



# The Future:

*Few experiences are more rewarding and challenging than stewarding plants through the variables of a living world. With seeds in our hands, we hold time capsules of possibility. The success of harvest rests in our ability to adapt and learn each season, and in our willingness to plant in the face of uncertainty. The crops we sow are already blooming in our mind's eye long before the soil heats up and it is our choice to imagine a fruitful outcome that sprouts change.*



## Dreaming

Before the seeds touch the soil, our gardens and farms sprout in our imagination. Coming off one harvest season and preparing for another, we begin to think about the successes of our plantings as well as the failures. We recall the vegetables, flowers and herbs that we enjoyed, those that provided sustenance for our families and pollinators, and those that supported our livelihoods. We think about our loved ones and what they like to eat. We imagine the possibilities of adding something new. When we dream about our future crops, we are already engaged in shaping the future. An empty field, an abandoned city lot or back patio are all wonderful canvases for us to explore what we can creatively bring into this world in partnership with nature.

## Planning

Our experience lives in our minds, in notebooks and on our computers, guiding how we can best adapt and improve. When laying out row feet, we serve ourselves best when we come up with a plan. Bringing structure to our dreams gives us the practical tools we need to manage our crops, ensure continual harvests and take care of the landscape. As we face the unpredictability of our changing climate, we must be ready to pivot when things unexpectedly change. Just by planting, we are creating crucial habitat features that bolster our native environments. As we plan for future harvests, it is more important than ever to consider ways that we may further leverage our farms and gardens to support the health of our local communities and our planet.



# Let's Plan(t) It

*Even so, the present moment can be a difficult one to sit with. In the face of climate change, inequity and the current instability in our supply chains, we can feel limited. Though we can intuit the deep, sweeping changes needed to bring harmony to our communities and environment, we can feel less than qualified to act. The truth is, like those small seeds, it is our choices today that build the future we seek, and it is our dreaming that cradles the opportunity.*



## Planting

Our plans come to life when we take action. Whether sowing seeds, starting a community garden, turning over beds or building a compost pile from the waste, we are engaged with the living world directly and this relationship benefits our wellbeing, our communities and the ecosystem that holds it all. With over 1/3 of all global greenhouse gas emissions coming from modern agriculture, growers can make an impact with how we choose to steward land. Soil is the second largest carbon sink after oceans, but it has been proven that, when farmed without the environment in mind, it can also be a serious source of emissions. Today we have the unique opportunity to dream, plan and plant the positive future we can already see growing abundantly in our minds.

## How We Can Plan(t) to Help with Climate Change

No matter the size of our gardens and farms, they all play a beneficial role in helping to stabilize our ecosystems and ultimately, our climate. Here are a few ideas to consider when dreaming about next year's growing season:

**TILL STRATEGICALLY**, and do so less often. Tilling releases carbon from the soil into the atmosphere and displaces important beneficial organisms (see pg. 41).

**PLANT COVER CROPS** between plantings of table or cash crops. Cover crops store atmospheric carbon dioxide in their biomass and prevent soil carbon from escaping into the atmosphere. They also foster nitrogen-fixing microbes which form stable, carbon-containing complexes (see pg. 88).

**UTILIZE MULCH** where soil will remain bare. Mulch holds onto moisture, protects soil life and prevents carbon from escaping into the atmosphere (see pg. 30 & 41).

**PLANT TREES.** Trees store large amounts of carbon and create habitat for beneficial organisms and pollinators (see pg. 96).

**USE LESS SPACE & INCREASE YIELDS** by intercropping and succession planting (see pg. 30 & 96).

**SUPPORT POLLINATORS** by planting flowers and herbs, protecting native habitat, and avoiding pesticides. Pollinators also help increase yields (see pg. 30, 41 & 72).

**USE HIGH QUALITY COMPOST** before planting. Compost increases the concentration of organic matter, fungi and microbes in soil, which trap carbon in a stable form (see pg. 78).

**SUPPORT CLIMATE ACTIVE ORGANIZATIONS** There are many local, national and international organizations taking on the environmental and social impacts of climate change, like Agrarian Trust. Support can be in the form of volunteer work, donations and/or spreading awareness about their efforts in your community (see pg. 26).

# Onions

*Allium cepa*

Sara standing with a basket of Amber onions at the organic trials farm.

ONIONS

**CULTURAL INFO:** Days to maturity are from direct seeding, subtract 1-2 weeks if transplanting. Onions are cool-season biennials dependent on day length for bulb formation. Short day onions start forming bulbs with 11-12 hours of daylight, long day onions need 14-16 hours, intermediate day onions fall in between. Start transplants indoors 8-12 weeks before last frost. Optimal soil temperature for germination is 75-85°F. When seedlings reach 5", trim to increase girth. Onions compete poorly with weeds and steady water is important. Sweet and red onions can be harvested after bulb development. Storage onions can be harvested after tops dry up and flop over. Pull bulbs from ground and cure for 3-5 days in the field if weather is dry or indoors for 2 weeks at 75-80°F and 80% relative humidity. Store at 33-35°F at 65-70% relative humidity.

**DISEASE & PESTS:** Botrytis leaf blight (*Botrytis squamosa* and *Botrytis cinerea*) develops as small lesions on the leaf. The fungus persists in the soil and on crop residues. Protectant organic

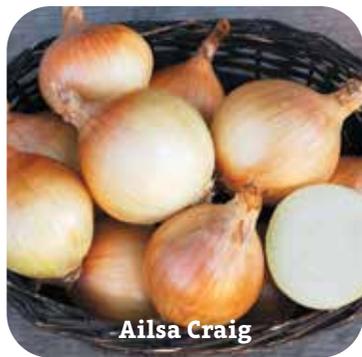
fungicides can be applied in advance when cool, wet conditions are expected. Purple blotch (*Alternaria porri* and *Alternaria alternata*) appears as elongated purple lesions that turn silvery over time. Best prevention methods are to practice good sanitation and crop rotation with non-host plants. Control measures are similar to those for Botrytis blight and downy mildew.

**RESISTANCE KEY:** HR-High Resistance, IR-Intermediate Resistance, **BR-Basal Rot**, **DM-Downy Mildew**, **PR-Pink Root**

**SEED SPECS:** 6-8M (7M avg) seeds/oz, 95-125M (110M avg) seeds/lb. M=1,000. **1/64 oz approx. 100 seeds.** Direct seeding rate: 20 seeds/foot in a 2" band, thin to 1 plant every 3-4" in rows 12-18" apart. Transplants: Single plants or plugs of 2-3 plants every 6-8" in rows 12-18" apart.

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

## SWEET



Ailsa Craig



Gladstone

### 2683 Ailsa Craig 105 days

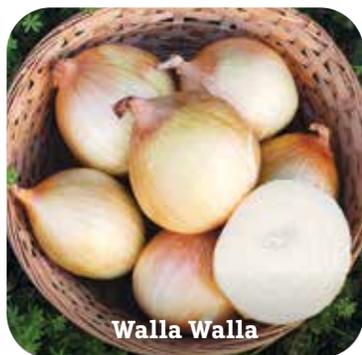
HEIRLOOM • Long day • Large 5-6" bulbs

**Large Spanish onion with delicious, sweet flavor perfect for burgers and salads.** Huge bulbs are mild, sweet and firm with light golden skins. Small necks allow for longer storage than other Spanish-types; stores up to two months. Named for a perfectly round, solid rock island off the coast of Scotland.

### 2682 Gladstone 110 days

OP • IR: **PR** • Intermediate day • 4-5" bulbs

**A widely adapted, fresh market white onion for growers in the northern and middle regions of the country.** Dark green foliage, great for bunching. Medium to large bulbs resist greening and are mildly sweet with very firm flesh. Moderate storage potential; some susceptibility to smudge. From our partners at Bejo Seeds.



Walla Walla



Valencia

### 2680 Walla Walla 110 days

OP • Intermediate day • Large 6" bulbs

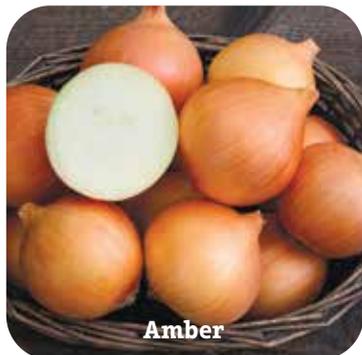
**The famous Walla Walla onion selected for increased uniformity and disease resistance.** Light brown skin and very mild, sweet white flesh. Improved variety produces large round bulbs, upright tops and necks that dry down well. Held out against disease far longer than other open-pollinated onions in our trials. Growers outside the Walla Walla Valley, please visit [sweetonions.org/marketing-order](http://sweetonions.org/marketing-order) for more information. *Unavailable in 2023*

### 2702 Valencia 115 days

OP • Day neutral • 4" bulbs

**Versatile, day-neutral sweet Spanish onion for all regions.** Mild to sweet flavor. Excellent for bunching when young or for fresh market sales of large bulbs with warm golden-brown skin. Stores moderately well. *Limited availability in 2023*

## YELLOW



Amber



New York Early

### 2710 Amber 96 days

OP • Long day • Early maturing • 3-4" bulbs

**Exceptionally uniform, open-pollinated yellow onion that is early maturing and has a gorgeous, globe shape.** Onion tops are clean and vigorous, making this an excellent variety for fresh sales. When plants mature, leaves drop uniformly, allowing for easy assessment of harvest timing. Bulb skins cure to a beautiful yellowish brown and onions remain firm in long term storage. An outstanding performer in our trials fields. From our partners at Sativa Seeds.

### 2703 New York Early 98 days

OP • Long to intermediate day • Stores well • 3-4" bulbs

**An early and dependable yellow onion selected to store until spring.** Medium sized round bulbs with attractive warm brown skin and white flesh mild enough to eat raw all winter. Milder and more tender than most yellow onions, but equally reliable in storage. Developed for direct seeding in the rich muck soils of Orange County, NY; further improved by Johnny's Selected Seeds.

## 2684 Cortland F1 105 days

HYBRID • IR: PR • Long day • Stores well • 3-4" bulbs

**Thick copper skin, fine necks and uniform round shape; the standard for organic growers.** From the breeders of Copra F1 and Prince F1, Cortland F1 is considered an improvement based on its wider adaptability to many conditions and long storage life. This solid variety comes from our partners at Bejo Seeds.



Cortland F1



Powell F1

## **new** 2712 Powell F1 108 days

HYBRID • UP • HR: DM / IR: PR • Long day • 3" bulbs

**Productive, hard yellow onion with large bulbs, strong skin and improved long-term storage.** Improved downy mildew resistance, high yields and excellent field holding capacity make this an ideal variety for commercial production. Replacement for Yankee F1. From our partners at Bejo Seeds. *Limited availability in 2023*

## 2677 Sedona F1 108 days

HYBRID • HR: PR / IR: BR • Long day • Stores well • 3-4" bulbs

**Spanish globe variety produces large bulbs with attractive, rosy-brown skins.** A standout in our trials for several years, Sedona F1 is noted for high yields and long storage potential. This heat-tolerant variety also performs well in the Northeast.



Sedona F1



Calibra F1

## 2675 Calibra F1 110 days

HYBRID • Long to intermediate day • Stores well • 3-4" bulbs

**Spanish cross with sweet and mild flavor that sweetens in storage.** Round, hard globes with a slight shoulder, attractive reddish skins and thin necks that dry down well. Sweet like Candy F1 with less juiciness and smaller size more suitable for storage; superior quality and flavor in March in our storage trials.

## 2692 Talon F1 110 days

HYBRID • Long day • Stores well • 3-4" bulbs

**Stunning round storage bulbs with pretty golden skin and a beautiful clean white interior.** Rock-hard globes are uniformly sized. Very impressive in our trials with a great stand and tops that remained as healthy as Yankee F1, which is noted for its downy mildew tolerance. From our partners at Bejo Seeds.



Talon F1



Dakota Tears

## 2678 Dakota Tears 112 days

OP • Long day • Bulbs up to 1 lb • Stores well • 3" bulbs

**Medium-sized, hard round bulbs with very attractive reddish/gold tinting.** Continuously selected for vigor, size, storability, disease and insect resistance. A great open-pollinated variety from breeder David Podoll, Dakota Tears was honored as one of *Organic Gardening* magazine's ten outstanding varieties in their 2010 trials.

### RED

## 2705 Red Long of Florence 70 days fresh

OP • Long day • Fresh bunching • 4-6" long bulbs

**Gorgeous bottle-shaped bulbs with brilliant red coloring.** Slender bulbs with healthy green tops make a stunning bunch. Days to maturity are from transplant and are for fresh harvest, as Red Long of Florence does not dry well in the field and will not store. Preferred by culinary enthusiasts for easy kitchen prep and long, uniform bulbs. Mild, sweet flavor is great for pickling and using raw in salads.



Red Long of Florence



Cabernet F1

## 2689 Cabernet F1 105 days

HYBRID • Late intermediate day • Stores 2-4 months • 3-4" bulbs

**The earliest red onion in our trials with lovely, uniform burgundy bulbs.** Medium sized bulbs with very nice internal color plus a stroke of brilliance: stems flop down without crimping before maturity, allowing continued growth while preventing disease from reaching the bulb. Stores well, but is also beautiful bunched for fresh market sales. Widely adapted for both size and earliness.

## 2674 Rossa di Milano 110 days

OP • Long to intermediate day • Stores well • 4" bulbs

**Specialty onion with sweet flavor, good yield and long storage potential.** The moment we saw it in our trials, with high shoulders and shimmering pink skins, it stole our hearts. Broad onions with a rounded, tapering heart shape. Plants are very productive and store well. A standout open-pollinated variety. *Limited availability in 2023*



Rossa di Milano



Red Carpet F1

## 2681 Red Carpet F1 116 days

HYBRID • IR: PR • Long day • Great storage • 3-4" bulbs

**Magnificent magenta interior rings make this an especially gorgeous red onion.** Tight bulbs that store extremely well with the excellent color on the interior layers unique to our partners at Bejo Seeds. Red Carpet F1 is 2-3 days earlier than Red Wing F1 while maintaining 98% the same size, with a more rounded shoulder.

**GROWER'S CHOICE**

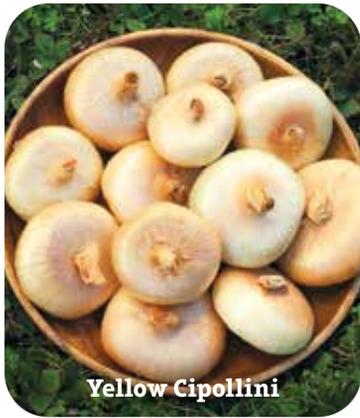
“The quality of High Mowing onions surpasses any other seed company's. Their quality with onions is what first drew me to High Mowing and I am continually impressed by the offerings and the quality of seeds.”  
-Dan of Black Locust Farm in Oregon



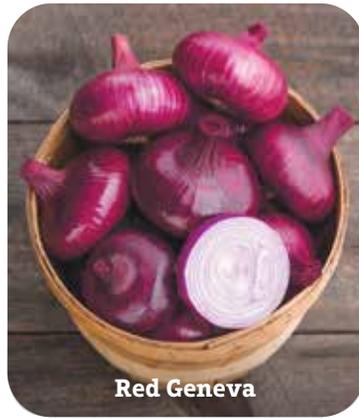
Red Long of Florence

Cabernet F1

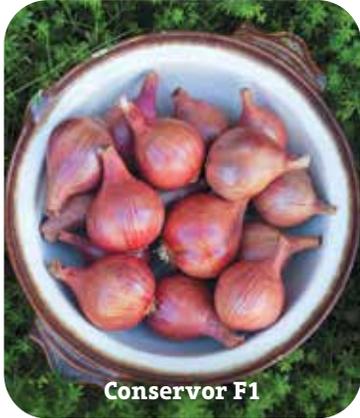
ONIONS



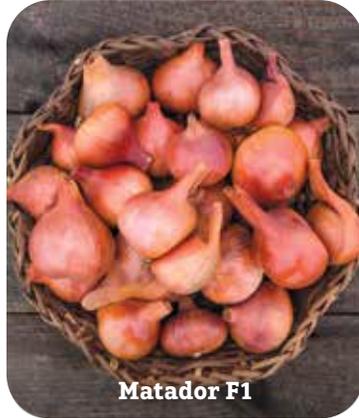
Yellow Cipollini



Red Geneva



Conservor F1



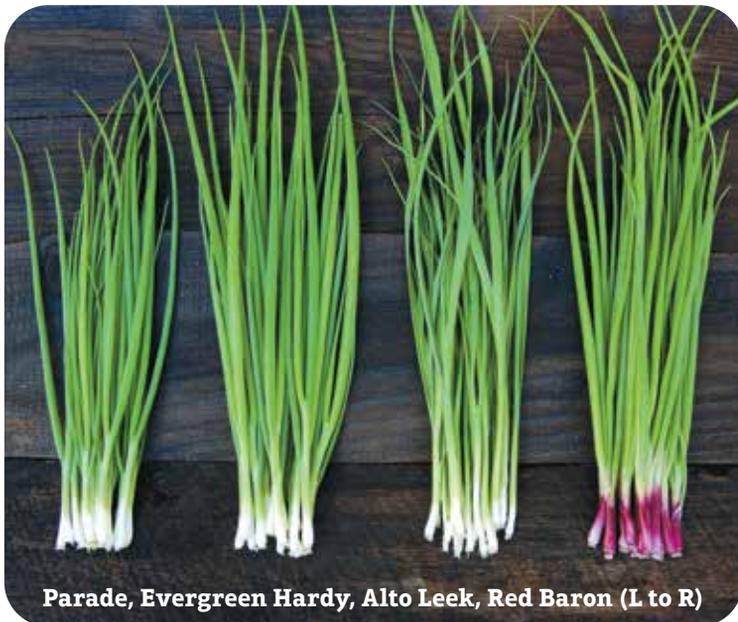
Matador F1



Innovator F1



Mini Purplette F1



Parade, Evergreen Hardy, Alto Leek, Red Baron (L to R)

## CIPOLLINI

2671 **Yellow Cipollini** 80 days

OP • Long day • Stores 2-3 months • 3-4" bulbs

**Flattened yellow onion with great flavor.** Exceptionally strong flavor that sweetens with cooking. Great for grilling, roasting and pickling. Small bulbs won't store for more than a few months but are so delicious that you won't need them to.

2685 **Red Geneva** 105 days

OP • Long day • Stores 4-5 months • 2.5-3.5" bulbs

**An attractive, red Cipollini-type with excellent flavor.** Flattened bulbs pair well with Yellow Cipollini. Slower to mature than yellow varieties, but with similar shape and size. Stores longer than Yellow Cipollini. Excellent flavor for eating raw or cooking. From Sativa Seeds.

## SHALLOTS

2679 **Conservor F1** 100 days

HYBRID • Stores well • 2-3" bulbs

**Teardrop-shaped with pink flesh and easy-to-peel, rosy skin.** Conservor F1 has great flavor and stores well, offering more large, single bulbs. Great yields with a nice, rounded shape; like traditional French shallots.

2690 **Matador F1** 100 days

HYBRID • High yields • Long-term storage • 2-3.5" bulbs

**Giant, uniform shallots with an elegant teardrop shape in beautiful copper hued, papery skins.** Large, blocky bulbs are highly marketable and suitable for long-term storage. A vigorous variety that produces two large twin bulbs per one seed. From our partners at Bejo Seeds.

**new** 2711 **Innovator F1** 110 days

HYBRID • UP • HR: DM • Long day • Long term storage • 2-3" bulbs

**Elongated, shiny oval bulbs with copper skin, perfect for long term storage.** A triumph in shallot breeding, it is the first variety from seed to have a high resistance to downy mildew. Flesh is a beautiful pink with a mild, sweet flavor that is excellent in raw and cooked preparations. From our partners at Bejo Seeds.

## BUNCHING ONIONS / SCALLIONS

**CULTURAL INFO:** Bunching onions are hardy perennials that are grown as annuals or overwintered for early spring harvests. Direct sow seeds as soon as soil can be worked or start seedlings indoors in flats or plug trays. Planting depth: 1/4-1/2". Direct seeding: ~50 seeds/ft, in 2" wide bands, rows 12-18" apart. Seeds are slow to germinate, taking 14-20 days to start growth. It is important to keep them well cultivated so that the weeds do not take over. Hill stalks to promote elongation and blanching. Harvest when desired. Store washed onions at near freezing temperatures.

**SEED SPECS:** 11.2-13.7M (12.5M avg) seeds/oz, 180-220M (200M avg) seeds/lb. M=1,000. **1/64oz approx. 190 seeds.** Direct seeding rate: 50 seeds/foot in 2" bands in rows 12-18" apart. Transplants: plugs of 4-8 seeds 6-8" apart in rows 12-18" apart.

**new** 2676 **Mini Purplette** 60 days

OP • Early mini onion • Glossy purple skin • 1-1.5" bulbs

**Early maturing, mini purple onions that can be harvested baby as scallions or left to mature into gorgeous purple pearls.** Excellent field holding quality with glossy skin and sweetness that maintains into maturity. Great raw in salads and perfect for pickling. Best when grown at 40 degrees latitude and higher.

2700 **Alto Leek** 60-65 days

See Leeks, page 47.

2688 **Red Baron** 60-65 days

OP • Deep red coloration • Excellent succession crop

**Beautiful deep red scallions with royal purple inner rings and bright, sweet flavor.** Harvest at 12-15" in length, just before the bulb begins to swell. Performs well when planted in clumps of 4-5; succession planting is recommended. Provides delicious flavor when cooked, pickled and in raw preparations.

2670 **Evergreen Hardy** 65 days

OP • Welsh-type • Very cold hardy

**Reliably overwinters in Vermont, where temperatures can reach -30°F.** Sow all season long or overwinter. Divide clumps in second year to produce a new crop. Can be grown like an annual or allowed to develop into a dense patch. *Allium fistulosum*. Unavailable in 2023

2672 **Parade** 70 days

OP • IR: BR, PR • Uniform size • Upright habit

**Knocked our socks off in our bunching onion trials.** We've never seen such a uniform, upright bunching onion, not a single leaf leaning over. Gorgeous rows of dark green and vigorous stalks with no bulbing at all, making cleaning easy and quick. Parade has a nice, mild onion flavor. From our partners at Bejo Seeds. *Allium fistulosum*

ONION SEED - OPEN-POLLINATED - SOLD BY SEED WEIGHT	1/64 oz	1/8 oz	1/2 oz	2 oz	1/2 lb	1 lb	5 lb	20 lb*
2683 Ailsa Craig	\$ 3.55	\$ 7.30	\$ 18.10	\$ 55.00	\$ 159.50	\$ 279.85	\$ 256.52/lb	\$ 228.25/lb
2710 Amber	\$ 4.15	\$ 4.95	\$ 11.60	\$ 31.90	\$ 102.30	\$ 176.00	\$ 137.50/lb	\$ 129.36/lb
2678 Dakota Tears	\$ 3.55	\$ 5.60	\$ 17.25	\$ 51.30	\$ 163.25	\$ 274.00	\$ 226.20/lb	\$ 207.69/lb
2670 Evergreen Hardy Bunching - <i>Unavailable in 2023</i>	\$ 3.55	\$ 4.55	\$ 10.50	\$ 29.15	\$ 96.80	\$ 163.25	\$ 146.30/lb	\$ 134.75/lb
<b>new</b> 2676 Mini Purplette Bunching	\$ 3.55	\$ 7.30	\$ 18.10	\$ 53.65	\$ 180.75	\$ 332.30	\$ 303.16/lb	\$ 293.75/lb
2703 New York Early	\$ 3.55	\$ 6.00	\$ 18.65	\$ 56.00	\$ 180.75	\$ 297.35	\$ 244.86/lb	\$ 222.24/lb
2685 Red Geneva Cipollini	\$ 3.55	\$ 4.55	\$ 10.50	\$ 29.15	\$ 93.30	\$ 145.75	\$ 122.43/lb	\$ 112.64/lb
2705 Red Long of Florence	\$ 3.55	\$ 4.55	\$ 10.50	\$ 29.15	\$ 93.30	\$ 145.75	\$ 122.43/lb	\$ 112.64/lb
2674 Rossa di Milano - <i>Limited availability in 2023</i>	\$ 3.55	\$ 7.85	\$ 19.80	\$ 59.45	\$ 198.20	\$ 367.30	\$ 326.48/lb	\$ 275.88/lb
2702 Valencia - <i>Limited availability in 2023</i>	\$ 3.55	\$ 7.30	\$ 18.10	\$ 53.65	\$ 180.75	\$ 332.30	\$ 303.16/lb	\$ 252.56/lb
2680 Walla Walla - <i>Unavailable in 2023</i>	\$ 3.55	\$ 7.30	\$ 18.10	\$ 58.30	\$ 186.55	\$ 279.85	\$ 256.52/lb	\$ 234.55/lb
2671 Yellow Cippolini	\$ 3.55	\$ 5.25	\$ 15.90	\$ 47.80	\$ 145.75	\$ 250.70	\$ 234.37/lb	\$ 181.43/lb
ONION SEED - OPEN-POLLINATED - SOLD BY SEED COUNT	100	1 M	5 M	25 M	50 M	100 M	500 M	1000 M
2682 Gladstone	\$ 3.55	\$ 5.25	\$ 4.66/M	\$ 4.48/M	\$ 3.99/M	\$ 3.79/M	\$ 3.68/M	\$ 3.57/M
2672 Parade Bunching	\$ 3.55	\$ 4.55	\$ 2.26/M	\$ 1.49/M	\$ 1.24/M	\$ 1.05/M	\$ 0.86/M	\$ 0.76/M
2688 Red Baron	\$ 4.35	\$ 7.15	\$ 6.06/M	\$ 5.36/M	\$ 5.17/M	\$ 4.68/M	\$ 4.51/M	\$ 4.35/M
ONION SEED - HYBRID - SOLD BY SEED COUNT	100	1 M	5 M	25 M	50 M	100 M	500 M	1000 M
2689 Cabernet F1	\$ 4.20	\$ 8.40	\$ 6.53/M	\$ 5.60/M	\$ 5.36/M	\$ 5.11/M	\$ 4.95/M	\$ 4.78/M
2675 Calibra F1	\$ 4.60	\$ 11.95	\$ 9.63/M	\$ 6.60/M	\$ 6.12/M	\$ 5.89/M	\$ 5.48/M	\$ 5.22/M
2679 Conservor F1 Shallot	\$ 7.60	\$ 26.85	\$ 24.49/M	\$ 20.99/M	\$ 19.82/M	\$ 18.07/M	\$ 17.37/M	\$ 16.78/M
2684 Cortland F1	\$ 4.40	\$ 8.10	\$ 5.83/M	\$ 4.94/M	\$ 4.78/M	\$ 4.59/M	\$ 4.43/M	\$ 4.26/M
<b>new</b> 2711 Innovator F1 Shallot	\$ 7.60	\$ 26.85	\$ 24.49/M	\$ 20.99/M	\$ 19.82/M	\$ 18.07/M	\$ 17.37/M	\$ 16.78/M
2690 Matador F1 Shallot	\$ 7.60	\$ 26.85	\$ 24.49/M	\$ 20.99/M	\$ 19.82/M	\$ 18.07/M	\$ 17.37/M	\$ 16.32/M
<b>new</b> 2712 Powell F1 - <i>Limited availability in 2023</i>	\$ 4.60	\$ 11.95	\$ 9.63/M	\$ 6.60/M	\$ 6.12/M	\$ 5.89/M	\$ 5.48/M	\$ 5.22/M
2681 Red Carpet F1	\$ 5.40	\$ 10.95	\$ 8.35/M	\$ 7.49/M	\$ 6.74/M	\$ 6.21/M	\$ 5.98/M	\$ 5.62/M
2677 Sedona F1	\$ 4.60	\$ 11.95	\$ 9.63/M	\$ 6.60/M	\$ 6.12/M	\$ 5.89/M	\$ 5.48/M	\$ 5.22/M
2692 Talon F1	\$ 4.60	\$ 11.95	\$ 9.63/M	\$ 6.60/M	\$ 6.12/M	\$ 5.89/M	\$ 5.48/M	\$ 5.22/M

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

# Nivek Anderson-Brown of Leaf & Bean Farm in Lawrenceville, VA



a growing journey. Learning to preserve the harvest became essential, and once you start one project, it will grow. That's what happened, it went from canning to bread baking, to soap making and it never stopped. My husband had the same growth in his designing of systems, so irrigation turned to rain catchment and soon he found himself building a chicken coop."

Before they knew it, the Brown family's interests became a lifestyle. "Our gardening journey went zero to 100. We started with buckets and herbs in a kitchen window, and we now have 40' beds of crops, 12' fruit trees in the ground and mushrooms; it's a great addiction to have. I always want to add layers and research and do more every year."

With her seasons of experience, Nivek has garnered wisdom. When it comes to starting a garden, she encourages new growers to focus their energy. "Grow what your family will eat. I wanted to grow everything including things my family had no interest in. Those things would go to waste, well to compost, so it was a waste of time and energy. You must focus on your family's favorites first."

Nivek's own favorite crop to cultivate for preservation is tomatoes for their versatility. "Tomatoes are my favorite crop to preserve because there are so many different recipes. We pickle them, make sauces, dry them, can them whole, can them diced, make condiments and even so, it seems like every year I add a new tomato recipe to the mix."

Figuring out a good system for storing the bounty takes time. With the help of her husband, Nivek has decided to make storage its own kind of décor. "I'm fortunate I have a good size pantry, but the husband also put together a shelf system for me in our dining room. We have also converted a kitchen cabinet into a fermentation station. We store things all over, wherever I can put a storage design, I've made it a part of our home's décor."

Nivek finds stability in being able to provide nourishment for her family and inspiration to future growers and preservers. "Preserving food can teach us thoughtfulness, patience and attention to detail. Throughout the process you start questioning all the things you used to shop for, all the preservatives and sodium in shelf staples. Now we can take responsibility for what we put in our bodies."

**N**ivek Anderson-Brown and her family realized in 2018 that they no longer wanted to live in the city. They purchased land in Lawrenceville, Virginia and a homestead was born. "We went all in, packed up everything, relocated and started

# Peas *Pisum sativum*

Trials Manager Taylor collecting the yield data of Blizzard snow pea.



**CULTURAL INFO:** Days to maturity are from direct seeding. Peas are a cool-season annual. Plants prefer abundant phosphorus and a pH of 6.0 or higher. Direct seed as soon as soil can be worked in the spring. Seeds will germinate in soil temperatures as low as 40°F. Hot, dry conditions adversely affect quality and yield, so it is advantageous to have the crop mature as early as planting schedules allow. Dwarf varieties do not require trellising but taller ones do in order to avoid disease. Plant peas in two rows, 8-12" apart, with a mesh or wire trellis between the rows for peas to climb.

**RESISTANCE KEY:** HR- High Resistance, IR- Intermediate Resistance, **DM-Downy Mildew**,

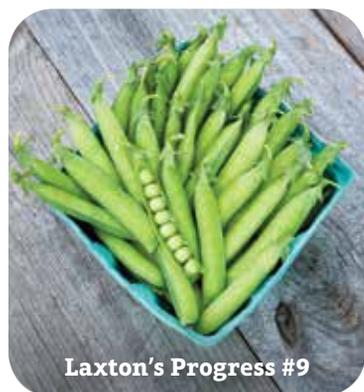
**FW-Fusarium Wilt** (races indicated if known), **PM-Powdery Mildew**, **PEMV-Pea Enation Mosaic Virus**, **PM-Powdery Mildew**, **PSV-Pea Streak Virus**

**SEED SPECS:** 90-170 (130 avg) seeds/oz, 1.5-2.7M (2.1M avg) seeds/lb. M=1,000.

**1 oz approx. 130 seeds.** Direct seeding rate: Dwarf, 24-30 seeds/foot in a 2" band in rows 18-24" apart. Trellised, 24-30 seeds/foot in bands 4-6' apart.

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

PEAS



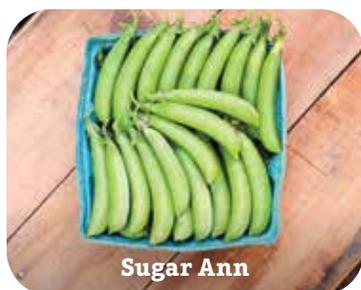
Laxton's Progress #9



PLS 595



Green Arrow



Sugar Ann



Cascadia



SS 141



Sweet Gem™

## ENGLISH / SHELLING

### 2760 Laxton's Progress #9 60 days

OP • IR: **FW** • Compact plants • 4-5" pods

**Short vines and plump pods filled with high quality peas.** Small 15-20" plants produce heavy yields of large pods with up to nine peas per pod (hence the name). An improvement over the original Laxton's Progress with intermediate resistance to wilt.

### 2767 PLS 595 63 days

OP • HR: **FW (1, 2)**, **PM** / IR: **DM** • Afilia-Type • No trellising • 3.5-4.5" pods

**Highly productive, upright plants with exceptional fruit set of long, dark green pods.** Pods are long and easy to see due to the 30" tall plants' upright growth habit. Between 9-11 peas per pod, harvests bring in heavy yields. Plants set 2 pods per node. Exceptional option for commercial growers seeking vigor and productivity. From Pure Line Seeds.

### 2735 Green Arrow 68 days

OP • IR: **DM**, **FW** • Excellent for freezing • 4-5" pods

**A classic, main-crop pea with slim, densely packed pointed pods.** High yielding variety with plenty of pods for easy harvesting. Each pod is filled with up to eleven delicious peas. Plants are 24-30" tall. Peas are excellent for freezing.

## SNAP

### 2766 Sugar Ann 52 days

OP • Short harvest window • 2.5-3" pods

**Nothing says spring like these high quality, petite green pods.** A great way to start off the season. Tasty round pods on dwarf 2' vines are early with a concentrated crop. 1984 All-America Selections (AAS) winner from pea breeders Dr. Calvin Lamborn and Dr. MC Parker of Twin Falls Idaho, the creators of the famous Sugar Snap.

### 2762 Cascadia 60 days

OP • HR: **PEMV** / IR: **FW**, **PM** • Spring or fall crop • 3" pods

**A must-have main season variety with heavy yields of juicy, thick-walled pods.** Bucketloads of plump pods with tiny, distinctively delicious peas on 3' tall vines. Multiple disease resistances allow for spring and late season plantings.

### 2761 Sweet Gem™ 63 days

OP • HR: **PM** • Improved sugar snap type • 3-3.5" pods

**Strong, sturdy plants that resist lodging and produce abundant harvests of light green pods.** Plants and pods are clean, making for uniform and efficient harvests. Vines top out at 45-52" and have excellent resistance to powdery mildew. Excellent flavor with satisfying, crisp texture, and juicy flesh. This variety was developed by Jim Bagget and Dr. Jim Myers of OSU and was further selected by Steve Peters. A portion of the sales of this variety is paid to the breeder.

### 2763 SS 141 65 days

OP • IR: **FW**, **PM** • Tight harvest window • Jumbo 4" pods

**An exciting release for sugar snap pea fans.** SS 141 is a compact plant of 3' vines that forms a heavy set of extra-long, extra-tasty pods that ripen within a short window. From our friends at Pure Line Seeds, this strongly improved snap pea offers very high yield potential. Suitable for multiple succession plantings.

## SNOW

### 2738 **Blizzard** 58 days

OP • Fruit set in pairs • 3" pods

**Concentrated, prolific yields of slender, pale green pods with crisp texture.**

A standout in our trials program, vines top out at 30-36" and hold multitudes of sweet, easy to pick pods. Plants are open, making the pods easy to locate. Best grown with a trellis. Pods set in pairs which aids in efficient harvesting.

### 2750 **Oregon Sugar Pod II** 60 days

OP • IR: **FW, PEMV, PM, PSV** • Spring/fall crop • 4" pods

**Improved with increased disease resistance and delicious tender pods.** Highly productive variety produces smooth, stringless pods on true dwarf plants averaging 36-43" tall. Pods are doubly borne for high yields and easy harvests. Strong disease resistance makes this an excellent choice for late summer-fall plantings.

### 2739 **Avalanche** 62 days

OP • IR: **FW (I), PM** • Afila-type • 4-5"

**Manageable and productive plants producing large, dark green pods.** Pods can be harvested baby or at full size and are tender and sweet. Compact 35-40" plants boast avalanches of ripe pods that are perfect for fresh market or freezing. Plants are Afila-type, meaning fewer leaves and more tendrils. Tendrils are abundant and strong, allowing plants to hold each other up in the field, requiring less trellising. From our partners at Pure Line Seeds.

### 2740 **Mammoth Melting** 65 days

OP • IR: **FW** • Long harvest window • 4-5" pods

**Extra-large, delectably sweet and tender pods with mouthwatering crunch.** These 5-6' tall vines do require trellising for support, but bear over a long period of time. Large white flowers are an extra bonus, adding a splash of brightness to your edible landscape.



**Blizzard**



**Oregon Sugar Pod II**



**Avalanche**



**Mammoth Melting**

## GROWER'S CHOICE

“ We are always looking for varieties that outperform in production and stand out in taste. The **Oregon Sugar Pod II** pea has become legendary for us, as customers from last year sought the delectable crunch and sweet taste of this amazing variety. ”

**-Ginger and Ryan of Drywood Hollow Farm in Minnesota**

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

	1 oz	1/2 lb	1 lb	5 lb	20 lb*
2739 Avalanche Snow	\$ 3.55	\$ 9.70	\$ 14.20	\$ 9.61/lb	\$ 8.13/lb
2738 Blizzard Snow	\$ 3.55	\$ 9.70	\$ 14.20	\$ 9.61/lb	\$ 8.13/lb
2762 Cascadia Snap	\$ 3.55	\$ 9.70	\$ 14.20	\$ 9.61/lb	\$ 8.13/lb
2735 Green Arrow Shell	\$ 3.55	\$ 9.70	\$ 14.20	\$ 9.61/lb	\$ 8.13/lb
2760 Laxtons #9 Shell	\$ 3.55	\$ 9.70	\$ 14.20	\$ 9.61/lb	\$ 8.13/lb
2740 Mammoth Melting Snow	\$ 3.55	\$ 9.70	\$ 14.20	\$ 9.61/lb	\$ 8.13/lb
2750 Oregon Sugar Pod II Snow	\$ 3.55	\$ 9.70	\$ 14.20	\$ 9.61/lb	\$ 8.13/lb
2767 PLS 595 Shell	\$ 3.55	\$ 9.70	\$ 14.20	\$ 9.61/lb	\$ 8.13/lb
2763 SS 141 Snap	\$ 3.55	\$ 9.70	\$ 14.20	\$ 9.61/lb	\$ 8.13/lb
2766 Sugar Ann Snap	\$ 3.55	\$ 9.70	\$ 14.20	\$ 9.61/lb	\$ 8.13/lb
2761 Sweet Gem™ Snap	\$ 3.55	\$ 9.70	\$ 14.20	\$ 9.61/lb	\$ 8.13/lb

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

## Blizzard Snow Pea

**Snow pea production made easy.** Blizzard Snow Pea grows compact, 30-36" vines that are covered in pale green peas, set in pairs. These peas are easy to spot and easy to pick, making harvest time efficient and rewarding. Not only are the 3" pods easy to locate on the plants, but they also boast a delicious flavor that is sure to make this a regular in your crop rotation.

- Compact vines that grow well on trellis
- Plants are open and peas set in pairs
- Pale green pods are easy to spot & pick



# Peppers

*Capsicum annuum*

Daniel harvesting Shishito peppers at Snapfinger Farm in Henry County, Georgia.

**CULTURAL INFO:** Days to maturity are from transplanting. Peppers are long-season, heat-loving annuals. Start transplants 6-8 weeks before planting date. Optimal soil temperature for germination is 85°F. When growing transplants, maintain 75°F during the day and 65°F at night. Peppers prefer rich, well-drained, loamy soils. Do not over fertilize, as too much nitrogen will prevent fruit set. Encourage plant growth and fruit set with plastic mulch and floating row cover to warm roots and soil. Switch to a light-weight row cover when daytime temperatures reach 75-80°F or when first flowers appear. Remove at temperatures over 85°F as some peppers may abort their flowers in extreme heat. Store peppers at 50°-54°F and 95% relative humidity. Chilling injury occurs below 45°F. Prevent disease and recurrent pest pressure with correct sanitation techniques, crop rotation and cover cropping. SHU = Scoville Heat Units

**RESISTANCE KEY:** HR-High Resistance, IR-Intermediate Resistance, **BLS-Bacterial Leaf Spot (races indicated if known)**, **CMV-Cucumber Mosaic Virus**, **PMMoV-Pepper Mild Mottle Virus L4**, **PVY-Potato Virus Y (races indicated if known)**, **TEV-Tobacco Etch Virus**, **TMV-Tobacco Mosaic Virus (races indicated if known)**, **TSWV-Tomato Spotted Wilt Virus (races indicated if known)**

**SEED SPECS:** 2.8-4.9M (3.85M avg) seeds/oz, 45-78M (62M avg) seeds/lb. M=1,000. **1/64 oz approx. 60 seeds.** Transplants: 12-18" apart in rows 18-30" apart, or in 2 rows 24" apart on plastic mulched beds.

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

PEPPERS

## GREEN TO YELLOW BELLS



Golden California Wonder



Brocanto F1



Flavorburst F1



Elsa F1



Early Summer F1



Abay F1

**2776 Golden California Wonder** 60 days green, 78 gold  
OP • Cool tolerant • Early • 4-4.5" fruits

**High yields of deep gold, thick-walled fruits that set well in cool conditions.** Sturdy, upright 22-30" plants are everbearing and pendant. Very similar to California Wonder with an earlier maturity date. One of the best open-pollinated gold peppers available.

**2772 Brocanto F1** 65 days green, 83 yellow

HYBRID • HR: **TMV (0-3)** / IR: **TSWV** • Field or greenhouse • 3-4" fruits

**Sturdy, tall plants with excellent disease resistance, abundantly producing blocky, yellow fruits.** Plants are resilient, performing well in the field or high tunnel with exceptional leaf coverage. Best yellow bell to replace Catriona F1 we've seen. High yields of medium-large to large fruits make this variety ideal for commercial production. From our partners at Vitalis Organic Seeds.

**2816 Flavorburst F1** 65 days green, 83 yellow

HYBRID • Excellent harvested green or gold • Exceptional flavor • 3.5-4.25" fruits

**Highly flavorful, lime green fruits that mature to a bright yellow and then gold when fully ripe.** These slightly elongated, three lobed fruits produce abundantly on short, durable plants. The flesh is thick and juicy with a vibrant sweetness that makes them desirable for fresh eating. From our partners at Bejo Seeds.

**2808 Elsa F1** 65 days green, 85 yellow

HYBRID • PVP • HR: **TMV (0-3)** • Field or greenhouse • 3-3.7" fruits

**Yellow, blocky pepper on short, sturdy plants that ripen quickly in the field or greenhouse.** Plants are compact and heavy, providing a good foundation for high yields of yellow fruits. Flavor is sweet and crisp, a great selection for raw preparations. Fruit ripens quickly and consistently, even in northern climates and is irresistibly beautiful on a market table. From our partners at De Bolster Organic Seeds.

**2770 Early Summer F1** 65 days green, 87 yellow

HYBRID • HR: **BLS (1-5,7,9)** / IR: **TSWV** • Broad disease package • 4-5" fruits

**Heavy producer of dark green to yellow fruits with broad disease package.** Blocky fruits are glossy with firm skin and thick walls, ideal for green and yellow pepper production. Strong plants are resilient in many growing conditions, generating uniformly shaped fruit, excellent sweetness when yellow, and crisp texture. Yields are impressive, great for commercial production or as a standalone producer in the garden. From our partners at Sakata Seeds. *Limited availability in 2023*

**2769 Abay F1** 85 days green, 95 yellow

HYBRID • HR: **BLS (1-5)**, **TMV (0)** • Widely adapted • 4" fruits

**Jumbo sized blocky, golden fruits on widely adapted plants.** Hefty 4" fruits with thick walls make great green peppers and mature to a beautiful golden yellow. An excellent open field variety. Fruit maintain quality even as nighttime temperatures begin to drop. High resistance to bacterial leaf spot. From our partners at Vitalis Organic Seeds.

## GREEN TO ORANGE BELLS

**2771 Milena F1** 65 days green, 83 orange  
 HYBRID • HR: **PVY (0-1), TMV (0-3)** / IR: **TEV, TSWV (0)** • Heat tolerant • 3.5-4.5" fruits  
**Early orange bell with thick walls and uniformly three-to four-lobed fruit.** Vigorous, open habit with good yield and solid fruit set, even under hot conditions. Plants are upright and sturdy with good performance in greenhouse, unheated tunnel or open field conditions.

**2834 Cubo Orange** 65 days green, 85 orange  
 OP • IR: **TSWV** • Thick walls • 3.5-4" fruits

**Broad blocky, thick-walled fruits that are gorgeously orange when ripe.** Plants are productive and resilient, covered in medium green peppers that ripen into a beautiful orange hue. Fruit is thick walled, juicy, clean and of incredible quality. Flavor is bright and fruity. This variety was a standout in our trials and is sure to become a grower favorite for its reliability and fruit quality. Developed by ReinSaar Breeding in Austria.

**2768 Ilyn F1** 65 days green, 85 orange  
 HYBRID • PVP • HR: **TMV (0-2)** • Field or greenhouse • 3-3.5" fruits  
**Fast coloration of stunning, blocky fruit with exceptional flavor and texture.** Absolutely striking orange peppers on especially productive, vigorous plants. A great variety for early colorful bells in the field. The flavor is sweet and fresh, making this a delicious pepper for raw and cooked preparations. From our partners at De Bolster Organic Seeds.



Milena F1



Cubo Orange



Ilyn F1



Olly F1

## GREEN TO RED BELLS

**2802 Olly F1** 55 days green, 63 red  
 HYBRID • HR: **TMV (0-2)** • Excellent vigor • Exceptionally sweet • 3-4" fruits  
**Robust plants produce early, abundant harvests of blocky, red peppers with exceptionally sweet flavor.** Beautifully vibrant red peppers that ripen rapidly and have a gorgeously fresh sweetness. Peppers are uniform and thick walled, giving them longevity in the field. An excellent option for growers seeking an early red pepper for production or for the home gardener in search of a reliable and flavorful red for fresh eating or preserves. From our partners at De Bolster Organic Seeds.

**2777 King Crimson** 57 days green, 65 red  
 OP • **HMOS EXCLUSIVE** • IR: **CMV** • Uniform shape • 3-4" fruits  
**Early, prolific peppers are medium sized and blocky with four lobes and thick walls.** A favorite in our trials due to early maturity and uniform size. Slightly earlier than King of the North with superior quality and uniformity. Developed by High Mowing in partnership with Cornell University. A portion of the sales of this variety is paid to the breeder.

**2800 King of the North** 60 days green, 72 red  
 OP • Early • Upright habit • 3-4" fruits  
**Reliable set of green to glossy red fruits in short seasons.** Improved for a higher percentage of blocky, thick-walled, early ripening peppers each with three to four lobes. Known for its ability to produce good sized peppers in short, cool seasons. Strong plants support heavy yields.

**2779 Sprinter F1** 62 days green, 82 red  
 HYBRID • HR: **TMV (0-3)** • Field or greenhouse • Good leaf cover • 3.5-4" fruits  
**Speed and endurance that goes the distance with high yields over a long harvest window.** Compact plants with big, blocky, four-lobed fruit larger than King of the North. Recommended for greenhouse culture but performs well outside, especially as green; sets fruit well under row cover. Resists blossom end rot and russetting. From our partners at Vitalis Organic Seeds.

**2775 California Wonder** 65 days green, 80 red  
 OP • Upright habit • Good for shipping and freezing • 3.5" fruits  
**Large, blocky, thick-walled, glossy fruit that turns red quickly under a range of conditions.** Upright, everbearing habit keeps fruit high on 24-30" plants. Suitable for shipping and freezing. Introduced by Burpee's in 1928 and still a hit today. Strong field resistance to tobacco mosaic virus.



King Crimson



King of the North



Sprinter F1



California Wonder



California Wonder, King Crimson, Sprinter F1, King of the North

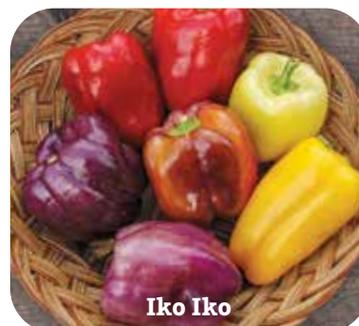
## COLORFUL BELLS

**2823 Lilo F1** 60 days purple, 85 red  
 HYBRID • PVP • HR: **TMV (0)** • Field or greenhouse • 3-3.5" fruits  
**Unique, purple fruit that ripen through to dark red at maturity.** Fruit set is dense and early, making for a short and prolific harvest season. When harvested at purple stage, fruit have a crisp and delicious flavor much like a green bell. Great producer in the field or in the greenhouse. An excellent choice for early colorful bells. From our partners at De Bolster Organic Seeds. *Unavailable in 2023*

**2789 Iko Iko** 65 days purple/yellow, 85 red/orange  
 OP • **BRED BY HIGH MOWING** • Upright habit • Good leaf cover • 3.5" fruits  
**Spectacular array of colors in a high-yielding bell pepper.** A rainbow of colors from a single variety. Immature fruits start dark purple, lavender, pale yellow and occasionally lime green, ripening to tangerine and red streaked with purple. Excellent early season color at market. Selected by High Mowing for color, yield, uprightness and leaf cover.



Lilo F1



Iko Iko





Waldo F1



Picnic Red



Picnic Orange



Picnic Yellow



Oranos F1



Carmen F1



Escamillo F1



Corno di Toro



Lively Italian Yellow



Shishito

### 2797 Waldo F1 65 days white, 85 yellow

HYBRID • HR: **TMV (0)** • Early white pepper • 3-4" fruits

**Eye-catching white peppers with attractive, blocky shape and a delicious, fresh flavor.** Compact plants produce an abundance of beautiful, ghost-white fruits that will mature into a matte yellow. These peppers are meant to be harvested in their white stage as an early colorful pepper but can be harvested at full maturity for a gentle, sweet flavor. Peppers are visually striking when contrasted to the green peppers that are also harvested in the early season.

#### PICNIC

### 2809 Picnic Red 60 days green, 78 red

OP • **BRED BY HIGH MOWING** • 3-4" fruits

**Pretty much the sweetest pepper we've ever tasted.** Small red peppers have unbelievable sweetness and a rich complex flavor. Bred with an emphasis on flavor, yields and plants that stand up straight for easy harvest. After on-farm trials in Wisconsin, growers commented that they had trouble selling ripe fruit because their kids and partners ate them out of the field as soon as they turned red.

### 2810 Picnic Orange 60 days green, 82 orange

OP • **BRED BY HIGH MOWING** • 3-4" fruits

**Deep orange color with a rich, sweet pepper flavor.** Picnic Orange is sweet tasting and has lovely warm color. Selected for thick walls, flavor, strong yields and an upright plant habit. From our own breeding work at High Mowing.

### 2811 Picnic Yellow 60 days green, 84 yellow

OP • **BRED BY HIGH MOWING** • 3-4" fruits

**Vivid, bright yellow with a crisp, tart taste.** Picnic Yellow has a nice, tart flavor with good complexity and a crisp crunch. Selected for upright plant habit, good flavor and thick walls. From our own breeding work at High Mowing.

#### ITALIAN

### 2788 Oranos F1 60 days green, 75 orange

HYBRID • HR: **TMV (0)** • Italian-type • Tapered 5-6" fruits

**Eye-catching, vivid orange fruit with sweet flavor and early, heavy yields.** The highest total yields and the highest number of ripened fruit in our trials – impressive in a short growing season like ours. Thick walls are great for stuffing and color is beautiful in salads or at market.

### 2787 Carmen F1 60 days green, 80 red

HYBRID • Italian-type • AAS winner • Tapered 6" fruits

**The standard-bearer for sweet Italian frying peppers in the Corno di Toro class.** Early maturing fruit on medium sized 20" plants can be harvested at green or allowed to ripen to a deep red. Unbelievably sweet and crisp flavor won the hearts of the All-America Selections committee in 2006, and growers have been dedicated to it ever since. Suitable for greenhouse or field production. From the breeders at Johnny's Selected Seeds.

### 2796 Escamillo F1 60 days green, 80 gold

HYBRID • Italian-type • AAS winner • Tapered 6" fruits

**A golden Corno di Toro type with crisp, juicy walls and excellent flavor.** The perfect pair to the deep red of Carmen F1, Escamillo F1 draws its name from the French opera in which the beautiful Carmen falls in love with the bull fighter Escamillo. Prolific yields from vigorous, 22" plants that are slightly larger than Carmen F1. Good for eating raw, frying or sautéing. From the breeders at Johnny's Selected Seeds.

### 2778 Corno di Toro 70 days green, 78 red

HEIRLOOM • Italian-type • Upright habit • 6-8" fruits

**Highly attractive scarlet fruits were extremely popular in our taste tests.** Large, tapering fruits are long and narrow, often with the bull horn curve for which they are named. Quickly turns gold and then a beautiful deep crimson color with sweet, full-bodied flavor when fully ripe. Plants are vigorous with an excellent upright habit.

### 2807 Lively Italian Yellow 75 days green, 100 yellow

OP • **HAMOS EXCLUSIVE** • Italian-type • Vigorous, upright habit • 8-10" fruits

**Stunning, sweet, thick-walled yellow fruits.** Large, tapered, golden-yellow fruits with sweet, juicy flesh on vigorous plants. Prolific and reliable, performing well in the open field across a variety of climates and ripening well even in our northern Vermont fields. Bred by Tom Lively of Lively Organic Farm in Eugene, OR and further selected by High Mowing.

#### SWEET SPECIALTY

### 2794 Shishito 60 days green, 75 red

OP • Spreading habit • 2-4" mild fruits • Prolific producer

**Small, mild Japanese pepper for roasting, pan-frying and grilling.** Thin walls blister and char easily when roasted or grilled, taking on rich flavor that is delicious with coarse salt and lemon juice. The occasional fruit will display heat. Typically harvested and used green but eventually turns orange and red with sweeter flavor.

2824 **Habanada** 75 days green, 100 orange

OP • Habanero flavor with no heat • 2-3" fruits

**Tangerine-colored fruits featuring the brilliant floral flavor of a habanero pepper without the heat.** A breeding triumph of Michael Mazourek from Cornell University, this beautiful, specialty pepper brings all the complexity and sweetness of a habanero pepper but has no kick. This variety has been selected and perfected for over a decade and is sure to become a favorite of market growers, chefs and adventurous home cooks for its unique applications. Plants are prolific, heavy producers. For best germination, consider starting plants on a heat mat in spring. *Capsicum chinense*. Limited availability in 2023



Habanada



Ring-O-Fire

2786 **Ring-O-Fire** 45 days green, 60 red

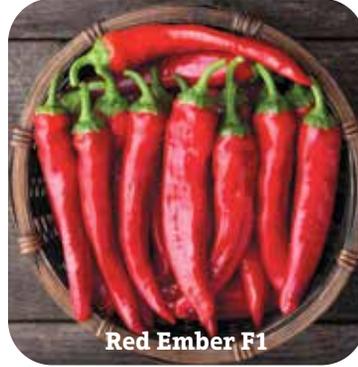
OP • Cayenne • SHU 30,000 • 4" fruits

**"And it burns, burns, burns," just like Johnny Cash said.** This is a hot, hot pepper. Ring-O-Fire matures early and has a glossy sheen with a fire-engine red color. Prolific and dependable plants produce loads of fruit great for eating fresh, dried or powdered.

2792 **Red Ember F1** 50 days green, 70 red

HYBRID • Cayenne • SHU 30,000 - 50,000 • 4-5" fruits

**AAS winning cayenne with exceptionally complex flavor and medium heat.** The most flavorful cayenne, fruit have a delicate warmth that lasts after eating cooked, dried, or fresh. Makes for a delicious addition to sautés and stir fries, and can be preserved as a hot sauce, powder, or as dried pepper flakes. This popular variety is ideal for the pepper enthusiast or for the market table as a first choice for shoppers seeking some summer heat. Limited availability in 2023



Red Ember F1



Aji Rico F1

2781 **Aji Rico F1** 55 days green, 75 red

HYBRID • SHU 30,000 • AAS Winner • 3-4" fruits

**Early season production of thin walled, crunchy fruits with warmth and a refreshing citrus flavor.** Large, resilient plants produce shiny, bright green fruits that mature to a brilliant red. Peppers are delicious when eaten at any stage in their ripeness and can be dried easily to make a homemade "paprika" style powder or pepper flake. The sweetness that develops as the pepper matures is reminiscent of a juicy bell pepper. A great addition to salsas, sauces and soups. *Capsicum baccatum*

2790 **Hungarian Hot Wax** 59 days yellow, 84 red

OP • Excellent pickler • SHU 10,000 • 1.5-5.5" fruits

**Long, banana-shaped, waxy pepper used for frying, stuffing and pickling.** Ripens from pale yellow to deep, golden orange and finally cherry red, but traditionally harvested light green and used for pickling. May be harvested at any stage but heat intensifies as peppers mature. Very productive, even in cool weather. Heat varies among strains; HMOS strain is spicy but not overly hot.



Hungarian Hot Wax



Primero Red F1

2791 **Primero Red F1** 65 days green, 80 red

HYBRID • SHU 70,000 • Early ripening • 2-4" fruits

**High yields of large, beautifully red peppers with habanero flavor and one third the heat.** One of the earliest ripening habaneros with fruit reaching maturity at the same time as the bell peppers. Can be grown in the ground or in a container. An excellent choice for the pepper lover who wants to enjoy the taste of the habanero without the typical intensity. *Capsicum chinense*

2795 **Bastan F1** 65 days green, 85 chocolate

HYBRID • Poblano • SHU 2,000 • 4-6" fruits • Poblano Ancho-type

**Large, high-quality, dark green chiles on productive plants.** Thick-walled, medium sized fruits are a glossy dark green, nearly black, maturing to a deep chocolate with mild heat. Plants have an upright habit with excellent leaf cover and concentrated fruit set; extremely high yielding. Delicious roasted, stuffed, battered and fried—try them stuffed with smoked gouda and grilled. From Vitalis Organic Seeds.



Bastan F1



Black Magic F1

2831 **Black Magic F1** 65 days green, 85 red

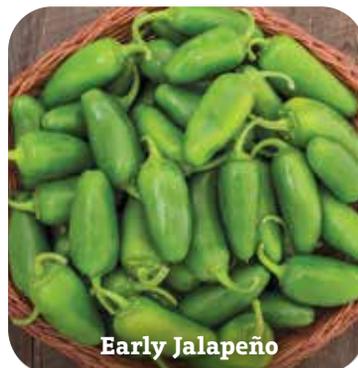
HYBRID • IR: BLS(1-3) • Jalapeño • SHU 2,500 • Greenhouse or field • 3-3.5" fruits

**Beautiful black jalapeño with floral flavor, mild spice and impressive yields.** Plants are of manageable size and are very vigorous. At peak production, plants are covered in near black, dark green, thick-walled fruit of perfect processing size. The gorgeous colored fruits stand out from the medium green plants making for easy harvest. Fruit has high visual impact due to unique, dark coloration. Fruits left on the plant will begin checking. From our partners at Genesis Seeds.

2833 **Early Jalapeño** 65 days green, 85 red

OP • SHU 5,000 • 3-3.5" fruits

**Prolific yields of flavorful, blunt fruits with distinctive jalapeño flavor.** Small, moderately spicy fruits with thick walls are traditionally harvested dark green but can be allowed to ripen to red. A classic eaten fresh or pickled with Mexican dishes. Compact plants are sturdy and work well in containers.



Early Jalapeño



Highlander F1

2842 **Highlander F1** 65 days green, 85 red

HYBRID • Anaheim • SHU 4,500 • Highly adaptable • 6-7" fruits

**Early maturing Anaheim pepper with excellent rigor and high yields, even in cooler regions.** Semi-flat, two lobed fruit are uniform and marketable. Plants are tall and large, providing excellent support for the prolific yields of peppers with traditional Anaheim flavor and appearance. Bred by Janika Eckert and from our friends at Johnny's Selected Seeds.

PEPPERS



Ancho Poblano



NuMex Joe E. Parker



Jalafuego F1



Magnum

2782 **Ancho Poblano** 68 days green, 88 red  
OP • SHU 3,000 • 4-6" fruits

**Mild, heart-shaped chili perfect for stuffing in chiles rellenos or dried for ancho chili powder.** Stout, dark green fruits are moderately spicy with medium-thick walls. Referred to as Poblano when used fresh and Ancho when dried for seasoning. Plants are well branched. Highly adapted variety; good yields in cool conditions.

2804 **Jalafuego F1** 70 days green, 93 red

HYBRID • HR: **PVY (0-2), BLS (0-3,7,8)** • Jalapeño • SHU 8,000 • 3.25-4.25" fruits  
**Productive, vigorous plants yield multitudes of extra-smooth, dark green fruit.** Highly disease resistant plants tolerate and produce through many climatic variables. Fruit are resistant to cracking, have wonderful flavor, and have the perfect amount of heat. From our partners at Sakata Seeds.

2785 **NuMex Joe E. Parker** 70 days green, 95 red

OP • Anaheim • SHU 4,500 • 8" fruits  
**Southwestern-style traditional Anaheim harvested green for stuffing, grilling, roasting or processing.** Peppers average 8" long and have thick, crisp flesh with mild heat and excellent flavor. Very productive strain that quickly changes from green to red. Improved version of New Mexico 6-4 pepper, with thicker, longer fruits that mature earlier.

2783 **Magnum** 80 days green, 100 orange

OP • Orange habanero • SHU 210,000 • 1-2" fruits  
**Typical habanero with bonnet shape and a gorgeous, bright orange color.** Uniformity and productivity are top notch, producing loads of shiny, scorching peppers. Plants are tall, well branched and cold tolerant, ensuring maturity in cooler climates like the Northeast. A true standout and improved variety from our friends at Genesis Seeds. *Capsicum chinense*

# Margarita LÓPEZ-URIBE

Associate Professor of Entomology at Penn State College



declines in bee populations worldwide and the environmental and economic consequences of pollination loss in natural and human-dominated ecosystems.

“Pollinator decline impacts the reproduction of agricultural crops and the overall yields of crops that are pollination dependent. What we are seeing is that many crops today are pollination limited. The fruit set of these crops are not being maximized due to lack of pollination. From an agricultural perspective this means that when we are trying to optimize production of food per acre, we are unable to meet our yield potential because there simply aren’t enough pollinators in the system.”

Historically, Margarita notes that conservation efforts and farming have been seen as separate focuses. Today, she sees the importance of these two perspectives becoming one. “I do think that farmers, now more than ever, should be stewards of the environment. I think an old-fashioned way of thinking about agriculture is that land dedicated to the growth of crops is not dedicated to conservation of ecology. We can see clearly in our modern world that land is limited. We see conflicts erupting over available land. Farming makes up a certain percentage of available land and it is essential that farmers begin to utilize practices that preserve biodiversity.”

For farmers, supporting pollinators not only benefits the environment, but it also benefits the farm. She has some advice for farmers looking to capitalize on these environmental services. “There are some simple, more sustainable practices that can really help our ecosystems. One is being very mindful of pesticide applications. This is of course very relevant to bees but can also positively affect other insects that help to manage crop pests through their life cycles.

Another is the use of cover crops for soil health. One issue we see with pollinators in agricultural systems is that crops often produce these massive blooming periods where bees have lots of food available, but when the crop bloom period is over, these habitats that may still appear to be teeming with life become food deserts for bees. Incorporating cover crops which provide floral resources for bees between crop blooming periods is incredibly beneficial for sustaining bee populations.

There is a lot of really good information out there about incorporating and conserving natural habitats, even within farming operations. These natural habitats within farms are sometimes seen as unnecessary or a waste because they are not technically productive lands, but they provide a lot of biodiversity that offers a lot of ecosystem services for the farm.”

**M**argarita López-Uribe, PhD is an Associate Professor of Entomology at Penn State College in University Park, Pennsylvania. Growing up in Colombia, Margarita was always fascinated with biology and had a life-changing moment after discovering an orchid bee on a college field trip to the Amazon. Her childhood fear of insects morphed into a fascination, and she has been studying bees for almost 20 years. Now in the United States, Margarita is involved in research projects studying

PEPPER SEED - OPEN-POLLINATED - SOLD BY SEED WEIGHT	1/64 oz	1/16 oz	1/4 oz	1 oz	1/4 lb	1 lb	
2782 Ancho Poblano Hot	\$ 3.55	\$ 9.45	\$ 30.90	\$ 83.60	\$ 227.35	\$ 676.30	
2775 California Wonder Sweet	\$ 3.55	\$ 7.00	\$ 13.10	\$ 32.90	\$ 97.50	\$ 365.70	
2778 Corno di Toro Sweet	\$ 3.55	\$ 10.40	\$ 34.10	\$ 92.15	\$ 221.55	\$ 728.75	
2776 Golden California Wonder Sweet	\$ 3.55	\$ 10.20	\$ 23.10	\$ 57.20	\$ 148.50	\$ 467.50	
2790 Hungarian Hot Wax	\$ 3.55	\$ 7.00	\$ 14.30	\$ 49.40	\$ 151.60	\$ 507.20	
2789 Iko Iko Sweet	\$ 4.60	\$ 10.65	\$ 32.80	\$ 87.45	\$ 254.20	\$ 880.35	
2777 King Crimson Sweet	\$ 4.60	\$ 11.05	\$ 36.15	\$ 118.90	\$ 349.20	\$ 996.95	
2800 King of the North Sweet	\$ 3.55	\$ 10.45	\$ 28.00	\$ 61.50	\$ 181.90	\$ 731.05	
2807 Lively Italian Yellow Sweet	\$ 3.60	\$ 11.95	\$ 37.30	\$ 122.45	\$ 367.30	\$ 1,055.25	
2783 Magnum Habanero Hot	\$ 3.55	\$ 11.30	\$ 32.00	\$ 92.60	\$ 240.20	\$ 682.10	
2785 NuMex Joe E. Parker Hot	\$ 3.55	\$ 7.45	\$ 20.35	\$ 49.50	\$ 137.50	\$ 434.50	
2786 Ring-O-Fire Cayenne Hot	\$ 3.55	\$ 9.90	\$ 29.15	\$ 81.60	\$ 209.90	\$ 682.10	
2794 Shishito	\$ 5.25	\$ 10.50	\$ 35.00	\$ 95.60	\$ 320.65	\$ 921.15	
PEPPER SEED - HYBRID - SOLD BY SEED COUNT	10	100	250	500	1 M	5 M	25 M
2769 Abay F1 Sweet	\$ 7.90	\$ 40.80	\$ 66.45	\$ 101.40	\$ 157.40	\$ 131.76/M	\$ 111.28/M
2781 Aji Rico F1 Hot	\$ 5.85	\$ 44.35	\$ 90.95	\$ 122.45	\$ 215.70	\$ 187.73/M	\$ 177.23/M
2831 Black Magic F1 Hot	\$ 4.30	\$ 15.95	\$ 27.50	\$ 50.60	\$ 79.85	\$ 69.30/M	\$ 64.90/M
2795 Bastan F1 Hot	\$ 4.30	\$ 16.35	\$ 29.00	\$ 52.45	\$ 99.10	\$ 85.12/M	\$ 81.62/M
2772 Brocanto F1 Sweet	\$ 12.80	\$ 71.50	\$ 137.50	\$ 235.00	\$ 435.00	\$ 423.00/M	\$ 399.40/M
2787 Carmen F1 Sweet	\$ 3.55	\$ 18.25	\$ 33.90	\$ 62.00	\$ 115.00	\$ 105.00/M	\$ 94.00/M
2770 Early Summer F1 Sweet - Limited availability in 2023	\$ 8.15	\$ 56.00	\$ 99.10	\$ 157.40	\$ 250.70	\$ 221.54/M	\$ 195.89/M
2808 Elsa F1 Sweet	\$ 9.35	\$ 63.00	\$ 110.75	\$ 178.40	\$ 291.50	\$ 250.69/M	\$ 223.87/M
2796 Escamillo F1 Sweet	\$ 3.55	\$ 18.25	\$ 33.90	\$ 62.00	\$ 115.00	\$ 105.00/M	\$ 94.00/M
2816 Flavorburst F1 Sweet	\$ 3.55	\$ 18.65	\$ 35.00	\$ 60.60	\$ 108.45	\$ 94.45/M	\$ 81.62/M
2842 Highlander F1 Hot	\$ 4.70	\$ 21.20	\$ 38.50	\$ 71.50	\$ 108.90	\$ 102.30/M	\$ 99.00/M
2768 Ilyn F1 Sweet	\$ 9.35	\$ 63.00	\$ 110.75	\$ 178.40	\$ 291.50	\$ 250.69/M	\$ 223.87/M
2804 Jalafuego F1 Hot	\$ 4.70	\$ 18.15	\$ 34.05	\$ 56.70	\$ 96.40	\$ 87.33/M	\$ 79.39/M
2823 Lilo F1 Sweet - Unavailable in 2023	\$ 8.15	\$ 39.65	\$ 79.30	\$ 134.10	\$ 227.35	\$ 204.05/M	\$ 195.89/M
2771 Milena F1 Sweet	\$ 7.55	\$ 56.00	\$ 122.45	\$ 213.40	\$ 396.45	\$ 384.78/M	\$ 377.78/M
2802 Olly F1 Sweet	\$ 5.85	\$ 45.50	\$ 93.30	\$ 128.25	\$ 227.35	\$ 198.22/M	\$ 193.56/M
2788 Oranos F1 Sweet	\$ 9.65	\$ 52.45	\$ 115.50	\$ 198.00	\$ 346.50	\$ 319.00/M	\$ 282.17/M
2791 Primero Red F1 Hot	\$ 5.80	\$ 26.85	\$ 56.00	\$ 103.80	\$ 186.55	\$ 155.00/M	\$ 139.80/M
2792 Red Ember F1 Hot - Limited availability in 2023	\$ 3.55	\$ 18.70	\$ 34.10	\$ 66.00	\$ 119.90	\$ 108.90/M	\$ 103.40/M
2779 Sprinter F1 Sweet	\$ 10.95	\$ 61.80	\$ 128.25	\$ 233.20	\$ 425.60	\$ 419.76/M	\$ 398.77/M
2797 Waldo F1 Sweet	\$ 5.85	\$ 44.35	\$ 90.95	\$ 137.50	\$ 255.20	\$ 218.90/M	\$ 198.00/M
PEPPER SEED - OPEN-POLLINATED - SOLD BY SEED COUNT	10	100	250	500	1 M	5 M	25 M
2834 Cubo Orange Sweet	\$ 3.55	\$ 18.10	\$ 30.80	\$ 50.60	\$ 78.10	\$ 70.40/M	\$ 62.48/M
2833 Early Jalapeño Hot	\$ 3.55	\$ 5.85	\$ 8.15	\$ 11.65	\$ 17.95	\$ 15.00/M	\$ 13.40/M
2824 Habanada Sweet - Limited availability in 2023	\$ 3.55	\$ 9.90	\$ 24.20	\$ 38.50	\$ 49.50	\$ 38.50/M	\$ 34.54/M
2810 Picnic Orange Sweet	\$ 3.55	\$ 12.40	\$ 20.25	\$ 31.50	\$ 45.00	\$ 34.50/M	\$ 27.90/M
2809 Picnic Red Sweet	\$ 3.90	\$ 12.40	\$ 20.25	\$ 31.50	\$ 45.00	\$ 34.50/M	\$ 27.90/M
2811 Picnic Yellow Sweet	\$ 3.90	\$ 12.40	\$ 20.25	\$ 31.50	\$ 45.00	\$ 34.50/M	\$ 27.90/M

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

Margarita and her team at Penn State are currently working on several research projects that hope to support bees and the sustainable production of honeybees. From studying the simplification of flower structure in domesticated crops and how this stresses the sensory system of our native pollinators, to studying how a specific bee that pollinates squash has adapted so well to our modern systems, her focus has changed from the preservation of endangered bees to understanding how we move forward in the face of climate change.

“Climate change is one of the biggest concerns that I have. I think for agriculture, we are already seeing extreme weather events negatively impacting the ways we produce our food. The map of suitable land

for agriculture is already changing. Some areas are becoming very dry, some areas are having to mitigate lots of rainfall, and overall, the climate patterns are becoming less predictable which is making agriculture very difficult.

For bees specifically, it is still not well understood how climate change is impacting populations. One thing that scientists are starting to understand is that having warmer winters is disrupting populations. Warmer winters translate into bees not shutting down their metabolism to the point where, when they develop into adults in the next season, they have used a lot of their energy over the winter, making for less robust physiologies and less healthy adult bees.”

When asked to name one unsung hero of the native pollinator population, Margarita had to give credit to the Common Eastern Bumblebee. “It is a very abundant, very big bee with lots of hair, meaning it carries a lot of pollen. It is an excellent pollinator of many crops, and it is important to note that bumblebees are generalists. For example, there are bees that are squash specialists, blueberry specialists, and others that are adapted to complement specific plants and crops. These bee populations are essential for these crop types which makes them very important, but credit should also be given to bumblebees whose populations end up supporting many different plants in their region.”

# Potatoes

*Solanum tuberosum*

Jenn and Monique harvesting potatoes at the organic trials farm.

**CULTURAL INFO:** A hardy, cool-season crop. Classified by early (65-80 days), mid (80-90 days) and late (90+ days) season varieties, referring to days to maturity. Can be planted 1-2 weeks before the last frost date in spring. Small potatoes (1-1.5" diameter) can be planted whole; larger potatoes can be cut into pieces. Each piece of the tuber should have at least one eye (dormant bud). Hill plants shortly after emergence and again three weeks later, making sure to cover all exposed tubers to avoid greening. Harvest 2 weeks after plants have died back. Cure in a dry, dark place. Store potatoes in a dark, moist area at 38-40°F.

**DISEASE & PESTS:** Prevent disease and recurrent pest pressure with crop rotations and cover cropping. The two most difficult potato diseases are scab and late blight. Scab is most severe in dry weather. Select resistant varieties and maintain good soil moisture. Late blight is severely destructive. Symptoms include water soaked areas at the leaf tips that spread inwards and become

dark brown and brittle after one or two days. Select resistant varieties, maintain good air circulation, and remove and destroy affected plants as soon as symptoms appear. The Colorado Potato Beetle (CPB) can be a significant pest; use spinosad to control organically.

**RESISTANCE KEY:** HR- High Resistance, IR- Intermediate Resistance, **EB-Early Blight**, **GN-Golden Nematodes**, **LB-Late Blight**, **PSCAB-Powdery Scab**, **PVY-Potato Virus**, **SCAB-Scab**, **VW-Verticillium Wilt**

**SEED SPECS:** Fingerling, 14-16 pieces/lb avg. Full size, 8-10 pieces/lb avg. **2.5 lb bag plants approx. 25'.** Planting rate: 10-12" apart in rows 30-36" apart.

**PLEASE NOTE: Potatoes begin shipping in the spring on or before April 16, 2023.**

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

POTATOES



Dark Red Norland



Purple Viking



Gold Rush



Red Chieftain



Burbank Russet



Elba

## WHITE FLESH

### 84092 Dark Red Norland *Early season*

OP • HR: **SCAB** • Widely adapted

**Outstanding red potato offers both great flavor and heavy yields, perfect for new potatoes.** Medium-large oblong, tubers with moist, firm, white flesh. Great for boiling and roasting. Developed for Northern growers and short seasons, but widely adapted to a range of conditions. Excellent resistance to scab and some field resistance to hollow heart and early blight noted. Developed by the North Dakota Agricultural College and released in 1957.

### 84025 Purple Viking *Early season*

OP • HR: **SCAB** • Compact habit • For fresh market

**Outstanding yields of spectacular, deep purple potatoes with rich flavor—a winner in our taste tests.** Bright white flesh is moist and firm, adaptable for many types of cooking. Vibrant purple skins are flecked with pink for an eye-catching, early market offering. Compact plants with big tubers—space closely to control size.

### 84180 Gold Rush *Mid season*

OP • IR: **SCAB, VW** • Early russet • For fresh market • Excellent storage

**Attractive oblong tubers with smooth, russeted skin and white flesh.** With mid-season maturity, Gold Rush is considered an early russet that has shown resistance to hollow heart and drought. Flesh is dry and airy, perfect for frying or baking. Eyes are very shallow and well distributed on the tubers. Plants are medium to large with an upright growth habit.

### 84035 Red Chieftain *Mid season*

OP • HR: **SCAB** • Tolerates clay soil • Stores well

**Large, oblong red tubers with great flavor and storage potential.** Very attractive presentation with thin, coppery skin and shallow eyes. Delicious boiled and as a new potato with firm, moist flesh. Higher yielding in heavy clay soils than other reds and offers field resistance to late blight.

### 84010 Burbank Russet *Late season*

OP • HR: **SCAB** • Idaho-type • Stores well

**The most widely grown potato in the U.S., with heavily russeted tubers and flaky white flesh.** Flaky texture perfect for light and fluffy baked potatoes, crispy French fries and amazing hash browns. Shows some field resistance to blackleg, fusarium and blight. One of over 800 varieties created by American plant breeder Luther Burbank, who developed the original Burbank potato in 1875 at the age of 26, to combat the potato famine in Ireland.

### 84160 Elba *Late season*

OP • HR: **EB, LB, SCAB** • Drought tolerant • Large plants • Stores well

**High yields of large potatoes with buff skin and delicious, white flesh.** One of the most blight-resistant potatoes available with added scab resistance for excellent performance in wet or dry years. Firm, slightly waxy texture suitable for roasting, boiling, baking and salads. According to Paul Betz, Elba is "incredible mashed, standing up in amazing fluffy white peaks with delicious flavor." Excellent storage. Prone to hollow heart in wet climates.

## COLORFUL FLESH

### 84002 Adirondack Blue *Mid season*

OP • High yields • Gourmet variety

**A staple of the specialty culinary market with beautiful purple coloring throughout.** A replacement for All Blue. Our on-farm trials found that Adirondack Blue performed better all-around and is a more refined full-color variety. Dark purple skin with purple flesh that holds its coloring through cooking. Good for steaming or *au gratin*. Pair with Adirondack Red and Elba for a genuine red, white and blue potato salad.



Adirondack Blue



Adirondack Red

### 84175 Adirondack Red *Mid season*

OP • IR: **LB, SCAB** • Resists hollow heart • Uniform shape • Stores well

**Shimmering, ruby-red tubers with clean skins, red flesh and excellent yields.** This variety has comparable storage quality to Red Chieftain with specialty appeal from its beautiful, red flesh. Replaces All Red, producing tubers that are uniform in shape and size. Excellent for roasting and salads, the flattened, oblong potatoes are waxy and moist and turn a light shade of pink when boiled. These easy to grow, gorgeous potatoes are striking on a market table for fresh sales or enjoyed in the home garden.

### 84150 Huckleberry Gold *Mid season*

OP • IR: **SCAB, VW** • Striking colors

**Strikingly beautiful, purple-skinned potatoes with deep, yellow flesh.** Round to oval tubers that are high in antioxidants and have a low glycemic index. Good resistance to tuber malformations and less susceptible to hollow heart than Yukon Gold. Excellent for fresh market with good storage quality.



Huckleberry Gold

### 84170 Peter Wilcox *Mid season*

OP • HR: **GN, PSCAB** • Strong canopy • Beautiful texture • Stores well

**Abundant yields of round to oblong, purple potatoes with vibrant, golden flesh.** The bright purple exterior of these earthy-flavored potatoes has striking visual appeal. Whether roasted, boiled, sliced or fried, the firm flesh makes it a versatile potato for the dinner plate. The specialty appeal of these potatoes makes them a desirable fresh-to-market variety, great for chefs, and a fun and exciting project in the garden. Plants are large and prolific offering great yields.



Peter Wilcox



Satina

### 84155 Satina *Mid season*

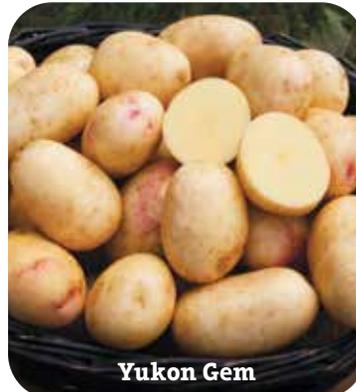
OP • HR: **LB, SCAB** / IR: **PVY** • Smooth, buttery texture • Stores well

**Oval round tubers with smooth as satin texture and yellow flesh and skin.** Excellent resistances lead to prolific plants and high yields with few culls. Tubers are so smooth that they almost appear polished. An incredible eating potato, the fine texture of both flesh and skin makes them well suited to being mashed, roasted or prepared in a potato salad. Excellent storage and good field resistance to tarnished plant bugs and leafhoppers.

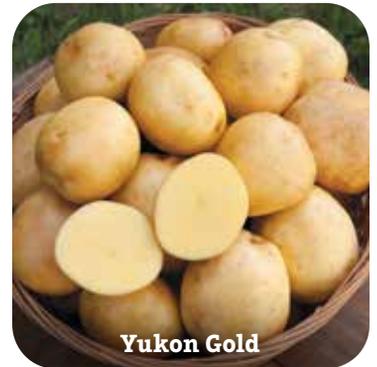
### 84130 Yukon Gem *Mid season*

OP • HR: **SCAB** / IR: **LB** • Stores well

**Bright gold skin, pink-hued eyes, yellow flesh and the same delicious flavor as its parent, Yukon Gold.** Round to oval tubers mature about 10 days later than Yukon Gold and are significantly higher yielding, especially in wet conditions. Smooth tan skin and dense, buttery yellow flesh for baking, boiling and frying. Originally developed in 1994 by a team at North Dakota State University.



Yukon Gem



Yukon Gold

### 84100 Yukon Gold *Mid season*

OP • Excellent flavor • Long storage

**Versatile yellow-fleshed potato.** One of our bestsellers and a widely acclaimed star of European golden-fleshed potatoes. Renowned for its dense, buttery texture ideal for baking, boiling, soups and frying. Developed in the 1960s by a breeding team at the University of Guelph in Ontario, Canada.

### 84020 German Butterball *Late season*

HEIRLOOM • Large plants • Stores well

**Unrivaled in creamy, buttery flavor and superb dense texture.** Very popular, versatile variety that is excellent boiled, roasted or fried. Pale yellow skin and golden flesh. "Great midsized potatoes, a little waxier than dry, amazing roasted, a good boiler. One of my favorites," says Paul Betz of High Mowing. Shows some field resistance to scab and late blight.



German Butterball

**STAFF FAVORITE**

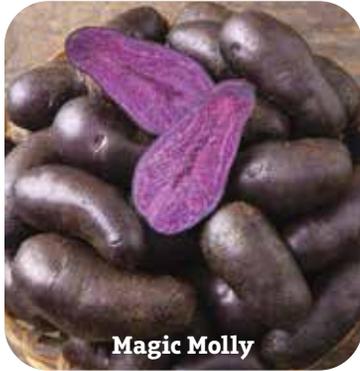
“Dark Red Norland is the reliable workhorse of my family's potato crop! We've grown these potatoes every year for more than a decade, and no matter what the weather or the growing conditions, Dark Red Norland always delivers with high yields. They're delicious and versatile in the kitchen, too! – Krista, Seed Packing at High Mowing”



AmaRosa



French Fingerling



Magic Molly



Russian Banana

FINGERLING

84075 **AmaRosa** *Mid season*

OP • HR: **SCAB** • Gourmet variety • Moderate storage

**Gorgeous burgundy skin reveals intensely dark red flesh, rich in antioxidants.** High yielding with smooth, wine-colored skin and sweet, creamy red flesh that resists fading during cooking. Superb culinary quality—delicious fried, baked, boiled, steamed or as mouthwatering pink chips. If harvested new, handle gently to prevent skinning.

84140 **French Fingerling** *Late season*

OP • HR: **SCAB** • Gourmet variety • Strong yields

**Unique aesthetic with an outstanding flavor profile for culinary enthusiasts.** This fingerling has it all: excellent quality, strong yields and a color combination like you've never seen before. Smooth red skin and yellow flesh that is dappled with red. This specialty variety is great boiled, roasted or in soups.

84165 **Magic Molly** *Late season*

OP • IR: **LB** • Vigorous plants • Waxy texture • Stores well

**All-purple fingerling potato with excellent flavor and magical appeal.** The dark purple, almost-black color of the skin and flesh are retained when boiled, roasted, or baked. Can be harvested early as new potatoes. Excellent yields with some field resistance to late blight. The long, beautiful tubers are firm with slightly waxy flesh. Striking appearance stands out on a market table and is desirable to adventurous chefs. Bred by Bill Cambell of the Plant Materials Center in Palmer, Alaska.

84120 **Russian Banana** *Late season*

HEIRLOOM • HR: **SCAB** • Gourmet variety • Stores well

**Small yellow tubers set the standard for buttery fingerling flavor.** Yellow flesh is fine-grained and perfect for boiling, roasting and baking. Crescent-shaped tubers with tapered ends are wonderfully buttery, moist and tender. First grown by early Russian settlers in the U.S.

SEED POTATOES - OPEN-POLLINATED - SOLD BY SEED WEIGHT

	1 lb	2.5 lb	20 lb*	40 lb*
84002 Adirondack Blue		\$ 6.24/lb	\$ 2.84/lb	\$ 2.37/lb
84175 Adirondack Red		\$ 6.24/lb	\$ 2.84/lb	\$ 2.37/lb
84075 AmaRosa Fingerling	\$ 13.90	\$ 7.12/lb	\$ 4.49/lb	\$ 3.66/lb
84010 Burbank Russet		\$ 6.24/lb	\$ 2.84/lb	\$ 2.37/lb
84092 Dark Red Norland		\$ 6.24/lb	\$ 2.84/lb	\$ 2.37/lb
84160 Elba		\$ 6.24/lb	\$ 2.84/lb	\$ 2.37/lb
84140 French Fingerling	\$ 13.90	\$ 7.12/lb	\$ 4.49/lb	\$ 3.66/lb
84020 German Butterball		\$ 6.24/lb	\$ 2.84/lb	\$ 2.37/lb
84180 Gold Rush		\$ 6.24/lb	\$ 2.84/lb	\$ 2.37/lb
84150 Huckleberry Gold		\$ 6.24/lb	\$ 2.84/lb	\$ 2.37/lb
84165 Magic Molly	\$ 13.90	\$ 7.12/lb	\$ 4.49/lb	\$ 3.66/lb
84170 Peter Wilcox		\$ 6.24/lb	\$ 2.84/lb	\$ 2.37/lb
84025 Purple Viking		\$ 6.24/lb	\$ 2.84/lb	\$ 2.37/lb
84035 Red Chieftain		\$ 6.24/lb	\$ 2.84/lb	\$ 2.37/lb
84120 Russian Banana	\$ 13.90	\$ 7.12/lb	\$ 4.49/lb	\$ 3.66/lb
84155 Satina		\$ 6.24/lb	\$ 2.84/lb	\$ 2.37/lb
84130 Yukon Gem		\$ 6.24/lb	\$ 2.84/lb	\$ 2.37/lb
84100 Yukon Gold		\$ 6.24/lb	\$ 2.84/lb	\$ 2.37/lb

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



**Flavorburst F1 Pepper**

**The name really says it all: these gorgeous 3-4" lime green to golden fruits are packed with unbeatable flavor.** The flesh is thick and juicy with an irresistible, vibrant sweetness. Plants produce early and often on short, durable stalks. The Flavorburst F1 sweet pepper is a reliable pick for the farm or garden.

- A burst of crisp and irresistible flavor
- Starts the season with early ripening
- Beautiful mixed with other colors



# Pumpkins

*Cucurbita* spp.



Pollyanna, Charles, and Angela showing off the first pumpkins of the season at our organic trials farm.

**CULTURAL INFO:** Days to maturity are from direct seeding, subtract two weeks if transplanting. Pie pumpkins have been selected for flavor, texture and density of flesh. Specialty pumpkins have superior eating qualities in addition to their unique physical attributes. Jack O' Lantern pumpkins are strictly decorative, selected for shape, size, handle quality, uniformity, and durability. Start transplants 3-4 weeks before last frost or direct seed after soil temperature has reached 70°F. 85-95°F is optimal for germination. Tighter plant spacing will result in yields of smaller but more numerous fruit. Use black plastic mulch and floating row cover to increase soil and air temperature, as well as ward off cucumber beetles which can damage young seedlings; remove covers during flowering to allow pollination. Harvest before temperatures reach below 50°F. Cut stem near vine at least 2-3" from fruit. Move to a warm, dry, shaded location. Exposure to too much sun may bleach handles and cause sun scald.

**DISEASE & PESTS:** Powdery mildew (*Sphaerotheca fuliginea*) results in reductions in overall yields and quality of harvested fruit. Powdery mildew is difficult to control with fungicide

applications because the fungi multiply rapidly and attach to the undersides of leaves where they are difficult to reach with sprays. Powdery mildew tolerant varieties can still become infected, but the plant is able to keep producing unblemished fruit. Research indicates that control measures for Powdery mildew, including the use of PMT varieties, are also effective against black rot (*Didymella bryoniae*). In the case of black rot, the pathogen can be seed-borne and survive in crop residues.

**RESISTANCE KEY:** IR-Intermediate Resistance, **PM-Powdery Mildew, PMT-Powdery Mildew Tolerant, SCAB-Scab**

**SEED SPECS:** *C. pepo*, 140-250 (195 avg) seeds/oz, 2.3-4M (3.1M avg) seeds/lb. *C. moschata*, 280-375 (327 avg) seeds/oz, 4.5-6M (5M avg) seeds/lb. *C. maxima*, 90-160 (125 avg) seeds/oz, 1.5-2.6M (2M avg) seeds/lb. M=1,000. **1/8 oz approx. 25 seeds.** Direct seeding rate: 2 seeds every 18-36" in rows 5-6' apart. Transplants: 18-36" apart in rows 5-6' apart.

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

## PIE - *C. pepo*

### 2818 **Baby Pam** 99 days

OP • Uniform size • Reliable harvest • 3-4 lb fruit

**Commercial standard for pie pumpkins with long handles and dry, bright orange skin.** Stringless, sugary flesh cooks down to a smooth, superior pie filling. Smaller and more uniform than New England Pie. Great for painting and carving, too.

### 2830 **Long Pie** 100 days

HEIRLOOM • Stores well • Exceptional flavor • Vigorous vines • 5-8 lb fruit

**Virtually stringless, smooth orange flesh that is perfect for pumpkin pies.** Fruit is green at harvest time with an orange spot on the bottom. As it ripens in storage, the outside flesh turns orange and flesh sweetens inside. Originally stewarded by Native Americans, this productive heirloom has astonishing yields and can be stored at 50 degrees all winter long. Immature fruit can be eaten as summer squash.

### 2838 **Pie-Pita F1** 100 days

HYBRID • Vining • Gourmet flesh • Hullless seeds • 2-3 lb fruit

**A dual-purpose fruit with bright orange, sweet flesh and light green hullless seeds.** A brilliant development in pie pumpkins from our friend Dr. Brent Loy at the University of New Hampshire: delicious, high Brix pie pumpkin flesh with the added bonus of hullless seeds inside. Each fruit yields on average 1/4 lb of seeds, which are perfect lightly salted and roasted. Vigorous, vining plants produce 3-4 pumpkins each. Average yield exceeds 500 lbs of seed per acre. A portion of the sales of this variety is paid to the breeder.

### 2840 **New England Pie** 105 days

HEIRLOOM • Stores well • 4-6 lb fruit

**Classic pie pumpkin with dry, stringless flesh and superior, thick consistency in pies.** Attractive fruits have dark orange skin with light ribbing and well-attached handles. Delicious flesh is not quite as sweet as Baby Pam but has better texture.

### 2828 **Winter Luxury** 105 days

HEIRLOOM • Velvety sweet flesh • 6 lb fruit

**Our sweetest pie pumpkin with elegant appeal.** Deep orange skin is decorated with silvery netting and slight ribs, giving it a magical appearance. Excellent for pie, cheesecake and soup. Similar to New England Pie in size with a shorter storage window.



Baby Pam



Pie-Pita F1



Long Pie



New England Pie



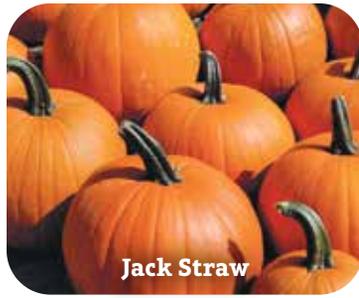
Winter Luxury

**GROWER'S CHOICE**

“ This year we had a cold spring and intense pressure from spider mites and yet our **Baby Pam** pumpkins put up a very decent yield. Very impressed. -Denes of Northstar Organics, British Columbia, Canada ”



Cider Jack F1



Jack Straw



Howden



Jack Be Little



Cinderella,  
Rouge vif d'Etampes



Black Futsu

JACK O'LANTERN - *C. pepo*

2826 **Cider Jack F1** 90 days

HYBRID • HMOS EXCLUSIVE • IR: PM • Semi-bush habit • 10-14 lb fruit  
**A knock out Jack O' Lantern with smooth, bright orange skin and a well-attached handle.** Gorgeous medium sized fruits are smooth and attractive; perfect for painting or carving. Our earliest Jack with good yields of 2-3 fruits per plant. Bred by High Mowing in partnership with University of New Hampshire's Dr. Brent Loy. A portion of the sales of this variety is paid to the breeder.

2841 **Jack Straw** 100 days

OP • BRED BY HIGH MOWING • IR: PM, SCAB • Uniform fruit • 14-16 lb fruit  
**A smooth-faced Jack O' Lantern with dark orange skin and a hearty handle.** A great selection for roadside stands and porches with abundant yields of 8-14" tall pumpkins. Ripens late in the season, just in time for Halloween sales.

2820 **Howden** 115 days

OP • Commercial standard • 25 lb fruit  
**The original Jack O' Lantern with rich orange color, deep ridges and sturdy handles.** Our most popular Jack O' Lantern among farmers and gardeners. Reliable and tolerant of black rot. Developed in the Berkshire Mountains by John Howden in the mid-1970s.

SPECIALTY - *Cucurbita spp.*

2832 **Jack Be Little** 95 days

OP • 6-12 fruits per vine  
**Big fun comes in a very small package for kids and pumpkin-lovers far and wide.** Miniature, old-fashioned pumpkins are 3" wide by 2" tall and bright orange. Each plant will produce an average of eight pumpkins. Great for decorations and raw fruit can be hollowed out to make a cute serving dish. *C. pepo*

2845 **Cinderella, Rouge vif d'Etampes** 99 days

HEIRLOOM • 15-20 lb fruit  
**Vivid red French heirloom reminiscent of the fairytale with its beautiful, whimsical appearance.** Large, flattened fruits with exceptionally deep orange flesh and strong, sweet flavor delicious in soups and purées. Shell is commonly used as a soup tureen. *C. maxima*

2822 **Black Futsu** 105 days

See Winter Squash, page 89.

PUMPKIN SEED - OPEN-POLLINATED - SOLD BY SEED WEIGHT

	1/8 oz	1/2 oz	2 oz	1/2 lb	1 lb	5 lb	20 lb*
2818 Baby Pam	\$ 3.55	\$ 9.50	\$ 18.45	\$ 41.70	\$ 68.95	\$ 58.30/lb	\$ 54.10/lb
2845 Cinderella, Rouge vif d'Etampes	\$ 5.15	\$ 14.35	\$ 31.15	\$ 77.80	\$ 133.55	\$ 114.48/lb	\$ 99.22/lb
2820 Howden	\$ 3.55	\$ 8.55	\$ 19.80	\$ 48.40	\$ 69.30	\$ 62.70/lb	\$ 53.64/lb
2832 Jack Be Little	\$ 3.55	\$ 6.90	\$ 20.70	\$ 50.60	\$ 83.95	\$ 67.85/lb	\$ 57.21/lb
2841 Jack Straw	\$ 4.75	\$ 10.05	\$ 24.10	\$ 56.20	\$ 97.50	\$ 86.75/lb	\$ 76.86/lb
2830 Long Pie	\$ 4.15	\$ 12.50	\$ 26.15	\$ 65.25	\$ 110.00	\$ 91.00/lb	\$ 86.25/lb
2840 New England Pie	\$ 3.55	\$ 7.30	\$ 13.95	\$ 29.15	\$ 45.50	\$ 39.64/lb	\$ 34.40/lb
2828 Winter Luxury	\$ 5.40	\$ 12.80	\$ 40.50	\$ 86.80	\$ 150.85	\$ 124.76/lb	\$ 117.96/lb

PUMPKIN SEED - HYBRID - SOLD BY SEED COUNT

	10	50	250	1 M	5 M	25 M
2826 Cider Jack F1	\$ 5.85	\$ 16.50	\$ 53.00	\$ 169.05	\$ 145.75/M	\$ 132.92/M
2838 Pie-Pita F1 Hulless	\$ 4.90	\$ 15.85	\$ 46.35	\$ 140.20	\$ 113.37/M	\$ 99.96/M

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

# Amber PAIGE

Home Gardener in  
Wilmington, NC



**A**mber Paige is a gardener in Wilmington, North Carolina and the creator of Black Girls Gardening, an online gardening community of Black women who have found joy and nourishment from growing their own food. When Amber started Black Girls Gardening in 2019, she found that it was difficult to find representation in online gardening spaces. As a believer that gardening is an excellent form of self-care, she feels it is essential that Black women are supported and encouraged to have experiences growing their

own food and taking time in natural spaces to breathe, cultivate inner peace and heal.

The journey of gardening is a path of learning. Throughout her time in her greenhouse and harvesting from her densely planted beds, she's learned the importance of having a plan. "When I first started gardening I would just plant things wherever, with whatever. Now I always plan ahead. I research what I want to plant, when I want to plant it and what goes best with it. It saves time in the long run with

# Radishes

*Raphanus sativus*



Monique and Trials Manager Taylor harvesting Sora radishes at the organic trials farm.

**CULTURAL INFO:** Days to maturity are from direct seeding. Radishes are hardy annuals. They can be direct seeded as soon as soil can be worked and are better adapted to the cooler temperatures and shorter days of spring and fall. Optimal soil temperature for germination is 65-85°F. Seedlings emerge within a few days. Thin if necessary to ensure even sizing. Plant every 10 days for a continual supply. Use floating row cover after seeding to prevent insect damage. Harvest radishes on time as they do not hold well in the field, especially in warm weather. Topped radishes

will keep good quality for 3-4 weeks if stored at near freezing temperatures with high humidity in semi-permeable containers.

**SEED SPECS:** 1.8-3.6M (2.7M avg) seeds/oz, 30-58M (44M avg) seeds/lb. M=1,000. **1/16 oz approx. 170 seeds.** Direct seeding rate: Garden type, 20 seeds/foot in rows 6-12" apart. Winter type and Daikon, 6-8 seeds/foot in rows 6-12" apart.

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

## ROUND RED

### 2855 Sora 23 days

OP • All season variety • Heat tolerant • 1" round roots

**A classic red radish with crisp, succulent roots.** Sora is a reliable all-season radish, but particularly excels in hot and dry conditions when other varieties are easily stressed. High-quality, uniform roots form attractive bunches and resist pithiness. Maintains shape in every season, even when roots become oversized. Our strain comes from the Swiss biodynamic seed company Sativa.

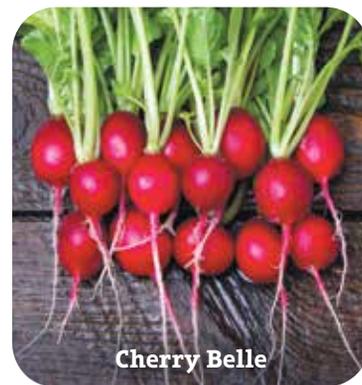
### 2850 Cherry Belle 25 days

OP • Easy to grow • Uniform .75-1" round roots

**Classic, smooth, red bunching radish with attractive, crispy white flesh.** Uniform roots are much less subject to pithiness than other radishes. Easy and fast to grow, with strong, widely adaptable tops. A well-loved heirloom from Holland that has long refrigerator storage, maintaining quality and flavor. An All-America Selections (AAS) winner.



Sora



Cherry Belle

## STAFF FAVORITE

“ Each spring and fall we look forward to our first harvests of **Cherry Belle** radishes. We love how quick they are to grow, and we enjoy them as a healthy snack, or thinly-sliced and added to salads for a burst of color and flavor. ”

—Fiona from Marketing at High Mowing

preventing pests, growing healthy plants and building soil quality.”

And what to plant in that bed? We all have our favorites. Amber has a few crops that make the growing list every year. “Some of my favorite things to grow are cucamelons, cucumbers, chocolate cherry tomatoes, banana peppers and zinnia flowers.”

While the garden offers much in the way of calories, flavors, and abundance, it also has many gifts for the soul. “The garden can teach us so much; especially things like responsibility. The responsibility of taking care of something

from beginning to end and figuring out what it needs to survive. Also, there’s growth, and how it takes time. How certain things do not grow at the same rate as others. There are so many lessons that we can take from gardening that can be applied to our everyday life.”

The practical skills and knowledge that Amber has gleaned from her experience working with plants combined with her passion for supporting wild spaces make her very aware of the current threats posed by climate change. “Climate change has already impacted so much of the agricultural industry to the point where I’ve noticed more people

turning to home gardening. I think as more people realize the changes that have been happening, such as rising costs at the grocery store and risks of chemicals being used on food, more people will move to becoming self-sufficient in general.

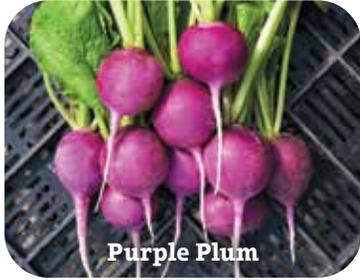
Being mindful of water consumption, recycling, and creating compost have always been practices of mine. Showing others that they can grow food in their own space, big or small, and change the way they eat (it tastes better when you grow it yourself!) were some of my goals when creating Black Girls Gardening.”



Pearl

**2851 Pearl** 25 days

OP • Vigorous growth • Strong crack resistance • 1" round roots

**Pearl-white, smooth round radish with improved uniformity and strong tops.** With vigorous growth and strong crack resistance, Pearl is a workhorse white radish. Beautiful in a mix. Strong tops are especially suited to bunching.

Purple Plum

**2863 Purple Plum** 25 days

OP • Improved strain • Resists cracking • 1-1.5" round roots

**Vibrant purple roots with crisp texture and excellent resistance to splitting and pithiness.** This improved strain was grown from stock seed carefully selected by Turtle Tree for uniform root development and reliable maturity. The unique, bright purple skin contrasts beautifully to the pearl-white interior flesh. Vigorous, firm, and great for mixed bunches.

Valentine's Day Blend

**2875 Valentine's Day Blend** 25 daysOP • **HMOS EXCLUSIVE** • Eye-catching blend for market**Well-balanced blend makes a sweet impression.** An eye-catching blend sure to create a heartfelt sensation. Includes round red, pink, purple and white radishes for an early shot of color in an irresistible mixed bunch.

French Breakfast

**2860 French Breakfast** 26 days

OP • Gourmet variety • 1-2" long roots

**Eye-catching deep pink roots with bright white tips and excellent eating quality.** A French classic with oblong, blunt-tipped shape and healthy radish spiciness. Try them raw with butter and salt, or butter poached with sourdough bread and fresh herbs. Harvest on time; may become pithy if harvested late.

Pink Beauty

**2870 Pink Beauty** 27 days

OP • Uniform shape • 1-1.5" round roots

**Bright pink radish with crisp white flesh that completely resists pithiness.** Flesh has a distinctive and delicious flavor with pleasant, tender texture even when grown to large size. Attractive round to oval shape and medium-sized tops. Early, eye-catching spring offering.

White Icicle

**2866 White Icicle** 27 days

OP • Mild, pointed roots • Improved vigor and uniformity • 3-4" long roots

**Bright white radish for striking salads.** Our improved strain from Swiss biodynamic seed company Sativa shows overall enhanced performance for a consistent harvest. Mild flavor and crunchy bite. Tops can be used as salad greens.

Schwarzer Runder

**2848 Schwarzer Runder** 45-50 days

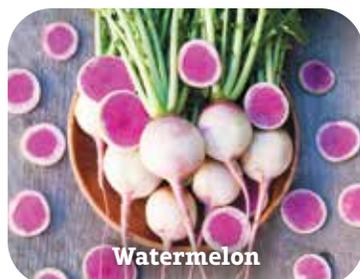
OP • Winter radish • Stores well • 2.5-3" round roots

**Unusual jet-black skin makes a gorgeous contrast with the bright white flesh.** Also known as Black Winter radish with rich, spicy flavor excellent for salads and crudités. Coarse outer skin allows for exceptionally long storage in the ground or the root cellar. Often eaten in Germany as a "beer radish," served thinly sliced with salt and paired with a light beer. From our friends at Sativa Seeds.

Daikon

**2862 Daikon** 50 days

OP • Winter radish • Stores well • Large 2-6 lb roots

**Popular Japanese radish that can grow very large while remaining crisp and tender.** Pure white roots with pale green shoulders when exposed to sun. Excellent for pickling, fermenting or storage.

Watermelon

**2847 Watermelon** 60 days

OP • Winter radish • Stores well • 2.5-3" round roots

**White-skinned radish with mildly sweet, vibrant pink flesh for fall salads.** Chinese ball-shaped radish with crispy bright pink flesh, white skin and green shoulders. Excellent in salads, as a garnish or cooked. Best grown in fall and can store through winter.

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

	1/16 oz	1/4 oz	1 oz	1/4 lb	1 lb	5 lb	20 lb*
2850 Cherry Belle	\$ 3.55	\$ 5.40	\$ 7.55	\$ 15.45	\$ 45.20	\$ 43.78/lb	\$ 41.58/lb
2862 Daikon	\$ 3.55	\$ 9.30	\$ 13.80	\$ 27.85	\$ 92.50	\$ 83.25/lb	\$ 74.63/lb
2860 French Breakfast	\$ 3.55	\$ 5.25	\$ 7.35	\$ 19.05	\$ 45.40	\$ 41.62/lb	\$ 36.15/lb
2870 Pink Beauty	\$ 3.55	\$ 4.20	\$ 6.25	\$ 14.30	\$ 42.85	\$ 39.29/lb	\$ 34.98/lb
2863 Purple Plum	\$ 3.55	\$ 5.85	\$ 10.80	\$ 32.65	\$ 107.80	\$ 91.30/lb	\$ 79.75/lb
2848 Schwarzer Runder	\$ 3.55	\$ 6.60	\$ 11.55	\$ 27.50	\$ 82.50	\$ 71.50/lb	\$ 54.73/lb
2875 Valentine's Day Blend	\$ 3.55	\$ 9.35	\$ 14.40	\$ 27.80	\$ 72.00	\$ 66.46/lb	\$ 61.80/lb
2847 Watermelon	\$ 3.55	\$ 9.35	\$ 17.50	\$ 40.80	\$ 128.25	\$ 108.44/lb	\$ 90.37/lb
2866 White Icicle	\$ 3.55	\$ 5.55	\$ 12.80	\$ 40.80	\$ 145.75	\$ 116.60/lb	\$ 104.94/lb

## RADISH SEED - OPEN-POLLINATED - SOLD BY SEED COUNT

	100	1 M	5 M	50 M	100 M	500 M	1000 M**
2851 Pearl	\$ 3.55	\$ 9.35	\$ 5.83/M	\$ 4.39/M	\$ 3.67/M	\$ 3.00/M	\$ 2.92/M
2855 Sora	\$ 3.55	\$ 5.25	\$ 2.39/M	\$ 1.56/M	\$ 1.46/M	\$ 1.34/M	\$ 1.16/M

Larger volumes available; please call for pricing. \*Please see shipping charges on page 62 for individual items weighing 20 lbs or more. \*\*For 1000M, add \$16.

# Spinach

*Spinacia oleracea*



CMO Andrea Tursini and Chelsey from Bejo Seeds evaluating a beautiful crop of spinach at the Bejo Open Days in Warmenhuizen, Netherlands.

**CULTURAL INFO:** Days to maturity are from direct seeding. Spinach is a cool-season hardy annual that thrives in fertile and moist soil. Spinach is sensitive to soil pH, preferring a range of 6.5-7.0. Direct seed as soon as soil can be worked in the spring and until early fall. Seed germinates best when soil temperatures are 32-60°F. Overwintered spinach is best started in late summer and harvested in late winter when days begin to get longer. Store washed spinach close to freezing and at high humidity for 10-14 days.

**DISEASE & PESTS:** Spinach is susceptible to downy mildew (*Peronospora farinosa* f. sp. *spinaciae*) and fusarium wilt (*Fusarium oxysporum* f. sp. *spinaciae*). Crop rotations help eliminate inoculum; choose resistant varieties. Cucumber mosaic virus, transmitted by

aphids, causes stunting and underdevelopment in plants. Control insect pressure by using row cover and controlling weed hosts.

**RESISTANCE KEY:** HR-High Resistance, IR-Intermediate Resistance, **CMV-Cucumber Mosaic Virus, DM-Downy Mildew (races indicated if known)**

**SEED SPECS:** 1.5-3.7M (2.6M avg) seeds/oz, 25-60M (42M avg) seeds/lb. M=1,000. **1/4 oz approx. 640 seeds.** Direct seeding rate: Baby, 40 seeds/foot in a 2" band in rows 4-12" apart. Full size, 10 seeds/ft in rows 8-12" apart.

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

SPINACH

## SMOOTH LEAF

### 2869 Verdil 37 days

OP • Field variety • Spring • Strong emergence

**Very cold-tolerant, fast growing large leaf variety with pleasant, aromatic flavor.**

An excellent choice for overwintering and early spring crops, this medium green leaf is ideal for steaming or salads. Verdil stood out with the best emergence of any variety in our spring trials. From biodynamic German breeders Kultursaat.

### 2887 Corvair F1 40 days

HYBRID • HR: **DM (1-11, 13, 15, 16)** • Field/tunnel • Spring/fall/overwinter • Upright habit

**Smooth, very attractive, oval leaves are medium to dark green and upright for easy harvesting.** High yield potential and widely adapted for spring or fall productions with some downy mildew resistance. Faster growth rate and crisper texture than Renegade F1, but not as bolt resistant, comparing best to Whale F1. Suitable for mechanical harvest.

From our partners at Vitalis Organic Seeds. Precision sized. *Limited availability*

### 2879 Space F1 40 days

HYBRID • HR: **DM (1-3, 5, 6, 8, 9, 11, 12, 14, 16, 19)** • All-season variety

**Vigorous, all-season spinach with thick, glossy leaves that are smooth to slightly savoyed.** A favorite variety of commercial growers, the plants are highly resistant to downy mildew and perform well in variable weather for all-season production. Resistant to bolting with deep green leaves that maintain excellent flavor. A high yielder due to the long harvest window and exceptional field holding quality. From Bejo Seeds. Precision sized.

### 2878 Matador 43 days

OP • Field/tunnel • Fall/overwinter • Winter hardy

**Top-yielding variety with strong cold tolerance.** The growth habit of this plant makes for excellent baby spinach production and its smooth leaves allow for easy washing. From Kultursaat, biodynamic breeders in Germany, this variety outperforms other cold-tolerant varieties and develops exceptionally well when overwintered.

### 2884 Renegade F1 43 days

HYBRID • HR: **DM (1-7, 11, 13, 15, 16, 18)** • Field/tunnel • All-season variety • Bolt resistant

**Ultimate bolt tolerance with smooth, dark green oval leaves.** Grows a bit slower than Corvair F1 but excels in quality of leaf when handled; never prone to brittleness or cracking. Good disease and virus resistance; ideal for winter high tunnels. Precision sized.



Verdil



Corvair F1



Space F1



Matador



Renegade F1



Regiment F1

## SEMI-SAVOYED LEAF

### 2881 Regiment F1 37 days

HYBRID • HR: **DM (1-7, 11, 13, 15, 16, 18)** • Spring/fall/overwinter • Giant leaf-type

**Vigorous plants pack on the weight, producing healthy bunches in no time.** Very quick growing, lightly savoyed leaves with a distinctive arrowhead shape and bright-eyed, medium green finish. Excellent texture and mild flavor. Good resistance to bolting and can withstand extremely damp conditions. Excellent performance in the field or tunnel. Precision sized.



Butterfly



Giant Winter



Acadia F1



Abundant Bloomsdale



Bloomsdale Longstanding

**2868 Butterfly** 40 days

OP • Field variety • Spring/fall

**Productive variety sporting very large, glossy dark green leaves with rich flavor.** Butterfly stole the show among the hybrid and open-pollinated spinach varieties in our fall trials, exhibiting better vigor and emergence than any other variety, as well as unmatched intense green color.

**2886 Acadia F1** 45 days

HYBRID • HR: **DM (1-13, 15, 16)** • Field/tunnel • Spring/fall/overwinter • Baby leaf

**Very dark, slightly savoyed leaves with extremely slow growth are utterly tailored to baby leaf production.** Gorgeous upright plants are super easy to harvest. Slightly cupped leaves have good loft and are easy to wash. Overwintered well in our trials and is slow to bolt in all seasons. Adaptable to spring and fall plantings. From Vitalis Organic Seeds. Precision sized.

**2885 Giant Winter** 50 days

OP • Tunnel • Fall/overwinter • Baby or full sized leaves

**Dark green, glossy leaves are deeply savoyed and selected for cold hardiness.** High-yielding variety recommended for fall crops, winter greenhouse production, or overwintering outdoors under mulch. Incredibly cold hardy; specifically developed for overwintering for a spring crop.

**SAVOYED LEAF**

**2877 Abundant Bloomsdale** 45 days

OP • OSSI • Tunnel/field • Spring/fall • Ideal for full sized leaves

**Delicious, glossy, dark green leaves with the most savoyed texture we've seen.** Thick, sweet-tasting leaves with rounded shape and juicy, succulent texture. Slow growing with very large, upright leaves in the mild Pacific Northwest and slightly more compact habit in our Northeast trials. Started at the Abundant Life Seed Foundation in 2002; breeding finished by a team of organic farmers with support from Organic Seed Alliance (OSA) and released under the Open Source Seed Initiative. A portion of sales from this variety supports OSA's breeding program.

**2880 Bloomsdale Longstanding** 45 days

HEIRLOOM • Field or tunnel • Early spring/fall crop • Ideal for overwintering

**Very cold-hardy, dark green leaves with heavily savoyed texture.** For early spring and fall; good cold soil emergence but a tendency to bolt in the heat. Performs well in winter greenhouses or overwintered outdoors under mulch. David Landreth, founder of D. Landreth Seed Company, developed the original Bloomsdale spinach in the 1800s.

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

	1/4 oz	1 oz	1/4 lb	1 lb	5 lb	20 lb*
2877 Abundant Bloomsdale	\$ 3.55	\$ 9.95	\$ 27.80	\$ 72.90	\$ 59.63/lb	\$ 45.05/lb
2880 Bloomsdale Longstanding	\$ 3.55	\$ 8.75	\$ 24.50	\$ 64.15	\$ 52.47/lb	\$ 39.65/lb
2868 Butterfly	\$ 3.55	\$ 6.75	\$ 19.60	\$ 45.20	\$ 30.67/lb	\$ 21.83/lb
2885 Giant Winter	\$ 3.55	\$ 4.70	\$ 11.15	\$ 31.90	\$ 25.30/lb	\$ 19.25/lb
2878 Matador	\$ 3.55	\$ 6.75	\$ 19.60	\$ 45.20	\$ 30.67/lb	\$ 21.83/lb
2869 Verdil	\$ 3.55	\$ 6.75	\$ 19.60	\$ 45.20	\$ 30.55/lb	\$ 21.83/lb

**SPINACH SEED - HYBRID - SOLD BY SEED COUNT**

	100	500	5 M	10 M	50 M	100 M	500 M	1000 M**
2886 Acadia F1	\$ 3.55	\$ 4.45	\$ 1.54/M	\$ 1.43/M	\$ 1.08/M	\$ 0.90/M	\$ 0.85/M	\$ 0.83/M
2887 Corvair F1 - Limited availability	\$ 3.55	\$ 4.50	\$ 1.54/M	\$ 1.40/M	\$ 1.08/M	\$ 0.94/M	\$ 0.84/M	\$ 0.82/M
2881 Regiment F1	\$ 3.55	\$ 4.90	\$ 2.41/M	\$ 1.66/M	\$ 1.40/M	\$ 1.02/M	\$ 1.00/M	\$ 0.95/M
2884 Renegade F1	\$ 3.55	\$ 4.70	\$ 2.28/M	\$ 1.75/M	\$ 1.52/M	\$ 1.22/M	\$ 1.07/M	\$ 0.86/M
2879 Space F1	\$ 3.55	\$ 4.50	\$ 1.68/M	\$ 1.32/M	\$ 1.21/M	\$ 1.03/M	\$ 0.92/M	\$ 0.91/M

Larger volumes available; please call for pricing. \*Please see shipping charges on page 62 for individual items weighing 20 lbs or more. \*\*For 1000 M, add \$16.



**Supersonic F1 Squash**

**Supersonic F1 is super for so many reasons.** It sets extra early, is easy to harvest and exhibits the precocious yellow gene, allowing for early ripening of baby fruit and limited greening caused by cucumber mosaic virus and watermelon mosaic virus. All in all, this Multipik-type produces beautiful fruit during a long harvest window.

- Multipik-type with continuous fruit set
- Early ripening and limited greening
- Single-stemmed with open bush habit



# Summer Squash

*Cucurbita pepo*



Nikita and Morgan harvesting summer squash at Love is Love Farm in Atlanta, Georgia.

**CULTURAL INFO:** Days to maturity are from direct seeding, subtract two weeks if transplanting. Summer squash are warm-season annuals in the cucurbit family, which includes winter squash, pumpkins, watermelons, cucumbers and melons. Direct seed as soon as all chance of frost has passed or start transplants 3-4 weeks before planting date. Optimum soil temperature for germination is about 85°F. Black plastic mulch and floating row cover can be used to increase soil and air temperature, as well as ward off cucumber beetles which feast on young seedlings and spread disease. Many growers plant multiple successions of summer squash during a season to ensure continuous harvest, transplanting the first succession immediately after last frost date and the final succession three months before the expected first frost. Best quality fruit are harvested at 5-8" or smaller, while skin is soft and somewhat glossy. Harvest fruits every other day for best size and quality and to maintain plants' productivity. Fruits are easily bruised and very perishable, but will store 1 to 2 weeks at 41-50°F with 90% relative humidity.

**DISEASE & PESTS:** Prevent disease and pest pressure with crop rotation and cover cropping.

Striped cucumber beetles cause damage to leaves and flowers and can transmit bacterial wilt. Remove row cover during flowering for pollination. Squash vine borers can overwinter in the soil and cause stunted growth; best techniques for breaking cycles include crop rotation and annual cover cropping. Avoid widespread powdery mildew with proper plant spacing to allow good airflow.

**RESISTANCE KEY:** HR-High Resistance, IR-Intermediate Resistance, **CMV-Cucumber Mosaic Virus, PM-Powdery Mildew, PRS-Papaya Ringspot Virus, WMV-Watermelon Mosaic Virus, ZYMV-Zucchini Yellow Mosaic Virus**

**SEED SPECS:** Zucchini, 155-260 (200 avg) seeds/oz, 2.5-4.2M (3.3M avg) seeds/lb. Summer Squash, 260-375 (315 avg) seeds/oz, 4.2-6M (5.1M avg) seeds/lb. Specialty, 220-280 (250 avg) seeds/oz, 3.5-4.5M (4M avg) seeds/lb. M=1,000. **1/8 oz approx. 30 seeds.** Direct seeding rate: Sow 2 seeds every 18-24", in rows 5' apart. Transplants: 18-24" apart in rows 5' apart.

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

## ZUCCHINI

### 2890 Green Machine F1 45 days

HYBRID • IR: **CMV, PM, WMV, ZYMV** • Open habit • Harvest at 7-8"

**Aptly named for cranking out uniform fruits of exceptional quality over a long season.** This vigorous variety produces nearly flawless, medium green fruits daily in the high season. With an open and upright habit for ease of harvest and disease resistances that keep plants healthy for the long haul, Green Machine F1 is consistently a top performer for commercial production. From Vitalis Organic Seeds.

### 2898 Mexicana F1 47 days

HYBRID • IR: **CMV, PM, PRS, WMV, ZYMV** • Open habit • Harvest at 6-8"

**Medium grey-green fruits with small blossom ends and attractive tapered form.** Plants are single stemmed and present a very open and upright growth habit, making for easy harvests. Skin and flesh are tender with a delightful nutty flavor, and plants are highly productive long into the growing season.

### 2900 Dark Green 50 days

OP • Harvest at 6-8"

**Vigorous variety produces good yields of straight, smooth fruits.** An open-pollinated variety best suited to the home garden with abundant yields of lightly mottled dark green fruits. Pale greenish-white, firm flesh.

### 2909 Desert F1 50 days

HYBRID • IR: **CMV, PM, PRS, WMV, ZYMV** • Drought tolerant • Harvest at 7-8"

**Gorgeous fruits with strong disease resistance and exceptional fruit set in hot weather.** Dark green fruit with slight speckles are cylindrical and very attractive. Tall plants have a broad, open architecture which makes for easy picking. Impressive resistance to powdery mildew in our trials. Sister variety to Dunja F1.

### 2892 Dunja F1 50 days

HYBRID • IR: **PM, PRS, WMV, ZYMV** • Compact habit • Short spines • Harvest at 7-8"

**Excellent disease resistance and high yields of attractive, straight, green glossy fruit.** A true standout. When compared to market standards like Payroll F1, Dunja F1 outperformed them in powdery mildew resistance and overall yield. Plants are compact and single-stemmed with short spines.



Green Machine F1



Mexicana F1



Desert F1



Dark Green



Dunja F1

**GROWER'S CHOICE**

“Despite the severe drought, relentless heat, and no irrigation in 2021, **Desert F1** delivered uniform fruit quickly and consistently for most of the growing season.”  
-Ginger & Ryan of Drywood Hollow Farm in Minnesota”



**Goldy F1**



**Yellowfin F1**



**Cha-Ching F1**



**Dario F1**



**Midnight Lightning**



**Cocozelle**



**Ladoga F1**



**Stardust**



**Costata Romanesco**



**Dark Star**



**Supersonic F1**

**2915 Goldy F1 50 days**

HYBRID • IR: **PM** • Resists greening • Open habit • Harvest at 8-10"

**Long, slender fruits with bright yellow skin, white flesh and contrasting green stems.** Open habit with few spines makes harvesting easy. Heavy yields with a high percentage of marketable fruit. Mix with green zucchini for an eye-catching display. Similar to Sebring and Gold Rush, with less greening than Gold Rush. From our partners at Genesis Seeds.

**2902 Ladoga F1 50 days**

HYBRID • IR: **PRS, WMV, ZYMV** • Semi-spineless plants • Harvest at 6-8"

**High yields of dark green, glossy fruit on semi-spineless, upright plants.** Plants are vigorous and very productive and have excellent staying power in the field. Uniform fruits are set high on vertical plant centers. The single stem, open plants, and small spines make for an easy and efficient harvest. From our partners at Bejo Seeds.

**2899 Yellowfin F1 50 days**

HYBRID • IR: **CMV, PM** • Compact, open habit • Harvest at 6-8"

**Uniform, cylindrical fruits with bright yellow coloration.** Pure gold-colored fruits with buttery flavor simply glow at market. Compact, nearly spineless plants have an open habit for ease of harvest. Intermediate resistance to cucumber mosaic virus and powdery mildew for a reliable harvest, even in challenging field conditions. From Vitalis Organic Seeds.

**2901 Cha-Ching F1 52 days**

HYBRID • **BRED BY HIGH MOWING** • Open habit • Harvest at 6-8"

**Productive and vigorous zucchini.** Medium green glossy fruit is speckled and slightly tapered with a small blossom. Very open in habit, making for easy harvest and increased airflow to keep down disease. Bred and produced by High Mowing.

**new 2903 Stardust 52 days**

OP • Productive • Variegated leaves • Harvest at 6-9"

**Large, productive plants with beautiful, medium to dark green fruit.** One of our most uniform open-pollinated zucchinis in fruit shape and color, plants produce abundantly on short stems. Leaves are large and variegated and fruit are covered in beautiful tiny flecks of contrasting color with defined, attractive ridges.

**2895 Costata Romanesco 54 days**

HEIRLOOM • Gourmet variety • Harvest at 6"

**Wins every taste test with its unique, slightly nutty flavor and exceptional texture.** Italian heirloom with tender, gray-green skin and prominent ribbing that give this variety a distinctive appearance. Pick at 6" or smaller and fry whole with the flower still attached.

**2897 Dario F1 55 days**

HYBRID • HR: **PM** • Cocozelle-type • Upright, single stemmed • Harvest at 10-12"

**Improved with more defined striping, open plant habit, disease resistance and attractive fruit.** Eye-catching variety with lime green stripes won us over in our trials with long, slender fruit that hold well after harvest. Open habit for easier picking. Sweeter flavor than most Cocozelle types. From our partners at Genesis Seeds.

**2911 Dark Star 55 days**

OP • Drought tolerant for dry farming • Uniform • Harvest at 6-8"

**Stellar variety selected for drought tolerance, high-quality uniform fruit and high yields.** Dark green, glossy fruit on single-stemmed plants with great vigor. Bred for productive plants that establish easily without irrigation. Modern open-pollinated variety developed by Organic Seed Alliance and Eel River Produce in Humboldt County, CA.

**2907 Midnight Lightning 55 days**

OP • **OSSI** • **BRED BY HIGH MOWING** • PM tolerant • Harvest at 7-8"

**Extra-long and slender zucchini with dark green, almost-black coloring.** Single-stemmed plants are sturdy and stems have few spines. Plants produce quickly and have good field resistance to disease. The first variety developed on our organic seed farm in Wolcott, Vermont and released through the Open Source Seed Initiative.

**2896 Cocozelle 58 days**

OP • Bush habit • Uniform shape • Harvest at 6-8"

**Productive, tasty Italian variety with attractively striped fruits.** Dark and light green striping is less defined than Costata Romanesco. Flavor is slightly nutty; milder than Costata but more flavorful than most zucchini. Straight fruit with very slight ribbing over the lighter green striping.

**YELLOW SUMMER SQUASH**

**2893 Supersonic F1 48 days**

HYBRID • Multipik type • Yellow straightneck • Harvest at 5-6"

**Extra-early, yellow straightneck squash with high yields and continuous fruit set.** Plants are single-stem, with an open growth habit making them very easy to pick, and they exhibit the precocious yellow gene, a trait that shows up as a yellow stem on the fruit. This gene has shown evidence of the early development of color on baby fruit and limiting greening of mature fruit caused by cucumber mosaic virus and watermelon mosaic virus, increasing the harvest window. Bred by our partners at Seneca Vegetable Research. A portion of the sales of this variety is paid to the breeder.

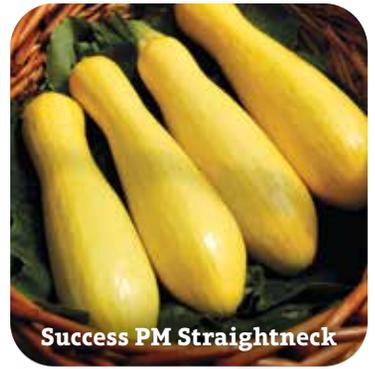
**2914 Smooth Operator F1** 50 days

HYBRID • HR: **PM** • Spineless • Harvest at 6-7"

**An elegant summer squash you can pick without pain.** Get ready for your easiest harvests ever: Smooth Operator F1 is highly refined both in plant architecture and smoothness. Upright, open habit plants are easy to access, quick to pick, and yield a gorgeous crop of long, slim fruit with very smooth skin. Part of the Slick Pik® series carrying the gl-2 glabrous gene developed by Dr. Brent Loy at the University of New Hampshire. A portion of the sales of this variety is paid to the breeder. *Unavailable in 2023*



**Smooth Operator F1**



**Success PM Straightneck**

**2908 Success PM Straightneck** 50 days

OP • HR: **PM** • Uniform shape • Harvest at 6-7"

**Prolific, disease-resistant plants with smooth, uniform and attractive fruit.** A breakthrough in open-pollinated summer squash; high yielding in our trials with over three months of abundant, disease-free harvest. Released by High Mowing and Cornell's Vegetable Breeding Institute. A portion of the sales of this variety is paid to the breeder.

**2910 Yellow Crookneck** 50 days

HEIRLOOM • Prolific yields • Harvest at 5-6"

**Tender, lemon-yellow fruits.** Signature bent fruit are best harvested at 5-6" long or smaller for best flavor and texture. Our strain has been selected for yield, shape and quality. If left to overgrow, can be used for a dark yellow, warty ornamental gourd.



**Yellow Crookneck**



**Benning's Green Tint**

**SPECIALTY**

**2912 Benning's Green Tint** 52 days

HEIRLOOM • Patty pan-type • Harvest at 3-4" diameter

**Prolific patty pan with striking, pale green fruits that mature to a creamy white.** Bush habit of plants provides good coverage for dense clusters of scalloped-edge fruits. Listed on the Slow Food Ark of Taste as a distinctive food facing extinction. Excellent flavor profile when sautéed or stuffed, and a beautiful addition to squash mixes for market or kitchen harvests.

**2916 Ronde de Nice** 52 days

HEIRLOOM • Specialty crop • Harvest at 3-4" diameter

**Perfectly spherical light green fruits with white speckling—a unique specialty item.** Heirloom from southern France with nice nutty flavor and great texture for fresh eating or freezing. Round shape and small size make this variety perfect for stuffing.



**Ronde de Nice**



**Y-Star F1**

**2917 Y-Star F1** 55 days

HYBRID • Patty pan-type • Prolific • Harvest at 2-4" diameter

**Golden saucer-shaped fruits with attractive, scalloped edges.** Plants begin producing early and remain prolific throughout the season. Excellent flavor; harvest when small and tender, about the size of a teacup.

**SUMMER SQUASH**

SUMMER SQUASH SEED - OPEN-POLLINATED - SOLD BY SEED WEIGHT	1/8 oz	1/2 oz	2 oz	1/2 lb	1 lb	5 lb	20 lb*
2912 Benning's Green Tint Specialty	\$ 3.55	\$ 11.40	\$ 24.20	\$ 57.15	\$ 99.10	\$ 81.62/lb	\$ 72.88/lb
2896 Cocolle Zucchini	\$ 3.55	\$ 7.60	\$ 19.80	\$ 35.00	\$ 56.00	\$ 47.81/lb	\$ 41.10/lb
2895 Costata Romanesco Zucchini	\$ 3.55	\$ 8.75	\$ 28.00	\$ 75.80	\$ 110.75	\$ 99.11/lb	\$ 87.45/lb
2900 Dark Green Zucchini	\$ 3.55	\$ 6.10	\$ 11.65	\$ 30.30	\$ 45.50	\$ 37.31/lb	\$ 31.48/lb
2916 Ronde de Nice Specialty	\$ 3.55	\$ 8.85	\$ 25.65	\$ 40.70	\$ 62.35	\$ 55.97/lb	\$ 48.51/lb
<b>new</b> 2903 Stardust Zucchini	\$ 3.55	\$ 8.25	\$ 19.80	\$ 51.00	\$ 78.00	\$ 59.00/lb	\$ 48.75/lb
2908 Success PM Straightneck Summer	\$ 3.55	\$ 9.15	\$ 16.65	\$ 43.70	\$ 63.25	\$ 58.65/lb	\$ 52.61/lb
2910 Yellow Crookneck Summer	\$ 3.55	\$ 8.95	\$ 16.25	\$ 42.90	\$ 71.50	\$ 53.90/lb	\$ 49.23/lb
SUMMER SQUASH SEED - HYBRID - SOLD BY SEED WEIGHT	1/8 oz	1/2 oz	2 oz	1/2 lb	1 lb	5 lb	20 lb*
2901 Cha-Ching F1 Zucchini	\$ 7.70	\$ 19.80	\$ 49.50	\$ 170.50	\$ 280.50	\$ 253.00/lb	\$ 211.75/lb
SUMMER SQUASH SEED - OPEN-POLLINATED - SOLD BY SEED COUNT	10	50	250	1 M	5 M	25 M	
2911 Dark Star Zucchini	\$ 4.60	\$ 11.00	\$ 22.60	\$ 72.60	\$ 55.97/M	\$ 46.41/M	
2907 Midnight Lightning Zucchini	\$ 5.05	\$ 8.60	\$ 17.70	\$ 53.10	\$ 41.30/M	\$ 34.22/M	
SUMMER SQUASH SEED - HYBRID - SOLD BY SEED COUNT	10	50	250	1 M	5 M	25 M	
2897 Dario F1 Zucchini	\$ 7.70	\$ 19.80	\$ 52.80	\$ 181.50	\$ 137.50/M	\$ 116.60/M	
2909 Desert F1 Zucchini	\$ 4.70	\$ 15.00	\$ 33.00	\$ 121.30	\$ 107.27/M	\$ 97.48/M	
2892 Dunja F1 Zucchini	\$ 4.70	\$ 15.00	\$ 34.40	\$ 121.30	\$ 107.27/M	\$ 97.48/M	
2915 Goldy F1 Zucchini	\$ 8.85	\$ 32.45	\$ 73.50	\$ 208.10	\$ 160.45/M	\$ 140.39/M	
2890 Green Machine F1 Zucchini	\$ 4.80	\$ 14.00	\$ 36.75	\$ 124.75	\$ 111.47/M	\$ 100.28/M	
2894 Ladoga F1							
2898 Mexicana F1 Zucchini	\$ 7.90	\$ 18.40	\$ 42.40	\$ 127.20	\$ 116.60/M	\$ 108.12/M	
2914 Smooth Operator F1 Summer - <i>Unavailable in 2023</i>	\$ 8.15	\$ 17.50	\$ 47.30	\$ 143.00	\$ 107.80/M	\$ 99.00/M	
2893 Supersonic F1 Summer	\$ 7.70	\$ 19.80	\$ 52.80	\$ 181.50	\$ 137.50/M	\$ 116.60/M	
2917 Y-Star F1 Specialty	\$ 5.85	\$ 16.00	\$ 38.00	\$ 135.00	\$ 115.00/M	\$ 107.80/M	
2899 Yellowfin F1 Zucchini	\$ 8.70	\$ 16.00	\$ 41.95	\$ 139.90	\$ 122.43/M	\$ 115.20/M	

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**

# Winter Squash

*Cucurbita spp.*

Trials Manager Taylor checking on the curing progress of our winter squash trials.

**CULTURAL INFO:** Days to maturity are from direct seeding, subtract two weeks if transplanting. Winter squash is a warm-season annual that can be direct seeded or transplanted once danger of frost has passed. Bush types provide less weed suppression and are typically planted closer than vining types for easier tractor cultivation and higher yields per acre. Start transplants 3-4 weeks before last spring frost. Black plastic mulch and row covers can be used to increase soil temperature for earlier planting. Harvest when fruits are full size, have a deep color and have hard rinds that can't be easily dented with a fingernail. Changing color of the ground spot from yellow to cream, gold or orange is another general indicator of ripeness. Cold temperatures below 45°F can cause chilling injury and reduce storage ability. To harvest, cut stem at least 2" from the fruit; a short or broken stem can lead to rot. Cure after harvest by keeping in a warm, dry location for a few days, then store at 50-55°F with 55-75% relative humidity and good air circulation. Delicata and acorn squash do not need curing, but will not store as long as other varieties.

**RESISTANCE KEY:** HR-High Resistance, IR-Intermediate Resistance, **PM-Powdery Mildew**, **ZYMV-Zucchini Yellow Mosaic Virus**

**SEED SPECS:** Acorn & Butternut, 260-375 (315 avg) seeds/oz, 4.2-6M (5.1M avg) seeds/lb. **1/8 oz approx. 40 seeds.** Buttercup & Spaghetti, 160-175 (165 avg) seeds/oz, 2.6-2.8M (2.7M avg) seeds/lb. **1/8 oz approx. 20 seeds.** Hubbard & Kuri/Kabocho, 90-125 (105 avg) seeds/oz, 1.5-2.5M (1.7M avg) seeds/lb. **1/8 oz approx. 12 seeds.** Delicata & Dumpling, 400-470 (435 avg) seeds/oz, 6.5-7.5M (7M avg) seeds/lb. **1/8 oz approx. 50 seeds.** M=1,000. Direct seeding rate: Sow 2 seeds every 18-24" in rows 5-6' apart. Transplants: 18-24" apart in rows 5-6' apart.

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

WINTER SQUASH



**Table Sugar F1**



**Sugarbush F1**



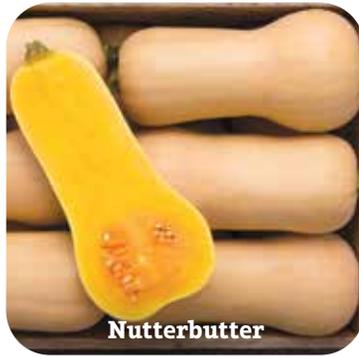
**Sweet REBA**



**TipTop PMR F1**



**Havana F1**



**Nutterbutter**

## ACORN - *C. pepo*

### 2922 Table Sugar F1 80 days

HYBRID • HR: **PM** • Vining habit • 0.5-1 lb  
**Dark green mini acorn with beautiful, sweet, golden interior and dark green skin.** Plants produce multitudes of glossy, mini fruits that are exceptionally sweet with deep, chestnut flavor. Leaves protect fruit from sunscald as they ripen. Perfect for single servings.

### 2926 Sugarbush F1 90 days

HYBRID • HMOS EXCLUSIVE • HR: **PM** • Compact bush habit • 2.25-2.75 lbs  
**Heavy, attractive dark green fruits with sweet, deep orange flesh.** Nicely rounded fruits are about 5" wide with a small seed cavity. Compact bushy vines with strong powdery mildew resistance. Exceptional sweetness. Bred by Dr. Brent Loy at the University of New Hampshire. A portion of sales is paid to the breeder.

### 2920 Sweet REBA 90 days

OP • HR: **PM** • Semi-bush habit • 2-2.5 lbs  
**High-yielding, uniform, disease resistant variety that allows for good sugar production.** Resistant Early Bush Acorn (REBA) continues putting energy into developing sugars long after everything else has withered. Outperformed Table Ace F1 in bush habit, mildew resistance, yield, flavor, uniformity and ripeness in our trials. From our partnership with Cornell University, 4-5 fruits/plant. A portion of sales is paid to the breeder.

### **new** 2931 TipTop PMR F1 92 days

HYBRID • IR: **PM** • Excellent flavor • Semi-bush plants • Long storage • 2-3 lb fruit  
**Strikingly dark coloration on beautiful, lobed fruits that hold their color well into storage.** Large, uniform fruit boasts gorgeous interior flesh with excellent flavor and long storage potential. Plants are vigorous, producing high yields of marketable fruit on manageable plants. From our friends at Johnny's Selected Seeds.

## BUTTERNUT - *C. moschata*

### 2949 Havana F1 90 days

HYBRID • IR: **PM, ZYMV** • Semi-vining • Excellent storage • 3-4 lbs  
**This midsize butternut holds like a champion in storage, maintaining both texture and flavor.** Uniform, blocky fruits have an even taper and traditional butternut color. A thick neck and a small seed cavity maximizes yields of nutty-tasting flesh. From Vitalis Organic Seeds.

### 2918 Nutterbutter 90 days

OP • **BRED BY HIGH MOWING** • Early and reliable • 2.5-3.5 lbs  
**Uniform, personal-sized fruits with consistently rich, sweet flavor.** Reliably matures in regions that have trouble ripening butternuts. Some tolerance of powdery mildew. Developed in our breeding program by Dr. Jodi Lew-Smith and selected for uniformity, bell-shape, early maturity, and great flavor.

### 2943 **Brûlée** 90-95 days

OP • Early mini butternut • Stores well • Vining • 0.5-1 lb

**A prolific and early producer of stout, personal-sized squashes with traditional butternut color.** Earlier and better storing than the popular Honeynut, Brûlée was also developed by Dr. Michael Mazourek at the Vegetable Breeding Institute at Cornell University. Uniform, squat fruits have a rich and savory flavor profile with just the right amount of sweetness. Very high yields on vigorous plants. A portion of this variety's sales is paid to the breeder.

### **new** 2929 **Butterbaby** 90-95 days

OP • IR: **PM** • Mini butternut • Medium storage • Vining • 1-2 lb fruit

**Flavorful, high-yielding mini butternut squash on vigorous vines.** The 4-6" fruit is uniform and classically shaped with attractive skin and beautiful interior flesh. The small size is perfect for a two-person meal and is very desirable in a CSA box or on a market table. Intermediate resistance to powdery mildew. From our partners at Pan American Seed.

### 2927 **Autumn Frost F1** 100 days

HYBRID • HR: **PM** • Specialty butternut • Stores well • Vining • 3-4 lbs

**Beautiful moschata squash with delicious butternut flavor and decorative appeal.** Don't be fooled by the decorative gourd-level beauty of this productive squash. The unique appearance houses a delicious flesh that is sweet, earthy, and reminiscent of your favorite butternut squash. Perfect for roasting, pies, and breads. It is an excellent storage crop, allowing you to enjoy the flavor and sales of this beautiful squash long after harvest.

### 2924 **Butterscotch PMR F1** 100 days

HYBRID • IR: **PM** • AAS Winner • Semi-bush habit • 1-2.5 lbs

**Midsized fruit with outstanding flavor and texture set on compact, semi-bush plants.** Vines are short and manageable, making this a great candidate for the container garden, the home garden, and for tight plant spacing for increased production in the field. An AAS winner for its performance and exceptionally sweet, complex flavor. Bred by Johnny's Selected Seeds. *Limited availability in 2023*

### 2940 **Waltham** 105 days

OP • Stores well • Vining • Uniform • 4-5 lbs

**By far the most widely grown open-pollinated butternut with delicious, finely textured, dark orange flesh.** Uniform fruit with smooth, tan skin that is easily peeled with a potato peeler. Our strain has been selected for uniformity of size, shape and yields. Excellent keeper if cured properly.

### 2942 **Honeynut** 110 days

OP • Short term storage • 0.5-1 lbs • Exceptional flavor • Vining

**Adorable, serving-size mini butternut with dark, golden tan skin and great, sweet flavor.** Delectable squash with uniform, butternut shape. Green unripe fruits; early planting is recommended for tan color. Field resistance to powdery mildew. Developed by the Vegetable Breeding Institute at Cornell University. A portion of this variety's sales is paid to the breeder.

## DELICATA & DUMPLING - *C. pepo*

### 2951 **Bush Delicata** 80 days

OP • PVP • IR: **PM** • Semi-vining habit • 1.5-2 lbs • AAS Winner

**Tidy plants with sweet, oblong fruits.** Delicious, smooth, nutty flesh with hints of butter and brown sugar. Skin starts creamy white with green stripes and flecks, curing to striped light yellow. Manageable plants spread only 4-6 feet. All-American Selections (AAS) winner bred by Molly Jahn and George Moriarty at Cornell University. A portion of the sales of this variety is paid to the breeder.

### 2955 **Sugar Dumpling F1** 90 days

HYBRID • IR: **PM** • Semi-bush habit • Stores well • 1.5-2 lbs

**Perfect two-serving dumpling squash with creamy striped skin and very sweet flesh.** Deep orange, fine grained inner flesh. Bred for semi-bush habit, powdery mildew resistance and exceptionally high sugar content. 4-6 fruits/plant. Stores up to 6 months. Developed by Dr. Brent Loy at University of New Hampshire with High Mowing. A portion of the sales of this variety is paid to the breeder.

### 2950 **Delicata** 95 days

OP • Uniform fruit • Vining • 1-1.5 lbs

**Superbly sweet, tender flesh unique to Delicata.** Delicious baked or boiled and commonly eaten with the skin on. Our strain has been selected since 2001 for uniformity of size, shape and color as well as yields of sweet, soft-shelled fruit.

### 2952 **Honey Boat** 100 days

OP • Exceptional flavor • Vining • 1-1.5 lbs

**Taste Honey Boat and you'll think you're truly tasting a spoonful of honey.** Many claim that this is the "sweetest squash in existence." Long fruits have the traditional green striping of Delicatas, but with coppery skin instead of the classic yellow. Holds well and keeps sweetness through storage. Developed by Oregon State University vegetable breeder Jim Baggett.



Waltham, Havana F1, Nutterbutter, Brûlée, Honeynut



Brûlée



Butterbaby



Autumn Frost F1



Butterscotch PMR F1



Waltham



Honeynut



Bush Delicata



Sugar Dumpling F1



Delicata



Honey Boat

WINTER SQUASH



Red Kuri



Sunshine F1



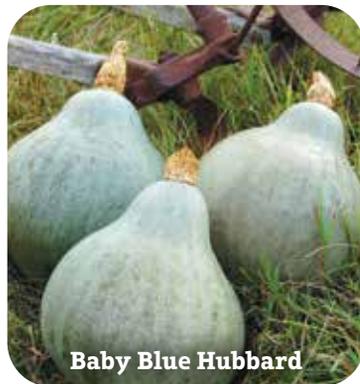
Winter Sweet F1



Orangeti F1



Spaghetti



Baby Blue Hubbard

**KURI / KABOCHA - *C. maxima***

**2960 Red Kuri** 95 days  
 OP • Reliable in short seasons • 3-4 lbs  
**Teardrop shaped red-orange squash from Japan.** Also known as Baby Red Hubbard or Orange Hokkaido, this variety has smooth, sweet, dry orange flesh. Reliable yields even in cool climates with short growing seasons. Improved High Mowing strain with enhanced uniformity.

**2954 Sunshine F1** 95 days  
 HYBRID • Semi-bush • AAS Winner • 3-5 lbs  
**The standard-bearer for flavor and commercial production of kabocha squash.** Unbeatable flavor and a vigorous, compact plant habit won Sunshine F1 an All-America Selections award in 2004 and growers have been singing its praises ever since. Flattened globe-shaped fruits have excellent flavor and tender, stringless texture. A great culinary variety for baking, mashing or pies. From the breeding team at Johnny's Selected Seeds.

**2919 Winter Sweet F1** 95 days  
 HYBRID • Excellent long storage • Taste test winner • 4-5 lbs  
**Beautiful pale, greyish-blue fruit with flaky textured flesh and complex flavor that improves in storage.** A stunning squash both in flavor profile and productivity, it has won our taste tests for its sweetness and depth of flavor. The flavor improves after 2 to 5 months of storage, making for great off-season sales. Fruit are approximately 4-5 lbs in weight and plants reliably produce 2 fruit per plant. A favorite variety of our trials team. Bred by Johnny's Selected Seeds.

**OTHER - *Cucurbita* spp.**

**2944 Orangeti F1** 70 days  
 HYBRID • High yields • Unique color • 3-4.25 lbs  
**A fun, colorful addition to kids' meals.** Fruits are oblong like a traditional spaghetti squash, but mature to a brilliant orange instead of pale yellow. Flesh is a vivid yellow-orange and pulls apart into "noodles" when cooked. Early maturing with very high yield potential. From our partners at Genesis Seeds. *C. pepo*

**2945 Spaghetti** 88 days  
 OP • Great flavor • 3-5 lbs  
**Fork over the squash pasta.** Oblong light yellow fruits have very sweet flesh. Bake or boil this unusual vegetable and the flesh separates into noodles resembling spaghetti. Families love this kid-friendly vegetable—just top with sauce and serve. 4-5 fruits/plant. *C. pepo*

**2925 Baby Blue Hubbard** 95 days  
 OP • Uniform fruit • 5-7 lbs  
**Highly marketable, scaled-down blue hubbard with smooth gray skin and sweet flesh.** Fruits are of consistent quality and teardrop shaped, with sweeter flesh than the standard Blue Hubbard. Our strain has been improved for uniformity on the High Mowing farm. Excellent trap crop for cucumber beetles, who love Blue Hubbard. *C. maxima*

# Jonathan BRUDERLEIN

*of Ottawa Farm Fresh Organics in Gloucester, Ontario*



**J**onathan Bruderlein is the owner and operator of Ottawa Farm Fresh Organics located within the Greenbelt of Ottawa; 12,000 acres of farmland owned by the federal government surrounding the city of Ottawa that is leased to local farmers. This is the second farm that he and his wife Jolianne have operated and this new farm, just 12 minutes from downtown Ottawa, has merged their desire to interact with the excitement and culture of city life while also allowing them to run a profitable farm in a natural oasis.

Jonathan and his team grow approximately 30 different types of vegetables, cut flowers,

and herbs for a 300-member CSA and source other local products for their farm stand. "It takes a community to feed a community. We realized we didn't have to do it all; that some people are better set up to grow potatoes than we are, so why are we trying to grow potatoes? We offer a full selection of local products at the farm store including veg, fruits, meats, dairy, grains, baked goods, cut flowers, eggs, syrup, honey, lacto-ferments, miso, tempeh, tofu, and a smattering of non-local products we just love too much."

When it comes to the business side of veggies, Jonathon runs a tight ship. "We look

## 2930 Burgess Buttercup 95 days

OP • Uniform fruits • Large, prolific vines • 3-5 lbs

**Dark green fruits with golden orange, stringless flesh and sweet, rich flavor.** A long-time New England favorite. Typically produces 10-12 fruits per plant, with vines reaching 15' long. Our improved strain has a high percentage of clean, non-warty and uniform squash. Fruits have a gray button on the blossom end. *C. maxima*

## 2822 Black Futsu 105 days

HEIRLOOM • Long-term storage • Excellent eating squash • Vining • 3-5 lbs

**Japanese heirloom with exceptional storage, unforgettable visual appearance and irresistibly sweet flesh.** This unique fruit is an ornamental treasure in fall. Fruit are bumpy and textured with frosted grey to russet skin when ripe. The delicious flesh is sweet raw or roasted, with light and fruity notes that hang delicately in each bite. Fruit ripens in winter storage, when the green halo between the flesh and skin disappears and skin turns from black to chestnut. Plants produce 3-5 squash per plant. *C. moschata*.



WINTER SQUASH SEED - OPEN-POLLINATED - SOLD BY SEED WEIGHT							
	1/8 oz	1/2 oz	2 oz	1/2 lb	1 lb	5 lb	20 lb*
2925 Baby Blue Hubbard	\$ 3.55	\$ 9.30	\$ 16.30	\$ 49.30	\$ 77.30	\$ 65.42/lb	\$ 55.50/lb
2822 Black Futsu	\$ 4.20	\$ 9.70	\$ 20.80	\$ 49.30	\$ 90.85	\$ 84.46/lb	\$ 76.58/lb
2943 Brûlée Butternut	\$ 5.85	\$ 10.50	\$ 25.65	\$ 81.60	\$ 128.25	\$ 87.45/lb	\$ 75.32/lb
2930 Burgess Buttercup	\$ 3.55	\$ 7.70	\$ 17.90	\$ 34.00	\$ 53.90	\$ 48.40/lb	\$ 45.93/lb
2951 Bush Delicata	\$ 3.55	\$ 9.35	\$ 25.65	\$ 77.55	\$ 140.55	\$ 117.77/lb	\$ 117.30/lb
2950 Delicata	\$ 3.55	\$ 8.75	\$ 20.70	\$ 53.65	\$ 89.75	\$ 79.29/lb	\$ 68.33/lb
2952 Honey Boat Delicata	\$ 4.40	\$ 10.50	\$ 32.65	\$ 87.45	\$ 145.75	\$ 138.75/lb	\$ 117.30/lb
2942 Honeynut Butternut	\$ 4.50	\$ 9.95	\$ 29.15	\$ 72.25	\$ 118.00	\$ 113.00/lb	\$ 99.75/lb
2960 Red Kuri	\$ 3.55	\$ 9.90	\$ 18.50	\$ 58.00	\$ 95.00	\$ 85.00/lb	\$ 67.50/lb
2945 Spaghetti	\$ 3.55	\$ 5.25	\$ 17.50	\$ 35.00	\$ 52.45	\$ 46.64/lb	\$ 42.68/lb
2920 Sweet REBA Acorn	\$ 3.55	\$ 9.00	\$ 23.00	\$ 65.00	\$ 85.00	\$ 70.00/lb	\$ 62.50/lb
2940 Waltham Butternut	\$ 3.55	\$ 5.80	\$ 15.40	\$ 33.00	\$ 55.00	\$ 49.50/lb	\$ 46.75/lb
WINTER SQUASH SEED - OPEN-POLLINATED - SOLD BY SEED COUNT							
	10	50	250	1 M	5 M	25 M	25 M
<b>new</b> 2929 Butterbaby Butternut	\$ 4.95	\$ 10.20	\$ 31.00	\$ 96.00	\$ 90.00/M	\$ 54.00/M	
2918 Nutterbutter Butternut	\$ 5.85	\$ 13.40	\$ 30.30	\$ 69.95	\$ 58.30/M	\$ 53.64/M	
WINTER SQUASH SEED - HYBRID - SOLD BY SEED COUNT							
	10	50	250	1 M	5 M	25 M	100 M
2927 Autumn Frost F1 Butternut	\$ 5.25	\$ 17.50	\$ 38.50	\$ 104.50	\$ 93.50/M	\$ 87.78/M	\$ 84.15/M
2924 Butterscotch PMR F1 Butternut - Limited availability in 2023	\$ 8.15	\$ 15.20	\$ 30.80	\$ 82.50	\$ 75.90/M	\$ 70.18/M	\$ 66.17/M
2949 Havana F1 Butternut	\$ 5.25	\$ 14.05	\$ 44.00	\$ 137.50	\$ 127.60/M	\$ 107.80/M	\$ 103.95/M
2944 Orangeti F1 Spaghetti	\$ 5.95	\$ 18.20	\$ 51.20	\$ 148.05	\$ 134.67/M	\$ 129.11/M	\$ 119.78/M
2955 Sugar Dumpling F1	\$ 8.15	\$ 15.20	\$ 34.10	\$ 107.80	\$ 93.50/M	\$ 85.80/M	\$ 79.75/M
2926 Sugarbush F1 Acorn	\$ 8.15	\$ 16.00	\$ 43.00	\$ 125.00	\$ 105.00/M	\$ 90.00/M	\$ 81.15/M
2954 Sunshine F1 Kabocha	\$ 5.85	\$ 18.65	\$ 46.65	\$ 115.50	\$ 85.00/M	\$ 78.00/M	\$ 65.00/M
2922 Table Sugar F1 Acorn	\$ 5.95	\$ 19.10	\$ 57.20	\$ 203.50	\$ 165.00/M	\$ 149.60/M	\$ 123.75/M
<b>new</b> 2931 TipTop PMR F1 Acorn	\$ 5.25	\$ 14.05	\$ 51.90	\$ 121.19	\$ 97.92/M	\$ 96.55/M	\$ 92.66/M
2919 Winter Sweet F1 Kabocha	\$ 4.70	\$ 11.00	\$ 35.20	\$ 109.60	\$ 99.11/M	\$ 90.95/M	\$ 85.25/M

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

to grow crops that make at least \$125 of gross sales per 100' bed per week of crop. For example, an arugula crop that takes 4 weeks to grow needs to gross at least \$500. For any crop that does not meet the criteria of \$125 per bed per crop week we ask ourselves why we are growing it and if we can source it from another local organic farm at the quality standards we are looking for."

One practice that has helped bolster all this farm activity is the integration of intentionally planned cover crops. "Cover crops play an integral role in our cropping systems. Our crop rotation is eight years and includes four years of cover crop. The crop rotation is as follows: two years of vegetables followed by one year of sweet corn under seeded with ryegrass and clover in year 3. Year 4 and year 5 are two more years of vegetables followed by three years of red clover/alfalfa/grass perennial cover crop.

The goal of this rotation is both to improve soil structure using a three year perennial cover crop sequence, but also to reduce the weed pressure as I have noticed that annual weeds tend to be the least problematic after a period of perennial pasture."

From this deep dive into the role of cover crops for soil health, weed suppression and crop support, Jonathan has found a way to make a popular but classically unprofitable crop work. "I've had a huge shift in how I think about sweet corn. I used to think of it as an unprofitable vegetable crop which led me to not grow it. But then I ran out of space in my field, and I realized I had to sacrifice one year of cover crop in the third year of my crop rotation. Upon thinking further, I realized I could just grow a crop of sweet corn under seeded to a mix of annual ryegrass,

berseem clover, crimson clover, sweet clover and that would be a very profitable cover crop.

Plus, the farm store clients love it and I have real trouble finding any other local source of organic corn to sell if I don't grow it myself. It ain't summer till you've got sweet corn."

Jonathan and his team have dreams of making the farm a destination for families to reconnect with nature. Currently in the works are a U-pick berry patch and an onsite food truck. When asked what the most important thing he's learned from growing crops is, he responded, "Go easy on yourself. Be kind to yourself. Don't listen to the voice in your head when things don't go exactly as planned. Remember to breathe."

WINTER SQUASH



# Tomatoes

*Solanum lycopersicum*

Amy and Daniel harvesting cherry tomatoes at Snapfinger Farm in Stockbridge, Georgia.

**CULTURAL INFO:** Days to maturity are from transplant. Tomatoes are warm-season tender annuals in the Solanaceae family. Indeterminate types ripen mid-to-late summer, bear fruit over a long period of time and require pruning and support. Determinate types ripen early, have a concentrated fruit set, shorter growth habit, and support may not be required. Start seeds 6-8 weeks before planting date. Optimal soil temperature for germination is 75-85°F. Transplant after danger of frost has passed. Harvest tomatoes fully ripe or when half ripe and ripen off the vine at temperatures above 70°F. Store between 55-70°F with 95% relative humidity.

**DISEASE & PESTS:** Early blight is caused by *Alternaria solani* and *Alternaria alternata* in cooperation with *Septoria lycopersici*. Early blight is best treated early. Late blight, *Phytophthora infestans*, is increasingly becoming an issue for growers. Prevent both with good airflow, tolerant varieties, organic fungicide and sulfur sprays. Prevent all disease by using disease-free seed, avoid contact with wet plants during moist conditions, and immediately remove and destroy infected plant material to prevent spread.

**RESISTANCE KEY:** HR-High Resistance, IR-Intermediate Resistance, **ASC-Alternaria Stem Canker**, **BS-Bacterial Speck**, **CR-Corky Root**, **EB-Early Blight**, **FCR-Fusarium Crown & Root Rot**, **FW-Fusarium Wilt**, **GLS-Grey Leaf Spot**, **LB-Late Blight**, **LM-Leaf Mold**, **PM-Powdery Mildew**, **NEM-Root Knot Nematodes**, **SLS-Septoria Leaf Spot**, **TANV-Tomato Apex Necrotic Virus**, **ToMV-Tomato Mosaic Virus**, **TSWV-Tomato Spotted Wilt Virus**, **VW-Verticillium Wilt**

**SEED SPECS:** Cherry & Saladette, 280-420 (350 avg) seeds/gram, 8-12M (10M avg) seeds/oz. Full size, 225-335 (280 avg) seeds/gram, 6.5-9.5M (8M avg) seeds/oz. M=1,000. **1/10 gm approx. 30 seeds.** Transplants: Determinate, 12-24" apart in rows 5-6' apart. Indeterminate, 16-36" apart, depending on cultural practice, in rows 5-6' apart.

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

TOMATOES



Toronjina F1



Bartelly F1



GinFiz F1



Enroza F1



MaiTai F1



Sakura F1

## GREENHOUSE

### 2971 Toronjina F1 55 days

HYBRID • HR: **LM, FW (0-1), ToMV (0-2)** • Indeterminate • Truss harvest • .75 oz **Orange cherry with sensational, juicy, sweet flavor.** Finally an organic rival for the beloved Sungold F1. A medium sized orange cherry with slightly thicker skin than Sungold F1. Perfect for high tunnels but tends to crack in the field if not harvested regularly. Showed good field tolerance to late blight in our trials.

### 3006 Bartelly F1 60 days

HYBRID • HR: **LM, ToMV** • Indeterminate • Truss harvest • .75 oz **Delicious, disease-resistant cherries for unheated greenhouses and high tunnels; also performs well in the field.** Knocked our socks off with its sweet, well-balanced flavor. Slightly oval fruits developed for growing in unheated organic, low-input greenhouses; also suitable for heated greenhouse culture. Healthy, vigorous plants are well-branched. From our partners at De Bolster Organic Seeds.

### 2989 GinFiz F1 65 days

HYBRID • HR: **FCR, LM, ToMV (0-2), VW, TANV** • Indeterminate • 10-14 oz **Gorgeous, large yellow fruits with beautiful red stripes on highly productive plants with excellent disease resistance.** These striking hylloom tomatoes combine the flavor, texture and colors of a Striped German tomato with the disease package and productivity of a modern hybrid. Early yielding with tolerance to shoulder cracking. GinFiz F1 is a generative plant and benefits from grafting and single leader production. From Vitalis Organic Seeds.

### 2997 Enroza F1 70 days

HYBRID • HR: **FCR, FW, LM, ToMV (0-2), VW, TANV** / IR: **GLS** • Indeterminate • 6-10 oz **Clean, round fruits with rose coloration on high-yielding plants with delicious, balanced flavor.** Highly productive plants set fruit continuously, providing a long harvest window. Plants have excellent disease resistance for high tunnel production. Fruit is dense, juicy and remarkably clean and uniform, making for a unique, desirable pink tomato with exceptional, commercial performance.

### 2996 MaiTai F1 70 days

HYBRID • HR: **FCR, FW (0,1), LM, ToMV (0-2), VW, TANV** • Indeterminate • 6-10 oz **Attractive, round yellow greenhouse tomato with a beautiful red blush on blossom end.** Fruit has high eating quality with a rich, sweet and tangy flavor. Skin is thin, adding to its delicate, refined texture. Plants have good vigor and are highly productive with leaf mold resistance for improved high tunnel production. From Vitalis Organic Seeds.

### 2978 Sakura F1 70 days

HYBRID • HR: **FW (0-1), LM, ToMV (0-2)** / IR: **NEM** • Indeterminate • Truss harvest • 1 oz **Excellent hybrid cherry for the field or greenhouse with perfect, uniform, bright red fruits.** Juicy, flavorful fruits hold well on the vine, allowing for harvest of entire trusses for an attractive display. Yields an impressive 10-12 fruits per truss. Some tolerance of silvering.

### 2987 **CubaLibre F1** 72 days

HYBRID • HR: **FW (0,1), LM, TANV, ToMV (0-2)** / IR: **PM** • Indeterminate • 6.6-8.6 oz  
**Gorgeous, purple fruits with a clean, round appearance on vigorous, tidy plants.** This heirloom has all the beauty of an heirloom with the vigor of a selected hybrid. Producing abundantly in the greenhouse, plants are compact and covered in fruits bursting with flavor. Coloration is similar to Cherokee Purple with slightly less pronounced green shoulders. An attractive fruit for commercial production. From Vitalis Organic Seeds.



**CubaLibre F1**



**Arbason F1**

### 3102 **Arbason F1** 80 days

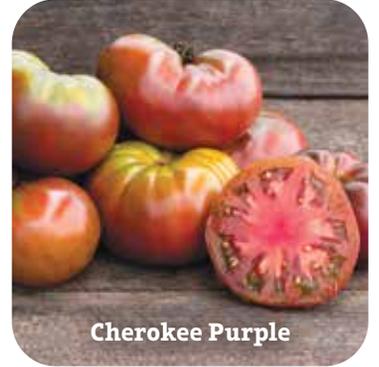
HYBRID • HR: **FW (0-1), ToMV (0-2), VW** • Indeterminate • 7-9 oz  
**Reliable producer of large, high-quality tomatoes with good flavor.** Outperformed Buffalo F1 and Trust F1 for flavor and yields in University of Maine trials. Harvest when fully ripe for best flavor; resists cracking. Prune to 4-5 fruits/cluster for larger fruit. From our partners at Vitalis Organic Seeds.

### 3171 **Caiman F1** 80 days

HYBRID • HR: **FW, LM, ToMV, VW** / IR: **NEM, TSWV** • Indeterminate • 12 oz  
**Large disease-resistant red greenhouse tomato with full, rich flavor and attractive creased shoulders reminiscent of an heirloom.** Shiny, bright red fruits grow in clusters of 4-6 on vigorous plants and hold well on the vine. Plants have short internodes and good fruit set even in hot weather. Recommended for the field or high tunnels.



**Caiman F1**



**Cherokee Purple**

## BEEFSTEAK - 12-16 oz

### 3052 **Cherokee Purple** 72 days

HEIRLOOM • Indeterminate • Field or greenhouse • 12-16 oz  
**Large beefsteak fruits with mauve-purple skin, green shoulders and red flesh.** The most popular of the "black" tomatoes for its outstanding flavor and texture. Widely grown by gardeners and market growers alike. A popular heirloom for the greenhouse. Believed to trace back over 100 years to the Cherokee tribe.

### 3090 **Pruden's Purple** 72 days

HEIRLOOM • Indeterminate • 12-16 oz  
**Rivals Brandywine as the best-flavored heirloom tomato with silky texture.** Pruden's is not really purple, but rather a deep pink with slight shoulder ribbing. Fruits are large, often close to 1 lb each, but smaller with a more refined fruit shape than Brandywine and without the hard core. Plants have potato-shaped leaves.



**Pruden's Purple**



**Damsel F1**

### 3008 **Damsel F1** 73 days

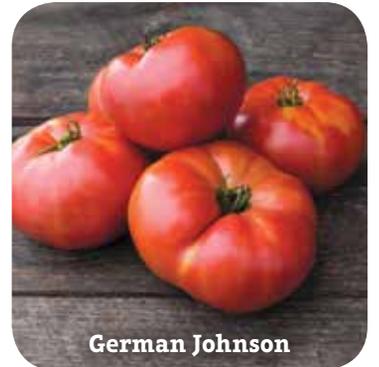
HYBRID • HR: **LB, NEM, VW** • Indeterminate • Field or greenhouse • 12 oz  
**Heirloom color and flavor in a late blight-resistant pink tomato.** Our customers have been consistently impressed with the flavor of this tomato, saying that it's a strong seller at markets. This variety performs like a hybrid but tastes like an heirloom. A farmer trialing it in Massachusetts said she couldn't keep up with her chefs' orders because they loved that it held for several days at peak ripeness. Yields are strong and vines are moderately vigorous, though skin may crack under stress. Bred by Dr. Jason Cavatorta of EarthWork Seeds.

### 2994 **Cherokee Carbon F1** 75 days

HYBRID • Indeterminate • Field tomato • Crack resistant • 10-12 oz  
**Dusky purple beefsteak tomato developed from a cross between two taste-test-winning heirlooms.** This remarkable tomato boasts the resiliency and crack resistance of a hybrid plant while still maintaining the beauty and flavor of the heirlooms that created it. A perfect mix of Cherokee Purple and Carbon, this tomato provides for the greatest tomato sandwich you have ever had. Tall plants are prolific and productive and will generate fruit all the way up to first frost. From our partners at Pan American Seed.



**Cherokee Carbon F1**



**German Johnson**

### 3063 **German Johnson** 75 days

OP • Indeterminate • 8-16 oz  
**High-yielding, vigorous plants with deep pink fruits bearing earlier than other Brandywine-types.** Medium sized fruits are crack-resistant, have few seeds and are good for slicing, cooking, or canning. Fruits are acidic with a creamy texture and exceptional flavor.

### 3050 **Brandywine** 82 days

HEIRLOOM • Indeterminate • 16 oz  
**Big, beautiful fruits that first brought recognition to the term heirloom.** Well known and loved for its perfect flavor balance of sugars and acids. Delicious, deep rose-scarlet flesh is smooth and incredibly juicy. Pick just before ripe to avoid cracking. Potato-leaf variety.



**Brandywine**



**Copia**

### 3053 **Copia** 85 days

OP • Indeterminate • 12-16 oz  
**Unique, large gold fruits with a blend of orange/red and green/red striping.** Sweet, juicy flesh is swirled with color throughout. Eye-catching variety for farmers markets. Stabilized by Jeff Dawson, this Green Zebra and Marvel Stripe cross is named for COPIA, the American Center of Food, Wine and the Arts in Napa, CA.



Galahad F1



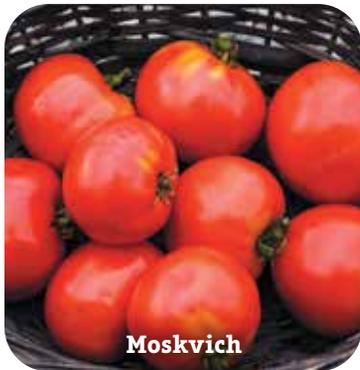
Mountain Princess



Mountain Merit F1



Marmalade F1



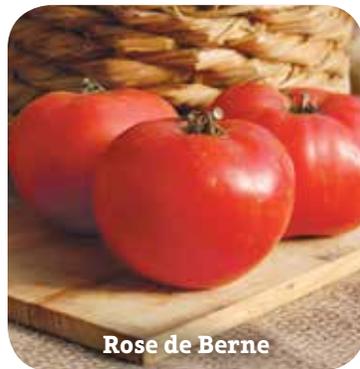
Moskovich



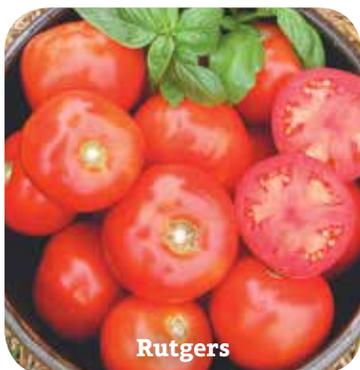
Indigo Apple



Iron Lady F1



Rose de Berne



Rutgers



Tasti-Lee F1

## SLICERS - 8-12 oz

2995 **Galahad F1** 55 days

HYBRID • HR: **FW (1-3), GLS, LB, TSWV, VW** / IR: **NEM** • Determinate • 9-10 oz  
**High-yielding, compact plants covered in delicious, crack-resistant tomatoes with sweet, meaty flesh.** These vibrant red tomatoes have broad shoulders and excellent disease resistance to late blight. The large, clean fruits produce abundantly on compact, sturdy plants and have great field holding quality. An AAS Winner that is as delicious and flavorful as it is productive.

3080 **Mountain Princess** 68 days

HEIRLOOM • Determinate • 8-10 oz  
**Mountain sweet goodness; ideal for CSAs.** Perfectly rounded fruits with crowd-pleasing mild sweet flavor. Very productive and early; great for short, cool seasons. A customer favorite for containers, six-pack sales and CSAs. Grown for generations in the Monongahela National Forest region of West Virginia.

3029 **Mountain Merit F1** 75 days

HYBRID • HR: **FW(1-3), NEM, GLS, VW** / IR: **LB, TSWV** • Determinate • 8-10 oz  
**Flavorful, determinate red slicer for the field with exceptional disease resistance.** High performing, outdoor slicer with large disease package and regional adaptability. An All American Selections Winner for superior productivity and flavor, fruit is deep red with firm flesh. Excellent field-holding quality and very reliable in variable conditions.

3165 **Marmalade F1** 78 days

HYBRID • **HMOS EXCLUSIVE** • IR: **FW, VW** • Semi-determinate • 8-10 oz  
**Finally, an orange slicer as sweet as the reds.** Formerly called Sunkist F1. Perfect unblemished fruits are slightly flattened with firm flesh. Works well in the greenhouse or field. Bred by Dr. Brent Loy of the University of New Hampshire. A portion of the sales of this variety is paid to the breeder.

## MIDSIZE - 4-8 oz

2976 **Moskovich** 60 days

HEIRLOOM • Semi-determinate • Field or greenhouse • 4-6 oz  
**High-quality, early-season red heirloom that rivals hybrids.** Fruits are round to slightly flattened with deep red color and luscious, rich flavor. Great eaten fresh or processed. Highly resistant to cracking, making it a great pick for the greenhouse. Like all Russian tomatoes, it can stand up to cool conditions.

3064 **Indigo Apple** 70 days

OP • Indeterminate • 4-6 oz  
**Beautiful and early variety with fruits that turn shiny black in the sun.** Rich in the powerful antioxidant anthocyanin, these large, stunning fruits offer mild, aromatic tomato flavor improved by full ripening from shiny black to matte purple. Resists cracking and sunscald with some resistance to late blight. Bred by Brad Gates using an original cross made by PKS Heirlooms in Copemish, MI.

3062 **Iron Lady F1** 75 days

HYBRID • HR: **EB, FW (1,2), LB, SLS, VW** • Determinate • 5 oz  
**Fight the blight with this disease-resistant red slicer.** Impressive resistance to late blight, early blight, septoria and more. Fine-textured fruit is both dense and juicy with good tomato flavor. Must be planted away from other tomatoes to prevent early blight. From our collaboration with Cornell University and North Carolina State University. A portion of the sales of this variety is paid to the breeder.

3056 **Rose de Berne** 75 days

HEIRLOOM • Indeterminate • Resists cracking • 4-8 oz  
**Beautiful rose-pink Swiss heirloom with big flavor and crack resistance.** A chart topper in our taste tests, the medium sized fruits, with soft yet durable skin, have an even balance of acidity and sweetness that is perfect for a sandwich or in a quick tomato sauce. Earlier to ripen than other larger varieties and a consistent producer well into the season.

3105 **Rutgers** 75 days

OP • IR: **ASC, FW, LM, VW** • Indeterminate • Resists cracking • 6-8 oz  
**Developed for the canning industry; hearty tomato flavor and meaty texture.** Bright red fruit with a small seed cavity and good color throughout, good for slicing or canning. Widely adapted and crack-resistant. Developed in 1934 by Rutgers University in cooperation with Campbell's Soup for the New Jersey canning industry.

3031 **Tasti-Lee F1** 75 days

HYBRID • HR: **FW (1-3), VW** • Determinate • Good leaf cover • Superior flavor • 6-9 oz  
**Impressive producers of brilliant red fruits with extended eating quality post-harvest.** These determinate plants produce abundant crops of slightly flattened fruits that maintain excellent eating quality long after picking. Plants provide shade to ripening fruit, protecting developing tomatoes from sunscald. Highly resistant to both fusarium wilt and verticillium wilt, it is a standout performer in both the greenhouse and the field. The perfect balance of sweetness and acidity makes this tomato a favorite of those who love the classic red tomato. From our partners at Bejo Seeds.

### 3065 **Green Zebra** 75-80 days

OP • Indeterminate • Field or greenhouse • Resists cracking • 4-5 oz

**Popular, succulent green fruits with sweet and zingy flavor.** Medium sized fruits start out pale green with dark green stripes that soften and turn yellow when ripe. Perfect exteriors; fruits hold up under adverse conditions and rarely crack. Grows well in the greenhouse, too.

**SALADETTE - 2-4 oz**

### 3030 **Mountain Magic F1** 66 days

HYBRID • HR: **FW (3), LB, VW** / IR: **EB** • Indeterminate • 2 oz

**Cocktail sized fruit with the flavor you crave and the blight resistance you need.** High-yielding like the best hybrid varieties, Mountain Magic F1 has become a staple for tomato growers both in the field and in the greenhouse. Sweet, crack-resistant fruits are suitable for harvesting as full trusses. From our partners at Bejo Seeds.

### 3059 **Pink Boar** 75 days

OP • Indeterminate • 2-4 oz

**Gorgeous wine-colored fruits with metallic green striping on vigorous vines.** Strong plants loaded with rich, sweet juicy fruits perfect for slicing as an hors d'oeuvre with basil and mozzarella. Deep pink skin is stunning with contrasting olive stripes and luscious deep red flesh. An irresistible treat for chefs and farmers markets. Offers great performance with excellent crack resistance. From the Wild Boar series; bred by Brad Gates.

**CHERRY / GRAPE - .25-2 oz**

### **new** 3001 **Cannellino F1** 55 days

HYBRID • HR: **FW (0-1), VW** • Determinate • 0.5 oz

**Stunning dark yellow to orange oblong fruits with standout flavor on vigorous plants.** Named after the region's famous sparkling wine, this favorite of our trials team boasts exceptional flavor and easy to manage plant habit. Determinate plants produce more fruit than foliage. The flavor is unique and sweet and fruit resists cracking, making it an excellent candidate for both processing and fresh market sales. From our partners at Tera Seeds. *Limited availability in 2023*

### 2970 **Matt's Wild** 55 days

OP • Indeterminate • 0.25 oz

**Copious quantities of small, deep red cherries with exceptional flavor.** Matt's keeps producing prolifically when every other tomato in the field is down for the count with early blight. Pick frequently as skin is thin and cracks easily. Trellis or let sprawl and naturalize. Shows moderate field tolerance to late blight.

### 2993 **Valentine F1** 55 days

HYBRID • UP • IR: **EB** • Indeterminate • AAS Winner • Crack resistant • 0.7 oz

**Heavy yields of early ripening grape tomatoes with brilliant red, meaty flesh.** This highly productive grape tomato has outstanding flavor and was prolific in our field trials. Ripening at just 55 days, it is an early tomato that is dynamic in a small tomato mix and boasts a long shelf life post-harvest. Developed with Penn State's patented high-lycopene breeding lines, plants exhibit resistance to early blight and have good heat tolerance. An AAS winner for its unbeatable productivity, firm flesh, and delicious flavor.

### 2981 **Esterina F1** 60 days

HYBRID • HR: **VW** • Indeterminate • Resists cracking • Truss harvest • 0.5-1 oz

**A star in our trials with addictive sweetness and good disease resistance.** An excellent organic alternative to Sungold F1 with sweeter flavor, exceptional crack resistance and brighter yellow color. Vigorous growth that can withstand disease pressure makes this variety a versatile standout. From our partners at Genesis Seeds.

### 2983 **Jasper F1** 60 days

HYBRID • HR: **LB** / IR: **EB** • AAS Winner • Indeterminate • 0.4 oz

**Cheerful trusses of small, bright red cherry tomatoes with strong disease resistance.** These beautiful, red fruits have the flavor of a full sized red tomato packed into the single bite of a cherry. Fruit have an excellent texture, resisting cracking and rot when picked with calyx on. An AAS Winner, plants are highly prolific even in the field and stay healthy for a long harvest window. Popular among commercial producers. From Johnny's Selected Seeds.

### **new** 2998 **Mountain Vineyard F1** 60 days

HYBRID • HR: **FW (1-3), GLS, VW (0)** / IR: **TSWV** • Indeterminate • 0.6 oz

**First of its kind, grape tomato with the homozygous recessive crimson gene for improved red fruit color and increased lycopene content.** Fruit is beautiful, long and uniform with excellent texture and sweet flavor. Maintains shelf life and resists cracking and bursting, excellent for processing and packing. Plants are highly productive and dark green with good foliage coverage of fruit. More compact growth habit than a typical indeterminate plant with short internodes. From our partners at Bejo Seeds.

### 3004 **Black Cherry** 64 days

OP • Indeterminate • Prolific • 1-1.5 oz

**Round, full-flavored cherry with distinctive purple-black color.** One-inch fruits with the juicy, meaty texture and sweet, rich flavor characteristic of all Russian black tomatoes. A striking addition to cherry tomato mixes. Very productive plants.



**Green Zebra**



**Mountain Magic F1**



**Pink Boar**



**Cannellino F1**



**Matt's Wild**



**Valentine F1**



**Esterina F1**



**Jasper F1**



**Mountain Vineyard F1**



**Black Cherry**

TOMATOES



Cherry Bomb F1



Bing



Pink Champagne



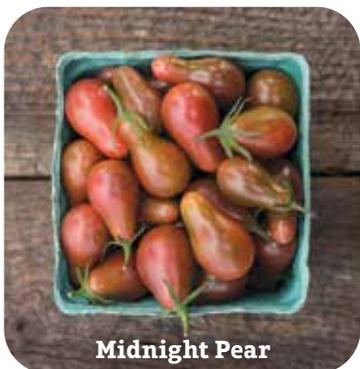
Sweetie



Chocolate Sprinkles F1



Peacevine



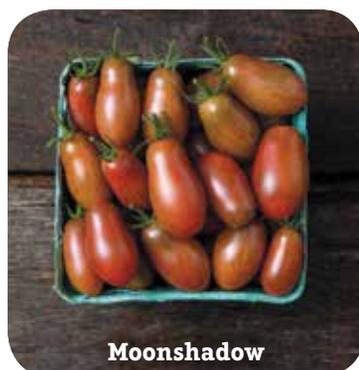
Midnight Pear



Supernova



Moonbeam



Moonshadow

**2982 Cherry Bomb F1** 64 daysHYBRID • HR: **LB** • Prolific • Indeterminate • 0.7 oz

**Heavy yields of uniform, red fruits with high resistance to late blight.** These large, lustrous cherry tomatoes are gorgeous and flavorful, perfect for quickly filling pints. Well-balanced and brightly flavored, the fruit is ideal for snacking or celebrating in a fresh summer salad. Fruit is firm and durable, withstanding the pressures of a busy harvest day without blemishes. Excellent resistance to late blight makes this an ideal candidate for the organic grower. From our friends at Johnny's Selected Seeds. *Limited availability in 2023*

**2972 Bing** 65 daysOP • **BRED BY HIGH MOWING** • Indeterminate • Exceptional flavor • 0.5-1 oz

**Exceptionally flavorful cherry with balanced acidity and bright, red clusters of 1" fruit.** Great producer in hot, dry climates with some susceptibility to cracking in areas with abundant rainfall. Cracking prevented with frequent harvests. Superior sweetness to other cherries.

**new 2999 Pink Champagne** 65 days

OP • Indeterminate • Full flavored • 0.7 oz

**Gorgeous, deep pink fruit on manageable plants with big tomato flavor.** Plants are productive and less vining than other cherries, making for efficient harvest and management. Packs the flavor of a large tomato in a small size. Fruit is especially attractive when the strongly attached calyx is left on, a true standout on a market table due to its specialty appeal.

**2975 Sweetie** 65 days

OP • Indeterminate • Vigorous • 0.5-1 oz

**Super sweet red cherry tomato with high sugar content for eating right off the vine.** Masses of 1-1.5" round cherries in long clusters. Firm texture similar to grape tomatoes; ideal for eating fresh or canning. Impressive vigor and reliability, ripening first and perfectly during six weeks of rain and cold—an absolute standout.

**2984 Chocolate Sprinkles F1** 70 daysHYBRID • HR: **FW, NEM, ToMV** • Indeterminate • Robust plants • 1 oz

**Bite sized tomatoes with gorgeous, unique coloration and delightfully sweet flavor.** Fruits are a deep red with brilliant green streaks. Trusses are thick and covered in crack-resistant fruit. Plants produce high yields over a long harvest window, perfect for home gardeners seeking an ever-bearing plant for continual harvest or greenhouse growers seeking to fully utilize vertical space. From our partners at Pan American Seed.

**2980 Peacevine** 78 days

OP • Indeterminate • Resists cracking • 0.5-1 oz

**Prolific red cherries with delicious flavor.** A de-hybridized selection of Sweet 100 F1, known for its incredible flavor and resistance to cracking. Produces high yields of uniform bright crimson 1" tomatoes. Very high in Vitamin C and amino acids. Bred by Peace Seeds.

## GALAXY SUITE COLLECTION

**3022 Midnight Pear** 60 daysOP • **HMOS EXCLUSIVE** • Indeterminate • 0.25 oz

**Dark purple, small pear fruits have wildly cosmic flavor.** These little fruits may look like your average black pear, but their outstanding flavor profile clearly earns Midnight Pear a place among the stars. Irresistible to harvesters and market-goers alike. Part of High Mowing's exclusive Galaxy Suite tomato collection bred by Philip Griffiths of Cornell University. A portion of the sales of this variety is paid to the breeder.

**3023 Supernova** 63 daysOP • **HMOS EXCLUSIVE** • Indeterminate • 0.25-0.5 oz

**A marbled, mini-Roma shape with constellations of yellow stripes on a red flesh background.** Truly the standout in our star-studded grape tomato collection, Supernova impresses with both aesthetics and flavor. Red flesh with yellow marbling inside and out, and a unique mini-Roma shape. Fruit holds well through transport. Part of High Mowing's exclusive Galaxy Suite tomato collection bred by Philip Griffiths of Cornell University. A portion of the sales of this variety is paid to the breeder.

**3026 Moonbeam** 68 daysOP • **HMOS EXCLUSIVE** • Indeterminate • 0.4 oz

**Glowing white, translucent grape tomato with oblong frame and delicious, fruity bite.** This remarkable tomato has dramatic visual appeal, especially when added to a small tomato mix. Not only are these white grape tomatoes stunningly unique, they are packed with a tasty punch of unbeatable flavor. Ideal for the tomato grower seeking a fruit with both style and exceptional eating quality. Part of High Mowing's exclusive Galaxy Suite tomato collection bred by Philip Griffiths of Cornell University. A portion of the sales of this variety is paid to the breeder.

**3018 Moonshadow** 70 daysOP • **HMOS EXCLUSIVE** • Indeterminate • 0.4-0.5 oz

**Beautiful, black grape tomato with a striking visual appeal that is as enticing and exciting as its flavor.** High-yielding plants produce multitudes of gorgeous, black grape tomatoes with irresistible flavor. Mix this dark and shadowy tomato with the other Galaxy Suite tomatoes for a truly unique pint. Part of High Mowing's exclusive Galaxy Suite tomato collection bred by Philip Griffiths of Cornell University. A portion of the sales of this variety is paid to the breeder. *Limited availability in 2023*

### 3024 **Starlight** 70 days

OP • **HIMOS EXCLUSIVE** • Indeterminate • 0.25 oz

**Slender yellow grape tomatoes simply glow in clamshell containers.** Slightly later to mature than the rest of Galaxy Suite collection, but worth the wait for these special yellow morsels that will continue to ripen until frost and hold well through storage and transport. Plants are prolific and require diligent trellising. Exceptional flavor and a unique shape you won't find anywhere else, Starlight was the first Galaxy Suite tomato that won us over. Part of High Mowing's exclusive Galaxy Suite tomato collection bred by Philip Griffiths of Cornell University. A portion of the sales of this variety is paid to the breeder.

#### PASTE

### 3043 **Roma VF** 65 days

OP • HR: **FW, VV** / IR: **ASC** • Determinate • Vigorous • 4 oz

**Productive plum tomato with great disease resistance.** Vigorous and strong, producing heavy yields of picture-perfect, thick-walled fruits with deep red color and mild flavor. A good choice for a commercial variety as well as in the garden.

### 3172 **Granadero F1** 73 days

HYBRID • HR: **FW (0-1), PM, ToMV (0-2), VV** / IR: **NEM, TSWV** • Indeterminate • 4-5 oz

**High-yielding and perfectly shaped plum tomato with a disease-resistant punch.** Unblemished and uniform with lovely oval shape, smooth skin and bright red color. Best variety for heavy yields of uniform sauce tomatoes. Performs well in open field, unheated tunnel or heated greenhouse conditions.

### 3025 **Plum Perfect F1** 75 days

HYBRID • HR: **BS, FW, LB, TSWV, VV** / IR: **EB, NEM** • Determinate • 4 oz

**Superior-flavored and textured, disease-resistant plum with good yields in both greenhouse and field conditions.** Highly productive plum variety with a long list of disease resistances performs well even when other tomato plants are succumbing to disease pressure. Excellent resistance to late blight. Later ripening for a late succession harvest. A portion of the sales of this variety is paid to the breeder.

### 2985 **Plum Regal F1** 75 days

HYBRID • HR: **FW(1-2), LB, TSWV, VV** / IR: **EB** • Determinate • 4 oz

**Medium sized, determinate plants produce high yields of blocky plum tomatoes.** Plants are compact with good leaf coverage and a strong disease package. Fruit are deeply colored and flavored, excellent for sauces and canning. Fruit holds well on the plants for vine-ripe harvests and are highly resistant to late blight. From our partners at Bejo Seeds.

### 3020 **Amish Paste** 80 days

HEIRLOOM • Indeterminate • Few seeds • 8-12 oz

**Bright red, heart-shaped fruits with meaty, juicy texture.** The classic paste tomato—flavorful and juicy enough for slicing with great meatiness for cooking down. Very few seeds, which can make sauces and pastes bitter. Sweeter flavor than other paste tomatoes.

### 3047 **San Marzano** 80 days

OP • Indeterminate • Few seeds • 4 oz

**Classic Italian favorite with high yields; excellent, richly flavored tomato for preserving.** Prized for its firm pulp, low seed count and easily removed skin. Medium sized fruits are slightly larger than Roma VF but smaller than Gilbertie and Amish Paste. Resists cracking and holds well both on the vine and in storage. Heavy yields.

### 3040 **Gilbertie** 85 days

HEIRLOOM • Indeterminate • 10-12 oz

**Rich, meaty and delicious.** Beloved variety our customers praise year after year. Long, slender shape with characteristically green shoulders and a slight crook in the neck. Narrow fruits average 7" long with very solid, richly flavored flesh that makes excellent sauces and soups. Very small seed cavity. Given to Tom Stearns by Mel Bristol of Sherman, CT; in our catalog since 1996.

#### TOMATILLO / GROUND CHERRY

### 3180 **Toma Verde Tomatillo** 60 days

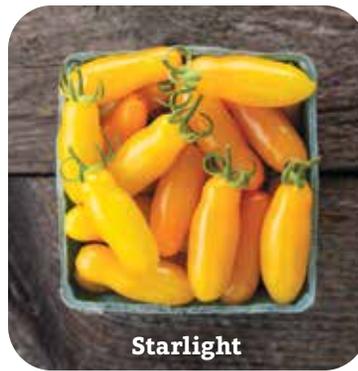
OP • Semi-determinate • Uniform fruit

**Early variety with tart flavor when young, becoming sweeter as it ripens.** Medium to large size fruits are ready to harvest when husks split and fruit color changes from a yellow green to medium green. Perfect for salsa verde or as a special addition to any Mexican dish. *Physalis philadelphica*

### 3181 **Goldie Ground Cherry** 75 days

OP • Florida weave or let sprawl • Bushy, spreading habit

**Sweet, tropical-tasting gold berries wrapped in paper husks.** Bushy plants grow 2.5-3' tall. When ripe, the husk around the fruit becomes papery dry and the fruit falls off the plant to be picked up from the ground. Some people place a tarp underneath the plants to make harvesting easier, but either way the husks keep the fruit clean. *Physalis pruinosa*



Starlight



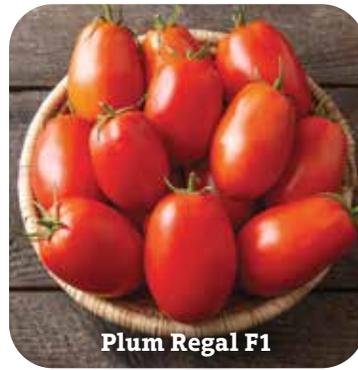
Roma VF



Granadero F1



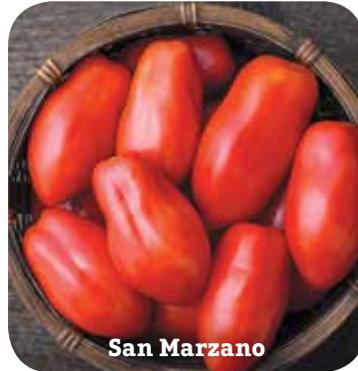
Plum Perfect F1



Plum Regal F1



Amish Paste



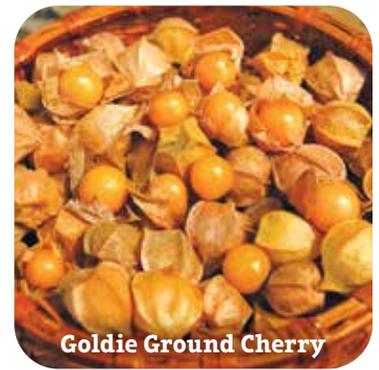
San Marzano



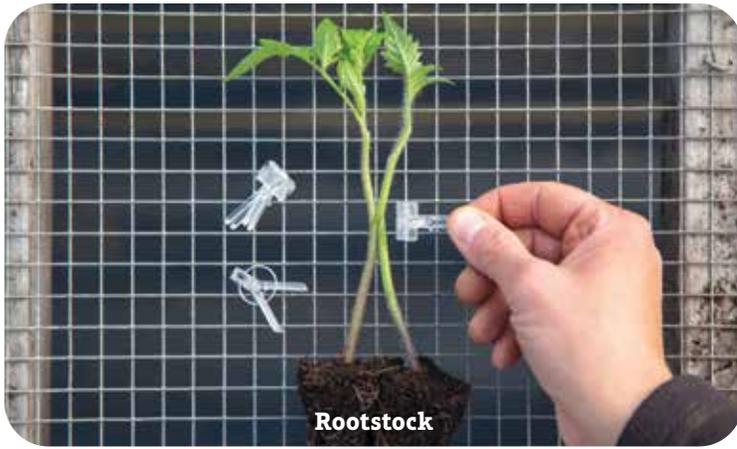
Gilbertie



Toma Verde Tomatillo



Goldie Ground Cherry



### 2990 **Estamino F1**

HYBRID • HR: **FCR, FW (0-2), LM, ToMV (0-2), CR, VW** / IR: **NEM, TSWV**

**A generative rootstock developed to encourage fruit production with less vegetative plant growth.** Strong, vigorous rootstock results in a well-balanced plant with good generative growth (encouraging steady production of flowers and fruit until the end of the season). Great for balancing excessive vegetative growth in favor of fruit production. Compares well to popular rootstock standards, offering good yields and excellent disease resistance. See grafting clips on page 3. Available as raw seed.

### 2991 **Fortamino F1**

HYBRID • HR: **FCR, FW (0-2), LM, ToMV (0-2), CR, VW** / IR: **NEM, TSWV**

**A more vegetative rootstock that keeps plants producing through stressful conditions.** The ultimate stress-buster. Created for transplanting into stressful conditions, such as the field or unheated hoopouses in warmer temperatures. A strong root system gives plants a boost in early growth stages, later providing excellent leaf cover and reducing transplant shock. Scions grafted onto Fortamino F1 have more flowers per truss and a higher average fruit weight. See grafting clips on page 3. Available as raw seed.

## Andy **BORAK** *of Red Fern Farm in Floyd, Virginia*



**A**ndy Borak and his wife Vanessa own and operate Red Fern Farm in Floyd County, Virginia. The farm includes an intensive, ¼ acre vegetable and flower operation, pastured heritage breed laying hens and an apiary. Andy and Vanessa are dedicated to regenerative land stewardship and manage every element of the operation with ecological health in mind. Though being a farmer was Andy's childhood dream, he became an environmental educator and didn't start farming until a chance encounter with a neighbor's chicken ignited a passion in the couple to raise their family in deep relationship to plants, animals and soil.

Every piece of Red Fern Farm is intentional. Andy sees the benefit of diversity on the farm both for the health of his land and for the stability of his business. "Diversifying your products is key to success but you must know your limitations. For me, that takes the form of several ventures: vegetables, bees, chickens, flowers and a few other side projects. Ideally, I want to be a one stop shop farming operation.

Realistically, the more I try to do, the more stressed I feel, and/or the quality of the product goes down. To combat this, I've really started to evaluate my farming enterprises and assess their long-term sustainability."

Working with ¼ acre requires lots of planning and successional thinking. Making a profit on a bio-intensively planted plot even more so. Andy has fine-tuned his systems and is always ready to adapt. "I look at my first and last frost dates and my 10-hour day windows. I use these numbers to determine what seeds I need to purchase, the quantity based on their days to maturity, and whether I will be direct seeding or transplanting them. On top of that, I also use my sales data to assess which crops sell best during what time of year and rotate in different crop successions based on what is performing."

Andy's advice for growers is to think about the farm not as it is now, but as it will be in the future. "Make sure to standardize every bed so that all your equipment works interchangeably. Measure out your property so you are placing buildings and growing spaces in the correct locations, not necessarily for the farm you have now, but the farm you hope to have as you grow and develop your business. Start small but plan on growing and capitalize on your most valuable and limiting asset; land."

Even so, it is a reality that things won't always go as planned. Andy feels that planning for the future also requires planning for when things go wrong. "Plan for failures. Everybody has failure on the farm. You have to build in safeguards to ensure the long-term viability of your business. For me, that means I plant between 10-15% more than I think I will need. The cost of those few extra plant starts far

outweighs your loss in potential revenue and food production. As a bonus, a full and bountiful table at market always looks more appealing and attracts more customers."

As an environmental educator, Andy is well versed in the benefits of a healthy, balanced ecology. As extreme and variable weather patterns continue to impact the shoulder seasons of his farm, he has counteracted these challenges in part by supporting his land. "I believe that the farm is part of the natural ecosystem in which it exists. To this extent I intentionally plant trees and non-cash crop vegetation, including tons of perennials, to increase biological activity. I build and install birdhouses for the swallows and bluebirds to nest, resulting in amazing insect control, and I use on-farm resources to brew fermented plant juice and indigenous microorganism soil drenches. I truly think of my farm, the land I steward, as a living breathing ecosystem and try to find ways to build upon its resilience and positive attributes."

For Andy, hope sprouts from the work and the community that, in the face of everything, chooses to keep on growing. "I think small, diversified farm networks can influence local foodsheds. They can build resilience in the food supply chain, reduce carbon emissions, improve local ecosystems and create community. Food brings people together. The small farms that grow that food have a greater capacity and desire to educate consumers and new growers about that food and how it was grown. I truly believe that small-scale farms can change the world. So, what brings me hope? The new generation of young farmers growing food because they see the importance of small-scale, sustainable agriculture."

		TOMATO SEED - OPEN-POLLINATED - SOLD BY SEED WEIGHT					
		1/10 gram	1/2 gram	2 grams	8 grams	1 oz	1/4 lb
BEEFSTEAK	3050 Brandywine	\$ 3.55	\$ 4.70	\$ 9.35	\$ 23.30	\$ 58.30	\$ 204.05
	3052 Cherokee Purple	\$ 3.55	\$ 5.25	\$ 9.35	\$ 22.15	\$ 70.55	\$ 233.20
	3053 Copia	\$ 3.55	\$ 8.00	\$ 18.20	\$ 47.95	\$ 79.90	\$ 200.55
	3063 German Johnson	\$ 3.55	\$ 4.80	\$ 8.15	\$ 18.50	\$ 56.00	\$ 195.90
	3090 Pruden's Purple	\$ 3.55	\$ 5.25	\$ 9.90	\$ 23.10	\$ 63.80	\$ 214.50
SL	3080 Mountain Princess	\$ 3.55	\$ 7.00	\$ 13.15	\$ 22.15	\$ 60.60	\$ 198.20
MIDSIZE	3065 Green Zebra	\$ 3.55	\$ 4.75	\$ 10.35	\$ 27.05	\$ 63.60	\$ 174.90
	2976 Moskvich	\$ 3.55	\$ 7.75	\$ 13.70	\$ 25.20	\$ 67.15	\$ 198.20
	3056 Rose de Berne	\$ 3.55	\$ 7.00	\$ 15.90	\$ 41.95	\$ 87.45	\$ 297.35
	3105 Rutgers	\$ 3.55	\$ 6.15	\$ 10.30	\$ 23.95	\$ 71.60	\$ 211.05
	2972 Bing	\$ 3.55	\$ 7.85	\$ 18.10	\$ 47.25	\$ 79.30	\$ 227.35
CHERRY	3004 Black Cherry	\$ 3.55	\$ 5.15	\$ 8.60	\$ 20.10	\$ 60.15	\$ 177.70
	2970 Matt's Wild	\$ 3.55	\$ 8.00	\$ 18.35	\$ 47.25	\$ 79.30	\$ 227.35
	3022 Midnight Pear - Galaxy Suite	\$ 3.55	\$ 6.60	\$ 7.43	\$ 3.85	\$ 71.50	\$ 236.50
	3026 Moonbeam - Galaxy Suite	\$ 3.55	\$ 8.10	\$ 7.70	\$ 3.28	\$ 70.55	\$ 233.20
	3018 Moonshadow - Galaxy Suite - Limited availability in 2023	\$ 3.55	\$ 8.10	\$ 7.70	\$ 3.28	\$ 70.55	\$ 233.20
	2980 Peacevine	\$ 3.55	\$ 8.00	\$ 18.15	\$ 47.75	\$ 79.60	\$ 228.15
	3023 Supernova - Galaxy Suite	\$ 3.55	\$ 8.45	\$ 8.75	\$ 4.66	\$ 87.45	\$ 291.50
	3024 Starlight - Galaxy Suite	\$ 3.55	\$ 8.45	\$ 8.75	\$ 4.66	\$ 87.45	\$ 291.50
	2975 Sweetie	\$ 3.55	\$ 5.70	\$ 9.45	\$ 22.05	\$ 65.90	\$ 194.70
	3020 Amish Paste	\$ 3.55	\$ 9.95	\$ 18.95	\$ 32.45	\$ 86.80	\$ 288.90
PASTE	3040 Gilbertie	\$ 3.55	\$ 6.60	\$ 15.40	\$ 38.50	\$ 77.00	\$ 214.50
	3043 Roma VF	\$ 3.55	\$ 6.60	\$ 11.05	\$ 25.65	\$ 76.30	\$ 225.15
	3047 San Marzano	\$ 3.55	\$ 8.65	\$ 16.50	\$ 28.15	\$ 75.70	\$ 250.15
	3181 Goldie Ground	\$ 3.55	\$ 8.15	\$ 16.05	\$ 39.65	\$ 103.80	\$ 303.15
TOM	3180 Toma Verde Tomatillo	\$ 3.55	\$ 4.05	\$ 5.65	\$ 15.20	\$ 44.35	\$ 122.45
		TOMATO SEED - OPEN-POLLINATED - SOLD BY SEED COUNT					
		10	25	100	500	1 M	5 M
CH SD MS	3064 Indigo Apple	\$ 3.55	\$ 4.70	\$ 10.50	\$ 32.65	\$ 58.30	\$ 49.50/M
CH SD MS	new 3059 Pink Boar	\$ 3.55	\$ 4.55	\$ 6.90	\$ 19.25	\$ 27.50	\$ 25.30/M
CH SD MS	new 2999 Pink Champagne	\$ 3.55	\$ 4.70	\$ 10.50	\$ 35.00	\$ 58.30	\$ 49.50/M
		TOMATO SEED - HYBRID - SOLD BY SEED COUNT					
		10	25	100	500	1 M	5 M
BEEFSTEAK	3171 Caiman FI - Greenhouse	\$ 9.20	\$ 18.00	\$ 49.80	\$ 174.90	\$ 279.85	\$ 254.40/M
	2994 Cherokee Carbon FI	\$ 4.90	\$ 7.55	\$ 22.15	\$ 79.30	\$ 151.60	\$ 120.10/M
	3008 Damsel FI	\$ 8.15	\$ 13.95	\$ 29.00	\$ 135.00	\$ 225.00	\$ 195.00/M
	2997 Enroza FI - Greenhouse	\$ 17.50	\$ 30.80	\$ 77.00	\$ 313.50	\$ 533.50	\$ 506.00/M
	2989 GinFizz FI - Greenhouse	\$ 16.85	\$ 29.70	\$ 74.20	\$ 302.10	\$ 514.10	\$ 479.00/M
SLICER	3102 Arbason FI - Greenhouse	\$ 7.00	\$ 10.75	\$ 33.00	\$ 126.50	\$ 214.50	\$ 198.22/M
	2995 Galahad FI - Greenhouse	\$ 8.15	\$ 13.60	\$ 28.55	\$ 116.60	\$ 215.70	\$ 206.38/M
	2996 MaiTai FI - Greenhouse	\$ 16.85	\$ 29.70	\$ 74.20	\$ 302.10	\$ 514.10	\$ 479.00/M
	3165 Marmalade FI	\$ 6.60	\$ 9.90	\$ 29.15	\$ 99.10	\$ 169.05	\$ 128.26/M
	3029 Mountain Merit FI	\$ 6.60	\$ 9.90	\$ 29.15	\$ 99.10	\$ 169.05	\$ 128.26/M
MIDSIZE	2987 CubaLibre FI - Greenhouse	\$ 17.50	\$ 30.80	\$ 77.00	\$ 313.50	\$ 533.50	\$ 473.00/M
	3062 Iron Lady FI	\$ 6.60	\$ 9.90	\$ 29.15	\$ 99.10	\$ 169.05	\$ 128.26/M
	3031 Tasti-Lee FI	\$ 7.20	\$ 11.05	\$ 33.10	\$ 122.45	\$ 203.50	\$ 194.70/M
SD	3030 Mountain Magic FI	\$ 9.55	\$ 13.40	\$ 38.50	\$ 139.90	\$ 258.85	\$ 243.46/M
CHERRY	3006 Bartelly FI - Greenhouse	\$ 9.35	\$ 19.25	\$ 66.00	\$ 269.50	\$ 489.50	\$ 464.20/M
	new 3001 Cannellino FI - Limited availability in 2023	\$ 6.75	\$ 10.85	\$ 29.15	\$ 125.00	\$ 195.00	\$ 131.00/M
	2982 Cherry Bomb FI - Limited availability in 2023	\$ 7.00	\$ 13.95	\$ 37.30	\$ 145.75	\$ 262.35	\$ 227.37/M
	2984 Chocolate Sprinkles FI	\$ 8.15	\$ 12.15	\$ 25.60	\$ 93.50	\$ 170.50	\$ 166.10/M
	2981 Esterina FI	\$ 4.90	\$ 7.60	\$ 18.65	\$ 60.60	\$ 111.95	\$ 103.77/M
	2983 Jasper FI	\$ 6.80	\$ 15.20	\$ 39.65	\$ 169.05	\$ 303.15	\$ 268.18/M
	new 2998 Mountain Vineyard FI	\$ 8.75	\$ 15.20	\$ 46.65	\$ 174.90	\$ 291.50	\$ 256.52/M
	2978 Sakura FI - Greenhouse	\$ 6.45	\$ 9.90	\$ 30.30	\$ 108.45	\$ 204.05	\$ 186.56/M
	2971 Toronjina FI - Greenhouse	\$ 8.75	\$ 15.20	\$ 46.65	\$ 174.90	\$ 291.50	\$ 256.52/M
	2993 Valentine FI	\$ 7.60	\$ 11.65	\$ 37.30	\$ 128.25	\$ 233.20	\$ 192.39/M
PASTE	3172 Granadero FI	\$ 9.35	\$ 15.55	\$ 26.25	\$ 115.50	\$ 198.00	\$ 183.70/M
	3025 Plum Perfect FI	\$ 6.25	\$ 9.65	\$ 24.80	\$ 87.45	\$ 157.40	\$ 122.43/M
	2985 Plum Regal FI	\$ 9.35	\$ 14.30	\$ 21.20	\$ 93.50	\$ 165.00	\$ 148.50/M
RS	2991 Fortamino FI	\$ 11.40	\$ 14.85	\$ 41.95	\$ 179.60	\$ 338.15	\$ 279.84/M
	2990 Estamino FI	\$ 11.40	\$ 14.85	\$ 41.95	\$ 179.60	\$ 338.15	\$ 279.84/M

Larger volumes available; please call for pricing.

TOMATOES



# Turnips & other roots



Nathan harvesting a large bin of turnips at Rodgers Greens and Roots Farm in Douglasville, Georgia

TURNIPS

**CULTURAL INFO:** Days to maturity are from direct seeding. Turnips are a cold-hardy biennial, grown as an annual crop. Some varieties can be grown in the spring while others prefer the late summer and fall. Turnips are commonly grown for their roots but some are also grown for their leafy greens. Turnips prefer loose soils high in organic matter. Because they grow quickly, available water and nutrients are essential for healthy development. Make sure plants are well weeded and thinned, especially in early stages of growth. Plant spring varieties as soon as soil can be worked and fall varieties midsummer. Optimal soil temperature for germination is 80°F. Side dress with rock phosphate when roots begin to swell to promote root development. Flavor is sweetest when harvested after a few light frosts and root size averages 3-4" wide. For quality storage, harvest before hard frost. Remove tops and store unwashed at 32°F with a relative humidity close to 95%. With good air circulation, roots can be stored four to five months.

**DISEASE & PESTS:** Black rot is one of the most destructive diseases of all crucifer crops. Symptoms first appear as V-shaped yellow lesions at the leaf margin, after which the veins of infected leaves, stems, and roots turn black. Infected plants should be pulled up immediately, and plantings should never be worked during wet conditions. Insect pests, including cabbage looper, imported cabbage worm and diamondback moth can be controlled by *Bacillus thuringiensis* (Dipel) and/or spinosad, preferably in rotation with one another, to prevent selection of resistant individuals. Floating row cover may be used to ward off insects.

**SEED SPECS:** 10-15M (12.5M avg) seeds/oz, 160-240M (200M avg) seeds/lb. M=1,000. 1/32 oz approx. 350 seeds. Direct seeding rate: 30 seeds/foot in 2" band in rows 4-12" apart. For larger roots, cut seeding rate in half.

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



Tokyo Market



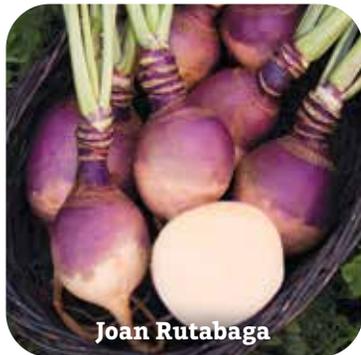
Scarlet Ohno Revival



Purple Top White Globe



Helenor Rutabaga



Joan Rutabaga

## TURNIPS - *Brassica rapa*

### 3191 Tokyo Market 35 days

OP • Fresh eating • Delicious greens • 1.5-2" round

**Sweet, petite, juicy, smooth-skinned and delicious raw.** Practically bite size, and you may want to eat them whole. Tender and mildly flavored. Roots are round—radish-like in shape and size—and pearly white in color. Excellent sliced raw in salads, chopped and tossed with vinaigrette or glazed with soy sauce.

### 3184 Scarlet Ohno Revival 50 days

OP • OSSI • Salad or storage • 2" round

**Hot pink, rounded roots with pink-streaked white interiors and mild, crunchy taste great for pickling.** This specialty turnip is especially cherished by chefs for their contrasting colors and unique aesthetic. Greens have long, strap-shaped leaves and are smooth with magenta midribs. Improved variety from Frank Morton of Wild Garden Seed in Oregon.

### 3185 Purple Top White Globe 55 days

HEIRLOOM • Mild • Storage • 3-6" roots

**Smooth white globes are magenta above ground and white below.** This popular turnip variety dates back to 1880 and is still widely planted today. Best harvested at 3-4" but retains good quality until quite large. Purple Top has a mild, fine-grained white flesh.

## RUTABAGA - *Brassica napus*

### 3192 Helenor Rutabaga 90 days

OP • Stores well • Great uniformity • 4-6" roots

**Round, highly uniform bulbs with light orange flesh and a delicately sweet flavor.** Roots have beautiful, purple shoulders and an appealing rounded form. Coloration occurs early in root development. Maintains quality in storage, keeping good texture and flavor for winter sales. From our partners at Bejo Seeds.

### 3187 Joan Rutabaga 90-100 days

OP • Stores well • Uniform • 4-6" roots

**Refined rutabaga with smooth, round, uniform roots.** The dense cream-colored flesh is rather hard and crispy with a sweet, mild flavor that improves after frost. Perfect for a roasted root medley and other hearty winter dishes. Stores well into winter months. Highly uniform with good field resistance to clubroot.

**STAFF FAVORITE**

“Tokyo Market turnip is a staple in our garden, with succession planting from early spring to late fall. These gems go well raw in salads and are delicious cooked in soups. - Heather, Quality Control at High Mowing”

**PARSNIP - *Pastinaca sativa***

**3188 Halblange Parsnip** 120 days

OP • High-yielding • Very uniform • Stores well • 10" long roots  
**Bright white, highly uniform roots with strong yield potential.** A standout in our trials for the striking white of the roots and the high degree of uniformity. More wedge-shaped with a very consistent length. From our collaborators at Bingenheimer Saatgut, a biodynamic seed production company in Germany. 6.5M seeds/oz.

**3189 Lancer Parsnip** 120 days

OP • Stores up to 5 months • 10-12" long roots  
**Uniform, long-season root with creamy white flesh and sweet, nutty flavor for roasting, sautés and mashing.** Gets sweeter when exposed to cold temperatures. Shows resistance to canker, a fungal pathogen which causes black lesions on the root. 6.5 seeds/oz.



**Halblange Parsnip**



**Lancer Parsnip**

**TURNIPS & ROOTS SEED - OPEN POLLINATED - SOLD BY SEED WEIGHT**

	1/32 oz	1/8 oz	2 oz	1 lb	5 lb	20 lb*
3188 Halblange Parsnip	\$ 3.55	\$ 5.95	\$ 40.80	\$ 166.75	\$ 130.59/lb	\$ 121.27/lb
3187 Joan Rutabaga	\$ 3.55	\$ 4.70	\$ 31.90	\$ 192.50	\$ 157.30/lb	\$ 151.25/lb
3189 Lancer Parsnip	\$ 3.55	\$ 5.95	\$ 40.80	\$ 166.75	\$ 130.59/lb	\$ 121.27/lb
3185 Purple Top White Turnip	\$ 3.55	\$ 4.50	\$ 5.40	\$ 15.75	\$ 11.43/lb	\$ 11.19/lb
3184 Scarlet Ohno Revival Turnip	\$ 3.55	\$ 8.40	\$ 43.10	\$ 199.40	\$ 170.70/lb	\$ 148.08/lb
3191 Tokyo Market Turnip	\$ 3.55	\$ 6.20	\$ 35.20	\$ 143.00	\$ 117.70/lb	\$ 88.00/lb

**TURNIPS & ROOTS SEED - OPEN POLLINATED - SOLD BY SEED COUNT**

	25	500	1 M	5 M	25 M	100 M
3192 Helenor Rutabaga	\$ 3.55	\$ 9.35	\$ 11.95	\$ 9.33/M	\$ 8.16/M	\$ 7.87/M

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

# Watermelon

*Citrullus lanatus*



Monique and Trials Manager Taylor enjoying watermelon day at our organic melon trials.

**CULTURAL INFO:** Days to maturity are from transplanting, add 10-14 days if direct seeding. Watermelons are warm-season, tender annuals that require fertile soils with lots of organic matter, moisture and full sun. Seeds germinate when soil has reached 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. Harvest when tendrils by fruit dies back, ground spot turns yellow and blossom end softens slightly. Triploid (seedless) watermelons require a pollinator cultivar companion plant with comparable days to maturity.

**DISEASE & PESTS:** Bacterial Fruit Blotch (BFB) *Acidovorax avenae* subsp. *citrulli*, can be spread by seed and by infected transplants, plant residues, and alternative hosts. Symptoms are oily dark lesions that typically parallel the veins. Fruit symptoms are characterized by a dark green stain on the upper side of the fruit. Infection does not penetrate the rind, but

eventually causes it to crack and often emits a white foam. Other infected crops can serve as a source of inoculum. Due to the prevalence and severity of BFB, customers wishing to purchase over ¼ oz of watermelon seed must go to [highmowingseeds.com/pdfs/watermelon\\_waiver.pdf](http://highmowingseeds.com/pdfs/watermelon_waiver.pdf) to print, sign and submit the Watermelon Waiver. We cannot ship watermelon seed to South Carolina.

**RESISTANCE KEY:** HR-High Resistance, IR-Intermediate Resistance, **AN-Anthractnose** (races indicated if known), **FW-Fusarium Wilt**

**SEED SPECS:** 500-750 (625 avg) seeds/oz, 8-12M (10M avg) seeds/lb, M=1,000.

**1/16 oz approx. 40 seeds.** Direct seeding rate: Sow 2 seeds every 18-24", thin to 1 plant in rows 5-6' apart. Transplants: 18-24" apart in rows 5-6' apart.

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

**SEEDED**

**3196 Blacktail Mountain** 70 days

OP • OSS1 • Early and reliable • Stores up to 2 months • 6-10 lbs  
**Our best melon for short, cool seasons with crisp, sweet flesh that rivals hybrids.** These solid, dark green fruits boast a vibrant crimson flesh. Plants have proven to be especially prolific producers in our trials fields. Fruits average 8" across. Vines grow as long as 10'. Excellent keeping quality and yields. Harvest just before ripe and melons will finish off in storage. Developed by Glenn Drowns of Sand Hill Preservation Center in Calamus, Iowa.

**3199 Baby Doll F1** 75 days

HYBRID • Ships well • Uniform • 10-15 lbs  
**Productive, early icebox melon with dark green stripes and crisp, bright yellow flesh.** Uniform fruits with sweet flavor topped our yellow melon taste tests. Harvest promptly, as fruit has a tendency to split when ripe in the field. Excellent for direct markets or shipping.



**Blacktail Mountain**



**Baby Doll F1**



Sugar Baby



Tom F1



Crimson Sweet



Klondike Blue



Moon and Stars



Red Amber F1

**3200 Sugar Baby** 75 days

OP • Drought tolerant • 6-12 lbs

**Excellent short season variety with reliable yields of sweet, juicy melons.** The standard for small watermelons. Perfectly rounded fruits range from 7-8.5" in diameter with a solid green rind and deep red flesh. Our strain has been selected for cool growing conditions and high yields.

**3235 Tom F1** 80 days

HYBRID • High yielding • 5-10 lbs

**Smaller, early melon with dense, flavorful flesh and long shelf life; perfect for taking to market.** Beautiful light green fruits with tiger-stripped rinds and slightly oblong shape. Flesh is deep pink with excellent, sweet flavor and dense, fine-grained texture. Long shelf life and highest yields of any hybrid melons in our trials with good hollow heart resistance. From our friends at Genesis Seeds.

**3205 Crimson Sweet** 85 days

OP • Classic sweet flavor • 15-25 lbs

**Quality and reliability in a classic oblong melon with juicy sweet flesh.** An excellent variety for gardeners and growers alike, with vibrant red, firm, fine-textured flesh and silver and dark green striping.

**3197 Klondike Blue** 85 days

HEIRLOOM • Resists sunburn and disease • 10-25 lbs

**The perfect picnic melon, with exceptional sweet flavor that topped our taste tests.** Vigorous, high performance 1900s heirloom with green striped rind and bright red flesh. The highest Brix (sugar) reading of any variety in our trials, with fruits averaging 10-16" long. *Limited availability*

**3195 Moon and Stars** 95-100 days

HEIRLOOM • 10-15 lbs

**Extremely popular heirloom with sweet flavor and attractive yellow spots.** Dark green rind and foliage are decorated with large yellow spots (moons) and smaller ones (stars). Flesh is dark red with excellent flavor and a thick protective rind. Large, oblong fruits can grow to enormous sizes, up to 40 lbs. Requires warm temperatures to set fruit. Introduced in 1926 by Henderson Seed Company.

**SEEDLESS**

**3231 Red Amber F1** 88 days

HYBRID • IR: **AN(1), FW (0,1)** • Seedless • Crimson sweet type • 16-20 lbs

**Seedless, medium-green striped fruits with crisp, dark red interior flesh.** Fruit is uniform and oval shaped, averaging 16-20 lbs at harvest. Flesh is firm and juicy with an exceptionally sweet flavor. Plants are resilient, vigorous and high-yielding. An organic, seedless variety with optimal commercial performance. Pollinator provided. *Unavailable in 2023*

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

	1/16 oz	1/4 oz	1 oz	1/4 lb	1 lb	5 lb
3196 Blacktail Mountain	\$ 3.55	\$ 10.35	\$ 20.70	\$ 60.95	\$ 182.85	\$ 140.18/lb
3205 Crimson Sweet	\$ 3.55	\$ 6.75	\$ 9.35	\$ 22.70	\$ 72.25	\$ 64.13/lb
3197 Klondike Blue - <i>Limited availability</i>	\$ 3.55	\$ 10.50	\$ 23.30	\$ 72.25	\$ 204.05	\$ 150.41/lb
3195 Moon and Stars	\$ 3.55	\$ 7.35	\$ 19.05	\$ 58.75	\$ 140.85	\$ 116.60/lb
3200 Sugar Baby	\$ 3.55	\$ 6.05	\$ 8.00	\$ 17.60	\$ 49.50	\$ 38.50/lb

**WATERMELON SEED - HYBRID - SOLD BY SEED COUNT**

	10	50	100	500	1 M	5 M	25 M
3199 Baby Doll F1	\$ 3.55	\$ 9.20	\$ 13.05	\$ 41.95	\$ 58.90	\$ 49.43/M	\$ 42.21/M
3231 Red Amber F1 - <i>Unavailable in 2023</i>	\$ 10.20	\$ 38.00	\$ 65.00	\$ 295.00	\$ 430.00	\$ 378.00/M	\$ 366.00/M
3235 Tom F1	\$ 6.20	\$ 15.75	\$ 26.85	\$ 114.30	\$ 202.90	\$ 178.40/M	\$ 163.24/M

Larger volumes available; please call for pricing.



# Orangeti F1 Squash

**This beautiful spaghetti squash is early maturing and exceptionally productive.** Vining plants reliably produce oblong, brilliant orange fruits with delicious, vivid yellow flesh that pulls apart into perfect "noodles."

- Productive with vigorous vining habit
- Unique color with specialty appeal
- Early maturing 3-4.25 lb fruit



# Herbs



Daniel pulling in a hefty harvest of flowering dill at Snapfinger Farm in Henry County, Georgia.

The herbs we offer in this section were chosen for their exceptional aroma, flavor, disease resistance and appeal. We offer tried-and-true standards, such as Genovese basil and Italian Flat Leaf parsley, alongside more modern varieties that have impressed us in our trials, like Aroma 2 F1 basil, resistant to Fusarium wilt and slow to bolt, and Rutgers Devotion and Obsession basil with downy mildew resistance. Most herbs are compact plants and easy

to grow, making them suitable for containers, greenhouses and small garden spaces. Each type of herb is unique in its growing needs. Please find specific planting and cultural information in the accompanying sub-group information box or in the individual variety descriptions.

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

## BASIL

**CULTURAL INFO:** Days to maturity are from direct seeding. Tender annual prefers warm weather and rich soil. Popular culinary herb, cut flower and medicinal to calm the stomach. Very sensitive to cold; use row cover to extend the season. Pinch buds to encourage branching and leaf production. Store unwashed at room temperature to avoid browning. Flowers attract bees. M=1,000.

**RESISTANCE KEY:** HR-High Resistance, IR-Intermediate Resistance, **DM-Downy Mildew**, **FW-Fusarium Wilt**

### DOWNY MILDEW RESISTANT BASIL - *O. basilicum*

**5006 Prospera® (CG1) DMR F1** 68-80 days  
HYBRID • UP • IR: **DM, FW** • Classic Genovese-type • Bred for downy mildew resistance. **Beautifully long, glossy leaves with excellent flavor and improved downy mildew resistance.** This sweet and aromatic Genovese-type basil is the newest release from Genesis Seeds. With excellent resistance to downy mildew and fusarium wilt, this lovely basil keeps in the field and is suitable for greenhouse, field, and container production. 750 seeds/gram.

**new** **5013 Prospera® Red DMR F1** 70 days

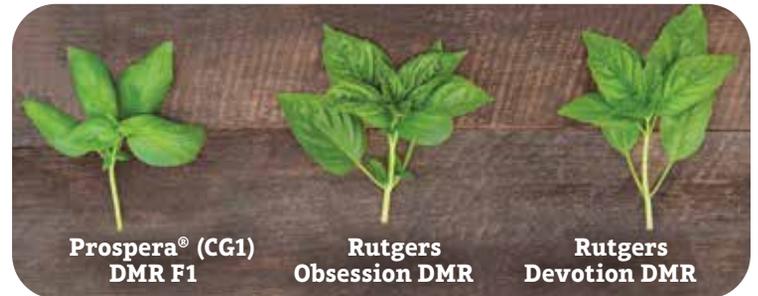
HYBRID • IR: **DM, FW** • Field or containers  
**Eye-catching red basil with downy mildew resistance.** Flavorful and aromatic red basil with shiny leaves and elegant growth. Downy mildew resistance makes this variety an excellent candidate for open field and greenhouse cultivation. Can be mixed with other basil varieties for specialty appeal. Suitable for full size and baby leaf production. From our partners at Genesis Seeds. 750 seeds/gram.

**5009 Rutgers Devotion DMR** 70-80 days  
OP • UP • HR: **DM, FW** • Slow to bolt • Extremely uniform  
**An aromatic and sweet Genovese-type basil with excellent downy mildew resistance.** This improved basil is another great achievement from the efforts of Rutgers University and VDF Specialty Seeds. Uniform, flat-to cup-shaped leaves are tender, flavorful and productive throughout the growing season. These aromatic leaves attract shoppers at the farmers market and are the ideal basil type for making pesto. A solution for growers experiencing losses associated with downy mildew. 19.9M seeds/oz.

**5008 Rutgers Obsession DMR** 70-80 days  
OP • UP • HR: **DM, FW** • Slow to bolt • Extremely uniform  
**Very attractive, compact plants with strong downy mildew resistance.** This line of downy mildew resistant basil has been trialed against market standards across the country and has come up aces every time. In our own field trials in northern Vermont, Obsession also impressed us with high marks for plant vigor and bolt tolerance. Plants have a high leaf-to-stem ratio and average 26" in height. Suitable for field or potted plant production. We are excited to offer Obsession as organic seed thanks to VDF Specialty Seeds. 19.9M seeds/oz.

### GENOVESE BASIL - *O. basilicum*

**5000 Genovese** 68 days  
OP • Excellent for processing • Field or containers  
**Basil lovers unanimously recommend Genovese as the best variety for pesto.** Plants are strong producers of dark green, glossy leaves with a characteristic spoon shape, exceptionally tender texture and distinctive, sweet flavor excellent in sauces and cooking. 10-12" plants. 18M seeds/oz. *O. basilicum*



HERBS



Gustoso



Aroma 2



Lemon



Sweet Thai



Rosie



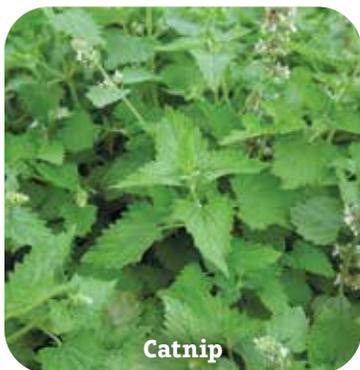
Deep Purple



Sacred



Nufar



Catnip



Chamomile

**new** 5012 **Gustoso** 68 days

OP • Genovese-type • For container production

**Compact container basil with large, spoon-shaped leaves and beautiful dark green coloration.** This Genovese-type has been bred specifically for container production. Good mildew resistance makes for excellent greenhouse potential. Fragrance is strong and typical, without mint or lemon notes. High yielding and uniform with reliable commercial performance. From our partners at Smarties.bio. 730 seeds/gram. *O. basilicum*

5036 **Aroma 2** 70 daysOP • HR: **FW** • Holds well in field/storage • Resists bolting

**The standard for commercial growers with thick, dark green leaves.** An improved Genovese-type with 3" leaves and strong fusarium wilt resistance. For field or greenhouse. Plants are 20-24" tall. Superior characteristics to Aroma 1. 18.5M seeds/oz. *O. basilicum*

## SPECIALTY BASIL

5010 **Lemon** 60 days

OP • Specialty variety • Nice bouquet flower

**Narrow-leaf basil from Southeast Asia with delightfully strong aroma and lemony flavor.** Delicious with fish and in salad dressings. Flowering stalks in bouquets lend a wonderful lemony fragrance. A smaller-leaf variety, reaching 15" tall. 15M seeds/oz. *O. basilicum*

5031 **Sweet Thai** 63 days

OP • Compact habit • Edible and ornamental

**Exotic clove-licorice flavor perfect in Thai cuisine.** Lovely potted herb, edible bedding plant and cut flower for floral arrangements. Gorgeous narrow green leaves with vivid dark purple stems and blossoms; adored by bees. Leaves are 2" long and plants reach 12-18" tall. 28M seeds/oz. *O. basilicum*

5037 **Rosie** 65 days

OP • Compact, upright habit • Edible and ornamental

**Intense dark purple-red color with mild and aromatic basil flavor—a favorite in our trials.** An improved strain of Rubin with very uniform germination and stand, no green off-types and stronger, more upright stems. Tall lavender flower spikes are lovely in bouquets and should be pinched for better leaf production. 20M seeds/oz. *O. basilicum*

5011 **Deep Purple** 70 daysOP • IR: **FW** • Low rate of green off-types

**Uniform stand of vibrant purple leaves with specialty appeal and sweet basil flavor.** The dark purple leaves are situated evenly in an upright growth habit, making for easy harvest. Plants are pleasantly uniform and very rarely throw green off-types. Suited for baby leaf production, for containers and potted culture and for greenhouse and open field, commercial production. From our partners at Genesis Seeds. 20M seeds/oz. *O. basilicum*

6130 **Sacred** 75 days

OP • Potent medicinal • Tea plant • Attracts pollinators

**Musky, fragrant flowers and foliage excellent for tea and medicinal purposes.** Also known as Holy basil or Tulsi, our strain was selected by Frank Morton of Wild Garden Seed and is a temperate basil that is well adapted to North America. Many medicinal properties including adaptogenic, expectorant and anti-inflammatory qualities; also an immune stimulant. 40M seeds/oz. *O. africanum*

5005 **Nufar** 77 daysOP • IR: **FW** • Improved Italian large leaf

**Aromatic Italian large leaf basil with sweetly scented and flavored leaves growing up to 4" in length.** Plants are robust and visually appealing with good uniformity and growth habit. The large, highly scented leaves have a depth of flavor perfect for making pesto and cooking. Plants are deep green and have good resistance to fusarium wilt. Ideal for the home gardener as a single, highly productive plant or for the commercial producer looking to fill bags and/or bunches quickly. From our partners at Genesis Seeds. 20M seeds/oz. *O. basilicum*

CATNIP - *Nepeta cataria*6010 **Catnip** 80 days

OP • Medicinal and ornamental • Tea plant • Perennial

**Beloved by cats but also an ornamental and medicinal with relaxing properties.** Dry leaves for a year-round cat treat, leaving flowers as an offering for the bees. Scarify seeds to aid germination. Seeds can be direct sown as soon as soil can be worked. Transplants can be started 8-10 weeks before setting out. 46M seeds/oz. *Unavailable in 2023*

CHAMOMILE - *Matricaria recutita*6021 **Chamomile** 75 days

OP • Annual • Prolific blossoms • Tea plant

**Excellent dried tea herb with prolific displays of tiny, aromatic flowers.** Self-seeding annual herb with sweet-scented, daisy-like flowers harvested and dried for herbal teas. Seeds are very small and should be sprinkled on top of soil medium and roughed in without burying them too deeply for best germination. 300M seeds/oz.

## CHIVES - *Allium* spp.

### 5040 Chives 90 days

OP • Excellent for processing • Hardy in Zones 3-8

**Medium-to full-size leaves excellent as a garnish.** Quick growing and a good choice for greenhouse growers or those who prefer a heavy chive. Great for freezing and drying. Similar to Staro. Can tolerate partial shade. 26M seeds/oz. *A. schoenoprasum*.

### 5080 Garlic Chives 90 days

OP • Excellent ornamental • Hardy in Zones 4 and up

**Similar to standard chives with delicate, garlic flavor.** White, star-shaped flowers are long lasting, ornamentally beautiful and unique. Plants grow more slowly than standard chives and are slightly less hardy. Makes for a great addition to salads and a delicious garnish on most dishes. 6.25M seeds/oz. *A. tuberosum*



Chives



Garlic Chives

## CILANTRO - *Coriandrum sativum*

**CULTURAL INFO:** Days to maturity are from direct seeding. An easy-to-grow annual often used in Mexican, Asian and Mediterranean cooking. Coriander, another commonly used spice, is produced from the seeds. Cilantro prefers direct sun and is tolerant of cool conditions. Direct sow spring into fall. M=1,000.

### 5051 Caribe 55 days

OP • Good greenhouse crop • Bolt tolerant

**Dense bunches of aromatic dark green leaves on long-standing, bolt-tolerant plants.** Compared to Santo, Caribe has a slightly thinner stem, higher vigor and seed emergence and better bolt tolerance in the field. A great choice for greenhouse growers, or anyone who wants a long-standing cilantro. From our partners at Bejo Seeds. 2.2M seeds/oz



Caribe



Santo

### 5050 Santo 55 days leaf, 95 seed

OP • Upright habit • Fast growing

**The commercial standard for field bunching.** Very bolt-resistant variety with good flavor and excellent, upright habit for easy harvesting. Fast-growing variety great for cut-and-come-again. Bred by Alf Christenson. 2.2M seeds/oz.



Santo



Cruiser

### 5055 Leisure 55 days leaf, 100 seed

OP • Slow to bolt • Cut and come again • Available as monogerm

**Reliable standard cilantro with exceptional bolt resistance and excellent field holding quality.** This variety is very comparable to Santo in habit, uniformity, and flavor. Plants can reach 2' tall and have beautiful, bright green feather leaves. Leaves, stems, flowers and seeds are edible and impart a zesty, aromatic flair to dishes. Great variety for cut-and-come-again growing, especially in cooler weather. Available as regular and monogerm for precision seeding. 5.6M seeds/oz. *Monogerm seed is unavailable in 2023*



Leisure

### **new** 5014 Cruiser 60 days leaf, 120-160 seed

OP • UP • Very slow to bolt • Upright plant habit

**Uniform plants with dark, glossy leaves, excellent flavor and impressive bolt resistance.** Plants have a tidy, upright growth habit with strong stems that are perfectly suited for bunching. Large leaves and even branching lead to quick and efficient harvests, making this variety especially desirable for fresh market sales. From our partners at CN Seeds. 3.8M seeds/oz.

## DILL - *Anethum graveolens*

### 5044 Greensleeves 45 days leaf

OP • Slow to bolt • Good container variety

**A compact, high-yielding dill for leaf production.** Slow to bolt; ideal for leaf production over a long harvest window. Excellent for market growers and planting in containers. Dark green leaves are aromatic and pleasingly sweet eaten fresh or dried. 15M seeds/oz.



Greensleeves

### 5060 Bouquet 45-55 days leaf, 95 seed

OP • Great for pickling • 30" tall

**The most widely grown organic dill for fresh eating, flowers and seed heads.** A versatile, early maturing variety used for fresh leaves, seedhead production and cut flowers. Produces seed heads well ahead of others and right in time for summer pickles. Flowering umbels average 6" wide. 15M seeds/oz.



Bouquet

### 5045 Dill Delight 50 days leaf

OP • Slow to bolt • Exceptionally tender leaves

**Compact plants of dense, three dimensional, aromatic and tender leaves with great bolt resistance.** Edible leaves and flowers are mildly flavored and perfect for fresh preparations. This variety is easy to grow and has great field holding quality, allowing for an extended harvest. From our partners at CN Seeds. 15M seeds/oz.



Dill Delight



Lavender

LAVENDER - *Lavandula angustifolia*

6022 **Lavender** 110 days to flower

OP • Fragrant flowers and stems • Munstead-type • Perennial

**Aromatic perennial herb with a bush growing habit and excellent pollinator attraction.** Dried plant material makes fragrant teas and potpourris and can be a wonderful addition to homemade salves, lotions and soaps. Flowering in the first year, lavender is a great attractor of pollinators. Pruning lavender is best done in the spring to prevent stems from becoming too woody. Seeds can be stratified to increase germination. 26.3M seeds/oz.

LEMON BALM - *Melissa officinalis*

6090 **Lemon Balm** 70 days to flower

OP • Attracts bees • Vigorous spreading habit • Perennial

**Strongly aromatic herb with lemony fragrance and excellent medicinal and culinary qualities.** Shiny green leaves on full plants up to 2' tall. Harvest before flowering as leaf quality declines and flower stalks mature. Start transplants 6-8 weeks before last frost, seeds 1/4" deep; transplant seedlings 18" apart or direct sow after danger of frost is past. 45M seeds/oz.

MARJORAM - *Origanum majorana*

5090 **Sweet Marjoram** 85 days to flower

OP • Good container plant • Tender perennial

**A mild, sweet relative of oregano excellent fresh or dried; essential for pizza sauce.** Can be overwintered outdoors successfully or potted up in fall for fresh herbs all winter. Easy to dry, just harvest stems and hang in bundles. Leaves can be easily stripped off when dry. 120M seeds/oz.

KOREAN MINT - *Agastache rugosa*

6050 **Superior Licorice Mint** 80 days

OP • OSSI • Aromatic • Medicinal • Attracts pollinators

**Large mint-anise flavored leaves blush purple and are preferred for use in Korean cuisine.** Plants are erect, sturdy and compact, growing in clumps instead of spreading by runners or self-sowing. Flowering stage produces beautiful purple spikes that are irresistible to pollinators. Cut flowers hold their color and smell when dried. Hardy perennial cousin of Anise Hyssop. 72M seeds/oz.

OREGANO - *Origanum heracleoticum*

5106 **Greek Oregano** 80 days

OP • Excellent fresh or dried • Hardy perennial

**Excellent culinary oregano with pungent, mouth-watering fragrance and flavor.** This is the traditional, full-flavored oregano for pizza and tomato sauces. Low growing plants have slightly furry, dark green leaves with white flowers. Easy to dry, just harvest stems and hang in bundles. 300M seeds/oz.

PARSLEY - *Petroselinum crispum*

**CULTURAL INFO:** Days to maturity are from direct seeding. Biennial commonly grown as an annual; thrives in moist, fertile soil. Harvest outer stems as needed. Stores well in the fridge in a container or in water. Attracts swallowtail butterflies. M=1,000.

5104 **Giant Italian** 70 days

OP • Bunching • Vigorous

**Flat, large-leaved variety with aromatic leaves and excellent culinary quality.** A high-yielding, very large and vigorous herb. Dependable variety with rapid regrowth that stands up well to frost. Dark green leaves on strong stems make beautiful bunches; delicious, classic flavor for seasoning. 12.5M seeds/oz.

5110 **Italian Flat Leaf** 70 days

OP • Processing and bunching

**Classic flat-leaf variety for use either fresh or dried for seasoning.** Stems hold leaves upright for easy bunching. A very nutritious and tasty addition to meat and vegetable dishes. Excellent for freezing, drying and fresh eating. From Sakata Seed. 12.5M seeds/oz.

5103 **Grune Perle** 75 days

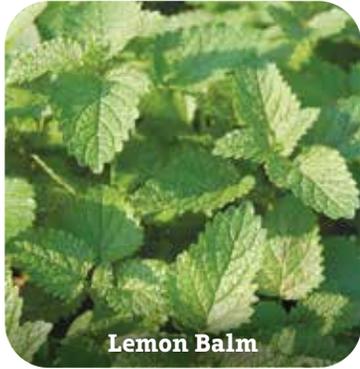
OP • Curled-leaf parsley • Biennial

**Popular Eastern European, finely curled parsley with strong stems and vigorous growth habit.** Exceptionally beautiful, tufts of deep green leaves make this parsley variety a stunning addition to the herb garden or market table. With a mild flavor and vigorous growth habit, this parsley is a perfect fit for both the commercial grower and home gardener. From our partners at Sativa Seeds. 20M seeds/oz.

5108 **Krausa Parsley** 75 days

OP • Uniform plants • Curled-leaf parsley

**Thick curls of deep green leaves on remarkably sweet stems.** Beautiful curled-leaf parsley with delicious stems. These plants hold their color in the field without developing white or brown spots. Very cold tolerant and stands up well to summer heat. From our partners at Bejo Seeds. 20M seeds/oz.



Lemon Balm



Sweet Marjoram



Superior Licorice Mint



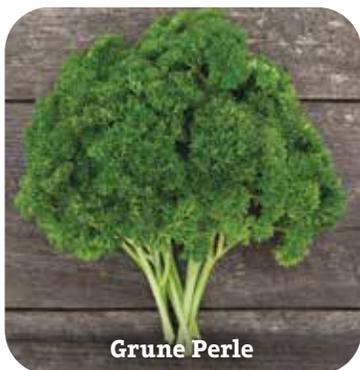
Greek Oregano



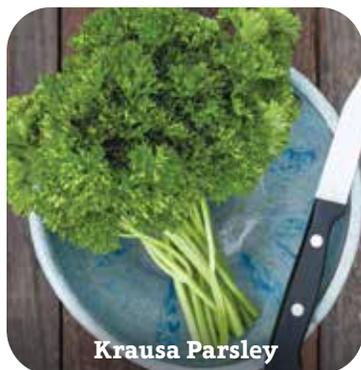
Giant Italian



Italian Flat Leaf



Grune Perle



Krausa Parsley

## SAGE - *Salvia officinalis*

### 5130 **Fanni Common Sage** 70 days

OP • Excellent fresh or dried • Perennial

**Wonderfully aromatic, gray-green leaves used in soups, gravies and stuffing.** Sturdy, woody stems can be used as ornamental branches in floral wreaths. Beautiful lavender flowers after the second year. Start transplants 4-6 weeks before last frost. 3.4M seeds/oz.



Fanni Common Sage



Summer Savory

## SAVORY - *Satureja hortensis*

### 5135 **Summer Savory** 75 days

HEIRLOOM • Good container plant • Tender perennial

**The most subtle and delicate of the savories with zesty fragrance.** Slender, light green leaves with woody, thyme-like flavor on reddish, square stems excellent for flavoring green beans, vegetables, poultry or infused in vinegar. Cut stems and hang in bundles to dry. Plants reach 12-18" tall. 47M seeds/oz. *Limited availability*

## SORREL - *Rumex spp.*

### 2497 **Sorrel** 45 days baby

OP • Gourmet ingredient • Perennial

**Lemony, tangy leafy greens delicious in soups and stews, in salad, or as a braising green.** Bright green, slender leaves up to 8" with long stems. Excellent overwintered gourmet spring green. Can be spring sown but better in fall for harvest in early spring, when leaves are most tender and mild. 34M seeds/oz. *Rumex acetosa*



Sorrel



Red Veined Sorrel

### 2499 **Red Veined Sorrel** 45 days baby, 55 full size

OP • Bright flavor • Fast growing

**Bright green leaves with deep maroon stems and veins.** Gorgeous, colorful leaves with a refreshingly sharp, tangy flavor. Plants are easy to grow and quick to mature. Best harvested as a microgreen, or at baby leaf stage for optimal tenderness. Succession plant for continual harvest. 43M seeds/oz. *Rumex sanguineus*

## STEVIA - *Stevia rebaudiana*

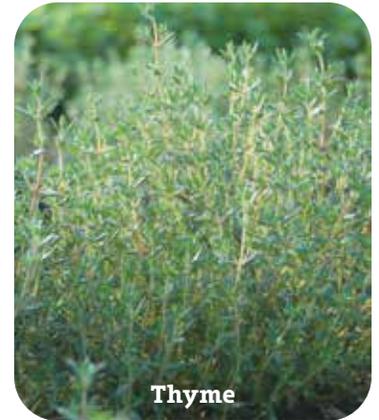
### 6030 **Candy® Stevia** 100 days

OP • UP • Great in containers • Tender perennial

**Grow your own sweetener!** Close to 300 times sweeter than sugar, this herbal alternative can be used fresh or dried, as a powder or a liquid. A tender perennial that can winter outside in zones 9 – 11 or be brought inside in pots to keep for winter use in colder climates. Bushy plants with strong yields of dried leaves. Transplant outdoors in spring after low temperatures are above 45°F. From our partners at Genesis Seeds. 75M seeds/oz. *Limited availability*



Candy® Stevia



Thyme

## THYME - *Thymus vulgaris*

### 5140 **Thyme** 90 days

OP • Attracts bees • Perennial

**Tiny, aromatic leaves cover slender, woody stalks ending in sweet, white flowers.** Makes a beautiful low-growing border along herb and flower beds, growing only 6-10" high. A versatile culinary staple. Our strain is hardy to Zone 4. 99M seeds/oz.

# Prospera® DMR F1 Basil

**The classic Genovese flavor you want with the downy mildew resistance you need.** Beautiful plants are fragrant with glossy leaves and a strong growth habit. Plants are versatile and productive, faring well in the field, greenhouse and in container production. This variety boasts good resistance to downy mildew and fusarium wilt without compromising on its delicate, sweet flavor and intoxicating aroma.

- Bred for downy mildew resistance
- Long, glossy leaves with sweet flavor
- For field, greenhouse or container



HERB SEED - OP - SOLD BY SEED WEIGHT	1/64 oz	1/32 oz	1/8 oz	1/2 oz	2 oz	1/2 lb	1 lb	5 lb	20 lb*
5036 Aroma 2 FI Basil		\$ 4.45	\$ 8.10		\$ 32.65	\$ 110.75	\$ 192.40	\$ 183.06/lb	\$ 169.07/lb
5060 Bouquet Dill		\$ 3.55	\$ 4.55	\$ 6.05	\$ 10.50	\$ 21.00	\$ 29.15	\$ 25.19/lb	\$ 20.01/lb
5051 Caribe Cilantro			\$ 3.55	\$ 7.70	\$ 15.40	\$ 46.20	\$ 72.25	\$ 68.20/lb	\$ 52.24/lb
6010 Catnip - <i>Unavailable in 2023</i>	\$ 3.55		\$ 8.10	\$ 11.60	\$ 26.85	\$ 97.95	\$ 182.50	\$ 170.01/lb	\$ 158.34/lb
5040 Chives		\$ 3.55	\$ 4.25	\$ 10.60	\$ 28.60	\$ 100.70	\$ 159.00	\$ 137.80/lb	\$ 117.03/lb
<b>new</b> 5014 Cruiser Cilantro			\$ 3.55	\$ 6.90	\$ 10.20	\$ 22.50	\$ 37.25	\$ 29.10/lb	\$ 24.25/lb
5045 Dill Delight Dill		\$ 3.55	\$ 6.35	\$ 7.65	\$ 14.30	\$ 28.65	\$ 42.90	\$ 38.50/lb	\$ 37.13/lb
5011 Deep Purple Basil		\$ 3.55	\$ 7.00	\$ 12.10	\$ 30.25	\$ 96.80	\$ 140.80	\$ 114.40/lb	\$ 104.50/lb
5130 Fanni Common Sage		\$ 3.60	\$ 9.50	\$ 14.75	\$ 46.90	\$ 106.45	\$ 204.05	\$ 186.56/lb	\$ 171.40/lb
5080 Garlic Chives		\$ 3.55	\$ 4.35	\$ 9.70	\$ 22.80	\$ 70.00	\$ 115.00	\$ 101.00/lb	\$ 97.50/lb
5000 Genovese Basil		\$ 3.55	\$ 4.45	\$ 5.50	\$ 9.90	\$ 29.70	\$ 56.10	\$ 55.00/lb	\$ 46.64/lb
5104 Giant Italian Parsley		\$ 3.60	\$ 4.55	\$ 5.65	\$ 9.90	\$ 28.60	\$ 45.65	\$ 42.90/lb	\$ 39.88/lb
5044 Greensleaves Dill		\$ 3.55	\$ 6.35	\$ 7.65	\$ 14.30	\$ 28.65	\$ 42.90	\$ 38.50/lb	\$ 37.13/lb
5103 Grune Perle Parsley		\$ 3.60	\$ 5.85	\$ 9.35	\$ 23.30	\$ 69.95	\$ 110.75	\$ 89.78/lb	\$ 74.63/lb
<b>new</b> 5012 Gustoso Basil		\$ 3.55	\$ 5.50	\$ 9.90	\$ 29.70	\$ 75.00	\$ 98.00	\$ 77.00/lb	\$ 66.25/lb
5110 Italian Flat Leaf Parsley		\$ 3.60	\$ 4.45	\$ 6.05	\$ 13.20	\$ 32.45	\$ 52.80	\$ 42.90/lb	\$ 31.66/lb
6022 Lavender			\$ 5.80	\$ 17.05	\$ 46.20	\$ 148.50	\$ 247.50		
5055 Leisure Cilantro - <i>Limited availability in 2023</i>			\$ 3.55	\$ 4.70	\$ 8.25	\$ 14.30	\$ 15.75	\$ 13.85/lb	\$ 12.00/lb
5055S Leisure Cilantro Monogem - <i>Unavailable in 2023</i>			\$ 3.55	\$ 4.70	\$ 8.25	\$ 14.30	\$ 15.75	\$ 13.85/lb	\$ 12.00/lb
6090 Lemon Balm		\$ 3.55	\$ 5.40	\$ 9.55	\$ 30.55	\$ 101.75	\$ 197.15	\$ 190.80/lb	
5010 Lemon Basil		\$ 3.55	\$ 7.30	\$ 12.20	\$ 30.45	\$ 97.50	\$ 155.25	\$ 125.35/lb	\$ 117.88/lb
5005 Nufar Basil		\$ 3.55	\$ 6.95	\$ 12.05	\$ 33.85	\$ 102.65	\$ 157.30	\$ 148.50/lb	\$ 134.75/lb
2499 Red Veined Sorrel		\$ 5.80	\$ 11.05	\$ 20.75	\$ 57.20	\$ 180.75	\$ 303.15	\$ 255.35/lb	
5037 Rosie Basil		\$ 3.55	\$ 8.15	\$ 13.95	\$ 31.45	\$ 73.50	\$ 128.25	\$ 118.93/lb	\$ 109.61/lb
5050 Santo Cilantro			\$ 3.55	\$ 6.90	\$ 10.20	\$ 21.85	\$ 33.35	\$ 26.45/lb	\$ 23.29/lb
2497 Sorrel		\$ 3.60	\$ 7.00	\$ 19.80	\$ 35.20	\$ 102.65	\$ 174.90	\$ 159.74/lb	
5031 Sweet Thai Basil		\$ 3.55	\$ 5.85	\$ 11.15	\$ 28.60	\$ 99.00	\$ 154.00	\$ 133.10/lb	\$ 112.75/lb

HERB SEED - HYBRID - SOLD BY SEED WEIGHT	1/10 gram	1 gram	8 grams	1 oz	1/4 lb	1 lb	5 lb
5006 Prospera® (CGI) DMR FI Basil	\$ 3.55	\$ 4.05	\$ 9.55	\$ 27.55	\$ 79.50	\$ 265.00	\$ 243.80/lb
<b>new</b> 5013 Prospera® Red DMR FI	\$ 3.55	\$ 4.05	\$ 9.55	\$ 27.55	\$ 79.50	\$ 265.00	\$ 243.80/lb

HERB SEED - OP - SOLD BY SEED WEIGHT	1/10 gram	1 gram	8 grams	1 oz	1/4 lb	1 lb	5 lb	20 lb*
6021 Chamomile	\$ 3.55	\$ 7.60	\$ 24.50	\$ 56.00	\$ 169.05	\$ 530.55	\$ 441.91/lb	
5106 Greek Oregano	\$ 4.40	\$ 10.25	\$ 38.50	\$ 87.45	\$ 236.50	\$ 797.50	\$ 707.30/lb	\$ 657.25/lb
5009 Rutgers Devotion DMR Basil	\$ 3.55	\$ 4.25	\$ 10.05	\$ 29.40	\$ 84.80	\$ 280.90	\$ 265.00/lb	
5008 Rutgers Obsession DMR Basil	\$ 3.60	\$ 4.25	\$ 10.05	\$ 29.40	\$ 84.80	\$ 280.90	\$ 265.00/lb	
6130 Sacred Basil	\$ 3.55	\$ 7.30	\$ 12.80	\$ 29.15	\$ 104.95	\$ 385.00	\$ 338.14/lb	
5135 Summer Savory - <i>Limited availability</i>	\$ 3.60	\$ 4.60	\$ 6.35	\$ 13.20	\$ 30.80	\$ 99.00	\$ 91.30/lb	\$ 87.73/lb
6050 Superior Licorice Mint	\$ 4.40	\$ 10.25	\$ 38.50	\$ 79.30	\$ 215.70	\$ 728.75		
5090 Sweet Marjoram	\$ 3.55	\$ 8.05	\$ 28.35	\$ 79.65	\$ 209.25	\$ 722.25	\$ 643.95/lb	\$ 572.40/lb
5140 Thyme	\$ 3.60	\$ 7.00	\$ 11.85	\$ 35.20	\$ 96.80	\$ 308.00	\$ 264.00/lb	\$ 233.75/lb

HERB SEED - OP - SOLD BY SEED COUNT	25	100	500	1 M	5 M	25 M	100M
6030 Candy Stevia - <i>Limited availability</i>	\$ 6.05	\$ 13.20	\$ 45.10	\$ 77.00	\$ 55.00/M		
5108 Krausa Parsley		\$ 3.60		\$ 13.20	\$ 4.18/M	\$ 2.42/M	\$ 2.15/M

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



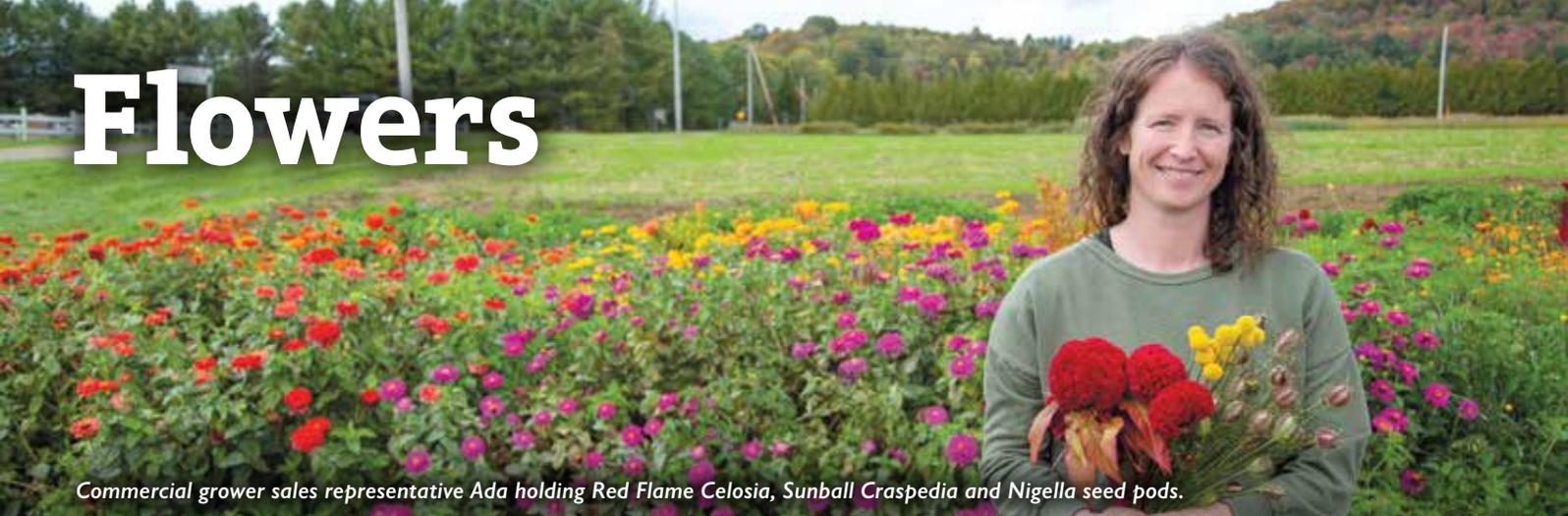
## Summer Berries Yarrow

**Few things are as enchanting as the fully blooming stems of the Summer Berries Yarrow plants.** This dizzying display of romantic colors is not only stunning, it blooms for a long season, can be grown as a perennial or as an annual and can be used as a fresh cut flower or as a dried flower. When dried, the vibrant blooms fade into an antique, darkened version of themselves that is just as lovely. A must have flower for the garden or cut flower farm.

- Beautiful, long lasting blooms
- Can be grown as an annual or perennial
- Perfect for cut or dried flowers



# Flowers



Commercial grower sales representative Ada holding Red Flame Celosia, Sunball Craspedia and Nigella seed pods.

**CULTURAL INFORMATION:** Days to maturity are from seeding. For specific spacing and cultural information for each type of flower go to [highmowingseeds.com](http://highmowingseeds.com). Price information follows variety descriptions. M=1,000.

We have selected these easy-to-grow flower varieties for their individual beauty, for the beneficial insects they attract, and/or suitability for cut flower production.

By offering an assortment of hues, heights, growth habits and appearances, we strive to fill your flower needs, whether you are adding color to your home garden or selling bouquets for market. Our varieties are tried-and-true standards that are sure to perform well in a wide range of growing conditions. Many of these varieties are well suited for succession plantings to ensure a continuous harvest throughout the season.

## DRIED FLOWERS

### 7055 Roggli Riesen Strawflower 75 days

OP • Strawflower • Fresh or dried • 30-36" tall • Annual

**Bright and varied colorful flowers on tall plants are excellent for drying.** A popular dried flower for bouquets and arrangements, strawflowers offer texture and color for many months after harvest. The Roggli Riesen cultivar offers a range of bloom colors including red, yellow, light pink, orange and magenta. Flowers are best cut when they are in bud. Start plants indoors 7 weeks before last frost. From our partners at the Swiss biodynamic seed company Sativa. *Helichrysum bracteatum*. 50M seeds/oz. 1/64 oz: \$3.55, 1/16 oz: \$7.00, 1/4 oz: \$15.20, 1 oz: \$52.45

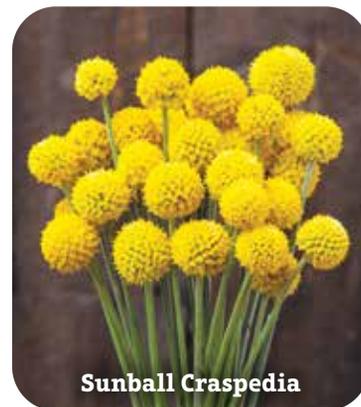
### 7056 Sunball Craspedia 110 days

OP • Craspedia • Cut or dried flowers • 24-30" tall • Annual

**Ethereal, golden balls atop silvery foliage that can be harvested and dried, maintaining their vibrant color and upright shape.** A favorite of our trials manager, this variety is a stunning garden plant that can be cut fresh with a long vase life and easily dried for long term enjoyment. The golden-yellow color is striking and the unique shape brings something magical to the garden, to bouquets, and to dried floral arrangements. From our partners at Genesis Seeds. *Craspedia globosa*. 50 seeds: \$3.55, 250 seeds: \$6.05, 1M: \$16.95, 5M: \$70.45



Roggli Riesen Strawflower



Sunball Craspedia

## AMARANTH - *Amaranthus* spp.

### **new** 7222 Coral Fountain 65 days

OP • Great cut flower • 36-60" tall • Annual

**Romantic, pink tassels draping from vigorous plants with beautiful pale green leaves.** Highly productive plants yield multitudes of pink-toned trailing rope. Adds drama and whimsy to floral arrangements and bouquets and is an excellent crop for cut flower production. Easy to grow, plants are eye-catching in the garden. *Amaranthus caudatus*. 48.5M seeds/oz. 1/8 oz: \$12.00, 1/2 oz: \$28.55, 2 oz: \$77.50, 1/4 lb: \$95.00, 1 lb: \$295.00, 5 lb: \$1,335.00, 20 lb: \$4,995.00



Coral Fountain

### **new** 7223 Opopeo 65 days

OP • Great cut flower • 36-72" tall • Annual

**Extremely productive deep magenta filler flowers on bright pink stems with striking green leaves featuring a gorgeous matching magenta tinge.** A traditional amaranth from Mexico, plants are large and productive, sending up spears of blooms that are excellent for cut flower production. Will produce a large central spear with many arms or can be topped for smaller, uniform spear growth. Exceptionally easy to grow, thriving in most soil types. *Amaranthus cruentus*. 37.3M seeds/oz. 1/8 oz: \$7.50, 1/2 oz: \$18.00, 2 oz: \$39.50, 1/4 lb: \$59.50, 1 lb: \$205.00, 5 lb: \$850.00, 20 lb: \$3,150.00



Opopeo



Garnet Red Amaranth

### 1760 Garnet Red Amaranth 75 days

OP • Great cut flower • Edible foliage • 72-96" tall • Annual

**Large, beautiful plants with impressive red spires ideal for fresh bouquets.** Delicious microgreen, baby leaf green, and attractive flower that is sure to bring joy to the garden or dinner table. Heat tolerant, the plants can reach towering heights and will grow steadily through the summer weather. Dramatic plumes of deep red flowers are a striking addition to flower arrangements and fresh bouquets. These brilliant plants are a stand out in a garden setting. 37.3M seeds/oz. *Amaranthus cruentus*. 1/8 oz: \$3.55, 1/2 oz: \$9.35, 2 oz: \$21.00, 1/4 lb: \$25.65, 1 lb: \$64.15, 5 lb: \$262.35, 20 lb: \$806.85



Sweet Annie



Silky Red



Polka Dot Blend



Pacific Beauty Blend



Resina



Strawberry Blonde



Flamingo Feather



Red Flame

ARTEMISIA - *Artemisia annua*

**7091 Sweet Annie** 120 days  
 OP • Cut or dried flowers • 48-72" tall • Reseeding annual  
**Aromatic spears of delicate, ferny foliage with multitudes of tiny, light yellow flowers.** An excellent filler plant used in fresh and dried arrangements with a sweet smell that lasts even after being dried. Plants are vigorous and can reach towering heights of up to 6' tall in warm regions. A must-have for the cut flower and dried flower assortment. 50.7M seeds/gram. 1/4 gram: \$12.00, 1 gram: \$32.00, 2 grams: \$63.00, 5 grams: \$115.00

ASCLEPIAS - *Asclepias curassavica*

**new 7231 Silky Red** 85 days  
 OP • Pollinator attractor • 36-48" tall • Perennial  
**A long flowering, upright semi-shrub plant with bright red and yellow blooms.** A tender perennial, this tropical milkweed will attract Monarch butterflies and other pollinators all season and die back in the fall, returning in spring. This process is important as adult Monarchs carry a deadly parasite that can be deposited on leaves and eaten by emerging caterpillars. When the plants die back, the threat of the parasite dies along with it. Excellent attractor of butterflies, bees, hummingbirds and other beneficial organisms. 50 seeds: \$8.25, 100 seeds: \$15.00, 250 seeds: \$24.00, 1 M: \$75.00

BACHELOR BUTTON - *Centaurea cyanus*

**7017 Polka Dot Blend** 90 days  
 OP • Drought tolerant • 16-24" tall • Re-seeding annual • Edible  
**A wonderful cut flower and bedding plant in diverse shades of blue, pink, white and lavender.** Large 2" flowers on well-branched plants. Prefers full sun, cool temperatures and well-drained, poor soil. Direct sow or start indoors 4-6 weeks before planting date, planting outdoors as soon as the soil can be worked. NOTE: This species is considered invasive in some states in the southeastern U.S. Check your region's invasive species list for full information. 6.25M seeds/oz. 1/32 oz: \$3.55, 1/8 oz: \$4.95, 1/2 oz: \$9.35, 2 oz: \$21.00, 1/2 lb: \$52.45

CALENDULA - *Calendula officinalis*

**7021 Pacific Beauty Blend** 60 days  
 HEIRLOOM • Prefers cool conditions • 12-24" tall • Annual  
**A bright medley of single and double orange, gold, yellow and cream-colored flowers.** Well-branched plants with tall, straight stems with continuous blooms all summer. Fresh petals are beautiful in salads and as cake decorations. Also known as pot marigold. 4.5M seeds/oz. 1/32 oz: \$3.55, 1/8 oz: \$6.10, 1/2 oz: \$17.50, 2 oz: \$46.65

**7020 Resina** 80 days  
 OP • Best medicinal variety • Spring bee food • 24-30" tall • Annual  
**Bright yellow, daisy-like blooms with a few orange show-offs and extremely high resin content.** A few orange types help keep the genetic variation of this powerful strain alive and well. Excellent medicinal properties compared to other calendulas; used as an herbal application for inflammation and localized skin problems. Also used as a dye for food or fabric and as an edible flower. 2.8M seeds/oz. 1/32 oz: \$3.55, 1/8 oz: \$7.00, 1/2 oz: \$19.25, 2 oz: \$64.25, 1/2 lb: \$154.30, 1 lb: \$214.35

**7019 Strawberry Blonde** 80 days  
 OP • OSSI • Unusual cut flower • Edible salad flower • 18-24" tall • Annual  
**Warm and colorful antique-looking pink and yellow petals with dark red flashy undersides.** Long-lasting cut or dried flowers, and edible flowers to dress up summer salads. Bushy plants flower into the fall. Long stems pull off easily for simple and fast cut flower harvest. A great variety from Frank Morton's Flashback series. 2M seeds/oz. 1/32 oz: \$3.55, 1/8 oz: \$10.80, 1/2 oz: \$28.00, 2 oz: \$81.60

CELOSIA - *Celosia spp.*

**new 7224 Flamingo Feather** 90 days  
 OP • Cut or dried flower • 24-36" tall • Annual  
**Glossy, semi-dry, foxtail blooms with dreamy faint pink coloration.** An early producing celosia with pale blooms that are excellent for fresh and dried floral arrangements. Plants have long stems and fine leaves making for ease of harvest and processing. Plants are easy to grow and have incredible field holding quality. *Celosia argentea spicata*. 50 seeds: \$3.55, 250 seeds: \$8.75, 1 M: \$16.50, 5 M: \$52.00

**7217 Red Flame** 105-120 days  
 OP • Cut or dried flowers • Cockscomb shape • 26-32" tall • Annual  
**Large, stunning velvety cockscomb blooms with a brilliant red flame coloration.** Plants are vigorous with compact, sturdy growth habit. 2-4" blooms rise from green, purplish leaves. Stems are strong and easily stripped of leaves at harvest. Flowers have an incredible vase life, lasting up to two weeks in water. Blooms can be dried for striking ornamental arrangements. Highly vigorous plants produce for a long harvest window and have great field-holding quality. *Celosia argentea var. cristata*. 50 seeds: \$3.55, 250 seeds: \$6.60, 1 M: \$10.15, 5 M: \$38.95

## 7218 Supercrest Mix 110-125 days

OP • Cut or dried flowers • Fan shape • 36-48" tall • Annual

**Unique assortment of shiny, fan-shaped blooms with colors ranging from apricot, orange, cream and lemon to bright pink and purple.** Each bloom is a distinctive work of art, with an individual texture, color and shape all its own. Flowers have an incredible vase life, lasting up to two weeks in water. Blooms are easily dried for ornamental arrangements and should be harvested before they begin to drop seeds. Plants thrive in hot, dry conditions and will produce a plethora of blooms all season long. From our partners at Genesis Seeds. *Celosia argentea var. cristata*. **50 seeds: \$3.55, 250 seeds: \$6.60, 1 M: \$10.15, 5 M: \$38.95**

### CONEFLOWER - *Echinacea purpurea*

## 6040 Echinacea purpurea 110 days

OP • Medicinal and ornamental • Attracts monarch butterflies • 30-47" tall • Perennial  
**Beautiful 3-4" flowers with pink-orange center cones and radiating magenta petals.** Medicinal compounds are most concentrated in young flower buds and fibrous roots. This is the easiest and hardiest cultivar to grow in northern climates. Seeds must be cold-treated before germination. 7.5M seeds/oz. **1/32 oz: \$3.55, 1/8 oz: \$5.55, 1/2 oz: \$9.65, 2 oz: \$28.00, 1/2 lb: \$83.00, 1 lb: \$147.00, 5 lb: \$695.00, 20 lb\*: \$2,485.90**

\*Please see shipping charges on page 62 for individual items weighing 20 lbs or more.

### COSMOS - *Cosmos spp.*

## 7075 Bright Lights Blend 85 days

OP • Easy to grow • Attracts bees • 2-3' tall • Annual

**Multitudes of flame-colored flowers on bushy plants.** Golden-yellow, burnt-orange and fiery-red petals cover these 2.5" wide fully double flowers. Excellent eye-catching border plant, and in pots and bouquets. Cosmos require little fertility or care, making them great for beginners. *C. sulphureus*. NOTE: This species is considered invasive in some states in the southeastern U.S. Check your region's invasive species list for full information. 3.75M seeds/oz. **1/32 oz: \$3.55, 1/8 oz: \$9.90, 1/2 oz: \$25.65, 2 oz: \$63.00, 1/2 lb: \$155.00**

## 7037 Double Click Blend 85 days

OP • Drought tolerant • Attracts bees • 3-4' tall • Annual

**The cosmos you could confuse with a dahlia.** Blend of fully double and semi-double flowers share the many-shaded pinks of Sensation Blend, but have the layered petals of an aster or dahlia. Hardy, tolerant of drought and low fertility, subject to very little disease or pest pressure, this cosmos blend is much easier to grow than either of its look-alikes. Give Double Click a try! *C. bipinnatus*. 10M seeds/oz. **1/32 oz: \$3.55, 1/8 oz: \$9.35, 1/2 oz: \$24.50, 2 oz: \$64.15, 1/2 lb: \$204.05**

## 7076 Sensation Blend 85 days

OP • Great cut flower • Attracts bees • 3-4' tall • Annual

**Sensational blend of showy white, pink, magenta and lavender blooms.** Single flowers are 3-4" wide and are lovely in summer borders, container plantings or bouquets. Tall stems great for cutting. An All-America Selections (AAS) winner in 1936 and remains a favorite today. Cosmos require little fertility or care, making them great for beginning gardeners. *C. bipinnatus*. 4.3M seeds/oz. **1/32 oz: \$3.55, 1/8 oz: \$8.00, 1/2 oz: \$19.10, 2 oz: \$47.75, 1/2 lb: \$166.75**

## 7036 Sea Shells Blend 90 days

OP • Prolific • Attracts bees • 3-4' tall • Annual

**A lovely mix of dark pink, pastel pink and white tubular petals on delicate stems atop airy foliage.** Petals are gently rolled in on themselves like sea shells. Similar to Sensation Blend in color spectrum and plant habit, but with mostly tubular petals for a ruffled, eye-catching effect. *C. bipinnatus*. 4M seeds/oz. **1/32 oz: \$3.55, 1/8 oz: \$4.95, 1/2 oz: \$14.60, 2 oz: \$50.15, 1/2 lb: \$137.60**

### DIANTHUS - *Dianthus spp.*

## **new** 7225 Doubled Chinensis Mix 105 days

OP • First year flowering • 16-20" tall • Annual

**Gorgeous, frilly blooms with a variety of patterns and shades ranging from deep rosy reds and pinks to pastel pinks with illuminating white highlights.** Flowering in its first year, plants are grown as annuals with reliable, fragrant blooms. Excellent as a garden crop and can be used for detail work in smaller floral arrangements. Excellent for very flashy, tabletop bouquets. *Dianthus chinensis*. **25 seeds: \$3.55, 100 seeds: \$7.00, 500 seeds: \$15.50, 1M: \$22.00**

## 7219 Volcano Mix 100-110 days

OP • First year flowering • 20-24" tall • Perennial

**A lovely mix of multi-bloom stems ranging from pink and purple to white with a nice variety of petal coloration.** This first-year flowering Dianthus is best grown as an annual and has a nice mixture of colors, perfectly blended for bouquets and in-the-garden beauty. Flower petals are edible and should be removed from the stem before consumption, offering a spicy, mild, clove flavor. Plants are vigorous and high-yielding, making it a reliable mix for cut flower production. *Dianthus barbatus*. **100 seeds: \$13.20, 1M: \$49.50**



Supercrest Mix



Echinacea purpurea



Bright Lights Blend



Double Click Blend



Sensation Blend



Sea Shells Blend



Double Chinensis Mix



Volcano Mix



Galilee Blend



Pinwheel



Mexican Sunflower



Nasturtium Blend



Dwarf Jewel Blend



Jasmine Scented Nicotiana



Cramer's Plum



Nigella



Phacelia

**LARKSPUR - *Delphinium consolida***

7060 **Galilee Blend** 85 days

OP • Cut or dried flower • 3-4' tall • Annual

**Luxuriant spikes of brilliant blue, deep pink, powder pink, white and deep purple flowers.** Creates a rainbow of color; best for mass plantings. Commonly used as a cut flower; dried or in the back of borders. Requires cold temperature for germination; direct seed or transplant. Final plant spacing is 4-6". Provide support for best quality. 11.4M seeds/oz. 1/64 oz: \$3.55, 1/8 oz: \$8.80, 1/2 oz: \$16.50, 2 oz: \$50.15

**MARIGOLD - *Tagetes* spp.**

7073 **Pinwheel** 80-90 days

OP • Attracts pollinators • 2.5-3.5' plants • Annual

**A delightful medley of brilliant red and yellow petals on each bloom.** Pollinators and growers alike are amazed at Pinwheel's playful coloring, which entrances passersby to stop and join in the fun. Easy to grow, these relatively tall marigold plants produce prolific blossoms and will be covered in pollinators for many months as they continue to bloom. *Tagetes patula*. 6M seeds/oz. 1/32 oz: \$3.55, 1/8 oz: \$5.85, 1/2 oz: \$17.50, 2 oz: \$52.45

**MEXICAN SUNFLOWER - *Tithonia rotundifolia***

7110 **Mexican Sunflower** 85 days

OP • Heat and drought tolerant • Attracts butterflies • 4-6' tall • Annual

**Gorgeous, tall plants with 3" orange daisy-like blooms are stunning.** Native to Mexico and Central America, Mexican Sunflower plants tolerate poor, dry soils, but will thrive in any climate. Vigorous, tall plants are easy to harvest for cut flowers. Flowers are extremely attractive to bees and butterflies. Deadhead spent blooms to prolong flowering. 2.8M seeds/oz. 1/32 oz: \$3.55, 1/8 oz: \$9.35, 1 oz: \$40.80, 1/4 lb: \$117.75

**NASTURTITIUM - *Tropaeolum* spp.**

7160 **Dwarf Jewel Blend** 60 days

OP • Spreading habit • Edible flowers and foliage • 12-24" tall • Annual

**Brilliant orange, red and yellow flowers contrast nicely with round, green leaves.** Makes a beautiful border plant. The peppery-tasting edible flowers are exquisite when stuffed with cream cheese or added to salads for color. Slow to germinate, start as transplants 4-5 weeks before last frost. Plant 16" apart. *T. majus*. 200 seeds/oz. 1/8 oz: \$3.55, 1/2 oz: \$12.10, 2 oz: \$27.50, 1/2 lb: \$76.95, 1 lb: \$126.50, 5 lb: \$511.50

7077 **Nasturtium Blend** 60 days

OP • Trailing • Vines grow to 10' long • Edible flowers and foliage • Annual

**Attractive, sunny mix of yellow, orange, rose and crimson flowers on trailing plants.** Delicate lily-petal-like leaves are just as attractive as the bright flowers. Edible flowers and foliage are a gourmet treat with flavor reminiscent of peppery watercress. Perfect for hanging baskets, containers or in the garden. *T. majus*. 200 seeds/oz. 1/8 oz: \$3.55, 1/2 oz: \$10.80, 2 oz: \$25.20, 1/2 lb: \$55.10, 1 lb: \$91.85, 5 lb: \$428.50

**NICOTIANA - *Nicotiana glauca***

7090 **Jasmine Scented** 75 days

OP • Bedding plant • 24-36" tall • Re-seeding annual

**Lovely, pendulous white star-shaped flowers offer their fragrance to the night.** Pollinated by moths. Easy to grow; plants will re-seed. Direct sow by scattering seeds on soil or start transplants 6-8 weeks ahead of planting date. Plant out after last frost. 271M seeds/oz. 1/64 oz: \$3.55, 1/8 oz: \$9.70, 1/2 oz: \$15.50, 2 oz: \$52.75

**NIGELLA - *Nigella damascena***

**new** 7226 **Cramer's Plum** 65-70 days flowers, 80-85 pods

OP • Fresh cut flower or dried pods • 20-28" tall • Annual

**Doubled, white blooms with varying purple centers alongside stripe-free, plum-purple seed pods.** Whimsical flowers with delicate, lacy leaves and gorgeous pods for fresh and dried floral arrangements. Unusual and striking plants attract beneficial insects and are excellent for cut flower production or as a delightful garden plant. 50 seeds: \$3.55, 250 seeds: \$6.50, 1 M: \$12.25, 5 M: \$40.15

7221 **Nigella** 65-70 days flowers, 80-85 pods

OP • Fresh cut flower or dried pods • 20-28" tall • Annual

**Light to dark blue, star-shaped blooms hovering among fern-like foliage with ornamental seed pods.** Plants are covered in gorgeous blue blooms that attract pollinators and other beneficials in a humming display. Beautiful fresh cut flowers are jewel-like and bring an old-fashioned charm to bouquets. Unusual and attractive seed pods can be dried for ornamental arrangements. 50 seeds: \$3.55, 250 seeds: \$5.80, 1 M: \$8.75, 5 M: \$14.25

**PHACELIA - *Phacelia tanacetifolia***

8115 **Phacelia** 60 days

See Cover Crops, page 115.

1/32 oz: \$3.55, 1/8 oz: \$5.55, 2 oz: \$7.95, 4 oz: \$16.00

## POPPY

### 7094 California Orange 60 days

OP • Naturalizes in poor, dry soil • 8-12" tall • Re-seeding annual  
**Simple, silky orange flowers accented by wispy, blue-green foliage.** Prolific sun-loving blooms are very attractive in flower beds or naturalized in fields. Start transplants 2-3 weeks before last frost or direct sow 1/4" deep after last frost; transplant carefully and thin to a final spacing of 6" apart. *Eschscholzia californica*. 18.8M seeds/oz. **1/64 oz: \$3.55, 1/16 oz: \$4.55, 1/4 oz: \$9.90, 1 oz: \$29.15** Limited availability in 2023

### 7095 Planète Rouge du Jura 75 days

OP • Prefers poor soil • 3-4' tall • Re-seeding annual  
**Tall, gorgeous poppy in shades of lavender, magenta and mauve.** Large, luxuriant 4-6" blooms are mostly lavender-pink with a few bright magenta heads mixed in. Each flower center is ringed by four deep eggplant markings. Blooms contrast attractively with the waxy, gray-green, scalloped foliage. A rare Swiss variety originally developed for seed and poppy seed oil production. *Papaver somniferum*. 28M seeds/oz. **1/64 oz: \$3.55, 1/16 oz: \$7.00, 1/4 oz: \$15.20, 1 oz: \$52.45**

### 7092 Black Beauty 78 days

OP • 3-4' tall • Tolerates poor soil • Re-seeding annual  
**The poppy that looks like a gorgeous peony.** With a combination of double flowers and single petal blooms with dark velvety burgundy color, Black Beauty is a stunning eye-catcher unlike any poppy you've ever seen. And like all poppies, it's easy to grow, needs minimal care, and will re-seed itself. *Papaver somniferum*. 18M seeds/oz. **1/64 oz: \$3.55, 1/16 oz: \$9.70, 1/4 oz: \$15.45, 1 oz: \$50.15**

## RUDBECKIA - *Rudbeckia hirta*

### **new** 7228 Goldilocks 100 days

OP • Great cut flower • 16-22" tall • Biennial  
**Extremely showy, doubled blooms of cheerful, sunny yellow surrounding deep brown centers.** An absolute standout in our organic flower trials, plants are highly productive, showcasing a long season of dense, show-stopping blooms. Stems are long and strong, making it an excellent cut flower and plants are gorgeous as a pollinator attracting garden crop. **50 seeds: \$3.55, 250 seeds: \$11.00, 1 M: \$35.00, 5 M: \$88.50**

### **new** 7227 Prairie Sun 105 days

OP • Great cut flower • AAS Winner • 20-36" tall • Perennial  
**Large, 4-6" flowers with dappled petals that start off as deep gold and finish as bright yellow at the tips, surrounding gorgeous green centers.** Plants are dependable with a long blooming window. An AAS winner for productivity, uniformity and vigor. Excellent cut flower and exceptionally eye catching to people and pollinators when planted in the garden. A tender perennial in zones 9-10. **50 seeds: \$9.50, 250 seeds: \$32.00, 1 M: \$83.50, 5 M: \$375.00**

### 7220 Rudbeckia 110 days

OP • Prolific • 32-46" tall • Perennial  
**Vigorous plants erupt in a cheerful blend of 4-6" bright yellow to red blooms, some exhibiting highly contrasting coloration.** Foliage is dark green, and stems are multi-branching and sturdy, offering seemingly endless blooms over a long harvest window. Exceptional cut flower, border plant, and overall easy to grow flower that attracts pollinators and admirers alike. **50 seeds: \$3.55, 250 seeds: \$5.80, 1 M: \$9.90, 5 M: \$25.30**

## SCABIOSA - *Scabiosa atropurpurea*

### **new** 7229 Deep Red 95 days

OP • Great cut flower • 24-36" tall • Annual  
**Elegant deep red to black blooms with highly contrasting white stigmas on long, slender stems.** The varying coloration is gorgeous in the garden and provides a serious pop of color to floral arrangements. Excellent variety for cut flower production, withstanding handling and offering a long vase life. **50 seeds: \$5.75, 250 seeds: \$14.55, 1 M: \$42.00, 5 M: \$145.00**

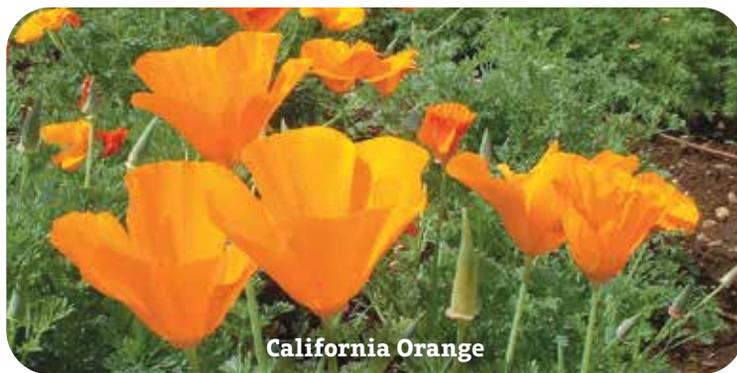
### **new** 7230 Dynamic Mix 100 days

OP • Great cut flower • 24-36" tall • Annual  
**Varying shades of red, blue, black, purple and pink pin cushion blooms on long, strong stems.** An excellent blend for cut flower production, this dynamic array of colors is whimsical, and stems are exceptionally long and sturdy, withstanding handling without breakage. Excellent pollinator attractor. **50 seeds: \$5.75, 250 seeds: \$14.55, 1 M: \$42.00, 5 M: \$145.00**

## SNAPDRAGON - *Antirrhinum majus*

### 7018 Lion's Mouth Blend 110 days

OP • Excellent cut flower • 12-24" • Annual  
**Gorgeous blend of bold and pastel colors.** Snapdragons are slow growing in spring but worth the wait, as they bloom continuously through the summer, especially with trimming. One of the premium cut flowers for bouquets and arrangements. Also makes a showy border or garden bed. Start indoors 8-10 weeks ahead and set out after frost, spacing 8-10" apart. Cut when the lower third of the florets are open. 100M seeds/oz. **1/64 oz: \$3.55, 1/16 oz: \$10.50, 1/4 oz: \$32.65, 1 oz: \$99.10**



California Orange



Planète Rouge du Jura



Black Beauty



Goldilocks



Prairie Sun



Rudbeckia



Deep Red



Dynamic Mix



Lion's Mouth Blend



Zohar F1



Golden Ray F1



Medium Red



Autumn Beauty Blend



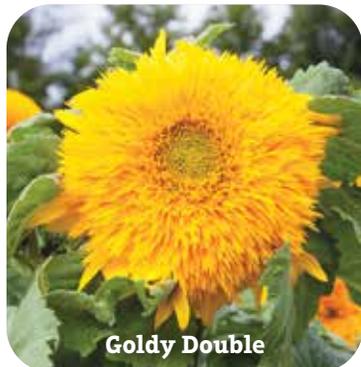
Fireworks Blend



Lemon Queen



Evening Colors Blend



Goldy Double



Hella Sonnenblume



Teddy Bear

**7099 Zohar F1** 63 days

HYBRID • Pollenless cut flower • 4-6" flowers • 3-4' tall • Annual  
**Pollenless sunflower for cut flowers.** Greater holding capacity as a cut flower and no mess from shedding pollen. Single-stemmed plants bear flowers with rays of orange-yellow petals surrounding a fully sterile dark center. **25 seeds: \$3.55, 100 seeds: \$10.50, 1 M: \$40.80, 5 M: \$180.75, 25 M: \$810.35**

**7104 Golden Ray F1** 65 days

HYBRID • Pollenless cut flower • 5-6' tall • Annual  
**Prolific producer of exceptionally uniform, bright yellow flowers.** Multi-branching plants are covered in medium sized, near perfect flowers, making this an ideal variety for commercial production, cut flowers and bouquets. The visual display of these uniform plants is striking; plants are not too tall and are excellent for the garden due to their tidy growth habit. From our partners at Genesis Seeds. **25 seeds: \$3.55, 100 seeds: \$11.05, 1 M: \$75.80, 5 M: \$262.35, 25 M: \$1,107.70**

**7111 Medium Red** 65 days

OP • Great cut flower • Gorgeous blend of red sunflowers • 5-6' tall • Annual  
**Beautiful blend of well-branched, red sunflowers ideal for cut flowers and gardens alike.** This lovely mix of red sunflowers offers some unique flair as the genetic mix presents a deep and romantic coloration that is hard to resist. Striking in the field or garden, the strong stalks make these colorful blooms an excellent choice for cut flower production. From our partners at De Bolster Organic Seeds. 1.3M seeds/oz. **1/16 oz: \$3.55, 1/4 oz: \$8.35, 1 oz: \$12.80, 1/4 lb: \$28.00, 1 lb: \$87.45**

**7096 Autumn Beauty Blend** 70 days

OP • Food for birds and bees • 7' tall • Annual  
**An explosion of 4-6" flowers in the rich colors of fall.** Flowers seem to glow in an array of gold, bronze, orange and scarlet tones with lots of bicolors. Well-branched, tall plants with numerous flowers over a long season. Good bird food with lots of oil-rich seeds. 1.1M seeds/oz. **1/16 oz: \$3.55, 1/4 oz: \$8.15, 1 oz: \$10.50, 1/4 lb: \$37.30, 1 lb: \$81.60**  
*Limited availability in 2023*

**new** **7112 Fireworks Blend** 70 days

OP • Great cut flower • 8' tall • Annual  
**A dreamy blend of vibrant sunflowers ranging in hues from light, lemon yellow to deep, burgundy red.** This gorgeous blend of summer sun is reminiscent of your favorite summer evenings with beautiful colors that light up the landscape. Plants are vigorous and well branched, making the mix an excellent addition to your cut flower assortment. Easy to grow and adaptable, blooms will attract pollinators and bring some magic to your market tables and home gardens. 1.3M seeds/oz. **1/16 oz: \$3.55, 1/4 oz: \$8.15, 1 oz: \$10.50, 1/4 lb: \$37.30, 1 lb: \$81.65**

**7109 Lemon Queen** 70 days

OP • Excellent cut flower • Attracts bees • 8-10' tall • Annual  
**Buttery, pale yellow petals contrast nicely with a wide brown center.** This well-known variety has one large main flower followed by smaller, branching secondary flowers of excellent quality. Each flower has a long stem and holds well in bouquets. Plants bloom for a long period of time. 700 seeds/oz. **1/16 oz: \$3.55, 1/4 oz: \$8.75, 1 oz: \$11.35, 1/4 lb: \$23.95, 1 lb: \$78.10**

**7098 Evening Colors Blend** 72 days

OP • Great cut flower • Attracts bees and butterflies • 8' tall • Annual  
**Each plant carries an amazing variety of gold and pale yellow flowers with dusty-rose to pink rings.** An unusual genetic mix with few solid colors and chocolatey-brown centers. Well-branched; stems average 18" long with single heads. Great for bouquets and provides a long season of color. 1.1M seeds/oz. **1/16 oz: \$3.55, 1/4 oz: \$8.45, 1 oz: \$12.80, 1/4 lb: \$28.00, 1 lb: \$87.45**

**7097 Goldy Double** 75 days

OP • Attracts bees • 5-6' tall • Annual  
**Large, fully double and fuzzy blooms soft enough to cuddle with.** Multi-branching plants have numerous bright yellow, eye-catching, pompom-like flowers adored by everyone. Will bloom longer than any other type; highly vigorous and productive. 550 seeds/oz. **1/16 oz: \$3.55, 1/4 oz: \$11.65, 1 oz: \$31.45, 1/4 lb: \$99.10, 1 lb: \$262.35**

**7106 Hella Sonnenblume** 75-80 days

OP • Superb cut flower • 2-3' tall • Annual  
**A stunning dwarf sunflower for bouquets.** Lovely 4" diameter gold-petaled blooms are incredibly uniform on sturdy 12" stems. Cute, undeniably dwarf plants reach only 3.5' in height, but from the main stalk each produces an abundance of long, ruler-straight stems perfect for cutting. Easy to harvest with long vase life—an instant stand-out in our trials. From our friends at Swiss biodynamic seed company Sativa. 2M seeds/oz. **1/16 oz: \$4.60, 1/4 oz: \$11.65, 1 oz: \$35.00, 1/4 lb: \$99.10, 1 lb: \$262.35**

**7102 Teddy Bear** 77 days

OP • Good container variety • 2-3' tall • Annual  
**Loads of big, golden yellow, puffy-looking blooms.** Great selection for a kids' garden. Sturdy, dwarf plants have an upright habit. Teddy Bear is nice for cutting and equally nice for a colorful garden border. Suitable for containers. 1.3M seeds/oz. **1/16 oz: \$3.55, 1/4 oz: \$7.35, 1 oz: \$13.95, 1/4 lb: \$29.15, 1 lb: \$87.45**

### 7107 **Velvet Queen** 80 days

OP • Great cut flower • Attracts bees • 5' tall • Annual

**Deep velvety crimson blooms accented with traces of yellow around a black center.** Foliage is distinct and attractive, and the plants are free branching, bearing lots of 5-6" blooms that are lovely for cutting. A chic and sophisticated sunflower for cut flower connoisseurs. 550 seeds/oz. 1/16 oz: \$3.55, 1/4 oz: \$7.70, 1 oz: \$17.15, 1/4 lb: \$50.15, 1 lb: \$122.45



Velvet Queen



Mammoth

### 7103 **Hopi Black Dye** 95 days

HEIRLOOM • Natural dye source • 7-11' tall

**A Hopi heirloom prized for its purple-black seeds, used especially for coloring baskets.** High Mowing sold this variety in our very first catalog, and we brought it back in part to complete the circle of our journey and in part because it's a great variety. Like us, it's scrappy and resilient and does a lot with a little. The seeds are good for dye but also for food or feed, and are the best for de-hulling. The massive, tall flowers are classically sunflower beautiful, with yellow rays around purple-black centers. Grown for countless generations, this variety will almost certainly still be used to make dye a hundred years from now. 500 seeds/oz. 1/16 oz: \$3.55, 1/4 oz: \$5.25, 1 oz: \$15.20, 1/4 lb: \$52.45, 1 lb: \$198.20



Hopi Black Dye

### 7100 **Mammoth** 105 days

OP • Food for birds and bees • Fun for kids • 12' tall • Annual

**The giant of all sunflowers with tall, thick stalks supporting huge heads that tower over the garden.** This single-stemmed variety is a very fast and vigorous grower, perfect for creating living walls or fences, sunflower houses, kids' gardens and more. Also a great variety for edible seeds or feeding the birds. Towering plants are beloved by children, birds and bees. 295 seeds/oz. 1/8 oz: \$3.55, 2 oz: \$12.80, 1/2 lb: \$21.00, 1 lb: \$33.85, 5 lb: \$145.75

### YARROW - *Achillea millefolium*

### **new** 7232 **Summer Berries** 120 days

OP • Cut or dried flower • 24-30" tall • Perennial

**A soft and luxurious mix of blooms ranging from pastel pinks, creams, purples and yellows to a gorgeous array of darker pinks.** Plants are incredibly vigorous and easy to grow, thriving in poor soil. Excellent variety for the garden as a low growing perennial. High viability as a cut flower for the color range provides much to choose from and flowers can be cut fresh or dried. 100 seeds: \$9.50, 500 seeds: \$43.00, 1 M: \$65.00

### ZINNIA - *Zinnia* spp.

### 7150 **County Fair Blend** 75-90 days

OP • **HMOS EXCLUSIVE** • Excellent cut flower • Attracts butterflies • 24-36" plants • Annual  
**Warm-toned mix of pink, orange, purple and gold blooms.** An excellent cut flower that blooms until frost; the more you cut the more they grow. 2-5" blooms ideal for borders and bouquets. Heat and disease tolerant. Zinnias last longer if you change the water in the vase every two days and keep out of direct sunlight. *Zinnia elegans*. 2.7M seeds/oz. 1/32 oz: \$3.55, 1/8 oz: \$6.10, 1/2 oz: \$13.95, 2 oz: \$39.65



Summer Berries



County Fair Blend

### 7154 **Dwarf Thumbolina** 75-90 days

OP • Semi-double and double blooms • 12-16" tall • Annual

**Short and sweet, multi-branching zinnias with beautiful, light-hearted colors and semi-double to double, mini blooms.** Plants are covered in irresistible, 2" blossoms featuring an appealing blend of whimsical colors. The bright hues attract pollinators and offer a beautiful accent to any border, garden, or container planting. Short, multi-branching stems make for precious bouquets. Plants grow quickly and reach bloom maturity early. From our partners at Genesis Seeds. *Zinnia elegans*. 50 seeds: \$3.55, 250 seeds: \$6.60, 1 M: \$16.50, 5 M: \$38.50



Dwarf Thumbolina



Giant Coral

### 7147 **Giant Coral** 75-90 days

OP • Excellent cut flower • Attracts butterflies • 40-50" plants • Annual

**Large, fully double red-coral blooms ideal for cut flowers or bright borders.** Lovely salmon-pink to coral flowers on long, sturdy stems. Huge 4" blooms. Disease and heat tolerant, and holds up well in the vase. Change water often for longest life. Direct seed or start transplants 3-4 weeks before last frost date. *Zinnia elegans*. 3.4M seeds/oz. 1/32 oz: \$3.55, 1/8 oz: \$12.80, 1/2 oz: \$29.15, 2 oz: \$58.30

### 7148 **Giant Purple** 75-90 days

OP • Excellent cut flower • Attracts butterflies • 40-50" plants • Annual

**Big, fully double magenta blooms for a sophisticated statement in borders and bouquets.** Huge, 4-6" purple blooms on long, sturdy stems. Disease and heat tolerant, and holds up well in the vase. Change water often for longest life. *Zinnia elegans*. 3.4M seeds/oz. 1/32 oz: \$3.55, 1/8 oz: \$12.80, 1/2 oz: \$29.15, 2 oz: \$58.30



Giant Purple



Golden Yellow

### 7149 **Golden Yellow** 75-90 days

OP • Excellent cut flower • Attracts butterflies • 30-36" plants • Annual

**Fully double gold blooms make a dazzling display in the garden.** Well-branched stems provide a continuous supply of easy-to-grow 3-4" blooms that hold up well in a vase. Excellent heat and cold tolerance keep this variety productive until frost. *Zinnia elegans*. 5M seeds/oz. 1/32 oz: \$3.55, 1/8 oz: \$12.80, 1/2 oz: \$29.15, 2 oz: \$58.30



Orange



Red Scarlet



Aztec Sunset



Beeline Pollinator Mix

### 7151 **Orange** 75-90 days

OP • Excellent cut flower • Attracts butterflies • 40-50" plants • Annual  
**Large, bold, orange blooms; beautiful as cut flowers or as borders in the garden.** 4-6" blooms have incredible vase life, especially when water is routinely changed. With great field holding quality, plants produce continuous flowers throughout the season. Good tolerance to heat and cold, these vigorous zinnias are a reliable choice for the farm or garden. *Zinnia elegans*. 2.7M seeds/oz. **1/32 oz: \$3.55, 1/8 oz: \$12.80, 1/2 oz: \$29.15, 2 oz: \$58.30**

### 7145 **Red Scarlet** 85 days

OP • Excellent cut flower • Attracts butterflies • 30-36" plants • Annual  
**Deep scarlet blooms for an eye-catching variety superior to many others.** A great cutting type with many high-quality flowers and attractive foliage. Dramatic in mass plantings. A standout for quality and cold tolerance in our trials. *Zinnia elegans*. 3.9M seeds/oz. **1/32 oz: \$3.55, 1/8 oz: \$15.45, 1/2 oz: \$38.50, 2 oz: \$72.25**

### **new** 7143 **Aztec Sunset** 90 days

OP • Great cut flower • Blooms all season • 18-24" tall • Annual  
**Gorgeous blend of miniature, bi-color blooms ranging from deep red to cream.** Plants are compact and highly productive, yielding excellent stems for cut flower production from midsummer through to early autumn. The dynamic colors make for beautiful bouquets and add eye-catching highlights when mixed with other flowers in arrangements. *Zinnia haageana*. **50 seeds: \$3.55, 250 seeds: \$6.55, 1 M: \$13.55, 5 M: \$48.00**

## FLOWER MIXES

### 7045 **Beeline Pollinator Mix** 55 days

See Cover Crops, page 116.

**1 oz: \$19.90, 1/4 lb: \$53.00, 1 lb: \$119.25, 5 lb: \$404.15, 20 lb: \$1,282.65\***

\*Please see shipping charges on page 62 for individual items weighing 20 lbs or more

# Cover Crops

A beautiful fall field of Oats, Peas and Vetch emerging at the organic trials farm.

We are pleased to offer a wide variety of cover crops for nearly every season and purpose. Cover crops can be used to improve soil health through a wide variety of mechanisms. These mechanisms include adding organic matter and nutrients, smothering weeds, breaking up compacted soil, preventing erosion, providing forage and attracting beneficial insects. Each cover crop should be sown at a particular time; for your convenience we have noted below each item name when the crop should be sown and some of its primary uses.

Cover crops range from hardy winter varieties like Winter Rye and Hairy Vetch to reseeding annual varieties like Crimson Clover. Most cover crops are intended to be mowed or tilled in several weeks before planting of vegetable crops. Generally, home gardeners can plant cover crops by broadcast sowing over freshly turned soil, ideally before a rain. Just before the cover crops set seed they can be cut with a scythe or mower and then be turned under with a rototiller. Annual cover crops that winter-kill may be easier to grow.



Annual Ryegrass



BMR Sorghum-Sudangrass F1

### 8085 **Annual Ryegrass**

OP • Sow spring to late summer • Hardy to Zone 6 • Annual  
**Quick-to-establish, versatile annual grass.** Used for weed suppression, erosion control, adding organic matter, or as a nutrient catch. Seed in paths and mow for an excellent ground cover. Broadcast seed at 20-30 lbs/acre. If soil is tilled and moist, no need to incorporate; if dry or using for culti-packing, drill 10-20 lbs/acre, 1/4-1/2 inch deep. *Lolium multiflorum*. Seeding rate: 10-20 lbs/acre, 1/2 lb/1,000 sq ft.

### 8111 **BMR Sorghum-Sudangrass F1**

HYBRID • Sow in spring • Drought tolerant • Annual  
**Heat and drought-tolerant cross between sorghum and Sudangrass.** For building biomass, smothering weeds and penetrating compact soils. With growth up to 12' tall and dry matter production of 4,000-5,000 lbs/acre, it makes an excellent soil builder. Adaptable to much of the U.S., provided the soil temperature reaches 65°F two months before the first frost. Seed 0.5-1.5" deep; shallower in heavier soils, deeper in sandy soils. *Sorghum bicolor*. Seeding rate: 35 lbs/acre drilled, 40-50 lbs/acre broadcast.

## 8010 Common Buckwheat

OP • Sow in spring • Fast grower • Annual

**Warm-season crop for building soil and smothering weeds.** Planting several successions in a season can be effective for eradicating persistent annual weeds which are out-competed by buckwheat's quick growth. Loosens clay, increases phosphorus and holds fertility for the next crop. Sow after danger of frost has passed, up to 45 days before the first frost. *Fagopyrum esculentum*. Seeding rate: 35-135 lbs/acre, 2-3 lbs/1,000 sq ft.



Common Buckwheat



Oats

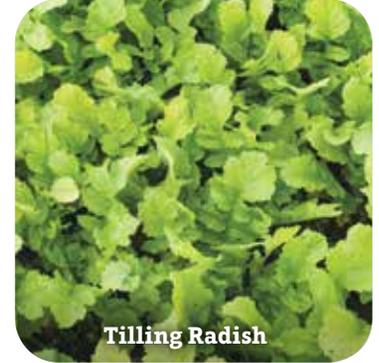
## 8020 Oats

OP • Sow spring or late summer • Mulching cover • Annual

**Thick roots that hold the soil and create mats of straw mulch.** Sow oats in spring for grain or as a nurse crop for clover and field peas. Sow in late summer as a cover crop to winter-kill at about 15°F. Great for late summer sowing between corn. *Avena sativa*. Seeding rate: 90 lbs/acre, 3-4 lbs/1,000 sq ft.



Phacelia



Tilling Radish

## 8115 Phacelia

OP • Premium pollinator attractant • Interplant between row crops

**Productive flowering cover crop with excellent pollinator attraction.** Highly attractive to honeybees, native bees, and syrphid flies, whose larva are voracious feeders on aphids and young caterpillars. Phacelia is widely adaptable and tolerates drought better than most but requires a dark, cool place for good germination, so bury seed at least ¼ inch deep. Often grown with buckwheat, which acts as a nurse crop for the slower germinating phacelia. Once established, the phacelia takes over the planting and flowers over a long season. Excellent for intercropping between cash crops to attract beneficial predators and pollinators. Seeding rate: 7-12 lbs/acre, 1/4 lb/1000 sq ft. *Phacelia tanacetifolia*

## 8000 Tilling Radish

OP • Sow in fall • Fast growing • Builds biomass

**Excellent fall cover crop for reducing compaction and building soil organic matter.** Fast-growing crop provides excellent weed suppression. Taproots up to 30" long aerate the soil, reduce compaction, scavenge nutrients, lighten clay soils and increase yields. Sow 8-10 lbs/acre 4-10 weeks before the first killing frost. *Raphanus sativus*. Seeding rate: 8-10 lbs/acre, 1/4 lb/1,000 sq ft.

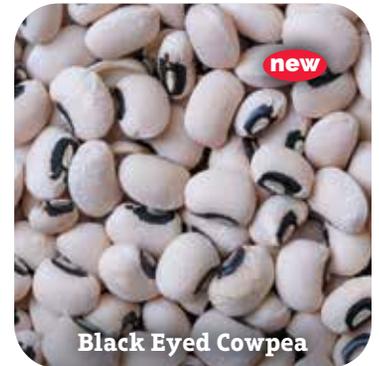
## 8030 Winter Rye

OP • Sow in late summer • Prevents erosion • Perennial

**Popular fall cover crop that does not winter-kill.** Growth continues much later into the fall than other cover crops, with early spring growth that protects soil from erosion. Vigorous, deep roots add lots of organic matter. Often grown with vetch (mix also available). Correct timing of spring turn-in is important to successfully kill rye. *Secale cereale*. Seeding rate: 100 lbs/acre, 3-4 lbs/1,000 sq ft.



Winter Rye



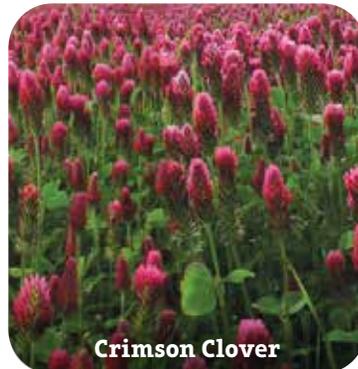
Black Eyed Cowpea

### LEGUME

## **new** 8095 Black Eyed Cowpea

OP • Annual, drought tolerant legume for summer sowing

**Heat loving legume adapted to a wide range of soil types for summer nitrogen fixation, biomass and coverage.** Plants have an upright, bush type growth habit and produce multitudes of long, green pods that dry to brown, full of edible peas. Excellent tolerance to sandy soils and drought conditions and broadly adaptable to most soil types and a wide pH range. Toxic to horses. *Vigna unguiculata*. Seeding rate: 50-70 lbs/acre, 1-1.5 lbs/1000 sq ft. *Limited availability in 2023*



Crimson Clover



Field Peas

## 8112 Crimson Clover

OP • Sow in spring or fall • Nitrogen fixer • Reseeding annual

**Beautiful, versatile cover with large red flowers.** Can be used as a nitrogen source, for soil building, erosion prevention, ground cover, forage and to attract beneficial insects. Thrives and displays rapid growth in cool, moist conditions. Has an ability to tolerate shade, making it useful for undersowing. *Trifolium incarnatum*. Seeding rate: 20 lbs/acre, ½ lb/1,000 sq ft.

## 8070 Field Peas

OP • Sow early spring to summer • Nitrogen fixer • Annual

**Good nitrogen fixer, green manure and weed suppressant.** Tops can be harvested for edible shoots. Adds 170 lbs/acre of nitrogen to the soil. Final sowing for winter cover should be about 6-8 weeks before first fall frost. Peas prefer cool, moist conditions and will survive frost but winter-kill at 15°F. *Pisum sativum* subsp. *arvense*. Seeding rate: 200 lbs/acre, 6-8 lbs/1,000 sq ft.

## 8060 Hairy Vetch

OP • Sow in fall • Nitrogen fixer • Perennial

**Vigorous crop praised for its winter hardiness and N-fixation.** Vetch can add 3,000-4,000 lbs of organic matter per acre. Best sown in fall, it tolerates acidic and low-fertility soils but requires good drainage. Pair with winter rye for overwintering cover; will regrow vigorously in the spring (mix also available). *Vicia villosa*. Seeding rate: 30-40 lbs/acre, 1 lb/1,000 sq ft.



Hairy Vetch

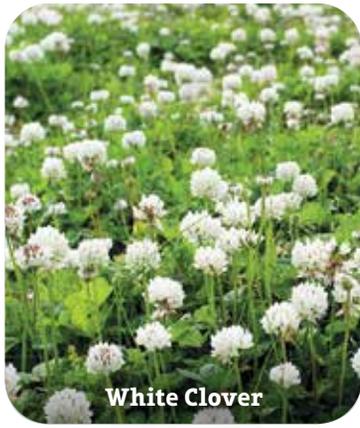


Medium Red Clover

## 8080 Medium Red Clover

OP • Sow spring to fall • Nitrogen fixer • Perennial

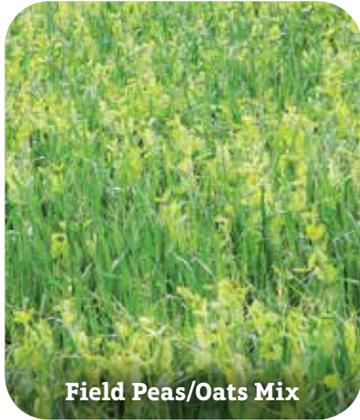
**Beautiful crop for N-fixation, hay, pasture and green manure.** Fixes 100 lbs of nitrogen per acre and mines nutrients from deep in the soil. Smaller than Mammoth red clover; regrows vigorously after mowing or grazing. Incorporate after the second growth season. Perennial if not plowed under. *Trifolium pratense*. Seeding rate: 20 lbs/acre, ½ lb/1,000 sq ft.



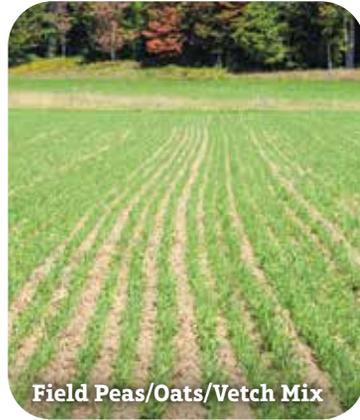
White Clover



Beeline Pollinator Mix



Field Peas/Oats Mix



Field Peas/Oats/Vetch Mix



Understory Mix

### 8113 White Clover

OP • Sow spring to late summer • Nitrogen fixer • Perennial  
**Low-growing nitrogen fixer excellent for undersowing in existing cropped areas.** Somewhat slow to establish, once underway white clover will fill in rapidly. A perennial that can survive mowing or trampling. Combine with annual ryegrass to sow drive-rows, pathways or high traffic areas to minimize soil compaction and improve soil health. *Trifolium repens*. Seeding rate: 5-9 lbs/acre drilled, 7-14 lbs/acre broadcast.

#### MIXES

### 7045 Beeline Pollinator Mix

OP • **HMOS EXCLUSIVE** • Attracts bees and other pollinators • 24-36" tall • Annual  
**Give your bees support with this pollinator-friendly collection.** A diverse nutrition source for a wide variety of bees, butterflies and other pollinators. Purple-flowered phacelia is the star of this mix, providing important bee forage over a long season, while sunflowers, cosmos, herbs and other flowers provide favorite pollen and nectar sources to both domesticated and wild bees. May contain cosmos, bachelor button, sunflower, mustards and phacelia. 7.9M seeds/oz. Seeding rate: 1 oz/200 sq. feet or 1 lb for 3,200 sq ft.

### 8100 Field Peas/Oats Mix

OP • Sow spring to late summer • Mulching cover • Annual  
**A versatile grass/legume combo for all-season use.** Provides nitrogen fixation, deep root penetration, winter cover and more. Sow no later than 6-8 weeks before first fall frost for use as a winter cover that winter-kills at about 15°F, leaving behind a great mulch. 70% peas/30% oats by weight. Seeding rate: 180 lbs/acre, 5-6 lbs/1,000 sq ft.

### 8110 Field Peas/Oats/Vetch Mix

OP • Sow in spring • Adds organic matter  
**Ideal for soil lacking organic matter.** Adds up to 8,000 lbs/acre of organic matter to your soil in a vigorous mix that will outcompete weeds. Sturdy oats support nitrogen-fixing pea and vetch vines. Plant in early spring and mow or disc in the fall. 70% peas/15% oats/15% vetch by weight. Seeding rate: 210 lbs/acre, 6-8 lbs/1,000 sq ft.

### 8116 Understory Mix

OP • Sow at time of planting of crops or immediately after  
**A three-way blend groundcover for under-sowing into crops.** Annual Rye, Medium Red Clover and White Clover are blended to create a dense groundcover that can be mowed or trimmed throughout the growing season. Decreasing weeds and improving soil health, this mix is perfect for season-long performance. Clovers will overwinter to provide spring erosion control and fix nitrogen for next year's crop. Sow at 20 lbs/acre at time of planting crops or immediately after. Seeding rate: 20 lbs/acre.

### 8090 Winter Rye/Hairy Vetch Mix

OP • Sow fall, mow spring • Adds nitrogen and organic matter  
**A combination of grass and legume cover crops.** The vetch fixes nitrogen; rye adds organic matter and protects the less hardy vetch from winter damage. Regrows vigorously in spring. Sow late summer into fall; mow and turn in after vetch flowers in the spring. 75% rye/25% vetch by weight. Seeding rate: 90 lbs/acre, 3-4 lbs/1,000 sq ft.

#### COVER CROP SEED - SOLD BY SEED WEIGHT

	1 lb	5 lb	20 lb*	40 lb*
8085 Annual Ryegrass	\$ 12.80	\$ 6.80/lb	\$ 4.50/lb	\$ 3.80/lb
7045 Beeline Pollinator Mix	\$ 119.25	\$ 80.83/lb	\$ 64.13/lb	
<b>new</b> 8095 Black Eyed Cowpea - Limited availability in 2023		\$ 6.80/lb	\$ 4.50/lb	\$ 3.80/lb
8111 BMR Sorghum-Sudangrass FI	\$ 11.65	\$ 5.83/lb	\$ 4.29/lb	\$ 3.92/lb
8010 Common Buckwheat		\$ 3.73/lb	\$ 2.75/lb	\$ 2.44/lb
8112 Crimson Clover	\$ 15.45	\$ 11.66/lb	\$ 9.52/lb	\$ 8.35/lb
8100 Field Peas/Oats Mix		\$ 3.25/lb	\$ 2.15/lb	\$ 1.98/lb
8110 Field Peas/Oats/Vetch Mix		\$ 5.12/lb	\$ 3.03/lb	\$ 2.61/lb
8070 Field Peas		\$ 4.43/lb	\$ 3.83/lb	\$ 3.45/lb
8060 Hairy Vetch	\$ 11.30	\$ 8.33/lb	\$ 4.99/lb	\$ 4.73/lb
8116 Understory Mix		\$ 13.99/lb	\$ 8.86/lb	
8080 Medium Red Clover	\$ 12.10	\$ 9.24/lb	\$ 6.33/lb	\$ 5.36/lb
8020 Oats		\$ 2.33/lb	\$ 1.68/lb	\$ 1.40/lb
8115 Phacelia	\$ 24.00	\$ 21.00/lb	\$ 15.75/lb	\$ 11.63/lb
8000 Tilling Radish	\$ 17.60	\$ 11.66/lb	\$ 10.45/lb	\$ 7.70/lb
8113 White Clover	\$ 29.15	\$ 22.15/lb	\$ 20.29/lb	\$ 16.28/lb
8090 Winter Rye/Hairy Vetch Mix		\$ 3.96/lb	\$ 3.44/lb	\$ 2.19/lb
8030 Winter Rye		\$ 2.56/lb	\$ 0.96/lb	\$ 0.84/lb

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



# Thank You

“ From all of us here at High Mowing Organic Seeds, we thank you for your continued support. Your purchase of organic, Non-GMO project verified vegetable, flower, fruit and herb seed contributes to a more sustainable, equitable and localized food supply and a diverse and abundant local ecology. Your efforts every day on your farms and in your gardens build the positive future we know is possible. Thank you for joining us in our pursuit of a greener and more nourishing world for all. ”

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see page 59 for details*



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**BRACI ARDENTI RADICCHIO**, p.38  
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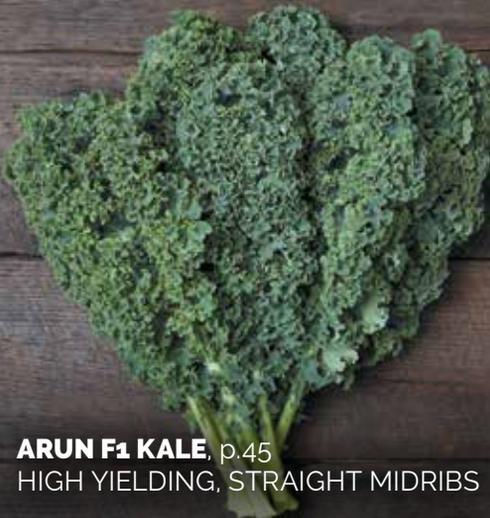
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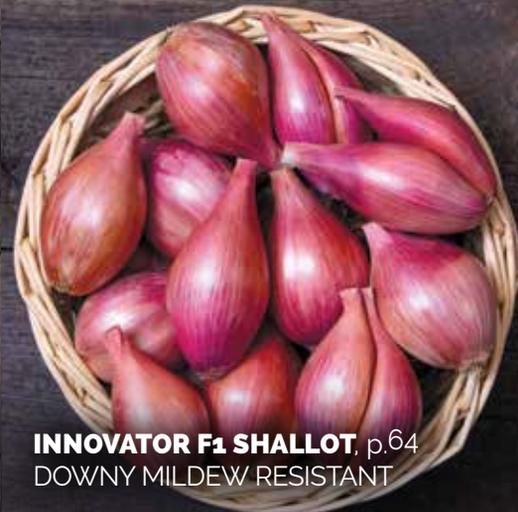
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