yield a ready-to-bag salad mix. Suitable for cut-and-come-again or single harvest. Can also be harvested as full heads. Developed by our partners at Vitalis Organic Seeds.

2613P **Ezrilla** 52 days  
OP•UP•HR: DM (1-9), Nr, TBSV / IR: LMV / MT0-30  
Unique one-cut, green tango type. Outer leaves are dark green and highly incised, inner leaves are sweet and slightly blanched. Adds excellent texture, loft and crunch to any mix. Strong disease package, very slow to bolt. Pelleted seed only.

2622P **Ezpark** 53 days  
OP•HR: DM(1-9), Nr / IR: LMV / MT0-30  
Beautiful, compact green tango type with excellent field holding quality. Dense heads have impressive yields and vigorous growth. Flexible harvest window provided by exceptional field holding quality. Vibrant green leaves are tender and offer a crisp texture and desirable flavor. Plants are durable making for easy processing. Pelleted seed only.

2619P **Burgandy** 55 days  
OP•UP•HR: DM (1-9), Nr / MT0-30  
Deeply-incised leaves on this red tango type have crunchy texture and lofty volume. A vivid green interior is contrasted with a delightful, medium red exterior, making for a beautiful addition to salad mixes or simply as a mini head. Good aphid resistance with leaves that have a narrow attachment, making them ideal for whole leaf production. Eye-catching with tender leaves and a delicate, enjoyable flavor. Pelleted seed only.

2589P **Ezflor** 55 days  
OP•HR: DM (1-9), Nr, TBSV / IR: FW / MT0-30  
Unique, glossy red leaves with striking, lime green hearts. Hardy and adaptable heads hold well in the field and have excellent regrowth for a second cut. Leaves are tender but durable, maintaining good texture even when enduring water stress. The unique leaf shape is an excellent addition to a salad mix, with great loft and flavor. Pelleted seed only.

2621P **Rhone** 55 days  
OP•HR: DM (1-9), Nr / MT0-30  
Brilliantly colorful incised, red tango type with durable, dense heads and uniform leaves. Bright red leaves are vibrant and have a crisp, medium to firm texture. Leaves have unparalleled dimension and are striking to look at in the field or mixed into a bag of cut greens. Leaf volume adds weight to harvest totes quickly. Pelleted seed only.

2614P **Brentwood** 57 days  
OP•UP•HR: APH, DM (1-9), FW / MT0-30  
Glossy, lobed leaves on this red tango type offer plenty of loft. Attractive color contrast within leaves, with dark red upper foliage and a light green at the center. Cut for salad mix or offer as full heads. Good bolt tolerance. Pelleted seed only.

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Cam Terry harvesting from an abundant stand of head lettuce at Garden Variety Harvests in Roanoke, Virginia.
**LETTUCE**

**MINI**

**Buckley** 57 days  
OP • UP • HR: APH, DM (1-9), TBSV / MT0-30  
Gorgeous, glossy, one-cut red oak leaf grows in an upright rosette. A single cut yields heaps of tasty leaves all the same size. Cut and mix for an attractive, hefty salad mix, or offer as full heads. Pelleted seed only.

**Hampton** 57 days  
OP • UP • HR: DM (1-8), Nr, TBSV / IR: LMV / MT0-30  
A voluminous, high leaf count, one-cut oak leaf. Dark green shiny leaves with narrow attachment points. Has a strong disease package and is very slow to bolt. Cut and mix for salad mix or offer as full heads. Pelleted seed only.

**Truchas** 42 days full size  
OP • UP • HR: DM (1-9), TBSV / IR: LMV / MT0-30 • Little Gem-type • Springfall  

**Newham** 45 days full size  
OP • UP • HR: APH, DM (1-9), LRA / IR: CR, LMV / MT0-30 • Mini little gem  
This one has it all—gorgeous color, many resistances and an incredible sweet flavor. We were wowed by Newham in our variety trials and couldn’t wait to make it available. This highly modern variety not only has the look, yield and resistances you want, it also has crispy, with well-filled hearts and the flavor of the best butterhead. Does well year round in coastal regions, and in winter; spring and fall in hotter regions. Grow at 8” apart for uniform mini heads. From our partners at Vitalis Organic Seeds. Pelleted seed only.

**Spretnak** 45 days full size  
OP • HR: DM (1-9), LRA / IR: FW / MT0-30 • Springfall crop  
Very attractive glossy green leaves packed in dense mini rosettes—a favorite in our trials. Smooth outer leaves and blanched, tender hearts; compact heads smaller than Tin Tin. Very heat tolerant but best early and late in season. Pelleted seed only.

**Xalbadora** 48 days full size  
OP • HR: DM (1-9), Nr, TBSV / IR: LMV / MT0-30 • True mini romaine  
All of the best traits of a full-sized, green romaine in a mini, highly disease resistant package. Sweet flavor and excellent texture make this a desirable variety for harvest at all stages of growth. Perfect when paired with Truchas for a dynamic, colorful romaine blend. Easy to harvest with upright growth habit during an extended harvest window. Plants are fast growing while still maintaining exceptional field holding quality. From our partners at Vitalis Organic Seeds. Pelleted seed only.

**Pomegranate Crunch** 50 days full size  
OP • UP • HR: DM (1-8), TBSV / MT0-30 • Mini heads • Reliable  
Stunning mini red romaine with speckled green hearts and smooth texture. Vivid red outer leaves and sparkling green interiors. Faster growing and more open habit than most other red romaines for a foolproof, disease-resistant combination. Larger than Breen; perfect for pairing with Newham in CSA boxes. From Vitalis Organic Seeds. Pelleted seed only.

**Dark Lollo Rossa** 30 days baby, 55 full size  
OP • Ideal baby leaf variety • Slow to bolt  
Italian looseleaf loved for its deep red, tightly curled leaves surrounding a bright green heart. An ideal baby leaf variety providing mild flavor and excellent loft, height and color. Open heads are compact, slower growing and slower to bolt than other lettuces. Displayed field resistance to mildew in our trials. See baby leaf photo on page 55.

**Vulcan** 50 days full size  
OP • MT0-30 • Excellent wholesale variety • Bolt resistant  
A highly prolific, ruffled, red leaf lettuce with colorful, crisp heads and excellent V-shape for commercial production. Early maturing with heat and disease tolerance. Leaves are bright red with an apple-green interior and are slow to tip burn. Outperforming many red leaf varieties, it was first introduced in 1987 by Sakata Seed Company and has been highly favored by growers since. Sow in successions for all season production.
2594 New Red Fire 55 days full size
OP • IR: BR, DM, TB / MT0-30 • All-season lettuce • Bolt resistant
Popular among growers for its uniformity, intense color and bolt tolerance. Large, loose heads are green at the base and very dark red at the ruffled leaf edges. Retains its crisp fresh flavor throughout the season. Superior to Red Sails for full size heads. Available as raw and pelleted seed.

2550 Black Seeded Simpson 28 days baby, 45 full size
OP • IR: DM, LD, TB • Grand Rapids-type • Baby leaf for salad mix
Easy, early, tender green leaves that withstand heat, drought and light frost. A highly adaptable lettuce for plantings throughout the season. Quickly produces a full-sized, bright green open head with distinctively savoyed leaves that hold salad dressing well. Popular baby leaf variety for a bright green contrasting leaf in salad mixes. See baby leaf photo on page 55.

2551 Green Star 30 days baby, 52 days full size
OP • IR: DM / MT0-30 • Popular for baby leaf • Bolt resistant
Vibrant green summer lettuce with shiny, ruffled leaves and great heat tolerance. An all-season lettuce, high quality through the heat of summer. Tender, textured baby leaves add great loft to salad mixes. A standout in our green leaf trials. See baby leaf photo on page 55.

2555P Muir 50 days full size
OP • PVP • HR: DM (1-9), Ns, TB5Y / IR: LMV / MT0-30 • Heat tolerant
Superior heat tolerance with beautiful, rippling medium green leaves. Compact heads are exceptionally slow to bolt and maintain a sweet, crisp flavor well into the heat of summer. Can be grown as a mini or as full size heads. Excellent variety for commercial productions. From Vitalis Organic Seeds. Pelleted seed only.

2567 Two Star 50 days full size
OP • MT0-30 • Waldmann’s-type • Bolt tolerant
Improved market standard with dark green color and exceptional flavor even in summer heat. Heavy heads are uniform and fold easily for packing; ideal for wholesalers. Bred for its dark green color and bolt tolerance in hot weather. One week slower to bolt and darker green than Waldmann’s.

2629 Tropicana 52 days full size
OP • PVP • IR: CR / MT0-30 • Heat and bolt tolerant
High-quality, full heads showed an outstanding performance in trials across the country. Vibrant, uniform, green leaves retain crispness and flavor throughout the season. Superior to Red Sails for full size heads. Available as raw and pelleted seed.

2599 Red Salad Bowl 28 days baby, 55 full size
OP • IR: TB • Best for fall crops • Slow to bolt • Popular for baby leaf
Identical habit and a great complement to Tango; the darkest red oak leaf we offer. Popular in salad mixes, also suitable for heads. Versatile for all-season use, best color in cooler weather. Displayed field tolerance to fall mildews in our trials. See baby leaf photo on page 55.

2598 Red Oak Leaf 30 days baby, 60 full size
OP • IR: DM, LD, TB • Good fall/winter crop • Heat tolerant
Burgundy oak leaf with golden sheen, perfect for teenage heads or baby leaves in all seasons. Versatile variety with mild flavor in summer, good mildew resistance and attractive red color as light levels are decreasing in fall. Rounder, oaky shape and larger lobes than Red Salad Bowl; larger, tighter heads than Oscarde. See baby leaf photo on page 55.

2540 Sandy 21 days baby, 50 full size
OP • IR: TB • Versatile • Bolt resistant • Formerly called Regal Oak
A gorgeous, versatile, all-season variety with distinctive leaf shape. Bright green leaves are deeply lobed with pointed tips; produces striking full sized heads but also good for baby leaf or teenage heads. One of our California growers praises this variety for good resistance to tip burn, powdery mildew and bacterial leaf spot. The winner of an All-America Selections (AAS) vegetable award. See baby leaf photo on page 55.

2605 Salad Bowl 28 days baby, 50 full size
OP • IR: TB • Popular for baby leaf • Heat tolerant
Bright green oak leaf most commonly used for baby leaf production, favored for its shape, color and rapid growth rate. Full size habit is loose and open. Very attractive and always tender and sweet. An All-America Selections (AAS) winner in 1952, and has remained a favorite to this day. Heat tolerant and bolt resistant. See baby leaf photo on page 55.
2558 Tango 32 days baby, 53 full size
OP • MT0-30 • Excellent baby leaf variety • Compact
Deeply lobed and frilly blanched leaf - the standard for salad mixes. Similar pale green color, frilly shape and lofty texture to endive, a popular ingredient in salad mixes, but with much milder flavor. Makes a small, compact head. Harvest early as Tango has a tendency to bolt quickly. See baby leaf photo on page 55.

2627 Encino 50 days full size
OP • IR: DM (1-8), Nr, TBSV / IR: LMV / MT0-30 • Uniform size • Slow to bolt
Huge, fine heads of buttery, lightly savoyed leaves. Dense heads of lightly serrated wavy leaves with slightly blanched centers. Sweet and buttery, with larger heads and better resistance to bottom rot than Panisse. High Mowing is proud to be the exclusive producer of organic seed for this variety thanks to our partnership with Vitals Organics Seeds. A portion of the sales of this variety is paid to the breeder. Available as raw and pelleted seed.

**RED ROMAINE**

2600 Rouge d’Hiver 28 days baby, 60 full size
HEIRLOOM • IR: LD, TB • Baby or full size • Fall crop
Versatile variety with beautiful bronze leaves for salad mix or full size heads.
Color varies from reddish-bronze to deep red on the tips with dark green bases. As its translated name Red of Winter implies, this variety does particularly well in the cool conditions of the fall and winter. See baby leaf photo on page 55.

2592 Outredgeous 30 days baby, 55 full size
OP • OSSI • MT0-30 • Great baby leaf variety • Upright habit
Outdoes all the reds, forming a loose teenage head with spectacular solid magenta color. Outredgeous is so red that botany students didn’t recognize it as lettuce when they saw it in Frank Morton’s breeding nursery. Makes an eye-catching statement in your salad mix. Released under the Open Source Seed Initiative. Grown on the International Space Station in 2015. A portion of this variety’s sales is paid to the breeder. See baby leaf photo on page 55.

**GREEN ROMAINE**

2543 Freckles 28 days baby, 55 full size
HEIRLOOM • For baby or full size • Heat tolerant
An unusual bright green romaine with crimson splashes. Upright growth, early coloring and crisp texture make this an excellent choice for both baby leaf and full size heads. Heat tolerant with a similar texture to Jericho or Pirat. See baby leaf photo on page 55.

2596 Parris Island Cos 28 days baby, 55 full size
OP • IR: LMV, TB • Upright habit
Fast-growing, multi-purpose lettuce for baby leaf or full size heads. Baby leaves size up quickly for salad mixes while the upright, uniform grey-green heads have nicely savoyed leaves. Medium-slow to bolt. See baby leaf photo on page 55.

2559 Winter Density 28 days baby, 55 full size
OP • Heat and frost tolerant • Reliable
A lettuce for all seasons. Tightly folded, dark green, round heads sit high on the stem for good airflow. Texture is a cross between butterhead and romaine with good flavor all seasons. Requires cool temperatures for germination. See baby leaf photo on page 55.

2587 Jericho 28 days baby, 57 full size
OP • IR: DM, PM, TB / MT0-30 • Spring/summer crop • Field or greenhouse
Bright green leaves, unique silky texture and sweet flavor even in the summer heat. Good for indoor or outdoor cultivation with some tolerance to powdery mildew and downy mildew plus excellent resistance to heat stress and tip burn. See baby leaf photo on page 55.

2580 Coastal Star 57 days full size
OP • PVP • IR: CR / MT0-30 • Tall, sturdy heads
Heat tolerant romaine for spring or late summer harvests. Coastal Star is a dark green, tall romaine similar to Parris Island or Darkland Cos, but taller and darker. Sturdy heads with a firm rib down the center; great for packing in boxes. Available as raw and pelleted seed.

2586 Green Towers 60 days full size
OP • MT0-30 • Uniform stand • 10-12” tall
The industry standard for high-quality, full-bodied heads. Dependable, tall, dark green plants are ideal for market and wholesale growers who need consistent quality. Widely adapted and tolerant of corky root. Available as raw and pelleted seed.

**new** 2591P Rainier 60 days full size
OP • UP • HR: DM (1-8), FW, Nr, TBSV / IR: CR / MT0-30 • Large heads • Spring/fall crop
Large romaine lettuce for full sized heads and processing. Plants are vigorous with a strong disease package. The dense interior is packed with crispy, sweet leaves that are very uniform. Plants are dark green, upright and clean, making for efficient harvesting. Excellent candidate for spring and fall plantings. Available as pelleted seed only.

new
**SUMMER CRISP**

2544 **Concept** 48 days full size
OP • HR, DM, LMV / MT0-30 • Full size heads
A cross of a summer crisp with a romaine combines a dark green color with the open shape and bolt tolerance we need when the heat cranks up. Has the crunch and flavor of romaine. In our trials, it was a clear standout both for flavor and appearance with everyone agreeing it was gorgeous — even after a full week of heat.

2575 **Lovelock** 48 days full size
OP • HR, DM, LMV / MT0-30 • Full size heads
Heat-tolerant whorls of bright green leaves with deep red coloring on the leaf margins. Heads close in late at maturity, forming a dense, crisp head. Crisp, juicy and sweet with the same savoyed leaves and blanched, bright green hearts. High Mowing is proud to be the exclusive producer of organic seed for this variety thanks to our partnership with Vitalis Organic Seeds. Available as raw and pelleted seed. A portion of the sales of this variety is paid to the breeder.

2574 **2069 Albachiara** 52 days full size
OP • DM • All season lettuce • Bolt resistant
Glossy, bright green heads with thick leaves reminiscent of iceberg lettuce situated in a loose, tidy formation. Plants are dense with an open habit and wide base. Leaves are exceptionally sweet and crisp with no bitterness. A standout in our trials for flavor and quality. Extremely bolt resistant and heat tolerant for all season performance. From our partners at Smarities.bio.

2561 **Nevada** 55 days full size
OP • IR, DM, LMV / MT0-10 • Bolt tolerant
Excellent summer variety forms large, open heads of thick, vibrant green leaves. Glossy and beautifully ruffled leaves with a satisfying combination of crunchy texture and buttery smoothness. Summer crisp characteristics lend excellent bolt and tip burn resistance while maintaining good texture and flavor in summer heat.

**BUTTERHEAD / BIBB**

2555 **Kweik** 50 days full size
OP • IR, DM, LD, TB • Very disease resistant
Fast-growing, lime green heads suited to cool seasons and unheated hoophouses. Large, tender leaves head up quickly for foolproof performance in cold weather. Exhibits strong field resistance to downy mildew, tip burn and sclerotina stem rot; very reliable.

2578 **Mirlo** 50 days full size
OP • UP • HR, APH (1-9), TBSV / IR, LMV / MT0-30
Very large, pale-green butterhead with luxurious appearance and excellent disease resistance. Broad heads packed with tender, buttery leaves have an especially soft and cloud-kissed look. Well-filled, dense heart and relatively early for its size. Strong internal tip burn resistance. Our favorite among all the varieties in our extensive butterhead trials. From our partners at Vitalis Organic Seeds. Available as raw and pelleted seed.

2579 **Alkindus** 52 days full size
OP • HR, DM (1-9), TBSV / IR, LMV / MT0-30 • All season lettuce
Uniform red butterhead with thick, slightly ruffled Cabernet colored leaves. Dark red outer leaves with a beautiful bright green heart. The leaves are shiny, dense, and durable, making them resistant to damage during washing and handling. High resistance to downy mildew and red aphids. Plants keep well in the field throughout the season and do not get bitter with heat.

2562 **Optima** 52 days full size
OP • IR, BR, DM, LB, MT / MT0-30 • Nancy-type • Uniform stand
Large, dark green butterhead for spring production. Optima is thick-leaved, consistently producing perfect, dense heads. Its velvety texture and buttery flavor are sure to be a hit in every salad. Shows field resistance to downy mildew, lettuce mosaic virus and bolting.

2602P **Milagro** 54 days full size
OP • UP • HR, DM (1-9), NR, TBSV / IR, LMV / MT0-30
Vibrant and uniform, bright green butterhead with a dense, large frame and season long performance. Leaves are glossy and dense with good weight for processing and packing. Stronger downy mildew resistance than Mirlo. Performs well in the heat and has excellent cold tolerance for winter greenhouse production. From our partners at Vitalis Organic Seeds. Pelleted seed only.

2597 **Pirat** 55 days full size
HEIRLOOM • IR, BR, DM, LD, TB, WH • Heat tolerant
Tender heads with notably superior flavor and texture, blanched hearts and red-tinged outer leaves. Bested every other variety for taste and texture in our lettuce trials and also rates as one of the best butterheads in combined resistances.
Chef TERRY KOVAL

The Deer and The Dove Restaurant in Atlanta, Georgia

Chef Terry Koval has received many accolades for his cooking throughout his 20+ years designing menus and creating some of Atlanta’s most delicious food, has appeared on TV shows and even competed on the reality show Chopped in 2013. What he is most known for by the local community he serves, however, is his dedication to local farmers. Currently, Terry is the head chef and owner of a farm to table restaurant, The Deer and The Dove, and accompanying coffee shop called B-Side, a dream he shared and fulfilled with his wife Jenn when they opened in June of 2019.

Here he holds the title of Farmer Champion by the state-wide organic non-profit, Georgia Organics. This title is given to a restaurant that purchases at least 5% of their food from local and organic producers. Georgia Organics states, “Farmer Champions demonstrate a commitment to Georgia producers and serve as an example to other chefs and restaurants that sourcing locally is possible.”

Sourcing from local producers has been a part of his work since as early as 2001. “I had always been around food from local farms, gardens and markets growing up. But as for sourcing from farms, it began at Canoe Restaurant in 2001. It was very eye opening for me as a young chef to see this beautiful product come into a restaurant from folks who grew it. It really expanded and became more of a passion when I joined the Farm Burger team in 2010. I was introduced to a network of local emerging farmers and from there I have met some incredible people that have a sincere passion for growing good food.”

While working with an ever-changing, seasonal menu can require some flexibility and patience, it also has benefits. “We plan our menu based on what is coming out of the ground, week by week, as well as what proteins are being harvested by our local farmers, ranchers and fisheries. When working with local farmers, you can communicate about the timing of harvests, which can give you the opportunity to control the size of the vegetables. Plus, there is nothing more gratifying than having the person who is growing your food come into your kitchen and have a conversation. It is so special to build these relationships and important to strengthen the food community.”

When he’s not at the restaurant cooking or creating menus on the fly, Terry is at the farmers market or tending his own garden at home. He enjoys cooking with his wife and children and has this advice for all burnt out home cooks, “When cooking at home, try to feel inspired by the hard work and passion in the food that you are preparing. Wrap your herbs and lettuce in a paper towel in an airtight container. Don’t throw away your tops, make pestos or dried herb salts.

I personally really love to cook root vegetables like beets, carrots, turnips and hardy, heading crops like cauliflower. These are ideal slowly roasted over embers, seasoned with olive oil, sea salt and fresh cracked black pepper.”

Through Terry’s dedication to farmers, nutritious, high-quality food and to his loyal customers in Atlanta and beyond, he was able to get through the toughest times presented by the lockdowns of the pandemic. While the road ahead is still somewhat uncertain, we can only assume the best is yet to come for this hardworking visionary. His passion runs deep and his inspiration sprouts from many sources. “There have been a lot of good folks that have inspired me throughout my culinary journey. Young emerging farmers, dishwashers, line cooks, chefs, community, family, and friends. But it comes back to the food. The food that is available and coming out of the ground fresh every week keeps me inspired, season after season.”

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Crispino 57 days full size
OP • Classic iceberg • Widely adaptable
A uniform, unfussy variety for those who don’t live in ideal iceberg country. Crispino has done extremely well in our trials for two years running, with dependably high yields of sweet, tight, white-hearted heads amidst dark green outer leaves. It holds up in the field and keeps well in the cooler.

Saladin 62 days full size
OP • HR: DM (1, 2, 5-7) • Bolt resistant • Spring/summer planting
Large, tightly wrapped heads of flavorful leaves, ideal for the perfect wedge salad. Glossy, dark green leaves are tender at the leaf margin and thicken towards the root. Excellent field holding quality and extended cooler shelf life post-harvest. From De Bolster Organic Seeds.

Roxy 60 days full size
OP • HR: DM (1-9) • MT0-30 • Spring crop • Holds well
High-quality butterhead with glossy red outer leaves and a big, bright green heart. Roxy is a standard organic variety in Europe and the U.S. Holds very well in the field and has good resistance to tip burn. From our partners at Vitalis Seeds.
### Babyleaf Varieties

<table>
<thead>
<tr>
<th>VARIETY</th>
<th>TYPE</th>
<th>DAYS TO MATURITY</th>
<th>DISEASE RESISTANCES (HR/IR)</th>
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<td>Romaine</td>
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<tr>
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<td>Oak Leaf</td>
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**Your Source for 100% Certified Organic, Non-GMO Project Verified Seeds**
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<th>Price</th>
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**RAW LETTUCE SEED - SOLD BY SEED COUNT**

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Larger volumes available; please call for pricing. For 500 M pelleted seed, add $16.
Cultural Info: Days to maturity are from transplants; add 10-14 days if direct seeding. Melons are warm-season tender annuals that require fertile soils with lots of organic matter, moisture and full sun. Direct seed 1-2 weeks after last frost date or sow seed indoors 4 weeks before planting date. Optimal soil temperature for germination is 75-85°F. Harden off by reducing temperature and water. Plant outdoors when all danger of frost has passed. Plastic mulch and floating row cover are useful in cool climates. Harvesting melons can be tricky. In general, muskmelons slip from the vine; Charantais can be cut at half or full slip; Galia slip from the vine and turn bright yellow. Ripe melons usually keep up to four weeks in cold storage.

Disease & Pests: Prevent disease and recurrent pest pressure with crop rotation and cover cropping. Melons are particularly susceptible to leaf blight; use disease-free seed, crop rotations and fungicidal sprays. Always check with your certifier before applying any broad spectrum organic controls. Fruit rots such as anthracnose, scab and fusarium rot are common under wet conditions. Provide adequate airflow by giving plants wide spacing. Avoid wetting the foliage by watering with drip irrigation and watering early in the day so the leaves have a chance to dry out. Powdery mildew can be avoided by providing good air circulation; give plants wide spacing, eliminate weeds, and select resistant varieties. Bacterial wilt and cucumber mosaic virus should be controlled by removing and destroying infected plants. Striped cucumber beetles cause feeding damage to the leaves and larvae feed on roots. They often transmit bacterial wilt season to season. Row cover can provide protection, but must be removed during flowering to allow pollination. Practice crop rotation and good sanitation habits to eliminate the risk of pests overwintering.

Resistance Key: HR-High Resistance, IR-Intermediate Resistance, CA-Cotton Aphid, FW-Fusarium Wilt (races indicated if known), PM-Powdery Mildew (races indicated if known)

Seed Specs: 1 oz approx. 35 seeds. Direct seeding rate: 3 seeds every 18”, thin to 1 plant in rows 5-6’ apart. Transplants: 24-30” apart in rows 5-6’ apart.

Please visit highmowingseeds.com for more info.

Cantaloupe

2633 First Kiss F1 71 days
HYBRID • HMOS EXCLUSIVE • HR: FW (2), PM (1&2) • 1-2 lb
Taste-test-winning, early melon with firm, sweet flesh. Our earliest melons with a beautiful, orange-tinted, netted rind and impressive disease resistance. The melons are full slip, which allows for easy ripeness detection. Bred by Dr. Brent Loy at the University of New Hampshire, this variety is the perfect partner to True Love F1, which is slightly later and larger, extending the melon harvesting season. A portion of the sales is paid to the breeder.

2647 Divergent F1 74 days
HYBRID • HR: FW (0, 1, 2) / IR: CA, PM (1, 2, 5) • Widely adaptable • 2.5-3 lbs
Divergent F1 rarely diverges from delicious. This stunning melon that’s part cantaloupe and part gala is reliably sweet, with a Brix range of 15-18°. Vigorous and quick to mature, Divergent F1 ripens well ahead of much of its size class with strong yields of medium, round fruit. The outside appearance is more of a gala, with a low netting and almost no rib. Watch closely so as not to miss the harvest; it ripens uniformly and is ready when background color is half green and half gold. Plant successions to extend the season. From Vitalis Organic Seeds.

2630 PMR Delicious 51 75 days
OP • HR: FW (1), PM • Eastern type • 2-3 lbs
Reliably early melon, ripening quickly for heavy yields of aromatic fruit. Juicy, perfectly sweet flesh is dark orange with creamy texture and strong flavor. Thinner skin than hybrids but holds well for market and in storage. Excellent resistance to powdery mildew and well adapted for northern growers. Harvest at full slip. Bred by Dr. Henry Mungen at Cornell University. A portion of the sales is paid to the breeder.

2635 True Love F1 76 days
HYBRID • HR: FW (2), PM (1&2) • 2-3 lb
High-sugar melon with near-perfect texture designed to complement its sister variety, First Kiss F1. A testament to our trials process, this melon is the perfect complement to First Kiss F1 as it is full slip, slightly later and larger, and can be planted as a second succession for continual melon harvest. The aromatic sweetness of this melon evokes the feelings of true love, and this show-stopping cultivar comes to us from Dr. Brent Loy at the University of New Hampshire. A portion of the sales of this variety is paid to the breeder.

Melons

Charles checking on potted melons at the organic trials farm.

Your Source for 100% Certified Organic, Non-GMO Project Verified Seeds
**Okra**

*Abelmoschus esculentus*

Cam Terry standing in an productive okra patch at Garden Variety Harvests in Roanoke, Virginia.

**CULTURAL INFO:** Days to maturity are from transplant. Okra is a warm-season annual. It prefers rich soils that are well drained. Plants are fairly drought and heat tolerant. Start seedlings indoors 4-6 weeks before planting date. Optimal germination temperature is 80-90°F. Transplant after last frost. Pollination may be poor when temperatures fluctuate above 90°F or below 55°F. Pick fruits at 3-4” long and when they snap from the plant. Store at 45-50°F with a relative humidity of 85-95%.

**DISEASE & PESTS:** Diseases are best avoided by crop rotations and adequate spacing to promote plant dryness; avoid working in fields when wet. Fusarium wilt (*Fusarium oxysporum*) and Verticillium wilt (*Verticillium albo-atrum*) are the most common diseases that affect okra. Powdery mildew, cercospora leaf spot and other common fungal diseases can infect stems, leaves and pods. Okra is very susceptible to root knot nematodes. Don’t plant in areas where nematode pressure is high. Major insect pests include whiteflies, aphids and corn earworm.

**SEED SPECS:** 400-500 (450 avg) seeds/oz, 6.5-8M (7.3M avg) seeds/lb. M=1,000. 1/16 oz approx. 30 seeds. Direct seeding rate: 3 seeds every 12-18”, thin to 1 plant in rows 36” apart. Transplants: 12-18” apart in rows 36” apart. Please visit highmowingseeds.com for more info.

### 2668 Clemson Spineless 80 55 days

*OP • Productive • 3-4” pods*

**Very productive variety with early, bright green pods.** This new and improved version of the tried-and-true Clemson Spineless variety offers up pain-free picking and earlier production. The plants yield more than the previous incarnation and plants have a taller, more open habit. Harvest young for peak tenderness.

### 2667 Burgundy 65 days

*OP • Ornamental and edible • 3-6” pods*

**High-yielding plants with beautiful, red pods that stay tender as they gain in size.** This striking red stemmed, green-leaved plant is highly productive and has performed well in our hoophouse trials in Northern Vermont. The gorgeous, cream-colored flowers are edible, and pods left on the plant to dry make great additions to floral arrangements. Limited availability in 2022.

### OKRA SEED - OPEN-POLLINATED - SOLD BY SEED WEIGHT

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Larger volumes available; please call for pricing.

**Baby Leaf Lettuces**

Introducing, from our partners at Smarties.bio, three new impressive and productive baby leaf lettuces.

These gorgeous plants have small attachments, frilly edges and good disease resistance. Excellent yields and great flavor made these a standout in our organic trials and they will surely win a spot in your lettuce crop line up.

**Albabionda** Batavia-type, 28 days
- High resistance to downy mildew & fusarium wilt

**Albaverde** Green leaf, 28 days
- High resistance to fusarium wilt

**Albarossa** Red Romaine, 30 days
- High resistance to fusarium wilt