

Carols Heirloom Garden Seed Catalogue 2024 to 2025



Food for Life!!!!

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

Many varieties are identified as Organic. These varieties have been supplied to me by a Certified Organic grower. I personally do not have organic certification. If you are a Certified Organic Grower, I can supply you with a declaration showing my seeds meet the requirements of Biogro for organic growers.

Many varieties are identified as 'spray free, naturally grown'. These are grown at my premises and I can verify they are free of chemicals.

These seeds are prepared for you in food safe clip seal bags so you can close them up for later use

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

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

Follow Carols Heirloom Garden on Facebook - [carolsheirloomgarden](https://www.facebook.com/carolsheirloomgarden), where I post any new seeds, developments, information and recipes.

How to Order

Seeds can be purchased directly by emailing me at carolsheirloomgarden@gmail.com.

Please list your seeds inside the email, in a vertical list, with one variety per line, with the number of packets next to it. Please do not send attachments, they are difficult to open. Make sure you provide your address details at the time of order so I can give you the full total with the correct shipping

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

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

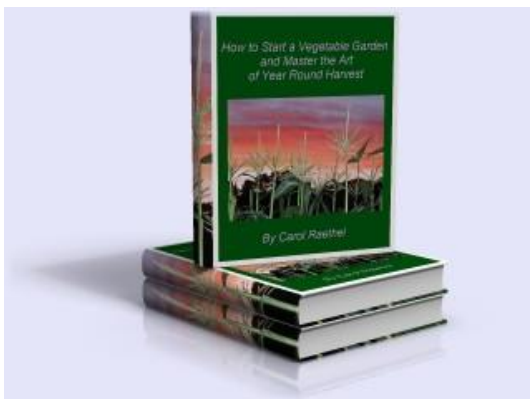
Check out my **Seed Breeding at Home Course** to become self sufficient producing your favourite heirloom, genetically pure veggies and never have to worry about seed shortages as we have been experiencing lately
Learn more at <https://www.carolraethel.com/product-page/breeding-and-saving-heirloom-seeds-from-your-home-garden>

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



Check out my ebooks

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



Free to download when you sign up for my monthly newsletter at

<https://mailchi.mp/58ba6c6af64b/carols-heirloom-garden>

Great information in 124 pages you will find

Where to put your vegetable garden

How to build your garden

How to grow vegetables in detail

A seasonal planting guide

How to grow the right amount of each type of veggie

The trick to having a year round supply of vegetables

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

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

Great recipes for using the bounty of your garden

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

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



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

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

I am offering you a package of both ebooks at **\$29.95**, saving you \$2.95

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

Email carolsheirloomgarden@gmail.com to order

Ebook – Growing Tobacco at Home

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

Includes

Raising Tobacco from seeds

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

When to Harvest tobacco leaves

How to Cure Tobacco the simple way

How to Remove Toxins and excess nicotine from the leaves

How to Process and Shred Tobacco

How to Flavour Tobacco and much more!

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

Selling at only \$14.95

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

Email carolsheirloomgarden@gmail.com

When you purchase any of my seeds or ebooks, I give away a free copy of my ebook '**Successfully Raising Plants from Seeds**' I have written this book with the intention of helping you to care for your seeds as soon as they arrive at your home to preserve their ability to germinate. It takes you through the steps of sowing vegetable and herb seeds for best results. The second half provides specific information for the herb varieties I am selling, because sometimes herb seeds have special needs which can't be fitted on the labels of the packets. I have had great feedback from customers who have had much better results with their seeds after reading this book. Please ask about it if I don't automatically provide you with a copy when you purchase seeds or other ebooks.

SEED Banks

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

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

SEED BANK ONE

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

SEED BANK TWO

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

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

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

Entire Range of Veg Seeds, Entire Range of Organic Seeds






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





Email carolsheirloomgarden@gmail.com to order seed banks




SEEDS







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





Vegetable Seeds

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




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

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






<p>Chili Habanero Red Extremely hot chili for those who love it hot! Lovely bonnet shaped chili. Sow in spring. Best raised in trays for transplanting in late spring. Like rich soil and full sun. The hotter the days, the hotter the chilies. 30 seeds \$2.00</p>	
<p>Chili - Serrano Out of stock sorry Substantial heat, thick walled chilli, ripens to red. Approx 8cm long. Sow in Spring. Best raised in trays for transplanting later. Likes full sun and soil rich in organic matter and magnesium. Tender perennial 30 seeds \$2.00</p>	
<p>Cress – Land Variety Land variety of watercress. Grows as a rosette. Leaves mild flavour in the cool seasons, peppery in the heat of summer. Loaded with vitamins and minerals. Sow all year round, either direct into soil or in seed raising trays. 100 seeds \$2.00</p>	
<p>Cucumber – Marketmore Longish dark green burp-less cucumbers. Prolific producer. Sow spring and early summer in trays for transplanting later. Support plants as they grow to ensure straight fruit. 20 seeds \$2.00</p>	
<p>Eggplant – Black Beauty Organic Large black shiny fruit. Prolific producer. Sow spring in trays and transplant to soil rich in organic matter and nutrients. 30 seeds \$2.00</p>	
<p>Gherkins Traditional small cucumber specially bred in antiquity for pickling. Prolific producer over a long season. Sow spring in trays and transplant to soil rich in organic matter and nutrients. 15 seeds \$2.00</p>	

<p>Kale A versatile vegetable. Pick small leaves for salad greens, large leaves for cooking. Loaded with vitamins and minerals. Sow spring to autumn. Frost tolerant Likes rich soil.</p> <p>Annual 40 seeds \$2.00</p>	
<p>Leek – Giant A hardy variety. Sweet and tender. Lovely in soups, vegetarian dishes and casseroles. Sow all year round direct into soil or in seed raising trays for transplanting. Like soil rich with organic matter.</p> <p>80 seeds \$2.00</p>	
<p>Lettuce – Green Salad Bowl Organic Grows a rosette of sweet loose frilly leaves. Ideal for baby leaf salads. Sow Autumn and Spring. Excellent grown in winter in mild climates. Likes soil rich with organic matter and nutrients and nitrogen.</p> <p>100 seeds \$2.00</p>	
<p>Lettuce – Great Lakes Sweet and crunchy iceberg variety. Performs well all year round, but prefers cooler temperatures. Best iceberg lettuce I have found.</p> <p>Sow Spring to Autumn. Likes soil rich with organic matter and nitrogen.</p> <p>100 seeds \$2.00</p>	
<p>Lettuce Red Salad Bowl Organic Frilly red tinged leaves for single leaf picking. A colourful and sweet addition to salads. Sow spring to autumn in trays for transplanting. Likes rich soil, high in nitrogen and full sun.</p> <p>100 seeds \$2.00</p>	

<p>Onion – Pearl Drop Sweet onions with very mild flavour. Ideal for pickling as a cocktail onion, or as an addition to salads. Sow Spring and Summer direct into the soil in drills. Like soil rich with organic matter.</p> <p>150 seeds \$2.00</p>	
<p>Onion – Spring Onion Organic Organic spring onion, uniform width, sweet and tender. Perfect for salads, asian soups and stir fries. Sow Spring for Summer crop, Autumn for over-wintering. Likes soil rich with organic matter.</p> <p>100 seeds \$2.00</p>	
<p>Onion – Sweet Red Sweet red onion with medium/mild heat. Tasty addition to salads and cooking. Sow Spring and Summer in a sunny location. Likes soil rich with organic matter.</p> <p>100 seeds \$2.00</p>	
<p>Spring Onion – White Welsh Deliciously mild and sweet. Has long growing season and just get bigger. Sow Spring to Autumn direct into soil. Harvest any time, can stay in the ground for months. Likes lots of organic matter and nitrogen.</p> <p>150 seeds \$2.00</p>	
<p>Onion Yellow Spanish Medium/large brown skinned onion, with a mild, sweet flavour. Good disease resistance Sow Late Spring to Early summer. Likes soil rich with organic matter, sunny position Well drained soil</p> <p>100 seeds \$2.00</p>	

<p>Parsnip Guernsey Large sweet ripe parsnips for roasting, soups and stews. Can stay in the ground all winter. Frost improves flavour. Sow spring, early summer & autumn direct into soil. Prefers soil low in compost and lots of sun. 50 seeds \$2.00</p>	
<p>Radish German Giant Amish heirloom from the 18th Century. Large red radish with a mild flavour. Milder in cooler conditions. Sow Spring and Autumn. Like lots of organic matter. 100 seeds \$2.00</p>	
<p>Rocket Organic Single leaf picking for salad greens. Rocket adds a savoury peppery flavour to salads. Harvest leaves when approx 7cm. Successive sow and plants mature quickly. Does best in cooler conditions. Sow all year. Likes nitrogen and organic matter. 200 seeds \$2.00</p>	

<p>Silverbeet Fordhook Giant Large dark green leaves. Tolerates a range of soils and temperatures. Currently replacing the Fordhook variety, and is very similar, and I don't have a picture of this variety as yet. Will be bringing Fordhook back as soon as I can access the seeds. Sow early spring to early autumn. Likes plenty of organic matter. 40 seeds \$2.00</p>	
<p>Spinach Organic Large crinkly green leaves, growing in a rosette. Nice steamed and tossed in lemon juice, honey, salt and pepper. Baby leaves crunchy addition to salads. Sow all year round, in seed raising trays in cooler weather. Like soil rich with organic matter. 60 seeds \$2.00</p>	

<p>Tomato – Cherokee Purple Large tomatoes, like beefsteak, with dark skin and sweet compartmented fruit. Sweet and tender. Sow Spring. Best sown in seed raising trays and transplanted when all frosts have passed. Likes soil rich in organic matter, low nitrogen and full sun 30 seeds \$2.00</p>	
<p>Tomato – Marmande Large tomatoes with the old-fashioned beefsteak flavour. Sow Spring. Best sown in seed raising trays and transplanted later, when all frosts have passed. Require support. Likes soil rich in organic matter and full sun. 30 seeds \$2.00</p>	
<p>Tomato – Russian Red Bountiful harvest of medium sized sweet red tomatoes. Strong resistance to blight. Sow Spring. Best sown in seed raising trays and transplanted later, when all frosts have passed. Require support. Likes soil rich in organic matter and full sun. This is a top favourite of mine because it tolerates many different climates and produces on time! 30 seeds \$2.00</p>	
<p>Tomato Black Cherry Worlds earliest tomato. Tolerates cold climates. Produces clusters of small tomatoes that ripen simultaneously. This is a very small plant, and ideal for growing in pots. Sow early to late spring indoors and transplant after frosts have passed. 20 seeds \$2.00</p>	
<p>Turnip Milan Organic Delicious picked young and eaten as a crunchy treat in salads, or added to soups and stews. Quick growing, best cooked when approx 7cm diameter. Sow Spring to Summer. 50 seeds \$2.00</p>	

Watercress

Easy to grow! Traditional watercress, loaded with vitamins & minerals. Pick tender tips for salads, soups & sandwiches.

Sow Spring & Autumn, direct into soil.

Needs wet soil; ensure they have wet feet at all times. Ideal in large tub with a wet base.

This one is grown in a polystyrene tub with drainage holes 2 inches up from the bottom.






Prefers shade.







100 seeds







\$2.00















Herbs







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







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







<p>Chamomile Roman <i>Chamomelum nobile</i> Fragrant flowers have a wonderful aroma. Calming and relaxing. Lovely as a tea. Lovely in a sleep pillow. Sow all year, direct or in trays. Grows in any conditions. Perennial</p> <p>100 seeds \$2.00</p>	
<p>Chives <i>Allium schoenoprasum</i> Lovely chopped into salads, egg dishes, sandwiches, spreads and more. Sow Spring and Summer in a sunny well drained location. Likes rich soil. Grows well in pots. Perennial Spray free, naturally grown</p> <p>50 seeds \$2.00</p>	
<p>Chives – Garlic <i>Allium tuberosum</i> The mild garlic flavour makes these chives a perfect addition for dishes where a delicate garlic taste is preferred. Attractive in a pot, the flowers have a sweet scent and will add perfume if placed on a sunny windowsill. Sow Spring to Summer. Perennial</p> <p>50 seeds \$2.00</p>	
<p>Coriander <i>Coriandrum sativum</i> Annual Prolific producer of dark green pungent leaves. Slow to bolt to seed. Great in salsas, salads and Asian dishes. Sow all year, direct into rich, free draining soil. Likes full sun.</p> <p>80 seeds \$2.00</p>	
<p>Dandelion <i>Taraxacum officinale</i> Leaves normalise function of the kidneys, roots on the blood. Normalises blood.</p> <p>Sow Spring to Autumn Perennial</p> <p>100 seeds \$2.00</p>	
<p>Dill <i>Anethum graveolens</i> Organic Seeds useful for pickles and Dill vinegar. Leaves add subtle flavour to seafood dishes. Sow all year into soil or in trays for transplanting later. Likes rich soil and full sun.</p> <p>60 seeds \$2.00</p>	






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

<p>Hyssop <i>Hyssopus officinalis</i> Attractive shrub. Affinity for respiratory system. Sow Spring to Summer in trays for transplanting. Likes full sun, free draining light soil. Perennial Spray free, naturally grown 40 Seeds \$2.00</p>	
<p>Lady's Mantle <i>Alchemilla mollis</i> Out of Stock Attractive low growing shrub. Valued to normalise menstrual cycle. Sow Spring and Summer in trays for transplanting. Likes free draining soil, full sun or partial shade. Perennial Spray free, naturally grown 30 seeds \$2.00</p>	
<p>Lavender English <i>Lavendula augustifolia</i> Out of Stock Sorry Intense purple flowers with old fashioned perfume. Calming and relaxing. Sow Spring to Autumn. Likes free draining soil and full sun. Spray free, naturally grown 30 seeds \$2.00</p>	
<p>Lemon Balm <i>Melissa officinalis</i> Attractive shrub. Calming, helps normalise nervous system. Nice as a herb tea. Sow Spring to Autumn. Likes full sun or partial shade, soil rich with organic matter. Perennial 40 seeds \$2.00</p>	
<p>Lemongrass <i>Cymbopogon citrates</i> Aromatic grass with strong lemon flavour. Refreshing as a tea. Sow spring to summer in trays for transplanting Perennial 40 seeds \$2.00</p>	
<p>Lobelia <i>Lobelia inflata</i> Attractive herb with affinity for the nervous system. Assists smoking cessation when smoked. New Zealand law states not for internal use, as overdose can be fatal. Sow spring to autumn. Biennial Spray free, naturally grown 30 seeds \$2.00</p>	


<p>Marjoram <i>Origanum marjorana</i> Attractive small bushy plant. Lovely in soups, stews and casseroles. Sow all year, direct into soil or in trays for transplanting. Likes rich free draining soil, and plenty of sun. Perennial</p> <p>60 seeds \$2.00</p>	
<p>Marshmallow <i>Althea officinalis</i> Powdered roots were the original marshmallow sweets. Affinity for the lungs and helps normalise lung mucosa. Perennial Sow Spring and Summer, directly into soil. Likes rich moist soil and plenty of sun. Spray free, naturally grown</p> <p>30 seeds \$2.00</p>	
<p>Meadowsweet <i>Filipendula ulmaria</i></p> <p>Attractive shrub. Tall white flower stalks. Contain salicylic acid. (Used in aspirin. Use leave and flowering tips.)</p> <p>Sow spring and autumn. Likes moist soil. Perennial Spray free, naturally grown</p> <p>30 seeds \$2.00</p>	
<p>Mexican Mint <i>Tagetes lucida</i> Leaves have a delicate liquorice flavour. Ideal for herb teas, salads and soups. Sow Spring to Summer. Likes rich, free draining soil and full sun. Dies down in winter. Can be grown indoors in pots. Perennial Spray free, naturally grown</p> <p>40 seeds \$2.00</p>	
<p>Motherwort <i>Leonuris cardiaca</i> Out of stock Robust short lived perennial, grows as a bush with tall branches. Valuable for female reproductive system and cardiovascular system. Sow spring for transplanting.</p> <p>30 seeds \$2.00</p>	
<p>Mullein <i>Verbascum Thapsus</i> Attractive bi-ennial plant. Valued by herbalists for it's effects on the respiratory system Sow mid-summer to autumn. Likes deep, rich free draining soil Biennial Spray free, naturally grown</p> <p>40 seeds \$2.00</p>	

<p>Oregano <i>Origanum vulgare</i> A creeping perennial. Idea for Italian cooking and tomato dishes. Sow Spring and Summer, direct into soil or in trays for transplanting later. Likes rich free draining soil and full sun. Perennial</p> <p>40 seeds \$2.00</p>	
<p>Parsley <i>Petroselinum crispum</i> Organic Triple curled variety. Loaded with vitamins and minerals. Sow all year round, best results from raising in trays for transplanting later. Likes free draining soil and full sun. Biennial Spray free naturally grown Biennial</p> <p>50 seeds \$2.00</p>	
<p>Parsley – Italian <i>Petroselinum crispum</i> Organic Strong yet smooth flavour. Flat leaves, loaded with vitamins and minerals. Sow all year round, best results from raising in trays for transplanting later. Likes free draining soil and full sun. Biennial</p> <p>50 seeds \$2.00</p>	
<p>Peppermint <i>Mentha piperita</i></p> <p>Creeping perennial. Medicinal variety of mint with affinity for the brain. Helps normalise body temperature during viral attacks. Sow spring to summer. Likes average soil. Contain as spreads vigorously.</p> <p>Perennial</p> <p>50 seeds \$2.00</p>	
<p>Plantain <i>Plantago Major</i> A super herb with multiple uses. Great for first aid. Helps to normalise the blood and eliminatory organ function.</p> <p>Perennial Sow all year</p> <p>Spray free, naturally grown</p> <p>50 seed \$2.00</p>	
<p>Pyrethrum <i>Chrysanthemum cinerariifolium</i> Newly opened flowers contain highest concentration of pyrethrins, which act on the nervous system of insects to kill them. Can be grown as a border to attract beneficial insects to the garden Sow late Spring, Early Summer Perennial</p> <p>30 seeds \$2.00</p>	

<p>Red Clover <i>Trifolium pratense</i> Organic Flowers are high in iron and nutrients. Valued by herbalists for affinity with lung conditions and circulatory system. Harvest flowers while bright pink. Sow Spring to Summer in trays for transplanting. Likes full sun & free draining soil. Perennial 60 seeds \$2.00</p>	
<p>Rue <i>Ruta graveolens</i> Perennial Attractive shrub. Fly, cat and dog repellent, great as a garden border. Sow Spring to Summer, in trays for transplanting. Likes free draining soil and full sun. Spray free, naturally grown 30 seeds \$2.00</p>	
<p>Sage <i>Salvia officinalis</i> Attractive bushy plant. Traditional herb for chicken stuffing. Sow Spring, direct into soil or in trays for transplanting. Likes rich free draining soil and full sun. Perennial 30 seeds \$2.00</p>	
<p>Skullcap <i>Scutellaria lateriflora</i> Grows like a mint. Flowers and leaves help to normalise the nervous system and sleep. Sow spring to summer. Dies back in winter Contain as spreads through roots Perennial Spray free, naturally grown 30 seeds \$2.00</p>	
<p>Spearmint <i>Mentha spicata</i> A creeping perennial with attractive violet flowers. The leaves are the flavour of the popular minties lollies. Lovely as a herb tea, or used to flavour unpleasant herbal brews. Sow spring to autumn. Medium soil, full sun or partial shade. 50 seeds \$2.00</p>	
<p>Sweet Annie <i>Artemisia annua</i> Out of stock sorry Attractive tall shrub with feathery scented foliage. Tolerates wide range of conditions. Young plant in image. Grows to 150cm Annual Sow spring, in trays. Spray free, naturally grown 60 seeds \$2.00</p>	

<p>Thyme <i>Thymus vulgaris</i> Ideal for Italian cooking, soups, stews and pasta. Sow Spring, best results in trays for transplanting. Likes rich free draining soil, full sun. Perennial</p> <p>50 seeds \$2.00</p>	
<p>Valerian <i>Valeriana officinalis</i> Out of stock Has an affinity for the nervous system and helps to normalise sleep</p> <p>Sow Spring and Summer in trays for transplanting. Likes full sun, deep well drained soil. Perennial</p> <p>30 seeds \$2.00</p>	
<p>Vervain <i>Verbena hastate</i> Small shrub with serrated leaves. Has affinity for the nervous system.</p> <p>Sow spring and summer in trays for transplanting. Full sun. Perennial</p> <p>Spray free, naturally grown</p> <p>40 seeds \$2.00</p>	
<p>Winter Savory <i>Satureja montana</i></p> <p>Leaves add savoury flavour to cooking, especially soups, stews & stocks. Perennial plant with low growing habit. Sow during mid to late Spring.</p> <p>40 seeds \$2.00</p>	
<p>Yarrow <i>Achillea millefolium</i> Astringent action, helps dry catarrh and stop bleeding. Aids treatment for coughs and colds. Attractive food source for bees and butterflies. Sow Spring and Summer. Likes rich, free draining soils with lime. Perennial</p> <p>40 seeds \$2.00</p>	

Extra

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