

MIZZ TIZZY'S[®]

Weeds & Seeds



Our seed varieties are chosen for what they offer, for their ability to improve your garden's soils, your plant's environment, moisture control, their ability to fight off disease, to deter pests, and attract beneficial insects, to improve their growth, and production rates.

With the purchase of three or more packets of seeds, you will receive a FREE SUNFLOWER SEED SAMPLE.

Catalog

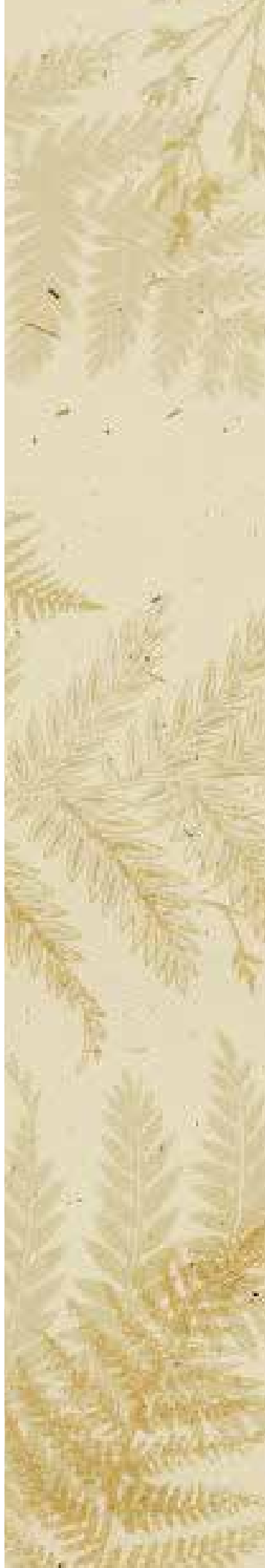
The Best Seeds Ever!

Learn how connections within the plant world will intermingle to assist one another, as they provide pest control, regulate moisture, and by being nutrient accumulators and nitrogen attractors for their fellow plants.

We hope you will have as much fun as we do in learning just "who" our plants are, and "how" they help us, and each other, in our everyday lives.



www.mizztizzysweedsandseeds.com - www.etsy.com/shop/MizzTizzysWeedsSeeds



Many changes are being made and experimented with due to the Climate Shifts and the inability to grow what use to grow well in different areas but will no longer. When I moved here several years ago this was considered Zone 7, but then the USDA changed it to Zone 8, in 2013. Now, for the past four winters we, essentially, have not had winter here in North Georgia. According to the numbers that they USDA uses to determined the growing zones, this area (near Athens, GA) would now have to be considered to be Zone 9 which was actually north Florida at one time. But in 2025 there was finally a winter that was more normal.

Our seed varieties are chosen for their nutritional values (the higher the better), their need to be Heirloom or Historic seeds, their disease resistance and production capabilities. We are also concerned with how long it takes for each seed to become mature, the space they take to grow and quality - so that you can grow veggies in large pots and/or fit more into your garden space, whether they are large gardens or small spaces. Due to the new "Food Insecurities" (as they are calling panic about food availability and pricing) it is so extremely important that we become more self reliable in producing good healthy, high nutritions, non-GMO or GE foods. The fact that many of these varieties mature very quickly is even more important because in the southern growing climates you can achieve three successive crops, and in the Mid-West you can surely achieve two, possibly three, and even in the more northern states you can possibly do two but can now produce veggies you may not have been able to before. I find this all very exciting. With the possibility of producing more food and assuring your health what could be better. For instance, the "Strike" French Filet string beans only take 38 to 50 days to mature, and when they produce they produce like mad.

There have been issues with mosquitoes in this area and some of us were having real problems with them. We gather leaves and stems of the herbs, out of the gardens, of Lemon Balm, Tulsi, and Catnip, Mint, when we are out there working and mix them all up in a bowl, torn like a salad, and as people needed, they would grab a handful and rub the mix of herbs, on their necks, arms, legs and clothing, and that is the end of mosquitos stinging for all of us all day long. Much safer than the commercial sprays. Siince this worked os well outside I decided to make it into the Ayurvedic Olive Oil and Salve so it is for everyone to use. It works and it works very well.

Thank you for taking the time to snoop through the catalog and I hope you have a wonderful time planning for the coming of spring. There is nothing better for a cold winter's day than putting on warm slippers, slathering up with our heavenly scented moisturizing Mizz Tizzy's - "Buzz-Off" Ayurvedic Olive Oil or Salve, sipping hot coco, and perusing our gardening catalog on your laptop or iPad or Cell. Also download a copy of our Cookbook, and Gardening Journal to print and use for your own enjoyment. The Catalog also has gardening information, charts, and other info you are free to print if you could use them.

We will continue the practice of surprising you with free seed samples when you purchase more than three packages of seeds or more. And with each order you will still be receiving the instruction sheets and plant gardening recipe pages. We hope that this summer will bring much peace, health, and happiness to you. We also hope that you will have a wonderful and productive growing season. We are sending you our very best.



Mizz Tizzy - 2002-2018

This is Mizz Tizzy herself, (lower left) and thus the name of this seed company. She was a rescued puppy-mill Golden Retriever and just loved having her picture taken - she was such a poser.

In photo to right, in upper left corner, is Mr. Darcy, who is a character. My son suggested that I get another dog to teach Mizz Tizzy how to be a dog - and Mr. Darcy did a very good job. Mizz Tizzy passed away several years ago, and we miss her. Because Mr. Darcy was so very depressed at the loss of Tizzy, I have gotten a buddy for him and her name is Roo on right, (because she jumps and hops just like Winnie's friend Roo). She and Mr. Darcy seem to both be, in large part, Basenji and whatever else. They get along great and I am so happy to see that. All of them are rescue dogs.



Mizz Tizzy (2002 - 2015)



Mr. Darcy (2010-2021) and Roo



Trixie and Roo (2014 - 2024)



Poppy and Trixie

It was February and freezing at this show. It was great talking to everyone about the need for good Eco-Gardening and the plants that help one another and improve your soil and you as well.





Flowers:

Amaranthus - Early Splendor

This is a strikingly gorgeous plant, and one that is just not used enough. It is so unusual, and will add rapid color to your perennial borders, which is another plus, especially if you are wanting that color very early in the spring. Amaranth is a rare source of leafy vegetable protein, which seems to be little known, and will make a great addition to your edible garden. Used by the Hopi Indians as a ceremonial food dye to produce red corn bread.

100 Seeds - \$ 4.10



Amaranthus - Illumination

Amaranthus are drought-tolerant; suitable for xeriscaping, though it does need regular moisture. Self-sows freely; deadhead if you do not want volunteer seedlings next season, or you can bag the seed heads to capture ripened seeds for use next season, or to eat. It has also been known as red root pigweed in some areas.

100 Seeds - \$ 4.10



Amsonia illustris - Shining Blue Star

Also known as Ozark Blue Star, is a native to Missouri and Arkansas.. It is usually found in rather hard areas for anything to be growing, and does not need to be fertilize. Butterflies absolutely love it and especially the Zebra Swallowtail as well as other Swallowtailed butterflies, and some species' larva use the leaves as food. Hummingbirds, have also been seen drinking the nectar. But deer do not like it.

40 Seeds - \$4.10





***Anchusa officinalis* - Alkanet**

Anchusa is a plant that is at home in early England, and enjoys the neglect it receives on warm dry sunny hillsides, or along railway tracks. It has been used to make a beautiful Ruby Red brown dye for fibers, and in oils and soaps where the color will be from more of a red color depending upon how much oil is used. The Alkanet tinctoria is from Central and Southern Europe to create the same beautiful red color.

20 Seeds - \$ 3.80



***Anchusa*, 'Blue Angel' - Bugloss**

I suspect people not knowing this plant is due to a misunderstanding on the part of gardeners on just how to grow this plant, and its resulting in a less than lovely garden performance. Do not plant it in amended soil but instead in drier poor soil because it craves soil poverty. Cut it back right after its first blooming as well so it does not set seed. This is a really beautiful plant!

40 Seeds - \$ 4.10



Angelica archangelica

Also known as Masterwort, Wild Celery, Holy Ghost. It will grow best in damp soil, in cooler climates. The leaves are green and consist of three parts. It is a bitter herb, and has been used as a warming and invigorating herb for thousands of years, which can aid some disorders and diseases. In Norway it was a protected plant as long ago as a thousand years past, so that it would not be over harvested, and vanish.

60 Seeds - \$ 3.80



***Aster tongolensis* - Wartburg Star**

For centuries Asters (aka, Michaelmas Daisy) have been considered to be enchanted flowers. At one time it was thought that if you burned the leaves, that the scent of the smoke would drive away evil serpents. (Hey, its worth a try). I use granulated Sulfur now for the 'serpent' repealing. This is a very heavy bloomer and it absolutely shines in your gardens with their beautiful blue/purple blooms, and bright dark golden yellow eyes.

30 Seeds - \$ 3.80



***Aster - Symphyotrichum oblongifolium* - "Aroma"**

For centuries Asters (aka, Michaelmas Daisy) have been considered to be enchanted flowers. Aromatic Aster is one of the last Aster species to bloom in the fall. Enjoy blooms well into October, even into November in some parts of the US. The stiff stems will branch out slowly to create a bush-like appearance and will completely covered in light purple flowers when blooming. The flowers will turn reddish purple as they mature.

40 Seeds - \$ 3.85



Balsam Chinese - *Impatiens balsamina*

When crushed, the plant releases a gooey substance that can be used as Jewelweed is, for treating poison ivy and bee stings. Blooms all summer long, and is a delight to children because it also has exploding seed heads which can sometimes be seen. It will reseed by shooting their seeds around the gardens, so please let them grow where they may, because it is just a great plant.

20 Seeds - \$ 3.75



Baptisia australis - Blue False Indigo

Baptisia australis, is a native of Central and North America. It is also known as Blue Wild Indigo, and Rattleweed, Rattlebush, and Horse Fly Weed. And it is a Nitrogen fixer. Cherokee, used it as a blue dye source. The roots have been used for medicinal purposes to treat tooth aches, nausea, and as an eyewash.

20 seeds - \$ 3.90



Bluebonnets - Texas - Blue False Indigo

Best to planted in the Fall by raking them into the soil and tamping it down about 1/8" shallow. They are a wildflower that Texas adopted in about 1901 as their state flower. They are a legume and therefore will collect and return nitrogen into the soil. The color is so intense and just wonderful. It is a real addition to any property.

40 seeds - \$ 3.95



Cerinthe Major - *Purpurascens*

You are going to love this plant. It even feels unusual to the touch, and has a coloring that you will not see anywhere else, with the blue-green leaves behind the purple bracts that will take on a deeper purple, metallic hue as they age. So if you are a plant collector, like I am, you are going to have fun with this one. The parent plant will explode the seeds a considerable distance, so have the kids watch for that too. It is a Mediterranean plant.

20 Seeds - \$ 4.80

Cleome

Permacultural Aid

Cleome, also known as the Spider Flower, gives you arm loads of blossoms over a very long blooming period, on plants that don't exceed 4 feet tall. The blooms are also great for cutting, and long-lasting in a vase. It is also part of the Three Sister method in aiding the gardens they are planted in. Even collecting the seeds is a very interesting thing to do.

30 Seeds - \$ 3.95



Cleome - *Rose Queen*

30 Seeds - \$ 3.95

Cleome - *White*

30 Seeds - \$ 3.95

MIX (*Ooops*) - *Rose and White*

30 Seeds - \$ 3.95



Coreopsis - Tall - Tripterisn, Tickseed

The seeds for this plant are quite unusual. This is the tallest coreopsis, and has 3 inch bright shiny yellow flowers with dark brown centers. Tall Coreopsis is more impressive when it occurs in colonies, rather than as a stand-alone specimen - which is still impressive. Each plant tends to sway with every breeze during a sunny afternoon, looking like yellow butterflies flitting around. Great plant - long bloomer - excellent privacy plant. But it is terribly under used and needs to come back into use.

30 Seeds - \$ 4.25



Bachelor Buttons - Centaurea cyanus - Cornflower

In Europe young single women would wear these to signify that they were available, thus the name Bachelor Buttons. The flower should be worn over the heart to attract the love of a man. The foliage is a beautiful gray green, with a slightly ferny look about it. It is lacy, and open, so you see other things through it. They bloom from June to August or September, while the seed ripens in August to October. Cornflowers do well without fertilization and the flowers bloom more prolifically when crowded. Also great as a cut flower. Will retain their color when they are dried.

90 Seeds- about - 1 Tablespoon - \$ 4.00



Crimson Clover - Trifolium incarnatum *Permacultural Aid*

Crimson clover has a taller flower stems, grows more quickly and has a much larger seeds than the more commonly used red clover. It is a nutrient accumulator which brings extra benefits to your gardens as a green manure, or grassland areas, or where ever needed. The flowers are a brilliant red color, elongated in shape, and often are more than two inches long. The leaves are dark green and covered with dense hairs. A great winter cover crop to be tilled into soil in the spring.

2 Tablespoons - \$ 4.10



Euphorbia Marginata - Early Snow

Makes a long lasting cut flower if the cut end is seared by a flame or dipped in boiling water to seal them. Any of the euphorbias (cushion spurge) are amazing plants, mostly disease and pest free, and so very easy to grow in both full sun and partial shade. They are just so rewarding. In many Zones, they are also evergreen, which is a huge plus.

30 + Seeds - \$ 4.25



Gaillardia Aristata - Aurea Pura

This is a heavy ever-blooming, yellow version, of the old blanket flower, and is a wonderful addition to your garden. Attracts hummingbirds & butterflies. Use in containers, in cut flower arrangements, in garden borders, and for their extended bloom time. It is also virtually pest and disease free. It is an herbaceous perennial in the Aster family. Has a crisp clean look.

30 Seeds - \$ 4.95



Blanket Flower - *Gaillardia aristata* - "Bijou"

Age old dependable favorite in any garden setting or planted in planters. It is so versatile and rewarding. This is an amazing plant no matter how common you might consider it. It is also virtually pest and disease free. Wow! What's not to love. The blanket flowers are said to resemble the colorful, and intricate patterns woven into blankets made by Native Americans.

50 Seeds - \$ 4.00



Queen Anne's Thimbles - *Gilia Capitata*

Throughout spring and early summer, it bears scented, lavender blue flowers held in clusters and loved by butterflies, and bees. It is a member of the phlox family known by the common names blue-head gilia, blue field gilia, gily-flower, and globe gillia. This even grows in the heat of New Mexico and Arizona and yet all the way up into Alaska as well.

100 Seeds - \$ 4.25



Black Hollyhock - *Alcea rosea*

They can reach 5-6' tall so plant them at the back of your flower beds. This variety of hollyhock also makes beautiful colors as a natural dye. Pale blue to periwinkle blue - and light green to a nice dark green, depending upon which mordent you use. But they color well without a mordant.

30 Seeds - \$ 3.60



Hyacinth Horn Bean - *Dolichos Lablab* - "Red Leaved"

The flowers on this vine look like tiny, pale pink to deep mauve, orchid like flowers, and the bean pods are so very shiny and the most elegant royal purple you have ever seen in nature. The leaves should be purple and green mixed, but some companies are misleading customers and as selling the green version which is not attractive at all. This is a fast growing climber reaching 8 feet plus in no time. Beautiful on any fence, or climbing a tree.

20 Seeds - \$ 4.95



Ironweed - *Vernonia altissima*

Use the Stems to make Trellis'

Extremely drought and heat tolerant, deer resistant, just about disease free, and the seed heads provide winter interest. Easy to control; simply cut back hard when actively growing and they will not return next season. No photograph can convey the vivid purple color of ironweed; which is a most spectacular late-summer flower. The stems are so tough that they are used to build trellises and small fencing for the gardens, I use them for this too.

50 Seeds - \$ 4.25



Mexican Sunflower - *Tithonia Speciosa*

Can you find the butterfly? The radiant red-orange blooms of these Mexican Sunflowers, can be easily grown. The incredible 4 inches wide, brightly colored flowers, on densely branching velvety stems, and are excellent as cutting. They also are butterfly magnets, particularly the Monarch and Swallowtail butterflies but also many others. They will begin blooming in June and continues until frost. About 4' tall.

40 Seeds - \$ 4.25



Morning Glory - *Ipomoea Purpurea* - Grandpa Ott

This is absolutely stunning with large rich, royal purple velvety trumpet-shaped blooms that have a magenta "star," with a pink throat. Hummingbirds absolutely love them, of course, because of their trumpet design. They are also loved by bees, and butterflies. In the Victorian era of the 1800s, morning glories signified love and affection, as well as unrequited love.

20 Seeds - \$ 3.50



Morning Glory - *Ipomoea Nil* - Blue Picotee

This little lovely will take your breath away with its deep true blue double blossoms, with a bright pink throats, that are outlined in a brilliant white, on a 5-6 foot vine. Though sometimes they will also produce a single blossom, here or there, on the same vine, when the daytime temperature is too sweltering. Photo is a single because of the awful heat this past summer.

10 Seeds - \$ 3.80



Nasturtium - Climbing / Trailing

Permacultural Aid

Nasturtiums tolerates and bloom in any soil. It is also known as Indian Cress. This one features a pale, lily pad shaped leaf, a climber with rapid growth for climbing, or sprawled on the ground as a ground cover and weed control. The seeds are larger for children to handle, when doing their own gardens. Plant around apple trees, your bean crops, and others, to prevent moth and other insect damage.

25 Seeds - \$ 3.25



California Poppy - *Eschscholzia Californica* - Golden

This is a spectacular bloomer producing beautiful golden flowers with an orange heart. It readily establishes from seed, and it is highly drought-tolerant and tends to perform well in just about any environment, even in arid and inhospitable areas. Blooms constantly. The Egyptians included poppies at funerals and in burial tombs.

100 Seeds +/- Seeds - \$ 3.50



California Poppy - 'Red Chief'

Poppy Red Chief reaches 8 - 12 inches in height and has blooms that are accented by a dark center and a vivid blend of red and orange. The attractive blue-green lacy foliage is offset by a slight purple tint. Grow Red Chief Poppy seeds alone or with yellow/orange California Poppies for a wonderful naturalized landscape scene. California Poppies will perennialize in frost-free zones.

100 Seeds +/- Seeds - \$ 3.50



Yellow Prairie Coneflower - *Ratibida columnaris*

It is a plant that have been much used by Native American for centuries, as a medicine and as a ritual usage plant. An elixir of this plant has been used to treat pain, snake bites, poison ivy rashes. The heads of the plant have been used to make a tea for an upset stomach, epileptic fits, headache, cough and fever. When the flowers are boiled and a mordant added the liquid makes a beautiful orange-yellow dye.

50 Seeds +/- Seeds - \$ 3.50



Rehmannia Angulata (Elata) - Chinese Foxglove //

Has a much longer bloom time than a Foxglove, flowers are 3" and remain clean and beautiful from May until the late Summer, early Fall. I grew this, in dappled shade, for the first time in 2011, and in almost full sun in 2012. Their glow was because their color is so striking, with the combination of their yellow throats with red freckles, and bright-pink petals at the end of the tube. It spreads by underground runners, or seed and will reach up to over 3' tall. Blooms most of the summer.

30 Seeds - \$3.75



Rose Campion - Lychnis coronaria

Also known as "ragged-robin" and is associated with Robin Goodfellow (or Puck), a faery Trickster who is charming, sly, amoral, and rather dangerous to encounter. In some parts of England, the picking of campion is discouraged, for this invites the faeries' attention - who can be sometimes pretty cranky, and play dirty tricks. According to the ayurvedic text Lychnis coronaria has been reported to be used against various medicinal uses such as inflammations, skin disease, diarrhea, leprosy, lung and liver ailments.

40 Seeds - \$3.80



Rudbeckia hirta - 'Cherry Brandy'

Flowers measure 3-4" across, are strikingly colored, and produce all summer, even in poor soils. The petals are a cherry-red to deep maroon. They withstand all kinds of unkind growing conditions, and still reward you like a forgiving puppy with their bright smiling faces. Certain Native American tribes used the flower in the 1800s for medicinal treatments. The Cherokee, for example, used the cheerful-looking flower to ease urinary tract infections and earaches as well as for gynecological issues. Almost constant bloomers.

25 Seeds - \$ 3.80



Rudbeckia fulgida - Early Bird - Dwarf

This species of Rudbeckia, is native to my home state of Missouri. This will bloom the first year which is typical of an annual, but it will also come back - so what is it? This reseeding Perennial will bloom from June to frost, and heavily. Once you see this lovely flower you will not want to be without it - at all. It will create a drift of gold where ever it finds a home.

30 Seeds - \$ 3.60

1/4 oz - \$19.50



Sunflowers (Nature) and Math:

<http://www.popmath.org.uk/rpamaths/rpampages/sunflower.html>

Sunflower - Big Smile

Permacultural Aid

'Big' Smile on a 'littl' plant. They are absolutely adorable. Perfect for the front of a garden border, or as a cluster in any garden. Very short at 8-12 inches tall. They are bright yellow and about 4 to 6 inches in diameter. Single Bloom that comes in about 55 days. Can be grown in smaller 4 inch pots and makes an excellent little gift like that.

20 Seeds - \$3.80



Sunflower - *Holiday*

Permacultural Aid

A truly "miniature" sunflower for container and garden use. Golden orange petals surround a black disc. Plant habit depends on the size of the container. Will flower season round, regardless of day length. In small pots, under short day conditions, the plant will grow to about 6". In large containers, under long day conditions, branching can be induced and plants will grow to about 15-20". Pollenless. Height is 6-20".

15 Seeds - \$3.50



Sunrich Gold - *Helianthus annuus*

An attractive dwarf sunflower with an amazing center. Single stem, early flowering, and perfect for fresh bouquets. Height 28-36".

Math in plants, can be viewed in the geometrical pattern in the bright green center of this and many sunflowers and other flowers as well. For fun, view this website on the Fibonacci sequence, to see how math shows up in the flowers around us. It is fascinating ... a must for kids.

<http://www.popmath.org.uk/rpamaths/rpampages/sunflower.html>

20 Seeds - \$3.95



Burgundy & Gold - *Helianthus annuus*

This has exquisite, deep burgundy sunflower petals surrounding a deep ebony centers, with golden streaked with burgundy backs the petals. This is a beautiful addition to any garden as a backdrop or featured element. Use in bouquets mixed with contrasting colors. Side stems are thinner, yet stronger than most other branching varieties, and average 30". Height is 60-80". It is awfully beautiful.

20 Seeds - \$3.95

Black Oil Sunflower - *Organic Shoot Seed*

Sunflower shoots can be eaten fresh, added to salad, used as a garnish, and a variety of other dishes. You can grow them in a Greenhouse, indoors, under lights or outside, when weather is at least 65 F.

Some use the bird seed black oil seeds, but I prefer the organic. And some feel it is a great second choice if you can't find a good organic source for the sunflower seed. The large 'white striped' sunflowers do not grow as well and some are actually not edible. This is also a great seed for bright color should you decide to grow them as flowers. Then leave the on their stems in the gardens to dry and feed the birds throughout the winter time.

1/2 C - (2.3 oz) - \$5.10 for sprouting or planting.

50 Seeds - \$3.50

20 Seeds - FREE w/purchase of 3 pkgs. or more



NOTE : The hulls of Sunflower seeds are a mild herbicide and will keep weeds and other plants from germinating. So if you grow them in your gardens please clean out the hulls before starting your spring gardens.



Fiesta Bouquet - Zinnia

They are also considered to be what is known as a “short-day” plant. They really need periods of darkness so planting them in the spring is just up their ally. They flower best when the length of the day is less than 11 hours. Native Americans in the Southwest used them for medicinal purposes and as ritual herbs. It was considered by the Navajo tribes, as a sacred Life Medicine. The tribes who were Pueblo nations felt sure that they were a symbol of wisdom and they were given to children to eat in the hope that they would be intelligent.

50 - \$ 3.50

Grass:



Bunny Tails - Lagurus ovatus

This is a charming little grass that will just tickle your fancy. It is adorable and so very easy to grow, besides. Some folks will do several successive plantings so that they can have more than one flush of seed heads, in the white stage. But it will give you 12 months of joy, as it ages. Then you should collect the seeds so that you can start all over again next spring. Unless it perennializes in your climate zone.

50 Seeds - \$3.30



Northern Sea Oats - Chasmanthium latifolium

This grass was once known as Uniola latifolia. Will tolerate being planted near a Black Walnut tree, where there are few plants that will.

Some consider the Northern Sea Oats as a Missouri native plant. It is an extremely lovely plant - wherever it comes from. It makes an excellent addition to a woodland setting by bringing a whole other texture and light to a partial shade setting. It does well in both full sun and a much shadier setting, where the seed heads can flutter, beautifully, in the breezes.

50 Seeds - \$3.60

***For many of the Veggies, and Herbs, that follow,
there is a recipe included, along with the
info on the plants on each seed package.***

Continue next page:

Vegetables

Tex-Mex Chicken Chili with Lime

- 2 tablespoon butter
- 1 tablespoons olive oil
- 1 large white onion, diced
- 1 poblano seeded and diced
- 1 jalapeño pepper or dried flakes
- 1 large sweet potato, peeled and chopped
- 2 teaspoons ground cumin
- 2 teaspoons chipotle powder (or chili powder)
- 2 teaspoons kosher salt
- 3 garlic cloves, minced
- 2 (16-oz.) cans navy beans, drained
- 1 (12-oz.) bottle white ale
- 4 cups shredded deli-roasted chicken
- 6 cups chicken broth or more to your liking.



Toppings:

Sour Cream, fresh cilantro, green onions, lime wedges, pesto.

Melt butter with oil in a Dutch oven over medium heat. Add white onion and next 7 ingredients, and sauté 8 minutes or until translucent. Add garlic, and cook 30 seconds - do not burn or it will become bitter. You can use any peppers you prefer, and adjust anything above and it will still be wonderful but it has to have the sweet potatoes - YUM.

Stir in the beans and beer, and cook 5 minutes or until liquid

Bean Tricks



For amazingly healthy beans crops, plant Nasturtiums among them. (We offer Moonlight - the trailing variety). They emit a chemical that fools pests into thinking there are no beans there, they also enrich the soil & control weed growth.



Vermont Cranberry Beans -

An heirloom of New England origins dating back to the 1780's. It is a dwarf type French bush bean. Great pest and disease resistance. Heirloom and open pollinated.

In order to dry the beans, you leave the pods on on the plants until pods are dry, brown, and crisp, and beans are hard and rattle in pod, if more drying is needed when danger of frost has arrived, pull entire plant and hang upside down to dry further. Before storing, test a bean by hitting it with a small hammer and if it shatters it is ready to store but if it mushes out - flat - it needs to dry some more.

70 Seeds - \$ 4.90



Borsalino - Yellow Bush Bean

This is a gourmet delight at only four to six inches in length This is an Italian heirloom bean.. It is an extraordinary bean, with a flavor and color beyond comparison. They are blessed with vigorous productivity, with a very sunny yellow color. The flavor is the very best part as they are tender and delicate with a nutty flavor, and the Bush-habit only grows to a height of about 20 inches and produce beautifully. For a smaller garden and/or greater production, this is ideal.

70 Seeds - \$ 4.45



Strike French Filet - Dwarf Green Bush Bean

This wonderfully heat tolerant dark green bean, is packed with nutrition, and flavor. It has the traditional nutty flavor, and cooks up quite nicely. They are good for canning, freezing, or eating fresh from the vine. Matures in 35 - 50 days from planting depending upon the weather conditions, and moisture - of which it will require a inch per week for its best production. It is also resistant to the CBM Virus, which also helps its quality to produce.

We were actually picking beans by the 38th day and the picking continued for almost four weeks.

70 Seeds - \$ 4.45

160 BULK Seeds - \$7.90



Velour French Filet - *Dwarf Purple French Filet Bean*

This is wonderful for a small garden, or to pack more into any garden. This is a very heavy producer, the whole season long. The purple of this variety was developed in France., turn dark green when cooked Stringless and very heavy-bearing over a long season. Pick when 5 or 6 inches long for the best texture and flavor. I am featuring dwarf and smaller veggies this season so that more people might take part in growing their own food in pots or garden plots. .

70 Seeds - \$ 4.45

Cherokee - *Black Bean* - "Trail of Tears" - *Pole Bean*



The great thing about this black bean is that it is delicious as a snap bean as well or you can leave it on the stem to dry for fabulous black beans. Oh, and they produce all summer long, never stopping. It is a wonderful bean 85 days until the beginning of maturity. Pick when they are about six (6) inches long and green, and then start getting a purple overlay and can still be eaten as a string bean. Then let the pods dry (it will not stop the bean production) and take the beautiful black beans from the pods to dry. Train the Moonlight Nasturtium up the same trellis with it for health.

30 Seeds - \$3.95

Scarlet Runner Bean - *Phaseolus coccineus* - *Pole Bean*



Using this as an edible screen is both beautiful, and practical. Inter-planted with the climbing yellow nasturtium is a sight to behold. Plus the nasturtium will help keep pests away from your lovely bean blossoms and bean. You can even grow these up a tree, as a novelty. The attractive red flowers last throughout the growing season and are favored by butterflies, bees, and those hummingbirds, too!

20 Seeds - \$ 3.95

Bull's Blood - Beets - *Beta vulgaris*



This beet is an heirloom and dates to the mid-1800's and was/is, grown for its delectable foliage (Microgreen), which reaches up to 18," you can start picking the leaves as soon as a month after planting and they are sweeter than radicchio. Ancient Romans used beetroot as a treatment for fevers and constipation, amongst other ailments. From the Middle Ages, beetroot was used as a treatment for a variety of conditions, especially illnesses relating to digestion and the blood.

80 Seeds - \$ 3.50

Broccoli DeCicco - *Brassica oleracea*



This is a very fine old Broccoli which you will love. It is a fast and a busy producer which will help add to your food availability. You can plant them and expect to be eating them within about six weeks, which means you can plant several plantings spring to fall. You harvest the center (largest) stem first and then it will continue to harvest the side shoots with young leaves for a very long time.

80 Seeds - \$ 4.30



Grow vining cukes on a fence or large trellis so that they are easily seen, and do not lay on the ground where they are exposed to disease, pests, and grow too large.

Bush Pickle - Cucumber

Instead of crawling all over your garden, and taking up way too much space, this cuke is so very well behaved, because it is a compact bush type at 3 to 4' wide. You can also grow them in containers, which is a real plus, or fit them into an empty space amongst your perennial border. You should pick them when they are small to medium sized (about 4" in length), for best results. They can be used for pickling or eaten fresh.

15 Seeds - \$ 3.10



Arkansas Little Leaf - Bush Cucumber

This is a cuke that is both good for pickling and for eating fresh, and is a beautiful and unusual emerald green color fading to almost a cream. Will produce fruit under stress and without pollinators, guaranteeing high yields in the field, under cove, or grown in a container. Compact bushes are multi-branching. Small leaf size allows for easier fruit visibility when harvesting. Pick at 3 - 4"

15 Seeds - \$ 3.10



Mini Me - Cucumber

Highly productive, 2.5 to 4" finger sized tiny, crunchy, sweetish cucumbers that you can use in many ways, and even pickle. They have a crispness to them that holds up in many different recipes that would make a regular cucumber mushy.

They mature in *45 days* but we were harvesting at 38 days. We have had some problems with striped cucumber beetles of which there is no cure but they can be managed with row covers and the planting of Nasturtiums which put off a scent to distract them.

12 Seeds - \$ 4.55



Mexican Sour Gherkin - Cucumber (*Melothria scabra*)

A delightful, and fun, little cucumber that is barely a tablespoon size. This makes a delicious salad treat, packing a powerful, sweet flavor with a tangy, citrus twist. They look like a little watermelon from a doll's house.

This also has the nickname "sandia de raton" (mouse melon in Spanish), and you just can visualize a little mouse hefting it on to his shoulder on his way to a picnic, in one of Beatrix Potter's books or an episode by Jill Barklem's of "Brambly Hedge."

18 Seeds - \$ 3.50



Alcosa Cabbage - Brassica oleracea

Wrinkly, sweet, and fun, this is the most beautiful of all cabbages. It does not have that rubbery feel that many Savory Cabbages do, and is more crispy. It is delicious as a slaw or cooked or made into sauerkraut. There is a bit of folklore associated with cabbage and we must remember that in times of old, parents told children that the cabbage patch is where babies come from. In the English culture cabbage is thought to increase fertility. In Scotland children who wanted a baby brother or sister would lay cabbage leaves around their front door.

60 Seeds - \$ 4.00



Minuet - Chinese / Napa Cabbage

Excellent vigor and disease resistance. This is a sweet and tangy Mini-Cabbage with crisp leaves and is generally considered to be the best of this variety of mini-Chinese cabbages. It is a dark green leaf on the outer layer changing into the beautiful buttery yellow on the interior. The leaves are delicate and do not have the rubbery texture of some. It is very slow to bolt which is another plus for this variety.

60 Seeds - \$ 4.00



Tiara Cabbage - Brassica oleracea capitata

This wonderful mini cabbage that has a very short core which gives you more leaves. The leaves are thin, crisp, and very tender and suitable for cooking and for raw salad. If you have a tiny garden space this is the cabbage for you or for larger spaces so you can plant even more for a larger crop. Because of its short time to maturity, it is great for a 1st crop in the spring and then replanted as a 2nd crop in early to mid-summer, and then a possible 3rd crop for the fall. Great way to bring more food into your household.

60 Seeds - \$ 4.00



Caraflex Cabbage - Brassica capitata

Uniquely shaped small heads of cabbage that are wonderfully sweet and always crisp and crunchy, even the wrappers on the head. They are great for both salads, slaw and cooking. In other countries they use them as early spring greens and pick them before the heads form. You can also store it in a very cool place, for up to 10 weeks, which is a real plus. Grown from spring on into the dangers of the fall frosts and beyond if protected with covering. The heads measure 5 to 6" in height

25 Seeds - \$ 3.00



Tatsoi - Chinese Cabbage

This is also being called the "New Spinach." They can be eaten raw or cooked, but please do not over cook them as they are best with just a little past wilting. This veggie will do well in chilly and warmer conditions when grown in the gardens. It grows very quickly so you will be able to plant several crops each season. You can start harvesting at 3 to 4 weeks, and are fully grown in 50 days, so they are a great addition to your 50 Day Gardens.

200 Seeds - \$ 4.95



Patio Baby - Mini Eggplant

This plant is unbelievably prolific and is a true dwarf/mini eggplant. It produces all summer long for an extended harvest. Each plant producing 25 to 50 luscious babies. This is an early-yielding All-America Selection and it makes a striking impression. It is a compact 16-20" plants with clusters of egg-shaped, 2-3" purple-black fruit. They will be loaded with rich, mild, sweet flavor, 'Patio Baby's mini-fruits (do not eat them raw) are delicious baked, roasted, or sautéed—excelling as a side dish.

25 Seeds - \$5.50



Chinese Cutting Celery - Apium graveolens

You harvest by leaving the plant in the ground and cutting the stalks as needed which is also nice. It is a biennial which means it will have two years of growth the set flowers and die. You can cut the bolted flowers off if you like which might prolong the use. If you prefer, you can let it go to seed so that you will have free seed for next year's use. In parts of Europe they use the 'cut and come again'

100 Seeds - \$3.50

MIZZ TIZZY'S
Weeds & Seeds



50 Day Gardens in a Pot or a Plot

You can keep growing well into the fall of your Growing Zone and plant in large pots or in small or regular gardens. For your ease we have put together these combinations. Sometimes it is just nice to have the ability to grow your own veggies and fast.

MIZZ TIZZY'S
Weeds & Seeds



50 Day Gardens in a Pot or a Plot #2

You can keep growing well into the fall of your Growing Zone and plant in large pots or in small or regular gardens. For your ease we have put together these combinations. Sometimes it is just nice to have the ability to grow your own veggies and fast.

MIZZ TIZZY'S
Weeds & Seeds



50 Day Gardens in a Pot or a Plot #3

You can keep growing well into the fall of your Growing Zone and plant in large pots or in small or regular gardens. For your ease we have put together these combinations. Sometimes it is just nice to have the ability to grow your own veggies and fast.

For your ease and bounty, we have put together these combinations of seeds that will only take about 50 days to produce their crop. You can keep growing well into the fall of your Growing Zone and plant in large pots on your patios, in small or regular sized garden spaces. Sometimes it is just nice to have the ability to grow your own veggies and fast, especially with the shortages and rising prices, these days. When planting in small gardens you will also be able to pack more into small spaces.

In Zone 5 you can get at least three crops a season, and in the south four crops. These veggies are smaller, with higher nutrition rates, but they also are excellent for those who need an easier less body stressing way of gardening,



Lao Purple Striped - Eggplant

This is an heirloom eggplant from Southeast Asia. And this variety was brought to the U.S. by Hmong students from Laos. The Hmong are an Asian ethnic group from the mountainous regions of China, Vietnam, Laos, and Thailand. The plants will reach 2' to 3' feet in height, and are great when interplanting, border displays, or in your regular veggie gardens. They are wonderful in a quick stir fry, pickled Thai salad, or in any other dish as well. They have an excellent heat tolerance and are disease resistant.

20 Seeds - \$ 2.75



Orient Express - Eggplant

Outstanding early productivity. Attractive, slender, 8-10" long by 1 1/2-2 1/2" diameter, glossy black fruits of the long Oriental style. Ready up to 2 weeks before other early varieties, it features an ability to set fruit in cool weather as well as under heat stress. Tender, delicately flavored, and quick cooking.

20 Seeds - \$ 2.75



Birdhouse & Dipper (combined) - Gourd SEEDS

I have loved these since I was a very little girl. We had family friends living in the Ozarks, on a little farm in the mountains, and gourds were hung everywhere, with birds flitting in and out feeding their young, and they were used as dippers at their well, and for many other uses. Wonderful project to do with children, as they will love painting them and hanging them in their own trees. Because of a little accident with both varieties jumping into each others bags, and comingling (lets say) we are (now) offering them as a combination. It is fun to have both varieties

20 + Seeds - \$ 3.50



Bushel Basket Gourd - Lagenaria siceraria

This gourd can reach from 30 to 50 pounds before it is dried. The size that it reaches will depend upon the soil it is grown in and the growing conditions. Supply it with fertilizer and well tilled soil, and I put cardboard beneath it to keep down the weeds. I also place a board, or plastic dish beneath them to keep the out of the moist dirt. They will take some time to cure and curing instructions will come with your seed packet. 120 days. Weighs 30 to 100 lb. and measures 12 to 20-in. across. Turn from green to light tan when matured.

15 Seeds - \$ 3.75

Ground (Husk) Cherry - "Goldie" - Physalis pruinosa

This is a prolific producer of Husk Cherries (aka, Ground Cherries) which people of all ages will go wild for. They are very sweet with just a sample of tartness, and measure about 3/4 across. The plants are very bushy with a profusion of berries on the branches. These can be eaten raw, baked, canned, dried, frozen, made in to jams - it is all good. They are also packed with vitamins.

50 Seeds - \$4.90





Kale - Lacinato - Italian Heirloom

Also known as Dinosaur Kale, and other names. It is an heirloom which dates back to the 1700's. It will thrive in both hot and cold weather in different zones, quite well. Harvest young leaves for salads, while the older leaves are best steamed, or sautéed. Great source of vitamins A, C, and K, and is mineral packed, containing twice the amount of vitamin C of orange juice at the same portion and also more calcium than milk.

100 Seeds - \$ 4.50



Red Salad Bowl - Oak Leaf - Lettuce

The darkest red oak leaf variety there is. It is very slow to bolt as well. Wonderful flavor and richness and grows well in all seasons. Introduced in the early 1950s. Its maroon-red, deeply cut and finely divided leaves are crisp and delicious and make an eye-catching addition mixed with green lettuce. Some tolerance to late-season mildew and great performance in cooler weather.

50 Seeds - \$ 3.20



Winter Density Bib - Lettuce

There is nothing like bib lettuce for a delicious salad. These are beautiful, relatively disease resistant, and plentiful. They are great grown in pots, hoop gardens for early or later in the season, in your garden or mixed in with flower beds, permaculturally. Dark green leaves, indicating a higher nutritive value, and are about 8-1/2" tall. Each bunch is tightly folded and non-bitter. A favorite in Europe for a very long time.

50 Seeds - \$ 3.75

If you plant melons next to a fence or erect a temporary one that will hold their weight, then place each baby melon (don't damage the stem) within the toe of knee-hi hosiery, or rig a net sling, and tie it to the fence, you will have much healthier melons - protection from disease and pests. Or you can also place each melon on a board. Compost well as they are very heavy feeders.



Delice de la Table - Melon

This is another rare melon to the U.S. It has a delicious flesh and is quite sweet. It will mature to 1 or 2 pounds. This is also another heirloom from France, and arrived in the U.S. prior to 1885. By growing them on a trellis, in a sling-pouch (especially in the South with the melon worm) you will protect them from pests and insects that love melons as much as you do.

20 Seeds - \$ 3.00



Minnesota Midget - Cantaloupe Melon

Ideally a backyard gardens dream as it produces semi-trailing vines of only about 3 to 4 feet long. Produces small round fruits about 4 inch in diameter with thick sweet golden-yellow flesh, and makes a perfect miniature versions of the classic muskmelon and are heavy producers. Can even grow in containers. Expect six to eight melons per plant.

20 Seeds - \$3.50

Queen Ann's Melon - *Pocket Melon*



This is a melon that will serve you well in a Farmer's Market situation, if nothing else than to start a conversation, and attract potential customers to your booth with the heavenly, wonderful, delicious melon scent, wafting on the breezes. These melons were used by people in the past, as perfume, and they would place one in their "pocket" (due to the hygiene traditions of the time). The flesh is edible though not overly sweet - but still good. The seed is a bit hard to find because it is very small.

20 Seeds - \$ 2.75

Tigger - Melon



Another rare striped melon - I know - not another one, but you will love this one, too. This has a taste of honeydew melon, and is heavenly. The stripes on this melon are sometimes 'fire red'. It is perfect cut in half to expose its white flesh, and using each half as single servings. This is a rather sprawling plant, so needs room to grow, or to climb up a trellis. It is also a heavy producer.

20 Seeds - \$ 3.00

Moon and Stars - *Watermelon*



Even with the heavy drought that we had here in northern Georgia, this past summer, this melon performed beautifully. I do not think that I have ever had a melon that had such a high water content, that is so very sweet, and the seeds just dropped out of the flesh. I am not a watermelon fan but this has changed my mind. The foliage was even beautiful with Polk-a-dots all over the leaves. I grew this along a fence line so that the vines could climb and the melons supported by old panty hose.

20 Seeds - \$ 3.00

Miz America - *Brassica juncea* - *Asian Mustard*



High-quality baby greens and still maintain its deep, very dark red color on both sides of the leaf, even at a mature stage. They are excellent in salads and in light cooking. The seeds, leaves, and stems can all be eaten raw and are used as brown mustard and have a mildly antibiotic aid. The seeds are also used as a mustard flavoring to other dishes. And the seeds are also used for dyeing cloth and other fibers.

100 Seeds - \$ 3.20

Pac Choi - "Baby" - *Li Ren Choi*



I love Pac Choi, and the mild flavor it adds to so many dishes. I add it to soups, chopped and mixed with pasta, or rice. It is packed with vitamins and it just so satisfying. This is a true baby sized Pac Choi and the stems are green and carry more vitamins it is said, and it will not become larger because it is a true baby. It is so easy to handle - more than the regular sized variety. Great for container gardens, in limited space.

50 Seeds - \$ 3.50



Cubano Peppers - *Capsicum annuum*

Frying peppers, are wonderful when halved lengthwise, stuffed and baked. Use as a tangier, slightly spicy alternative to bell peppers in your favorite dishes. Commonly used when in yellow-green stage. Excellent frying pepper. Does well in Northern and Southern regions. They hold their shapes and have a great flavor.

When plant is 12" or taller, transplant them outdoors, and it is suggested that you do this right before rain is expected (within 24 hours) on a cloudy day.

15 Seeds - \$ 3.95



Fish - *Capsicum annuum*

Talk about beautiful . . . they are great in either your veggie garden or as an inter-planting, amongst your perennial border because the plant is only 18" to 24" tall and an abundant producer, with foliage that is a very decorative green with a lots of white variegation. They came from Baltimore, where they had been used by African American caterers to make white paprika for the cream sauces then popular with fish and shellfish cookery, since the 1800's - going back into the American slavery era.

20 Seeds - \$ 3.75



Lipstick - Sweet Pimento Pepper - *Capsicum annuum*

Great for salads, roasting, frying, and stuffing, without getting mushy or discoloring. It is also one of the sweetest peppers that you will find. These peppers are often associated with Spanish cuisine due to their Pimiento parentage. The peppers are oblong and about 4" long 2" wide. You can pick them when they are red or green. They are also known to do well when temps are a bit cooler. Make great pimento cheese.

20 Seeds - \$ 3.20



Golden Treasures - Pepper - *Capsicum annuum*

Firm crunchy flesh is sweet and only mildly peppery. This pepper is about 5" long, and beautiful on a very attractive bush that will look great in any garden setting or in a pot. It is also very heat tolerant, but still needs at least an inch of water per week. **Fantastic Color** that will look great in any cooked or fresh dish. It has a sweet and sharp flavor about it, and is sure to become one of your very favorites. Can also be stuffed and baked. Wonderful Flavor too.

20 Seeds - \$ 3.20



Joe's Long Cayenne - *Capsicum annuum*

An Heirloom which is a beautiful long, slender cayenne pepper with medium heat. Bright red fruits are excellent for homemade hot sauce and dry well strung as ristras (an arrangement of drying chili pepper pods) and excellent dried hot pepper flakes. The 8-12" long, thin-fleshed fruits taper to a skinny point. Originally from Calabria, Italy. Circulated through the Italian-Canadian seed saving community in Toronto before being sent to Joe Sestito in Troy, New York.

20 Seeds - \$ 3.50



Spanish Black Radish - *Raphanus sativus niger*

Black Radishes also have the ability to help remove toxins found in the bloodstream and bone marrow as well as the liver through detoxification enzymes. It is also extremely helpful with breathing spasms with diseases such as whooping cough or pneumonia and helps to clear mucus. These nutrients work as an effective blood purifier, because it eliminates toxins in the liver and waste material from your body to improve our overall skin health. I think you are beginning to see why it is called "Black Magic". Lowers your cholesterol, triglycerides and reduces blood pressure.

100 Seeds - \$ 4.10



Musque de Provence - Pumpkin

This is another heirloom which you will be blown away by. Beautiful, deeply ribbed, flat, orange/bronze fruits that average of 8-15 lb. Very rich color with thick, deep orange flesh which is moderately sweet and a richly flavored. A southern France mainstay that is cut into wedges and sold in supermarkets and farmers' markets for cooking. Can also be use decoratively. Late maturity. Very long storage. They weigh a ton compared to their size. They are absolutely beautiful.

10 Seeds - \$ 2.50



Cherokee (North Georgia) Candy Roaster - Squash

Cucurbita maxima a Rare banana shaped, sweet and dense Appalachian heirloom winter squash. It was bred by the Cherokee Nation in the early 1800's. It is a rare variety and wonderful. The Cherokee of North Georgia, Southern Tennessee and Southwestern North Carolina developed this variety of 'sweet squash'. Due to the "Trail of Tears" tragedy the squash was made less and less known making it a rare variety but one well worth trying. It is also called North Georgia Candy Roaster squash.

20 Seeds - \$ 4.20



Cocozelle di Napoli - Summer Squash - Zucchini

This bush type of squash is great for small gardens, or for permacultural inter-planting. It is a variety that has been with us since its introduction in about 1863. Matures within 45 days, and is a very good producer with good disease resistance. Can be eaten fresh or cooked, just like any zucchini, and makes a pretty good cake, too. In Italy they are picked and eaten when they are quite small still

20 Seeds - \$ 3.20



Costata Romanesco - Summer Squash - Zucchini

This is a special zucchini. It is a very good producer, and the blossoms are very prized in Italy for battering and frying, or stuffing. Well, the zucchini are rather prized also. It is deeply ribbed which makes its uniqueness even more interesting. But the taste is what will hook you. The plant is about 3 or 4 feet around. Most pick when the blossom is still attached but they also do well when picked when larger without getting soggy.

20 Seeds - \$ 3.50



Greyzini Zucchini - Lebanese Squash

Greyzini is an ancient Lebanese and some argue Italian summer squash (Zucchini). It has a sweet and nutty flavor and can actually be used in dessert. It is light grey, cream, and green mottling with stripes. It is a space saver and can be grown in pots with no trouble. Most say it is the most productive zucchini that they have ever grown. Use larger pots as they do produce quite a bit and need that room for air circulation. Pick when they are 5 to 8" long for best quality and to promote more to grow.

25 Seeds - \$ 3.95



Raven - Patio Dwarf - Zucchini

High yield, beautiful skin, "High" in levels of Lutein (vitamin) an antioxidant. This is a great plant for containers or space savers for small gardens as it is small. Some consider this to be the prettiest zucchini of all. It is a small **space / container sized** zucchini. It is open in order to make it easy to see the zucchinis that need to be picked, rather than having to search around and missing some, that then become the size of submarines. 48 days to harvest.

25 Seeds - \$ 5.10



Ronde de Nice - Summer Squash - Zucchini

Look how cute they are. You just cannot pass this delicate little squash by. Pick it when it is at about baseball size. It is wonderful when it is cooked, grilled, stuffed, or eaten in salads (and it freezes well). A delicate flavor and such a conversation piece. This is another ancient favorite heirloom plant, with beginnings in France. Just as with all zucchini, the skin is edible. In keeping with our goal, this is also a small bush vegetable and so is perfectly suited for smaller gardens.

25 Seeds - \$ 3.20



Sweet Dumpling - Winter Squash

This is a real specialty acorn squash. It is delicious, sweet, and the texture is very creamy. They keep very well, and will tolerate the heat in warmer southern gardens. But do not forget the moisture. I stuff them with a mixture of dried and fresh fruit to suit the main dish I am preparing. Recipe included. They have pale cream white colored skin with green, and orange, markings and often ranges in size from 5 to 7 inches in diameter - only the interior is eaten unlike summer squash.

25 Seeds - \$ 3.20



Scallions - Deep Red Bunching Onions

These flavorful specialty onions mature early and hold well. These little scallions/onions are a glossy rich burgundy, transforming to a nice pastel pink when cooked or pickled. They take half as long as storage onions to reach eating size. In England, they are called the Salad Onion and it is ideal for growing in a container.

50 Seeds - \$ 3.20



Italian Torpedo Shallots

Banana Shallots, Chef's Shallots, Torpedo Shallots, and an Échalion (an elongated Onion). Because they are more often called "Shallot" they are grouped with the seed-bred Shallots. They grow in clusters, more like garlic. They are sweeter and more delicate than regular onions, and their flavor is more subtle. But if you ever spot a banana shallot, sometimes called a torpedo shallot, grab them as they are absolutely wonderful.

100 Seeds - \$ 3.90



Gold Medal - Tomato

Known as "The sweetest tomato you ever tasted. The yellow with streaks of red makes them very attractive and a gourmet's joy when sliced." A beautiful bicolored tomato, of orange-yellow splashed with tomato pink reaching one to two pounds. Winner of the 2008 SSE Tomato Tasting. Indeterminate, 75-90 days from transplant. This whopper is unbelievably early for its size at one to two pounds each. Even if you harvest them ripe they will last for a couple of weeks before showing signs loosing its beauty. I can tell you that they are so very delicious to eat. This is a very meaty and juicy tomato - my favorite.

25 Seeds - \$ 3.95



Japanese Black Trifele - Tomato

Unusual pear shaped with good yields and an excellent, rich flavor. It is a short potato leaf plant that produces prolific quantities of 4 to 6 oz. fruit. The fruit looks like a beautiful mahogany to deep brick color, Bartlett pear shaped, with greenish streaked neck. The flavor is so very rich and complex, super juicy, and has a wonderful feeling texture in your mouth that is so creamy smooth - YUM. The Black Trifele is one of the blackest (inside) varieties available and is resistant to cracking. Pay close attention to beetles though.

25 Seeds - \$ 3.50



Candy Land - Tomato

This is a high-yielding indeterminate tomato which are the smallest edible tomatoes, at 1/2" and will give you months of delicious and unique tomatoes. They are famous for their strong, sweet-tart flavor and quite juicy. I freeze them whole, without peeling them and they cook wonderfully and even do pretty well thawed and used in salads or to make salsa with. They are amazing and are the smallest tomatoes in this basket. Of course, they are a pain in the neck if you are trying to slice them an use in a BLT. (Hehehe).

25 Seeds - \$ 4.10



San Marzano - Romano - Paste Tomato

They are a great size for fresh eating, salsas, as well as for cooking and preserving as paste tomato. They have a juicier, and sweeter flavor than most paste tomatoes, but cook beautifully; exposing, and holding, the rich dark brilliant color that they have both inside and out. Some paste tomatoes have that paler pinker color inside but not this little beauty. It produces large clusters of bright red plum-shaped tomatoes within 68 days. It does well in both containers or raised beds.

40 Seeds - \$ 4.50

200 Seeds - \$18.00



Wapsipinicon - Tomato

(aka Yellow Peach, White Peach) Originated with Elbert S. Carman in 1890 under the name White Peach. This strain came the Wapsipinicon River in northeast Iowa area. It is a heavy producer of 2" + round fuzzy yellow fruits. Sweet, juicy, with a very well-balanced flavor reminiscent of a honey dew melon with a low acid content. Winner of SSE's 2006 Heirloom Tomato Tasting. Rot resistant. Indeterminate.

25 Seeds - \$3.95



Aunt Ruby's Green - Tomato

Family heirloom from Ruby Arnold of Greeneville, Tennessee. This is a beefsteak variety and can weigh one pound or more. Has a strong, sweet, juicy flesh with a hint of spiciness. Ready to harvest when soft to the touch and yellow-green. It has a slight pink blush that extends to the inside. This is a tomato that you will find very interesting. 80-95 days from transplant. This is another large meaty and juicy tomato.

25 Seeds - \$ 3.60



Tomatillo - Verde

Large fruited tomatillo with sweet green fruits measuring 2 to 3 inches across (1.8 - 2.8 ounces), enclosed in a papery husk. Vigorous prostrate vine. Used in salsa verde. Tomatillos originated in Mexico and were cultivated in the pre-Columbian era. Tomatillos have the sweet tangy flavor that is essential for authentic salsa and many southwestern dishes. Fruits, the size of a small tomato, are green when ripe and are encased in papery husks.

25 Seeds - \$ 3.25



Hakurei Turnip - Brassica rapa

Don't think of the turnip of old, these are heavenly and filled with vitamins and nutrients, including high levels of iron, calcium and thiamine. In Japan, where they are an heirloom, they are prepared in a variety of ways. In the US they are considered a salad turnip but are also now being enjoyed cooked as well. Besides being grown in your gardens they are also perfect for growing in pots on a patio. Ready to pick in less than 50 days.

120 Seeds - \$ 3.50



Daikon - "Fracking" - (Tillage) Radish

"Fracking" Daikon (Tillage) Radish is a deep rooted forage radish that will make an outstanding winter cover crop. The deep taproot of the Fracking Radish can help break up tough, compacted soil through soil aeration, improve water filtration and retention, suppress weed growth, and stores nitrogen.

It has a mild and less peppery taste than other radishes, when eaten raw with a tangy zip, with a texture that is crisp and juicy.

3.2 oz - 1/2C Seeds - \$2.90

6.2 oz - 1C Seeds - \$5.25

Elderberry Seeds - Sambucus nigra

Elderflowers are the edible blossoms of the Elder tree, *Sambucus nigra*. This small tree is native to Europe and North America. It blossoms in late spring and produces dark berries in late summer. Elderberries are edible but must be cooked before eating to get rid of toxins. Toxins are most likely when the berry is not a dark black and starting to soften so picket the ripest that you can. It is also very fast growing and selfseeding in some warmer areas.

In Scandinavia, according to legend, the Elder tree (*Sambucus nigra*) from which Elderberries derive is inhabited by a notorious fairy spirit known as the Elder Mother whose easily offended and spiteful nature was the origin of many taboos. This is an old fable that was in a fairytale written by Hans Christian Anderson.

50 Seeds - \$4.85



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In Zone 5 you can get at least three crops a season, and in the south four crops. These veggies are smaller, with higher nutrition rates, but they also are excellent for those who need an easier less body stressing way of gardening, than bending over and heavy lifting in your gardens.

Substitutes are welcome.

MIZZ TIZZY'S Weeds & Seeds



50 Day Gardens in a Pot or a Plot #1

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50 Day Gardens in a Pot or a Plot - #1 (Changes welcome)

Borasalino French Filet Yellow Bush Bean - This is a gourmet delight at only 4 - 5 inches in length and very slim. This variety is packed with a flavor.

Chinese Cutting Celery - This is a wonderful culinary herb and a wonderful addition that tastes like your bunched celery but are more intense,

'Raven' Patio Zucchini - This zucchini has been bred for the express purpose of being grown in a pot, small garden spaces, or to be able to pack more plants into normal space. This variety, is only about 3' across.

Minuet Napa Cabbage - Excellent vigor and disease resistance. This is a sweet and tangy Mini-Cabbage with crisp leaves and is generally considered to be the best of this variety of mini-Chinese cabbages.

**4 full seed packets - \$ 13.75
Saving 15%**

MIZZ TIZZY'S Weeds & Seeds



50 Day Gardens in a Pot or a Plot #2

You can keep growing well into the fall of your Growing Zone and plant in large pots or in small or regular gardens. For your ease we have put together these combinations. Sometimes it is just nice to have the ability to grow your own veggies and fast

50 Day Gardens in a Pot or a Plot - #2 (Changes welcome)

Patio Baby - Mini Eggplant - The plant is only 18-24" tall. Each plant is supposed to produce from 25 to 50 little eggplants with the proper care. They love fertilizer and moisture.

Basil - Piccolino - This is little but mighty. The flavor is delicious and strong and the leaves are about 1/2" long and add an attractive texture to your dishes. It is about 9" tall and 9" wide.

'Black Magic' Kale - Italian - Known by the names of Italian Lacinato, Nero di Toscana, Dinosaur Kale, Black Cabbage, and other names. It contains twice the amount of the vitamin C in orange juice at the same portion and also more calcium than milk. It contains twice the amount of the vitamin C in orange juice at the same portion and also more calcium than milk.

Red Salad Bowl Lettuce - The darkest red variety there is. It is very slow to bolt as well. Wonderful flavor and richness and grows well in all seasons.

**4 full seed packets - \$ 13.55
Saving 15%**

50 Day Gardens in a Pot or a Plot - #3 (Changes welcome)

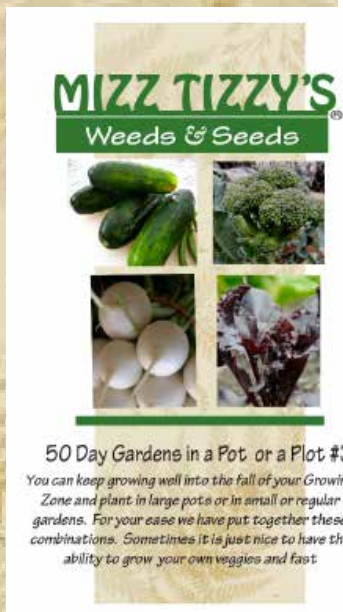
Bush Pickle - Instead of crawling all over your garden, and taking up way too much space, this cuke is so very well behaved, because it is a compact bush type at 3 to 4' wide.

Hakurei - Turnip - Don't think of the turnips of old, these are heavenly and filled with vitamins and nutrients, including high levels of iron, calcium and thiamine.

De Cicco - Brassica oleracea - Broccoli - This is a very fine old Broccoli which you will love raw, cooked or freezing for later meals. It is excellent and it is also a fast producer. You harvest the center (largest) stem first and then will continue to harvest the side shoots which are smaller for a very long time.

Bull's Blood - Beet and Greens - This beet is an heirloom and dates to the mid-1800's and was/is, grown for its delectable foliage (Microgreen), which reaches up to 18," you can start picking the leaves as soon as a month after planting and they are sweeter than radicchio. The beet is delicious too.

4 full seed packets - \$ 12.00
Saving 15%





Freezer Zucchini Pickles with Carrots Salad

- 2 1/2 Lbs. Of 1/2" Zucchini or Cucumbers slices. We used the Costata Romanesco that I raise for the seeds. A very ancient variety. See the fluted edges of the zucchini - excellent nutty robust flavor - YUM !
- 3 Tbls. Pickling salt.
- 2 Medium Carrots (we used three for the amount of zucchini we had, and they were all different colored carrots). Jen sliced them very, very thin though the recipe called for shredded carrots. We thought it would look better this way.
- 2 Large Cloves of garlic, minced or sliced.
- 1 1/2 C. Sugar
- 1 1/2 C. Vinegar - Cider is fine
- 1 Tbls. Torn dill leaves.

In a large bowl, toss the zucchini (or cucumber) slices with the salt. Let the zucchini stand at room temperature for 2 to 3 hours and then drain them.

Mix the remaining ingredients in another bowl. Pour the mixture over the cucumbers and mix well. Refrigerate the mixture for 8 to 10 hours.

Pack the zucchini and liquid in to freezer bags or rigid containers (we made serving size bags) and freeze. Thaw for about 8 hours in refrigerator.

Salsa Verde

- About 1 pound tomatillos, husks removed and rinsed
- 1 small bunch of cilantro (about a cup, roughly chopped)
- 2 to 3 hot green chili peppers (serranos or jalapeños work well - the quantity you use is entirely up to you, start with less and add more depending on how hot you like your salsa) We used the Mizz Tizzy's "Fish Pepper"
- 1/2 small lime, freshly squeezed - We used a hole lime
- 1/2 small onion (about 1/4 cup, chopped)
- 1 to 2 cloves of garlic
- 1 Tbls. Sugar if you are not roasting your tomatillos.
- Sprigs of Cilantro - or better yet - of Papalo to taste
- Salt, to taste



To make raw salsa (salsa verde cruda): Roughly chop all the ingredients (except the lime and salt) and place in a food processor. Start with one chili and add more as needed, depending on how spicy you like it. (I prefer to pre-chop the chillies so that I do not over mix the Salsa by adding more) Blend until your salsa has reached a smooth consistency (small chunks are ok). Add the lime juice and salt, tasting and adding as needed, and give one final spin. If your salsa has too much liquid simply spoon it off. But a little liquid is fine. Keep your salsa in the fridge for up to a week or pack into serving sized freezer safe containers and freeze.

To make cooked salsa (salsa verde cocida): Place the tomatillos (chopped in half and cut side down) and half the onion on an oiled roasting pan. Roast for 15 to 20 minutes at 450 F until soft. (If you wish, you can switch to broil for the last few minute to lightly char your tomatillos for a grilled smoky flavor). Place everything in the food processor, as you did for the raw salsa and puree. Makes about 2 1/2 cups - Great for dipping for chips, or for in hispanic dishes.

Please download the **FREE Cookbook (PDF)** at www.mizztizzysweedsandseeds.com for more great recipes

DO NOT use any herb as medicines without checking with your pharmacist, or doctor. You need to make sure you will not have an interaction with any medications you might be taking already.



Herbs:



Alkanet - *Anchusa officinalis* ,

Anchusa is a plant that is at home in early England, and enjoys the neglect it receives on warm dry sunny hillsides, or along railway tracks. It has been used to make a beautiful Ruby Red brown dye for fibers, and in oils and soaps where the color will be from more of a red color depending upon how much oil is used.

20 Seeds - \$4.10



Anchusa, 'Blue Angel' - Bugloss

Wild bugloss is one of those "sleeper" perennials that never seems to have gained popularity by modern gardeners. I suspect this is due to a misunderstanding on the part of gardeners on just how to grow this plant, and its resulting in a less-than-lovely garden performance. Do not plant it in amended soil but instead in drier soil because it craves soil poverty. Cut it back right after its first blooming as well.

30 Seeds - \$ 3.80



Anise Hyssop - 'Golden Jubilee' - *Agastache foeniculum*

Excellent foliage plant with bright lime green leaves and long lasting blue flowers. The leaves are aromatic with a spicy liquorice scent. The plant will flower in its first year which attract bees and other beneficial insects to your garden. They are vigorous growers and respond well to being grown from seed with the bright lime-green leaves appearing quickly and the spikes of dark blue flowers making their appearance during the summer months between July to September.

25 Seeds - \$4.10



Anise - *Pimpinella anisum*

Anise is used if baking of cakes, and other bakery goods, such as rye breads, also in many liqueurs, and is the true taste of licorice. Anisette is a liqueur flavored with aniseed, and Artemisia Wormwood, (Absinthe, *Artemisia absinthium*). The ground seeds form an ingredient of sachet powder to avert the "Evil Eye" (which is someone with Blue Eyes, and amulets were made to wear for this protection.

30 Seeds - \$ 3.75



Aquilegia canadensis - Columbine

This plant has many uses medicinally and they are mostly topical (to the skin and hair). It is made into a tea (the leaves) then once it has steeped in the water until cool, it is used as a hair wash and is reported to help with hair growth. Or it is used as an astringent, for skin irritation but not for wounds. The seeds, can also be rubbed into the scalp to eliminate Lice from your hair. And the seeds, when crushed have a pleasant aromatic quality that is used in perfumes, as the fragrance lasts for a long time, without becoming stale smelling as so many fragrances do.

30 seeds - \$ 3.50



Arnica Montana - Mountain Tobacco

The active ingredient in this herb is thymol and it is found in the roots, and contains fungicidal properties. It also possesses helenalin which is an anti-inflammatory. When made into a solution of 50% Arnica gel and applied topically to hands with osteoarthritis, it is equal to a solution of 5% ibuprofen it is great relief for tired ol' joints. Recipe for making the herbal oil is also included.

25 Seeds - \$4.10



Artemisia absinthium - Wormwood, Absinthe

This is the plant that is used for making traditional bitters, also an ingredient in absinthe in much larger quantities, and also used in herbal medicine as an effective vermifuge (expels parasites). Of course, high dosage or extended use is very toxic due to a buildup of thujone in the system. Sow tiny seeds on surface of sandy soil. Easy germinator and a long-lived plant on the landscape. In the spring, cut back to just an inch or so above the old growth. **Do not take internally.**

50 Seeds - \$ 4.10



Artemisia annua - Sweet Annie* *Permacultural Aid

This Artemisia is especially wonderful as the foliage is highly aromatic, and has been used for centuries as an air freshener, but it will also fill your yard with a very pleasant scent on the breezes. Most importantly, it is now used as an anti-malarial drug, and is working so much better than any of the existing drugs, which have now become ineffective. It has anti-parasitic and antibiotic attributes as well, and a natural pesticide and insect deterrent. Plant Sweet Annie near your porch or patio and keep the gnats, mosquitoes and other pests at bay all summer long. Is pleasant in sachets, and it is a bug and spider deterrent when placed in sachets in closets and dark places. And it "REPELS" deer, too. Yeah !!!!

50 Seeds - \$ 4.10



Artemisia vulgaris - Mugwort - Common

This is a good tonic for cows in controlled amounts. The herb is used to make Moxa, burned over acupuncture points to quicken the blood. It is in flower from July to September. The flowers are hermaphrodite (have both male and female organs) and are pollinated by Wind. They have been used as a flavoring in beer, which fell into virtual disuse once hops came into favor. It is one of the nine herbs invoked in the pagan Anglo-Saxon Nine Herbs Charm, recorded in the 10th century in the "Lacnunga" (Anglo-Saxon medical texts and prayers, written mainly in Old English and Latin).

50 + Seeds - \$ 4.10

In order for butterflies, moths, to survive and flourish they need the proper nutrition, and Milkweed / Butterfly weed / Asclepias meets most of their needs. The one butterfly that Milkweeds is essential to is the Monarch, and the disappearance of this plant is a contributor to their decline. Other plants which will also help is Sage (Salvia), Chives, Parsley (their caterpillars will eat this to the ground), Mexican Sunflowers, Echinacea and Rudbeckias to name a few. Plant a variety of plants to house and feed them.



Acorn Naturalists

Asclepias curassavica - Silky Formula Mix Milkweed

Contains the Deep Red, Gold and Scarlet forms. This Butterfly Weed is stunning and performs just as all others do. A must for all gardens, because of the huge quantities of butterflies that it actually attracts, but also that it is beautiful and showy. Because there is a toxicity (human only) to this particular plant you should not use it as a medicine unless you are truly an expert in preparation. This is a Tender Perennial / Annual

20 Seeds - \$ 3.75

Asclepias incarnata - Swamp Milkweed

If you have any plant in your gardens, you MUST also have some form of Asclepias. These plants are excellent pollinator attractors and are lifesaver for the Monarch Butterfly in particular. Asclepias incarnata is also used medicinally much like the Tubrosa is, but there is also suspicion that they should not be. The flowers are hermaphrodite (have both male and female organs) and are pollinated by bees, and insects. The plant is self-fertile.

20 seeds - \$ 4.25

Asclepias speciosa - Showy Milkweed

This one is also known as Creek Milkweed, and Greek Milkweed. It was at one time wild in all sorts of fields, but due to the use of pesticides, and the drift of them on the wind, when they were being sprayed, it is very hard to find in the wild any longer. Once yours have produced the seed pods and they are starting to just open in the fall or last summer - take the pods, and open them up and either let the fluff take them on the wind or plant the seeds yourself just by scratching the dirt and covering them and tamping down for a winters nap.

20 seeds - \$ 3.75

Asclepias syriaca - Common Milkweed

These plants are excellent pollinator attractors and are lifesaver for the Monarch and other Butterflies, in particular. Also a good supply the needed nectar for the butterflies. The Syriaca and is about same height (3-4') as the Silky form. They also make excellent cut flowers. The fluff has been used to mop up oil spills at sea which is quite effective. Bowstrings were once made from the stalks by some tribes.

20 seeds - \$ 3.75





***Asclepias tuberosa* - Pleurisy Root**

You will have good results by sowing the seeds in the greenhouse in early spring, though stored seed might need 2 - 3 weeks cold stratification (in your refrigerator or freezer for two or three weeks or more). The root was very popular as a medicinal herb for the treatment of a range of lung diseases - thus the name Pleurisy Root. It was considered especially useful as a respiratory cure or relief from pains when breathing, caused by pneumonia or other lung diseases. The Natchez people used a tea from the boiled root to treat pneumonia.

20 seeds - \$ 3.75



***Asclepias viridis* - Spider or Green Milkweed**

This is extremely drought tolerant and will thrive in drier areas which are fast draining. The intricate blossoms almost look as though they were designed by an artistic engineer. This is another of the shorter milkweeds (butterfly weed) which are wonderful at the front of a border at 1.5' to 2.00 and blooms from May to July. It is also a favorite of Monarch butterflies, and will become a larval host for them, and it is also loved by moths. This is also a good choice for the southern Florida and Texas up to about zone 5. Otherwise in the northern climates it can reseed, or save the seeds to replant each year,

20 seeds - \$ 4.10



***Asclepias tuberosa* - Gay Butterflies**

If you have any plant in your gardens, you **MUST** also have some form of *Asclepias*. These plants are excellent pollinator attractors and are absolutely essential for the lives of the Monarch Butterfly, from larva, to adulthood. It will also attract and sustain other species of butterflies, but it is of paramount importance to the life cycle of the Monarchs. You will also see the occasional hummingbird sipping away. The blossoms are a fiery red, orange, and golden yellow from June to late July early August.

20 seeds - \$ 4.75



Whorled Milkweed - *Asclepias verticillata*

This milkweed is so beautiful as a dried flower for arrangements. It grows to a height of 1 to 2.5' tall, and about 2' wide, and is a thin plant. It blooms from June thru September which is needed to feed the butterflies, hummingbirds, and other beneficial pollinators. The flower is a beautiful creamy white, very showy and the leaves are thin and lance-like. It will do well in drought and dry soil but does need moisture as well. They spread by rhizomes, but are not invasive, and should not be considered so.

20 seeds - \$ 4.10



Genovese - Basil - *Ocimum basilicum*

Genovese basil is associated with Italy, but it really originated from Asia and Africa in ancient times. It made its way to the Mediterranean along the trade routes of old. It became known to the Italians first in the Liguria region by the Romans who used it as a bread spread. Genovese has a flavor of a mix of mint and cloves, which makes it so much more desirable, when mixed with all of its ingredients.

200 seeds - \$ 4.75



Basil - Piccolino

This is little but mighty. I like the fact that this is so compact and adds a decorative mass to your garden whether it is in the veggie garden, your perennial beds, or in pots. The flavor is delicious and strong and the leaves are about 1/2" long and add an attractive texture to your dishes. It is about 9" tall and 9" wide. Just a little something to make things interesting

20 seeds - \$ 3.60



Boneset - Eupatorium Perfoliatum

Boneset is a large and showy plant, bearing masses of long-lived, brilliant white flowers which are truly unique. Is one of the most widely used herbs in the U.S. This is a wonderful plant to use as a temporary summer hedge, which the butterflies and bees absolutely love. They make a lovely addition to the wild flower garden, grass-land areas, fence row, or back of the perennial garden as they can reach 48" in height. Blooms summer through the fall.

200 + Seeds - \$ 3.50



Borage - Borago officinalis - Starflower

Borage originates from the Mideast, and most likely Syrian region. Its leaves and stems are all covered with tiny hairs, giving it a somewhat fuzzy look. Another interesting texture added to your gardens, and in most climates it will bloom continuously. This plant seeds readily, but is but non-invasive. The flowers are a brilliant blue and bloom non-stop. Besides all of that it is also a plant that will tolerate drought without a lot of difficulty, and grow in poor soils.

30 Seeds - \$ 3.80



Buttonbush - Cephalanthus occidentalis

This wonderful shrub is so overlooked, which is a real shame. It just does a beautiful job in your gardens. This way they all take care of each other. Will grow in dry and even standing water conditions. Swamp like areas even. If they are planted near where ducks are located, they will gobble up the seeds as they love them - it is sometimes referred to as a honey plant. Other birds also love the seeds, so this is an all around wonderful plant for your gardens, a property.

150 Seeds - \$ 3.75

300 Seeds - \$ 7.10



Calendula Orange - Calendula *Permacultural Aid*

The flowers, when boiled, yield a bright yellow-orange dye. The part used is the whole flower, either fresh or dried. Calendula is usually used, externally for its antiseptic and healing properties in treating skin infections, cuts, punctures, scrapes, burns and chapped or chafed skin or lips. Blooms from the spring into the fall.

35 Seeds - \$ 4.10

150 Seeds - \$ 10.40



Catnip - *Nepeta cataria*

Kitty-attracting perennial with gray-green leaves and white flowers. Markets for catnip include cat toy crafters, herbal tea companies, and retail plant sales. Flowers are very attractive to bees. Medicinal: Leaves and flowering tops are used as a gentle antispasmodic and very mild sedative. 10 times more powerful than DEET. My daughter calls this Kitty Crack and it is that. But it is also a wonderful stomach tonic for humans, and has other applications to your health as well.

30 Seeds - \$ 3.20



Chamomile - *Matricaria recutita*

This is one of the most ancient herbs known in use today. This herb is really the 'perfect' herb, for treatment of everything, from your head to your toe. The old German societies called it alles zutraut, meaning "capable of anything." Ancient Egyptians believed that it was a powerful anti-aging cure, and dedicated it to their Gods. If that were true, I would make this my lawn. In The Tale of "Peter Rabbit," Mrs. Rabbit gave her undisciplined son, Peter, "One table-spoonful to be taken at bedtime." This is a garden and human healing aid.

30 Seeds - \$ 3.50



Chicory - *Cichorium Intybus*

Chicory is something that needs to be along our roadsides, and out in idle farm fields and vacant lots, or in areas of our lawns we are converting to meadow or grasslands. This is one of those, rare, 'everything' plants that can be used in survival situations, as valuable food sources, a pasture product, etc. The flowers were once used to make a yellow dye, while the leaves made a blue dye. It is also a nutrient accumulator, working tirelessly to churn up heavy clay soil and move nutrients around, contributing to our lands, people and animals.

1 Tablespoon - about 250 Seeds - \$ 3.90



Chive - *Staro* - Heaviest Leaf

This is a wider and thicker leafed chive which, I think, makes it a more serious chive, rather than those little skinny leaves. The flavor of this chive is also sweeter almost like a perfect onion. It hold up to cooking because of its girth, and it also freezes, and dries much better I think. It will also display well if you are selling in a Farmer's Market. And the blossom is beautiful, plentiful, and also edible.

100 Seeds - \$4.10



Cilantro / Coriander - *Santo*

As most folks already know, Coriander is the seed from the plant Cilantro. And there is a real break in the love and hate of this plant, and there are even websites dedicated to these feelings about this plant. In some countries it is called Chinese parsley, or coriander leaf. They grow to about 2 feet tall and one or two plants may be enough for you for the season. But you might want to plant successive plantings so that you will have leaves all summer long.

40 Seeds - \$ 4.10



Clary Sage - *Salvia sclarea*

The Romans used it as an eyewash and called it claurus meaning clear and in Germany wine merchants added the flowers to Rhine wine to imitate good Muscatel and called this Muskateller Salbei.

It was also used to replace hops in the making of beer which also produced a stronger state of intoxication and exhilaration. In the 12th century it was an aphrodisiac. For centuries it has been used for women's problems. It has also been used for night sweats for TB patients and other illnesses.

50 seeds - \$ 3.90



Comfrey - *Symphytum officinale*

Comfrey is such a versatile plant, is a dynamic nutrient accumulator and a must have in any garden. Comfrey is the classic example with its deep penetrating roots which actively, attracts and churns up minerals from deep within the subsoils, making them available at the soil surface and plants surrounding it. The yellow "Russian" variety is not the "True" Comfrey and should not be used for same purposes. However, some disagree.

8 + Seeds - \$ 4.50



Corn Salad - Mache - *Valerianella locusta*

While this is an annual it is still an important plant to have. It is also known as Lamb's Lettuce and Mâche. It is a member of the Honeysuckle family. Also can use as a cover crop and green manure - but best of all - it is a wonderful taste in your salads, with it's nutty flavor. Thomas Jefferson grew this at Monticello, and recorded in his famous records 1794.

60 Seeds - \$ 3.10



Costmary - *Tanacetum balsamita*

In the Victorian era, nearly every kitchen gardener grew this sweetly scented plant. The many different names given to the herb all relate to its fragrance ~ Scented Salvia, Farmers' Salvia, or Fragrant Leaf. Prune them back regularly to encourage a fresh crop of aromatic leaves, and to prevent sprawling. The leaves have been combined with Lavender to fragrance the linen closet.

25 Seeds - \$ 3.50



Cumin - *Cuminum cyminum*

This is a wonderful herb and a very healthful one at that. Besides its health giving nutrients, it has a wonderful flavor and is used by many nationalities in fantastic recipes. It has a cancer-protective effect which may be due to cumin's potent free radical scavenging abilities as well as the ability it has shown to enhance the liver's detoxification enzymes. Cumin is a native of Egypt and has migrated throughout the Middle East, India, China and the Mediterranean, for a very long time.

30 Seeds - \$ 3.20



Cumin - Black - *Nigella Sativa*

The seeds from this lovely plant have been used for spiritual, medical and consumption purposes since, almost, the beginning of time. It was mentioned as the healer and remedy in the Bible and is described as Melanthion by Hippocrates and Dioscorides and as Gith by Pliny. Pliny said that **"It Will Cure Anything But Death."** But again, ALWAYS, check with your Pharmacist (one you deal with for ALL of your medication) before taking this in any quantities, as it could interact with medications that you are currently taking. This is VERY important. This is a wonderful plant and the seeds are super.

30 Seeds - \$ 3.20



Queen Anne's Lace - 'Dara' - *Daucus carota var. sativas*

This is not entirely a weed, but something that will also add to soils to make them healthier, as they have tap roots (just like other carrots) and are nutrient accumulators by churning them up from deep within the soils to make them accessible to shallower roots above. It is tolerant of many soil types. They are excellent as cut flowers also, or just to be admired in the field. They will reach only 3 - 4' tall. Blooms range from a deep ruby color to almost white. Lovely!

Cannot sell to CA, WA, OR

30 Seeds - \$ 3.85



Dill - Fernleaf

This unique dwarf dill is suitable for containers and makes a striking annual border plant in the garden, thus contributing to the Permacultural technique. A long-season producer of fresh dill weed flower and seed heads. It is only a 20 inch tall plants. The plant is wonderful for flavoring, as well as a stomach settler. Wonderful added to your compost as well and is also good for the soil.

25 Seeds - \$ 3.50



Dyer's Woad - *Isatis tinctoria*

The leaves can be used to make blue dye, and also known by glastum, or indigotin, and is a member of the Brassicaceae (mustard family).

The Egyptians used it to dye mummy's wrapping cloth and it's been found on pottery dating back to the Iron Age. Some historical accounts say it was used by ancient warriors as body paint, and the Scottish Pictish people (aka Painted Ones) would paint and tattoo their skin with it. Wards off acute respiratory syndrome (SARS) by strengthening the immune system. A natural antibacterial, antiviral, scaly, itchy skin, and anti-inflammatory agent. It is also known to treat and alleviate bacterial conjunctivitis. **Cannot sell to CA, WA, OR**

20 Seeds - \$ 3.90



Coneflower - *Echinacea purpurea*

The easiest Echinacea to grow - germinates without stratification. Vigorous plants with large, purple-petaled flowers. Fibrous roots are easy to harvest (other species have taproots). Height 24-36". Hardiness Zones: 3-10. Sow any of the echinacea families outdoors in the fall to allow the oscillating temperatures and natural rain to stimulate germination (this is stratification).

50 Seeds - \$ 3.60



Tennessee Coneflower - *Echinacea Tennesseeensis*

It is on the Federal Endangered Species list, so is a great plant to play "Johnny Appleseed" with and a gift back to your community. This echinacea is a more star like and very striking flower, with clean and neat foliage. The color is so nice as well. This particular plant will appreciate having dry-ish soils and will actually do well in shallow and rocky soils, once established. This used to be wide spread throughout the prairie, but is now vanishing due to pesticide spray drift.

25 Seeds - \$ 4.80



Epazote - *Chenopodium ambrosioides*

This herb is traditional for Mexican cooking, adding a sweet, mild flavor of its own to each dish. Historically, it has been used to reduce the intestinal gas that occurs with a diet rich in beans. Epazote has a slightly tangy flavor, reminiscent of oregano and a hint of mint. The seeds of this herb are poisonous - so like with all thing - keep out of reach of children. And do not put the seeds into your mouth before planting as some people will.

25 Seeds - \$ 3.70



Fennel Bronze - *Foeniculum vulgare*

The bronze or purple form of garden fennel (not to be confused with sweet or Florence fennel, an annual vegetable grown for its swollen bulbs) is a handsome and popular perennial, often planted on its own for impact or combined with bergamot in flower borders. Will develop into a magnificent airy, cloud of maroon/green foliage, crowned in late summer with large heads of tiny yellow flowers, resembling Queen Ann's Lace. The seeds are as useful as the leaves, and may be left to ripen as an edible crop, the root is not eaten. Butterflies love it, and their caterpillars will eat it.

25 Seeds - \$ 2.95



Fennel Florence - Green

The feathery leaf system, the beautiful flower heads, then the seeds and also the large juicy bulb are great in any dishes - it is not hard to find good recipes for this plant.

50 + Seeds - \$ 3.20



Feverfew - *Tanacetum parthenium*

A traditional medicinal herb which is found in many old gardens, and is also occasionally grown for ornament. The plant grows into a small bush up to around 18 inches high with citrus-scented leaves, and is covered hundreds of daisy like flowers. It spreads, and they will cover a wide area after a few years in unattended. The Greek herbalist physician Dioscorides, in the first century AD, described it as an anti-inflammatory and to treat headaches and arthritis pain.

50 Seeds - \$ 3.75



Fireweed - Rosebay Willowherb - *Epilobium angustifolium*

In Germany it is known as Feuerkraut (Fire Herb), and in England it is known as Bombweed, because it was quick to colonize around bomb sites. The American Cree knew it as Ihkapaskwa, to denote that it blooms when moose are fattening up and mating. Russia knows it as Kipri, and boil to make Quaffe a fermented drink of malted rye, flour and wild mint, and also use it to boil with fish, and use the leaves as tea, and they sun-dry the 'center pith' for later use.

60 Seeds - \$ 3.50

The whole idea is to bring back the many wildflowers that are now almost extinct into the fields, meadows, and the forests.

Give some a try - because we all need them to survive.

Flax, Blue - *Linum lewisii* (Linaceae) Permacultural Aid

This beautiful delft blue flower is a real treasure, and blooms absolutely forever in sun or part shade. Another must have for a meadow, naturalized garden, or back of the border setting, with great color, and a pollinator attractor. For centuries they have been used for their fibers and seed oils which are extremely high in omega-3 fatty acids. Seeds should be crushed when eaten so they will not just go through your system Also deer and fire resistant.

1 Tablespoon - \$ 4.95 - about 300 Seeds

Gentiana Paradoxa - Blue Herald

This is a hardy perennial has beautiful blue blooms. This Gentian Blue Herald forms a clump, 6 - 10," of upright stems with narrow leaves. This blue Gentian herb grows well at the edge of woodlands or in semi-shady rock garden that does not dry-out. Gentiana Blue Herald is a hard-to-find hybrid Gentian.

20 Seeds - \$ 3.20

Hibiscus *sabdariffa* - Jamaica sorrel - Roselle

It is also known as "Thai Red Roselle," you will see the calyces sold in grocery stores marked as 'Hibiscus Flowers.' While the flowers are beautiful, it is the calyces, which follow, that are used for tea, and are sought after. From Zone 6/7 southwards they may perennialize. Further north you do need to start them early (Feb. or March) to achieve bloom and the following calyces. This is quite a stunning plant. Included is a recipe for the tea in the seed packet.

Seeds are easy to grow and plant is drought tolerant, and pest free. Makes Red Zinger Tea.

12 Seeds - \$ 3.80

Horhound - *Marrubium vulgare*

In 2011 it was discovered in studies that it has antimicrobial and anticancer effects and a year later the study returned the discoverers that it also has active compounds that are actually antibiotic, anti-inflammatory, and protects against plaque in your arteries.

You can make your own lozenges and count on them to help with coughs and also indigestion, sore throat, and to relieve inflammation. It may be used as an insect repellent and grasshoppers. Recipe Included

100 Seeds - \$ 3.60



Hyssop - *Hyssopus officinalis*

The flowers are hermaphrodite (have both male and female organs) and are pollinated by Bees, and is considered self-fertile. The flowers have a rich aromatic fragrance. It has a flavor that is a cross between mint and a sage. You can use the flowers and leaves when they are either fresh or dried. The leaves and flowering tops are antiseptic, astringent, diaphoretic, expectorant, sedative, stimulant, stomachic, and used as a tonic.

50 Seeds - \$3.95



Indigo - *Indigofera pseudotinctoria* - Rose Carpet

A ground cover very good for slopes, open woodland areas, mixed borders, foundation plantings and fillers. Dwarf Rose Carpet, *Indigofera pseudotinctoria*, with pink wisteria like flower clusters, from July thru September. It is a fast growing, deciduous shrub / ground cover, with delicate foliage used to make a type of indigo dye. It is very late to emerge in spring, so don't cast it off for dead. Also produces Indigo Dye

30 Seeds - \$3.95



Indigo - *Indigofera tinctoria*

Historically, this has been used, as the true Indigo dye, for thousands of years, and it is still used for many purposes, some of which you would not expect. The color can either be intense almost black/blue to the softest powdery blue. Imagine having this ability to use, right in your very own back yard, a beautiful shrub, that can also create the most beautiful dye, and you can sell the leaves for a pretty good profit.

25 Seeds - \$ 3.95



Lavender - *Lavandula angustifolia* - "Munstead"

Compact English lavender. A strain of English lavender with a compact, bushy habit. Nice range of bloom colors, from pale blue to dark violet. Usually begins flowering in the second year. Hardy in zones 5-8, but can survive Zone 4 winters when mulched or grown in a south-facing location.

30 Seeds - \$ 3.60



Lemon Balm - *Melissa officinalis*

Fresh leaves for tea and salads. Easy to grow. Mulch if winter goes below 0°F/-18°C. Parts used in teas for colds, flu, headache, and indigestion. Sedative. Antiviral. It can be very invasive in some parts of this country and other climates around the world. So please check to see. Might want to grow in pots just to make sure. But then having a lemon scented field might not be so bad either.

60 Seeds - \$3.25



Lemon Grass - East Indian - *Cymbopogon flexuosus*

Essential oil contains large amounts of citral and geraniol, used for flavorings and perfumes. Medicinal: Tea used to treat digestive problems, fever, and anti-inflammatory. It grows to a height of up to 4-5' and has yellow-golden leaves and stems. Its production of a network of roots and rootlets, can rapidly exhaust the soil so amend well after harvest, and rotate if planting each season.

30 Seeds - \$ 3.95



Lemon Mint - *Monarda citriodora*

It is also called Lemon Bee balm, Purple Horsemint, and Lemon Bergamot. It has antiseptic and antibiotic properties which are quite healing. Try Echinacea and Lemon Mint leaves as a healing tea. Also great to help curb nausea or upset stomach. The flowers are also harvested, dried and used in arrangements for use over winter. For skin care you may rub the leaves directly onto your skin to help with sunburn, itching and bug bites.

50 Seeds - \$ 4.10



Licorice - *Glycyrrhiza glabra*

Also used to treat sore throats, mouth ulcers, stomach ulcers, inflammatory stomach conditions and indigestion. It is used to combat food poisoning in modern Chinese herbalism. Licorice rhizomes can be chewed or made into tea, which with other anti-spasmodic herbs is often taken for menstrual cramps. Chewing on licorice stems stokes the passions and can help you quit smoking. It reduces gas and helps relieve that "too full" feeling. Slow to settle in and protect from slugs (containers filled with cornmeal helps - laid on their side) will help. Each root can be 25" long - cut to 8" lengths and dry.

25 Seeds - \$ 4.10



Licorice - American - *Glycyrrhiza lepidota*

The root of this plant is what is used to make the candy Licorice and has a reminiscent flavor of fennel, anise and star anise. Licorice is a member of the Pea family. And both *glycyrrhiza glabra* (Common - European) and *lepidota* (USA) will improve your soil as well, which is very important. Also used to flavor alcohol and tobacco.

It is greatly appreciated by beneficial insects and will fight those you do not want in your gardens, including ticks, fleas, mites, aphids, etc. It is classified as an adaptogen, which means substances that have an overall benefit toward the mental and physical performance of the body.

30 Seeds - \$ 4.10



Lovage - *Levisticum officinale*

Lovage is considered an old English sweet herb. It is not used as much now as it have been throughout history. It is a medicinal herb, but it is the roots which are usually used, but the stems and leaves also offer medicinal effects. It is a perennial. It has a strong aromatic smell and taste - even the seeds. Recipe included for Lovage Cordial, which is delicious and great to settle your digestive system.

60 Seeds - \$ 3.10



Marshmallow - *Althea officinalis*

They were considered a delicacy deemed worthy only for gods and royalty. During those times, Egyptians made individual marshmallows by hand, by extracting the sap from a mallow plants and mixing it with nuts and honey. Both the root and leaves contain a gummy substance called mucilage. When mixed with water, it forms a slick gel that is used to coat the throat and stomach to reduce irritation. Recipe for "Real" Marshmallows is included. + Recipe Booklet

25 Seeds - \$ 3.40



Mexican Mint Marigold - *Tagetes lucida*

Aromatic leaves are a substitute for French Tarragon. Have a sweet licorice flavor that brightens salads and main dishes. Pretty, golden yellow flowers bloom all summer. Thrives in warmer climates where French tarragon will not grow. Medicinal: Stimulant and diuretic. Improves digestion. 80-90 days to harvest when started indoors. Originates from mountains of Mexico and Guatemala. Has a very clean bushing habit.

50 Seeds - \$ 3.50

Mosquito Repellent

Mix fresh Catnip, Tulsi - Rama, Sweet Annie, Lemon Balm, and Peppermint, leaves and their stems, put them together, and tear up a bit, and then place in small bowls around sitting areas on your patio or yard, and the aroma from them will waft on the breezes and help keep the bugs away. You can take a small handful of the mix and rub on your exposed skin for extra protection.

You can make a tea with warm water, sun tea, steep a long time, strain, put into spray bottle to use as a spray repellent.



Mint - Peppermint - *Mentha piperita* - True Mint

Peppermint, extract, and tea from dried leaves, has shown, in different studies, to have strong antiviral activity against Newcastle disease (NDV), herpes simplex, vaccinia, Semliki Forest, and West Nile viruses in egg and cell-culture systems. It contains a tannin with an affinity for NDV and mumps virus and a non-tannin fraction with antiviral effects. It is one of the most widely consumed single ingredient herbal teas, or tisanes (medicinal tea). Is so very effective in aiding digestion, and helping with GERD

50 Seeds - \$3.80



Monarda fistulosa - Bergamont

Lovely flavor when added to a tea. As a plant in your garden it is showy, fragrant, a great cut flower, and beautiful when dried. The leaf is very fragrant. It is excellent at attracting of butterflies, hummingbirds, and also small birds for their seeds. It is a detractor of deer and will withstand drought, loves dry soil, and shallow-rocky soils as well. And it will also not be bothered by the juglone (thujon) of Black Walnut trees. Also known as Bea Balm, and Wild Bergamot.

60 Seeds - \$3.95



New Jersey Tea - *Ceanothus americanus*

This is a beautiful compact deciduous shrub that has a well behaved rounded growing habit. It is a native of Missouri even though the name insinuating New Jersey. The flower clusters are similar to hydrangea but only about 2 - 3" long. They are wonderfully fragrant, abundant, and it is a good idea to plant them near a deck, patio, or window down wind of their heavenly scent. The youngest twigs are bright yellow and will stand out as a surprising winter interest, in an otherwise dull terrain.

30 Seeds - \$ 4.50



Ozark Sundrops - *Oenothera Missouriensis* - Dwarf

Also known as Missouri Primrose, this is a brilliant, long blooming, yellow beauty. Evening primrose has been used in alternative medicine in the treatment of heart disease, high cholesterol, circulation problems, premenstrual syndrome, endometriosis, breast pain, certain symptoms of menopause, eczema, psoriasis, acne, osteoporosis, and multiple sclerosis. Wonderful for naturalizing areas, at least 6 hours of sun per day. May spread if not attended to.

30 Seeds - \$ 3.20



Papalo - *Porophyllum ruderale*

This herb has a very unique scent and flavor, is reminiscent of a mixture of cilantro, arugula, and mint. It is another plant that produces a chemical that is a deterrent to insects, which is the reason behind the very distinct smell and flavor of papalo. It is known as a wild 'summer cilantro'. It makes a lovely spring like ornamental plant that adds another texture to your gardens while it is discouraging insects. You are going to love this plant as a much easier cilantro to grow. Oh, and the leaves are a thing of beauty.

20 Seeds - \$3.90



Parsley Italian - *Petroselinum crispum*

This is a flat leaved Parsley and is delicious. If you are trying to assist in the saving of Butterflies, this is the plant for you. planting it near or a front of the border plant with you Asclepias - Butterfly Weed will give the caterpillar the food they need to prepare to make their chrysalis and start their metamorphosis into a butterfly. They can and may eat the Parsley to the ground, so also plant some away from your Milkweed plants. This is also a delicious parsley and actually my favorite of all varieties with it's mellow buttery flavor.

100 Seeds - \$4.10



Plantain - *Plantago lanceolata*

This is also called the Narrow or Lance Leaf Plantain, Ribwort, and Buckthorn. It is a food, a medicine, attracts wildlife, and will joyously grow absolutely anywhere (and everywhere). It is one of the favorites of the Permaculture set in a big way, which is helping it come back. This plant is used to treat respiratory ailments, such as bronchitis, sinus infections, or ear infections. And it has been used in aiding bladder infections through the millennia. Seed package includes a Salve Recipe for bug bites.

60 Seeds - \$3.20



Pyrethrum - *Tanacetum cinerariifolium* **Permacultural Aid**

Beautiful, clear, white, daisy like flower, with a sharp yellow center, and is a very clean plant with the foliage lower than the floating stems. They are wonderful to use in masses, and are so beneficial to your gardens for pest management. Pyrethrins attack the nervous system of many insects. If you are using a pyrethrin based spray for pest control, spray when the temps are cooler, in the late evening, or early morning before the bees and other pollinators are out. Do not plant next to edibles.

25 Seeds - \$4.10



Queen Anne's Lace - 'Dara' - *Daucus carota var. sativas*

This is not entirely a weed, but something that will also add to soils to make them healthier, as they have tap roots (just like other carrots) and are nutrient accumulators by churning them up from deep within the soils to make them accessible to shallower roots above. It is tolerant of many soil types. They are excellent as cut flowers also, or just to be admired in the field. They will reach only 3 - 4' tall. Blooms range from a deep ruby color to almost white. Lovely! **Cannot sell to CA, WA, OR**

30 Seeds - \$ 3.85



Rose Campion - *Lychnis coronaria*

Red campion is also known as "ragged-robin" and is associated with Robin Goodfellow (or Puck), a faery Trickster who is charming, sly, amoral, and rather dangerous to encounter. In some parts of England, the picking of campion is discouraged, for this invites the faeries' attention - who can be sometimes pretty cranky, and play dirty tricks. According to the Ayurvedic text *Lychnis coronaria* has been reported to be used against various medicinal uses such as inflammations, skin disease, diarrhea, leprosy, lung and liver ailments.

40 seeds - \$ 3.80



Rosemary - *Rosmarinus officinalis*

Popular for potted plant sales and with chefs. In tea to treat headaches. Stimulates circulation. This is a very ancient herb that has so very many uses, and it a pleasure to grow as it has few enemies or problems. In the more Northern climates, you might want to grow this in a pot and bring it in to your garage before frost. But it will survive temperatures dropping into the teens, if well protected (wrapped in burlap) and heavily mulched out of doors in Zone 6.

30 seeds - \$ 3.20



Rue - *Ruta graveolens*

Rue has been used for a very long time, recorded back to ancient times. It is a beautiful plant with a heavenly aromatic scent that will also waft through your gardens. The foliage is light blue-green and fernlike, with yellow flowers. A great addition to the color and texture of your gardens. There is also an old folk tale that states that Rue will grow at it's very best if it has been stolen before planting. Now that is interesting. It is also evergreen.

Catalog Only **Cannot sell to CA, WA, OR**

80 seeds - \$ 3.50



Safflower Zanzibar - *Carthamus tinctorius*

This variety of safflower is an annual and features bright orange thistle like flower heads. Safflower is used for dried arrangements and its bloom is everlasting when dried. The plant is widely cultivated for its edible oil, which is extracted from the seeds. It contains triglycerides of the doubly unsaturated linoleic acid, and the triply unsaturated linolenic acid; the latter is, together with the comparatively high content of vitamin E, responsible for the good reputation of safflower oil.

20 Seeds - \$3.50



Sage - Meadow Clary - *Salvia pratensis* *Permacultural Aid*

Permaculturally, they are thought to repel the cabbage flies, carrot fly, black flea beetle, cabbage looper, cabbage maggot, repels many bean parasites, so is of great permacultural benefit to your beds as an insecticidal plant. Planting plants such as salvia amongst or near your veggie gardens has great benefits. The best part of this plant is that it does not stop blooming even if you forget to deadhead and the color is fantastic. Catalog Only

25 Seeds - \$3.50

Salvia lyrata - Cancer Weed

Salvia lyrata, commonly called Lyreleaf, is originally a central and south-eastern US, Native perennial which typically occurs in moist or sandy soils in open woods, clearings, thickets and stream banks. It has spread to many other regions. The flowers are lavender and the low growing leaves have a beautiful vein pattern and are lyre-shaped. They bloom in the spring and then become part of where they grow you can hardly see them.

80 Seeds - \$4.10

St. John's Wort - *Hypericum perforatum*

In Germany and other parts of northern Europe, it is commonly prescribed for mild depression, especially in children, and adolescents, because it is less expensive and far safer than pharmaceutical drugs. It is known as the Chase-devil plant - L'Herba de fuga demonis - an herb to chase away the devil around the 13th Century. It makes a beautiful low border as well, as long as it is kept out of the hot afternoon sun. It blooms from May until September - depending on its growing conditions. Seeds will ripen from July until late September.

50 Seeds - \$ 4.10

Saltwort - *Salsola komarovii*

This is a very ancient vegetable of Japan's. It is much loved and also goes by the name of Okahijiki which is also the name given for seaweed which is Hijiki. The leaves have a salty and slightly tart taste that adds a zing to any dish but especially mixed with angel hair pasta. It is also used a micro-green. It is known as both an herb and a vegetable. It is best to grow them in the cooler months of spring and fall, and to harvest the leaves when they are young.

50 Seeds - \$ 3.20

Self Heal - *Prunella vulgaris*

Aromatic Native American incense herb. It is used to make the smudge sticks. It is mostly used for wounds, sore throats high blood pressure, burns, insect bites, herpes, cancer and allergy relief, as a poultice used to pull out infection from wounds or abscesses. And that seems like a lot of possibilities, but it actually does work for all of this according to the studies which have been performed. It has also been known to staunch the flow of blood much as Yarrow does.

25 Seeds - \$ 4.95

Please always check with your pharmacist or physician to make sure that the medications you are taking are not going to negatively react to herbs that you intend to use. Your research can save your life so please do it. Remember that everything that you put into your body changes you in some way.

Smudging and Medicinal Sages

It is said that where these sages grow, that they deter snakes, which will not slither around in their areas.

YEP... I'll take a dozen!



Prairie Sage - *Artemisia ludoviciana*

Many tribes used this plant for coughs, and in sweat lodge ceremonies to remove toxins from the body, as a general tonic and fever reliever. White sage or “man sage” was perhaps the most important ceremonial plant of the Cheyenne Nation. *Artemisia ludoviciana* is actually a member of the sunflower family. It too is used as a sacred sage, and is also known as prairie sage, silver wormwood. This was used as a ceremonially east of the Cascade and Rocky Mountain range and is most often associated with smudge sticks. Both of these species are disappearing from the wild, which is of concern to many tribes, which is another good reason to cultivate either or both of these plants and **DO NOT remove plants from the wild.**

25 Seeds - \$ 4.20



White Sage - *Salvia apiana*

Aromatic Native American incense herb. It is used to make the smudge sticks common in Native American ceremonies. Also known as Bee Sage, California White Sage, it is predominantly grown in the American southwest (southern California). This is a true sage and a member of the mint family and known as “woman sage.” **Medicinal:** Used for skin washes and as a natural deodorant, mild tea is used as a general tonic. By burning the leaves, once dried, it was and is used as a fumigant or incense in a house or dwelling where a contagious disease had just been healed, and also to purify the air during illnesses. **DO NOT remove plants from the wild.**

25 Seeds - \$ 4.20



Shiso Red - *Perilla frutescens*

This is an ancient perennial herb, also known as the “Beefsteak Plant.” Its taste is a cross between mint and fennel, and is sometimes called the cinnamon plant. It is very rich in minerals, vitamins, and is considered a plant that will help to preserve and sterilize other foods. They are very rich in calcium and iron. The leaves from the Shiso, are used for seasoning, coloring, flavoring of rice, fish, soups, and vegetable, for pickling, and garnish.

30 Seeds - \$3.25





Skullcap - *Scutellaria baicalensis*

The bright yellow root is the healing property, and the plant must be at least two to three years old before you harvest some root. It is shown to reduce symptoms associated with asthma, by reducing airway injury. *Scutellaria baicalensis* is an herb used in traditional Chinese medicine to treat a variety of conditions including antibacterial - against Staph (*Staphylococcus aureus*), epilepsy, hepatitis, allergic reactions, is a diuretic, a tranquilizer, fever-reducer and is used in treating cancers.

25 Seeds - \$3.70



Saponaria officinalis - Soapwort

Soapwort was introduced into the US during the 1600 Colonial period, when Europeans were settling. The sap from its roots and stems were mixed with water to form a lathering soap, which is why it is called Soapwort or Latherwort. "Bouncing bet" which is short for Bess, is an old term from England which means washerwoman. You harvest the roots in the early spring, and dry for later use.

100 Seeds - \$ 4.10



Stevia - *Stevia rebaudiana* - Includes Recipe Pamphlet

For almost 2,000 years of recorded history (and very probably for much longer), Stevia has been used as a sweetener, in South America. Medicinally, stevia is used as a flavoring agent, a wound healer, a treatment for hypoglycemia, as a cardi tonic, for obesity, hypertension, and heartburn, and to help lower uric acid levels. Europeans started learning about it in the 15th and 16th century, when the Spanish Conquistadors brought it back with their hauls. *Preparation instruction booklet, and recipes included.*

20 Seeds - \$ 4.10



Tansy - *Tanacetum vulgare*

It is excellent for use against the Colorado Beetle, Cabbage Aphids, Flour Beetle, Greenhouse White Flies, Spider Mites, to name a few. Please do your own reviews and research to satisfy any concerns. The Greeks may have been the first to cultivate this plant. Since the 1500's it has been considered a necessary plant for most all gardens in Europe. In the 8th century it was grown in the gardens of Charlemagne and the Benedictine monks, of St. Gall, in Switzerland.

20 Seeds - \$ 4.10



Tobacco - *Ojibwe Ceremonial*

The manidog (spirits) are said to be extremely fond of tobacco and that the only way they could get it was from the Indians, either by smoke from a pipe or by offerings of dry tobacco. According to tradition, the Indians received tobacco as a gift from Wenebojo who had taken it from a mountain giant and then given the seed to his brothers. Native people of the Great Lakes solicit the spirits for acts of kindness or to give thanks for past favors, as offerings for safe journeys, productive hunts, bountiful harvests, or maybe safety from severe approaching storms.

60 Seeds - \$ 4.20



Illustration by:
Bro Joshua "Widossema Chi'bai" Seidl



Tobacco Sacred Midewiwan - *Nicotiana rustica*

Nicotiana rustica is a wild tobacco and is ceremonially used by Native Americans. It is also called Mapacho Tobacco in South America and Thuoc Lao in Vietnam. *Nicotiana rustica* was also ingested by chewing, snuffing or as an enema. Additionally, it was used to treat bruises, sprains, infected wounds and to treat baldness.

The Onondagas nation, considered the rustica to be "Real Tobacco," and in also used it in their formula for protection against bad spirits, or witches, as did the Iroquois.

50 Seeds - \$ 4.10



Toothache Plant - *Spilanthes oleracea*

This is also known as the "Toothache Plant" and has and is actually been used to numb the pain with great success when you chew the leaves. You may also make a tea to help with digestion and stomach upsets and aches. It has mild antibiotic, antifungal, and antiseptic values it will also aid in the pain of sour throats and gum infections with some healing benefits.

40 Seeds - \$ 3.50



Valerian - *Valeriana officinalis*

It is being used for help with anxiety for humans and pets, and for sleep disorders, more frequently. Valerian was found to be useful in certain forms of epilepsy. The plant was in such esteem in mediaeval times as a remedy, that it received the name of All Heal, which is still given it in some parts of England. It is thought that "The Pied Piper" probably didn't so much lure the rats and mice of Hamelin with his music, but with a secret stash of Valerian that he had hidden in his pockets, as it attracts rodents, and it is also used when fishing as fish bait.

50 Seeds - \$ 3.50



Verbascum - Artic Summer - *Silk Mullein*

This plant brings that magical touch to your gardens, with a color, texture and interest you will find in few other plants. It has the look of a plant that was covered by frost all summer long. It is lovely, unusual, elegant, and stunning. Poachers of fish are said to have made their quarry drunk by feeding them the seeds (so this and Valerian should be in every Fisherman's tackle box). A concoction from the tissues is supposed to turn your hair as golden as a goddess's, and a tisane (medicinal herbal tea) has been claimed to cure many ills, from gout to ringworm.

30 Seeds - \$ 3.50



Verbascum nigrum - "16 Candles" - Yellow

Very striking long blooming, re-seeder, for continuous beauty. Low growing mat of foliage, not the large rangy variety. It has also been called the *candlewick plant*, because the long fuzzy leaves were (and can be) cut into long strips, then dried to be used as the wicks for homemade candles. It was given to cattle to aid in a cough and it is used in some countries (historically) to aid with pulmonary consumption.

50 Seeds - \$ 3.50



Verbascum nigrum - *Dark Mullein - 'Album' White'*

Very striking long blooming, re-seeder, for continuous beauty. Low growing mat of foliage, not the large rangy variety. It has also been called the *candle-wick plant*, because the long fuzzy leaves were (and can be) cut into long strips, then dried to be used as the wicks for homemade candles. It was given to cattle to aid in a cough and it is used in some countries (historically) to aid with pulmonary consumption.

50 Seeds - \$ 3.70



Yarrow - *Achillea millefolium* - **MIXED**

They require little attention, are almost impervious to pests, and disease, are very beneficial to the gardens for their nutrient accumulating abilities, breaking up of the soil, and for their medicinal value as well. In antiquity, yarrow was known as an herb used at military battle fields, due to its use in stanching the flow of bloody wounds. This was also used as part of the classic Gruit recipe for preserving ales, the bittering and flavoring of them before the extensive use of hops. For permatultural techniques, it is invaluable.

60 Seeds - \$ 4.10

Natural Dye Making Herbs



Indigo - *Indigofera pseudotinctoria* - *Rose Carpet*

A ground cover very good for slopes, open woodland areas, mixed borders, foundation plantings and fillers. Dwarf Rose Carpet, *Indigofera pseudotinctoria*, with pink wisteria like flower clusters, from July thru September. It is a fast growing, deciduous shrub / ground cover, with delicate foliage used to make a type of indigo dye. It is very late to emerge in spring, so don't cast it off for dead. Also produces Indigo Dye

30 Seeds - \$ 3.95



Desert False Indigo - *Amorpha fruticosa*

False indigo has attractive flowers. It is often used for erosion control, windbreaks and screens. Good shrub for moist naturalized areas or areas with poor soils. It has been used for bedding due to its fragrance, for dye, and insecticide (also good for bedding), and soil stabilizer. **Cannot sell to CA, WA, OR** Website only.

30 Seeds - \$ 3.20



Indigo - *Indigofera tinctoria*

Historically, this has been used, as the true Indigo dye, for thousands of years, and it is still used for many purposes, some of which you would not expect. The color can either be intense almost black/blue to the softest powdery blue. Imagine having this ability to use, right in your very own back yard, a beautiful shrub, that can also create the most beautiful dye, and you can sell the leaves for a pretty good profit.

25 Seeds - \$ 3.95

Dyer's Woad - *Isatis tinctoria*



The leaves can be used to make blue dye, and also known by glastum, or indigotin, and is a member of the Brassicaceae (mustard family). The Egyptians used it to dye mummy's wrapping cloth and it's been found on pottery dating back to the Iron Age. It was used by ancient warriors as body paint, and the Scottish Pictish people (Painted Ones) would paint and tattoo their skin. Wards off acute respiratory syndrome (SARS) by strengthening the immune system. An antibacterial, antiviral, scaly, itchy skin, and anti-inflammatory agent. **Cannot sell to CA, WA, OR - Catalog only**

20 Seeds - \$ 3.90

Henna - *Lawsonia inermis*



To make the dye, you must first dry the henna leaves, then grind them into a powder (can be done in a food processor). Once in powdered form you will need to add lemon juice for it's acidity. Then add enough water to create a paste form. Henna was at one time banned in Spain, in the 1600th century, due to cultural and political reasons.

You can also use fresh leaves, with lemon juice, to create a thicker paste and different color tone.

30 Seeds - \$ 3.00

Also used as dyes :

*Flax, Safflower, Yarrow, Calendula,
Coreopsis, Parsley, Cosmos-Yellow,
Chamomile, Rosemary, Rue (green dye)
Sunflower Seeds, Goldenrod, Plantain,
Chicory, Angelica, Raspberry,
St. John's Wort, Black Hollyhock, and more.*



Krishna Tulsi - Extra Purple



Rama Tulsi



Vana



Kapoor Tulsi



Nicobar

Tulsi - Holy Basil - (*Ocimum sanctum*)

This basil is considered quite holy in India and has been cultivated for centuries. It is used in Ayurvedic medicine as an “adaptogen” to counter life’s stresses, including boosting immune system repair.

It is considered a sacred plant in the Hindu faith and is often planted around Hindu shrines. The breezes that blow through Tulsi plants, are said to make the surrounding areas blessed, pure and holy, and are beautifully scented at the same time. They protect the areas around where they are planted. The name, Tulsi, translates as “incomparable one.”

When started in warmed soils the seeds can be expected to get going within about 16 days but I find that they do better if started in peat pots early in controlled conditions. Of course, when starting seeds, as usual, it all depends upon the conditions you are starting them in. They do not like chilly wet conditions, because they are native to a much warmer part of the world.

With these basils, as with all plants, it can be expected that their growth rates, coloring, and potency is all going to depend on the growing conditions of your area, the soil prep you provide, the chemical makeup of your soils, and the warmth of the growing season, the moisture that is received, and all other elements involved in their day to day living conditions, just like our own.

A study done in India has found that when Tulsi was planted near homes, and commercial sites, that there was a notably lower frequency of malaria. This is due to the fact the scent of this basil keep the mosquitoes at bay - but the scent to humans is oooohhh so beautiful.

This is an herb that should definitely become part of all communities. You will not be without it once you have grown it.

Do your own research and see what versatile plants they are, as culinary herbs, for their many medicinal attributes, and as permacultural aids.

Four Main Varieties:

Krishna Tulsi - ‘Most Holy’ with Leaves of
Beautiful Purple Variety **30 Seeds - \$4.60**

Rama Tulsi (*Ocimum sanctum tenuiflorum*) with Stems of Purple:
Green leafed and the most common variety.
30 Seeds - \$4.10

Kapoor Tulsi (*Ocimum sanctum*) with Leaves of Green
(Camphor Basil):
30 Seeds - \$4.10

Vana Tulsi (*Ocimum gratissimum*), African Tree Basil or
The Original Wild Forest Variety:
30 Seeds - \$4.10

Nicobar Tulsi (*Ocimum sanctum Lamiaceae*), Island of Nicobar, with
dark flower heads, and stems.
30 Seeds - \$4.10

Organic Dried Herbs . . .

All are organic and food quality

Witch Hazel - *Hamamelis virginiana* - Leaves and Bark

The leaves, twigs, and bark are used for their astringent, soothing, and hemostatic (the control bleeding) properties, attributes which make it useful for treating minor wounds, scratches, burning from hemorrhoids and insect bites. It tones the skin and closes the pores. Native Americans have long used the twigs and bark for a variety of ailments. The tea was taken to treat sore throat, diarrhea, colds, coughs, bruising and to prevent post-partum hemorrhage.

1.5 oz. Leaves - 3 Tabs. Bark \$ 13.00

Absinthe - *Artemisia Absinthium* - Wormwood DRIED

This is the plant that is used for making traditional bitters, also an ingredient in absinthe in much larger quantities, and also used in herbal medicine as an effective vermifuge (expels parasites). Of course, high dosage or extended use is very toxic due to a buildup of thujone in the system. It has an anise flavor to it. It is used for various digestion problems such as loss of appetite, upset stomach, gall bladder disease, and intestinal spasms. But only sparingly. It is called Wormwood due to the fact that it will in fact kill parasites, and is now showing success in the fight against some cancers.

2 oz. \$ 13.00

Chamomile Buds DRIED

This is one of the most ancient herbs known in use today. This herb is really the 'perfect' herb, for treatment of everything, from your head to your toe. The old German societies called it alles zutraut, meaning "capable of anything." Ancient Egyptians believed that it was a powerful anti-aging cure, and dedicated it to their Gods. If that were true, I would make this my lawn. In The Tale of "Peter Rabbit,"

Mrs. Rabbit gave her undisciplined son, Peter, "One table-spoonful to be taken at bedtime."

2.5 oz. - Flower Buds \$ 10.00

Rose Buds and Petals DRIED

Besides the wonderful fragrance of this flower it also contains a high rate of Vitamin C, and other nutrients. Besides adding that something extra to your tea it is excellent in tinctures, oils and a variety of purposes. It is mentally calming and healthful. It is said to increase good fortune, healing and protection. Try it also in sachets, potpourris, making your own perfumes, gargles, and in your bath and to make lotions.

2.5 oz \$ 11.00

Lavender - *Lavandula 'Provence'* DRIED

This has an antiseptic and anti-inflammatory properties, which can help to heal minor burns and bug bites. ... In addition to helping with digestive problems, lavender is used to help relieve pain from headaches, sprains, toothaches, and sores. It can also be used to prevent hair loss. Also wonderful to make an elixir of it for laundry usage as the scent will make your linens smell wonderful

2.5 oz - Flower Buds \$ 11.00



Calendula - Orange DRIED

The flowers, when boiled, yield a bright yellow-orange dye. The part used is the whole flower, either fresh or dried. Calendula is usually used, externally for its antiseptic and healing properties in treating skin infections, cuts, punctures, scrapes, burns and chapped or chafed skin or lips. Blooms from the spring into the fall.

2 oz

\$ 11.90



Tulsi "Rama" - Ocimum Sanctum DRIED

This basil is considered quite holy in India and has been cultivated for centuries. It is used in Ayurvedic medicine as an "adaptogen" to counter life's stresses, including boosting immune system repair. It is considered a sacred plant in the Hindu faith and is often planted around Hindu shrines. The breezes that blow through Tulsi plants, are said to make the surrounding areas blessed, pure and holy, and are beautifully scented at the same time. They protect the areas around where they are planted. The name, Tulsi, translates as "incomparable one."

3 oz

\$ 13.00



Smudging Sage-Prairie Sage - Artemisia ludoviciana DRIED

Aromatic Native American incense herb. It is used to make the smudge sticks commonly in Native American ceremonies and to also use loosely in order to add other herbs and resins to your mixture. Medicinal: Used for skin washes and as a natural deodorant. Mild tea is used as a general tonic. Dried Smudging Sage. NOTE: The leaves of this smudging sage are thinner and less dense than the more familiar White Sage. This plant has the same benefits so do not be concerned. You use the whole stems, with leaves and seed heads. Comes with a Clam Shell and Booklet with info.,

2 oz

\$ 13.50 Includes a Clamshell



White Sage - Salvia apiana - Dried Smudging Sage DRIED

Many western tribes used this plant for coughs, and in sweat baths to remove toxins from the body, as a general tonic, and a fever reliever. It is also a very strong anti-inflammatory so you must be careful if taking this as a tea because it could interact with medications you are taking. By burning the leaves, once dried, it was used as a fumigating or incense, in a house or dwelling, where a contagious disease has just been healed, and also to purify the air during illnesses, it has been proven that it is very effective in killing germs. Comes with a Clam Shell and Booklet with info.,

2.oz.

\$ 13.50 Includes a clamshell



White Horhound - Marrubium vulgare DRIED

Use this plant for coughs, and in sweat baths to remove toxins from the body, as a general tonic, and a fever reliever. In 2011 it was discovered in studies that it has antimicrobial and anticancer effects and a year later the study returned the discovers that it also has active compounds that are actually antibiotic, anti-inflammatory, and protects against plaque in your arteries. You can make your own lozenges and count on them to help with coughs and also indigestion, sore throat, and to relieve inflammation. Recipe Included

2.5 oz

\$ 13.50



Mugwort - *Artemisia vulgaris* DRIED

The herb is used to make Moxa, burned over acupuncture points to quicken the blood. It is in flower from July to September and the flowers are hermaphrodite (have both male and female organs) and are pollinated by the wind. They have been used as a flavoring in beer, but fell into virtual disuse once hops came into favor. It is one of the nine herbs invoked in the Pagan Anglo-Saxon Nine Herbs Charm, recorded in the 10th century in the "Lacnunga" (Anglo-Saxon medical texts and prayers written mainly in Old English and Latin).

2.5 oz \$ 12.00



Arnica Montana - Mountain Tobacco DRIED

The active ingredient in this herb is thymol and it is found in the roots, and contains fungicidal properties. It also possesses helenalin which is an anti-inflammatory. When made into a solution of 50% Arnica gel and applied topically to hands with osteoarthritis, it is equal to a solution of 5% ibuprofen it is great relief for tired ol' joints. Recipe for making the herbal oil is also included.

2 Oz. \$ 13.50



Lemon Balm - *Melissa officinalis* DRIED

You can rub on your skin for a wonderful perfume and will deter mosquitoes. Contains same scent of Queen Bee, and can be rubbed on empty bee hives to repopulate them. Sedative, anti-anxiety and anti-viral. It can be very invasive in some parts of this country and other climates around the world, so please check to see

3 Oz. \$ 13.50



Hibiscus sabdariffa - Jamaica sorrel - Roselle DRIED

It is also known as "Thai Red Roselle". This is the herb which is used to make the wonderful Red Zinger Tea. It is also used as a dye for many things. It is also used to add to sachets, such as our Buzz Off Sachet, to add the color to that.

3 Oz. \$ 13.50



Comfrey originalis -

Leaves and stems - 3oz \$12.50

Roots - 2oz \$12.50

"Spider Hider"

Potpourri and Sachets

Herbal Insect and Spider Repellents

Organically grown, and 'lovingly picked' at Mizz Tizzy's, these herbs are highly potent as insect repellents. Non-toxic, but do keep out of the reach of children just because the herbs are dry and could cause choking. They are not harmful to children or pets. They are made of only pure dried herbs, with NO added chemicals or essence oils. If you message them every month, or so, it will help renew their scent.

4 Organza Sachet Bags or 3 Oz. - \$15.50



HERBAL TEAS . . .

Vim and Vigor Tea - *with ball* -

2 oz

\$ 10.75

Tulsi, Lemon Balm, Catnip, Peppermint

This is a versatile tea and ohhh so soothing. It is excellent for nervous stomachs, jittery nerves, and for the need to chill. Also, great for sore throats, or the "I think I might be coming down with something" moments. And is really quite delicious.

Ayurvedic Tea - *with ball*

2 oz

\$ 10.00

Tulsi, Chamomile, Catnip, Peppermint, Hibiscus

Healing tea at its very best. Contains the healing power of Tulsi, along with the other herbs. This is another very pleasant tasting tea, with the power to heal you. Tulsi will effect your Warfarin rates should you be prescribed that medication so tell your testing facility.

Year Long Summer Tea - *with ball*

2 oz.

\$ 10.50

Tulsi, Lavender, Chamomile, Peppermint, Rose Pedals, Calendula

This has a wonderful flowery flavor that is so pleasant. This also makes a great iced tea.

Tender Tummy Tea - *with ball*

2 oz

\$ 11.50

Tulsi, Lavender, Chamomile, Peppermint, Rose Pedals, Calendula,

Excellent tea for when you have the flu or just because it tastes so very good. I think that you are going to enjoy this one a lot.

Butterfly, Bee, and Other Pollinator Attractor Collection



Many communities are working hard to help bring back the Honey Bee and the Monarch and other Butterflies, these are some of the best varieties of plants that there are to do that very trick. The *Asclepias* (especially the Silky Formula) will be covered with the Monarchs and they will lay their eggs on the leaf, where they will hatch and the pupa will start feeding on the leaves. After that they form into caterpillars who will also eat the leaves (but no real damage because there are lots of them). And then they will start forming the chrysalis, and you and your children will be able to observe this whole process as well. This collection will bring you so very much fun.

The collection includes the following seeds.

- 1... *Asclepias tuberosa* (*Pleurisy Root*) - The root was very popular as a medicinal herb and used for the treatment of a range of lung diseases - thus the name Pleurisy Root. The Natchez people of the United States used the boiled root to treat pneumonia.
- 2... *Asclepias curassavica* - *Silky Formula Mix* - Contains the Deep Red, Gold and Scarlet forms. This Butterfly Weed is stunning and blooms continuously. A must for all gardens, because of the huge quantities of butterflies that it actually attracts, but also that it is beautiful and showy. Because there is a toxicity (human only) to this particular plant you should not use it as a medicine.
- 3... *Echinacea* - *Purpurea* - The easiest Echinacea to grow. Vigorous plants with large, purple-petaled flowers. Fibrous roots are easy to harvest (other species have taproots). Excellent pollinator attractor and bloom for a long period of time during the summer months.
- 4... *Verbascum nigrum* - *Dark Mullein* - '*Album*' - '*White*' - Very striking almost continuously blooms, re-seeder, for continuous beauty. It has also been called the *candlewick plant*, because the long fuzzy leaves were (and can be) cut into long strips, then dried to be used as the wicks for homemade candles.
- 5... *Sage* - *Meadow Clary* - *Salvia pratensis* - Permaculturally, they are thought to repel the cabbage flies, carrot fly, black flea beetle, cabbage looper, cabbage maggot, repels many bean parasites, so is of great permacultural benefit to your beds as an insecticidal plant. Planting plants such as salvia amongst or near your veggie gardens has great benefits. The best part of this plant is that it does not stop blooming even if you forget to deadhead and the color is fantastic.
6. *Rudbeckia hirta* - *Cherry Brandy* - Flowers are 3-4" across, strikingly colored, and produce all summer, even in poor soils. The petals are a shade from zingy cherry-red to deep maroon at the base. They withstand all kinds of unkind growing conditions, and still reward you like a forgiving puppy with their bright smiling face. They also attract butterflies and bees.

Full sized seed packages: \$ 24.00

Substitutes Welcome

Medicinal Seed Collection

This collection is designed for use now and in the future. They are delivered to you in a sealed metal can, that can be kept indefinitely in your freezer. Because the seed packets are resealable you can use some now to establish your medicinal herb gardens and save the rest of each packet for another time.

With this collection you will receive a recipe booklet. The booklet also include great recipes for creating all types of lotions, salves, horticultural sprays, insecticides (homemade), and much more."

You are more than welcome to choose the varieties that you would prefer. Just contact mizztizzy2@gmail.com to talk with Joanne about your choices and preferences, and she will make a special order for you,



1. Sweet Annie - *Artemisia annuum*
2. Boneset - *Eupatorium perfoliatum*
3. Calendula - *Calendula officinalis*
4. Catnip - *Nepeta cataria*
5. Costmary - *Tanacetum balsamita*
6. Red Pepper - *Capsicum annuum*
7. Chamomile - *Matricaria recutita*
8. Chicory Root - *Cichorium intybus*
9. Comfrey - *Symphytum officinale*
10. Cumin - Black - *Nigella Sativa*
11. Purple Coneflower - *Echinacea purpurea*
12. Evening Primrose - *Oenothera biennis*
13. Bronze Fennel - *Foeniculum vulgare*
14. Feverfew - *Tanacetum partenium*
15. Hyssop - *Hyssopus officinalis*
16. Lavender - *Lavandula officinalis*
17. Lemon Balm - *Melissa officinalis*
18. Lemon Grass - East Indian - *Cymbopogon flexuosus*
19. Marshmallow - *Althaea officinalis*
20. Valarian - *Valarian officinalis*
21. Yarrow - *Achillea millefolium*
22. Rosemary - *Rosmarinus officinalis*
23. Prairie Sage - *Artemisia ludoviciana*
24. White Sage - *Salvia apiana*
25. *Asclepias tubrosa* - Pleurisy Root
- 26 25 - Small Zip-lock seed bags

Includes:

- Ayurvedic Oil Sample
- Mizz Tizzy's "How To" Survivable Gardens Booklet - 32 pages
- Garden Chem Recipe Booklet
- How To Store Seeds
- "Smudging History" Booklet
- Seed Samples - Sunflower

\$ 115.00

Substitutes are welcome.

Vegetable Seed Collection

This collection is designed for use now and in the future. They are delivered to you in a sealed metal can, that can be kept indefinitely in your freezer. Because the seed packets are resealable you can use some now to establish your medicinal herb gardens and save the rest of each packet for another time.

With this collection you will receive a recipe booklet. The booklet also include great recipes for creating all types of lotions, salves, horticultural sprays, insecticides (homemade), and much more. "

You are more than welcome to choose the varieties that you would prefer. Just contact mizztizzy2@gmail.com to talk with Joanne about your choices and preferences, and she will make a special order for you,



- | | |
|---|---|
| <ol style="list-style-type: none"> 1. Bean - Nickel French Filet 2. Beets - Bull's Blood 3. Broccoli de Cicco 4. Bush Pickle 5. Tiara Cabbage 6. Patio Baby - Mini Eggplant 7. Kale - Lacinato 8. Red Salad Bowl - Oak Leaf 9. Minnesota Midget Cantaloupe 10. Cumin - Black - Nigella Sativa 11. Moon and Stars - Watermelon 12. Miz America - Asian Mustard 13. Pac Choi - "Baby" 14. Lipstick - Sweet Pimento Pepper 15. Fish Pepper 16. Lavender - Lavandula officinallis 17. Cherokee (North Georgia) Candy Roaster - Squash 18. Cocozelle di Napoli Zucchini 19. Raven - Patio Dwarf - Zucchini 20. Ronde de Nice Zucchini 21. Italian Torpedo Shallots 22. Tatsoi - Chinese Cabbage - Like Spinach 23. San Marzano - Romano - Paste Tomato 24. Hakurei Turnip - Brassica rapa 25. Chinese Cutting Celery 26. 25 - Small Zip-lock seed bags | <p>Includes:</p> <ul style="list-style-type: none"> - Ayurvedic Oil Sample - Mizz Tizzy's "How To" Survivable Gardens Booklet - 32 pages - Garden Chem Recipe Booklet - How To Store Seeds - "Smudging History" Booklet - Seed Samples - Sunflower |
|---|---|

\$ 115.00

Substitutes are welcome.

Salad in a Pot - Seed Collection



Even the combination of the foliage, of these greens and veggies, is a real feast to your eyes, not only your tummies. Plant together in your gardens or in pots to make beautiful 'planters,' and fabulous gifts to friends or neighbors.

The collections include the following seeds.

- 1... *Winter Density Bib Lettuce* - Dark green leaves, indicating a higher nutritive value, and are about 8-1/2" tall. Each bunch is tightly folded and non-bitter. It is known in France as "Craquante D'Avignon" and is a heavy producer and favorite in Europe for a very long time.
- 2... *Red Salad Bowl Lettuce* - The darkest red oak leaf variety there is. It is very slow to bolt as well. Wonderful flavor and richness and grows well in all seasons.
- 3... *Cubano Pepper* - Are also know as Cubano peppers, are wonderful when halved lengthwise, stuffed and baked. Use as a tangier, slightly spicy alternative to bell peppers in your favorite dishes. Commonly used when in yellow-green stage, excellent frying pepper. Does well in Northern and Southern regions.
- 5... *Scallions - Deep Purple Bunching Onions* - You can eat them when they are at the scallion stage, or you can let them wait until they are at the bullette stage. They are delicious at either way. They have a great flavor.

Full sized seed packages: \$ 12.00

SPIDER & Mosquito Repellents - Seed Collection



Each of the listed herbs are sold separately, but here, they are also sold as a collection. Together they are a powerful mosquito and other insect repellent. If you are sitting on your patio, pick a spring of each and chop or tear into small pieces, mix together, and place in a container where you are going to be sitting. You will not see or be bothered by mosquitoes. You can also rub a small handful on your skin directly. This will require a **large pot**.

The collection includes the following seeds.

- 1... *Catnip* (not cat mint) without the drunken cat. This herb has so many uses including as a wonderful tea for we humans - which settles our tummies and nerves. But it is also ten times more powerful than DEET when it comes to making mosquitoes avoid you. Of course you really should grow this plant in pots so that it does not spread all over your yard.
- 2... *Tulsi Rama* - This is also an herb that is great as a tea for us with many medicinal properties (see the Tulsi - Krishna or Vana page). It is also very useful as a mosquito repellent. It have reduced the occurrence of malaria in the Far East and parts of Africa where it is a real difficulty.
- 3... *Mint - Peppermint - Mentha piperita - True Mint* - Peppermint, extract, and tea from dried leaves, has shown, in different studies, to have strong antiviral activity against Newcastle disease (NDV), herpes simplex. It contains a tannin with an affinity for NDV and mumps virus and a non-tannin fraction with antiviral effects. It is one of the most widely consumed single ingredient herbal teas, or medicinal teas. Is so very effective in aiding digestion, and helping with GERD
- 4... *Lavender* - Can treat headaches, nervous disorders, and exhaustion. Also treats skin ailments, such as fungal infections (like candidiasis), wounds, eczema, and acne, with lavender oil. It is also used in a healing bath for joint and muscle pain.

- 5... **Lemon Balm (Melissa)** Fresh leaves for tea and salads. Easy to grow. You can rub on your skin for a wonderful perfume and will deter mosquitoes. Contains same scent of Queen Bee, and can be rubbed on empty bee hives to repopulate them. Sedative, anti-anxiety and anti-viral.
Full sized seed packages **\$ 16.00**

The best of traditional hispanic cuisine features the included herbs and vegetables. This combination will bring you the joys of these wonderful flavors for any dish, relish, and salsa.

An Hispanic Delight - Seed Collection

The collection includes the following seeds.



- 1... **Papalo** - This herb has a very unique flavor that has been described as tasting like a mixture of cilantro, argula and mint. It also deter insects, which is the reason behind the very distinct smell and flavor of papalo.
- 2... **Apache Purple - Bunching / Scallion (Welsh) Onion** - The stems of this bunching (scallion) is stronger and more upright than many of the other red forms. You can also let this grow a little longer and it will form a small elongated red bulb onion.
- 3... **Tequila Sunrise - Pepper** - Firm crunchy flesh is mildly peppery and sweet. This pepper is about 5" long, and beautiful on a very attractive bush that will look great in any garden setting. It is also very heat tolerant. Excellent color and will look great in any cooked or fresh dish.
- 4... **Epazote** - This herb is traditional for Mexican cooking, adding a sweet, mild flavor of its own to each dish. Historically, it has been used to reduce the intestinal gas that occurs with a diet rich in beans.
- 5... **San Marzano** - They are a great size for fresh eating, salsas, as well as for cooking and preserving as paste tomato. They have a juicier, and sweeter flavor than most paste tomatoes, and cook beautifully; exposing, and holding, the rich dark brilliant color that they have both inside and out.

Full sized seed packages: **\$ 15.00**

Late Season Gardening - Pots

The collection includes the following plants.



August - September, in the fall or late February thru April in the spring (depending upon where you live) is the time to plant your lettuce, spinach, kale, small fast growing carrots, scallions (little onions), the delicate Filet Bush Beans (Valour-Purple, Nickel-Green, and Soleil-Yellow) which only take 50 days to harvest and they produce their hearts out, oh and cabbages too. All of these Veggies will be ready for in less than 2 months. Check your frost dates and do the math for a wonderful out of season garden in what you might have thought could not be done.

1. **Kale** - Lacinato - Italian Heirloom - 60 days to maturity
2. **Lettuce** - New Red Fire - 45 - 50 days
3. **Beet and Greens** - Bulls Blood Beet - 55 days
4. **Green Bush Bean** - Nickel French Filet - 55 days
5. **Dwarf Purple French Bean** - Velour French Filet - 55 days

\$ 18.00 (a savings of \$ 4.10)



Fabric Seed Starter Pots

~ Biodegradable and Non-Woven

Order contains -

25 Grow Bags Each - (Total of 100 bags). Includes planting instructions
(6" x 4") - (6" x 5 1/2") - (5 3/4" x 4") - (4 1/2" x 3 1/2") **\$ 16.00**

Sample - 5 of each size (20 bags) **\$ 5.00**

- ✦ Eco-friendly and biodegradable non-woven material, no need to remove the bag when transplanting.
- ✦ Has a high seedling survival rate, easy to pack into trays, and regulates watering.
- ✦ Can also be used as fruit protection bags, waterproof & bird-proof, and you can also use them as seed collection bags tied on over the seed heads of plants.
- ✦ Even though they are considered biodegradable I still advise cutting slits in the sides and bottom of the bags when planting. I do this same thing with Peat Pots because things biodegrade at different rates. If the roots are heavy in the bags I think you should also tease out the roots to keep them from girdling (growing around and around).

Sizes May Vary Slightly - Sold through the Catalog



Seed Bags - Resealable

The resealable bags that your seeds arrive in, from Mizz Tizzy's Weeds and Seeds, are USDA approved as containing no BHA or other contaminating compounds, and therefore will not contaminate your seeds, nor the seeds you save in them later.

50 Seed Bags, to collect your own seeds in the fall. Measures 2" x 3"

\$ 5.00

Mizz Tizzy's - Gardener's Book

Our seed packages measure 8.5 x 11", and they fold over as you can see on the left, with the plant information, folklore, and medicinal attributes listed inside. There are plastic inserts, sheet protectors, to hold a few of the packets.

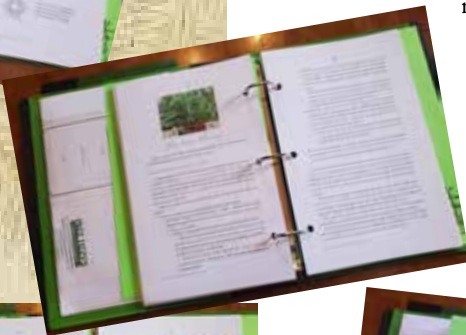
INSIDE - is a zip-lock clear re-sealable plastic packet that holds your seeds and a large pocket inside the cover to hold all sorts of gardening goodies. It was this 1/2 page size but I can no longer obtain this smaller size, so I am switching to this full sized folder and have also increased the page size as well to 8.5"x11".

This three-ring *BINDER* is made of tough plastic, with edges being made of heavy flexible rubber, and the spine of the binder is held in place by that same tough rubber. This will help make it better for use in your garden settings.

Also included, are sheets of *Graph Paper*, so you can keep notes, or make lists or draw up plans for new beds or designs.

There are also a shorter versions of books about gardening that I have written and illustrated to help you with the basics of gardening, permacultural techniques, and recipes for home made herbicides, pesticides, and fungicides and the History of Smudging.

\$36.50



Ayurvedic Healing Oil The Herbs

Tulsi: Tulsi, Rama, Comfrey, Lavender, and Lemon Balm, Peppermint, Calendula, Rose Petals, and Catnip (which is 10X stronger than DEET). Scented essential oils are used to enhance the fragrance, which is light, non-flowery, and very pleasant (even to the men who have tested it). The fragrance does not change on your skin as you wear it, either, as some do. It is wonderful.



The Oils

Grapeseed - Regenerative and restructuring characteristics, can tighten and tone skin, and does not clog pores. Great for more oily or sensitive skin.

Hemp Oil - Due to its high content of omega 3 and omega 6 fatty acids, hemp oil has a composition similar to skin lipids, which makes it an excellent natural emollient and moisturizer.

Sweet Almond - Retains moisture, conditions, softens, calms the skin. Does not clog pores and removes impurities, dead skin, and thus wrinkles. Great for eczema, burns and hair loss and as a conditioner.

Jojoba - Considered a natural wax, has long shelf-life, nourishes the quality of your skin, absorbs well, is non-greasy, and is naturally protective to sensitive skin.

Avocado - Very penetrating oil, improves elasticity of your skin, increases collagen production, and removes impurities. Vitamin A, B1, B2, D, E, Amino Acids, Pantothenic Acid, Sterols

Camellia - (Tea Oil) Food for aging and scared skin, and great hair growth care as well. Penetrates, moisturizes, conditions and cools - Improves complexion, antioxidant. "Geisha's Beauty Secret"

Vitamins: E and C serum - Also contains hyaluronic amino acid blend, to your skin, as well as a natural preservative to the oil.

4 oz Oil \$22.00

2 oz. Oil \$12.00



Amber Glass Vile

- 2oz / 60 ml.

These are the most charming and beautiful little tincture and oil vile's. They are 2 oz / 60 ml, of beautifully shaped, made of heavy amber glass with the most elegant amber glass frosted neck droppers. They have that special antique and almost magical look about them.

\$5.50 ea.





Dried White Sage (*Salvia apiana*)

Includes a clam shell to hold the herbs as you smudge with them and a copy of this booklet about the history of Smudging around the world

Quantity: 1.5 oz. - \$ 12.50



Dried Prairie Sage (*Artemisia ludoviciana*)

Includes a clam shell to hold the herbs as you smudge with them and a copy of this booklet about the history of Smudging around the world

Quantity: 1.5 oz - \$ 12.50



Prairie Sage - *Artemisia ludoviciana*



White Sage - *Salvia apiana*



Smudging Sage Spiratual Fans

Also included will be the featured 12 page "History of Smudging" booklet, which explains what each herb is used for, about the different herbs that we carry and the resins and the different burning pots as well as charcoal to add to the bottom, sand in your dish or shell, and lots of other things. They will vary.

NEW Extra Spirits . . . Large Smudging Sage Fan Only

This is a lovely Nagori "Curly" Goosefeather with Guinea Fowl and / or Silver Pheasant Feathers bound with suede lacing to hold the feathers in place with the Selenite wand as a handle and it is just beautiful. Each are a little different with every order. Comes with a History of Smudging booklet. They will vary.

\$ 85.00

Large Fan with Selenite Handle

This is like the Extra Spirits fan except it is a bit smaller with less feathers but just as lovingly made. Comes with a History of Smudging booklet. Nagori "Curly" Goosefeather with Guinea Fowl. They will vary.

\$ 65.00

Small Smudging Sage Fan Only

This is like the New Small fan and handle of Palo Santo wood. This and all of our fans come with a History of Smudging booklet. They will vary.

\$45.00

Angel Wing Fans - \$ 65.00 ea.

Tan and Peacock - Peacock with Frilly Feather - Red and Guinea



Test a small area on your skin to check for an allergic reaction.

Mizz Tizzy's Herbal Salves

Made from our organic herbs and of the best oils. All combinations have been researched and formulated in order to have our salves and oils achieve what they are supposed to achieve. They are not just oil and a few herbs.

Disclaimer This information is NOT intended to prescribe or promise a cure. Its intent is to be purely for educational purposes. Before using any herb it is best to consult your pharmacist or doctor. All contain medicinal qualities.

Buzz Off Salve contains the herbs of - Tulsi: Krishna, Rama, Comfrey, Lavender, and Lemon Balm, Peppermint, Calendula, Artemesia: Mugwort, Rose Petals, and Catnip (which is 10X stronger than DEET). Scented essential oils are used to enhance the fragrance, which is light, non-flowery, and very pleasant (even to the men who have tested it). The fragrance does not change on your skin as you wear it, either, as some do. It is wonderful. The oils are Grape seed, Hemp, Sweet Almond, Jojoba, Avocado, Camellia, and Vitamin E and C Serum.

This is so very soothing and is extremely helpful when you are using it for eczema, and cracked heels and hands. A little will go a long way.

2 oz - \$15.00

Rump Revival Salve is a wonderful relief and repair kit, all in one, for hemorrhoids, chafing, and rashes. A nice calming relief.

This Salve contains: Witch Hazel leaves and bark, Butcher's Broom, Chamomile, Calendula petals, Comfrey leaves, Yarrow.

The oils used are, Sea Buckthorn, Coconut, Aloe vera oil, Jojoba, Avocado, and Olive oil, and essence oils.

This is a wonderful salve to use for irritated areas on children and adults, and it will help the skin cells calm down as well from rashes and abrasions. The herbs are organically grown and carefully dried. We believe that the effectiveness of the salves is in the combination of the correct herbs and oils, in order to achieve the best results.

2 oz - \$15.00

All Saints Salve contains St. John's Wort flowers and leaves, Comfrey leaves, Witch Hazel leaves, Calendula petals, and Yarrow.

The oils that are used are Aloe vera oil, Jojoba, Avocado, and Olive oil, and essence oils. Wonderful for skin cell repair and relief from pain as it is soothing. Comfrey will help with skin rejuvenation and reduces inflammation.

This is a wonderful salve to use for irritated areas on children and adults, and it will help the skin cells calm down as well. The herbs are organically grown and carefully dried. We believe that the effectiveness of the salves is in the combination of herbs and oils, in order to achieve the best results.

2 oz - \$12.00



Arnica and Yarrow Flower Salve contains the oils of, Coconut Oil, Olive, Sweet Almond, and Henoki essence oil, with Shea Butter, and Beeswax. Wonderful for your skin and very soothing.

This is known as a wonderful salve to use for sore muscles and joints. Arnica is organically grown and carefully dried, and we do the same with the Yarrow, because adding the Yarrow makes it even more effective at almost instantly stopping muscle and/or joint pain. We believe that the effectiveness of the salves is in the combination of herbs and different oils, in order to achieve the best results.

Made from our organic herbs and the best oils.

2 oz - \$15.50

Tamanu Oil contains the oils of, Coconut Oil, Olive, Sweet Almond, and Henoki essence oil, with Shea Butter, and Beeswax. Wonderful for your skin and very soothing.

This is known as a wonderful salve to use for sore muscles and joints. Arnica is organically grown and carefully dried, and we do the same with the Yarrow, because adding the Yarrow makes it even more effective at almost instantly stopping muscle and/or joint pain. We believe that the effectiveness of the salves is in the combination of herbs and different oils, in order to achieve the best results.

Made from our organic herbs and the best oils.

2 oz - \$15.50



Comfrey and Yarrow Oil contains the oils of, Coconut Oil, Olive, Sweet Almond, and Henoki essence oil, with Shea Butter, and Beeswax. Wonderful for your skin and very soothing.

This is known as a wonderful salve to use for sore muscles and joints. Arnica is organically grown.

2 oz - \$15.50

The Herbs

Tulsi Rama, Comfrey, Lavender, Lemon Balm, Peppermint, Calendula, Catnip (which is 10X stronger than DEET) Rose Petals. The fragrance, which is light, non-flowery, more spicy and very pleasant (even to the men who have tested it). The fragrance does not change on your skin as you wear it, either, as some do. It is wonderful.



The Oils

Grapeseed - Regenerative and restructuring characteristics, can tighten and tone skin, and does not clog pores. Great for more oily or sensitive skin.

Sweet Almond - Retains moisture, conditions, softens, calms the skin. Does not clog pores and removes impurities, dead skin, and thus wrinkles. Great for eczema, burns and hair loss and as a conditioner.

Jojoba - Considered a natural wax, has long shelf-life, nourishes the quality of your skin, absorbs well, is non-greasy, and is naturally protective to sensitive skin.

Avocado - Very penetrating oil, improves elasticity of your skin, increases collagen production, and removes impurities. Vitamin A, B1, B2, D, E, Amino Acids, Pantothenic Acid, Sterols

Camellia - (Tea Oil) Food for aging and scared skin, and great hair growth care as well. Penetrates, moisturizes, conditions and cools - Improves complexion, antioxidant. "Geisha's Beauty Secret"

Hemp Oil - Due to its high content of omega 3 and omega 6 fatty acids, hemp oil has a composition similar to skin lipids, which makes it an excellent natural emollient and moisturizer.

Vitamins: E and C serum - Also contains hyaluronic amino acid blend, to your skin, as well as a natural preservative to the oil.

4 oz Oil \$22.00

2 oz Oil \$12.00

*Tie at waist to gather the lower part of the apron,
<---*



Gathering strings at the bottom hem of the apron which you tie to the waist loop. --->

Mizz Boo's Gathering Aprons

Did you ever go to your gardens and think you were just going to look around and find that you had arm loads of all your favorite things which had ripened and were ready to pick - but nohting to put them in to carry them back to the house? That is what these "Gathering Aprons" or "Harvest Aprons" are for. But you can also use them as a regular apron for cooking in the kitchen. They are all actually two sided as well with two deep and roomy pockets on both sides, which are great for your cell phone and tools. All are preshrunk cotton.

You take the two ribbons at the bottom and garhter the lower hem, and then tie those to the loop at the waist and you have created a pocket to hold all manner of things.

FLORAL . . . 4

Reversible harvesting/gathering apron of pink cotton and black floral cotton. Length of 27" and a width of 21". The ties are 41.5" long for a total circumference of 83".

\$40.00



VEGGIE SOUP . . . 1

Reversible harvest/gathering apron of rust cotton duck fabric with cotton veggie print.

Length of 26.5" & a width of 20.5". The ties are 39.5" long for a circumference of 79".

\$40.00



BEES . . . 9

Reversible Gathering Apron of brown denim & joyfully print of happy buzzing little bees, cotton, 87" interfaced ties, 26.5" length, 21" width.

Reinforced pockets of contrasting fabric. Perfect for your cell phone or your sheers! Black ribbon drawstring.

\$40.00



BEETS . . . 16

Reversible Gathering Apron of gray denim & joyful print of bright red beets made of cotton, 84" interfaced ties, 26" length, 21" width.

Reinforced pockets of contrasting fabric. Perfect for your cell phone or your pruning sheers! Black ribbon drawstring.

\$40.00



BIRDS . . .

Reversible Gathering Apron of gray denim and joyful print of bright delicate pale blue and grey, made of cotton, 88" interfaced ties, 26" length, 21" width.

Four reinforced pockets of contrasting fabric. Perfect for your cell phone or your pruning sheers! Pale Blue ribbon drawstring.

\$40.00





GARDEN TOOLS . . . 13

Reversible harvesting/gathering apron of light weight gray linen and pink gardening tools print cotton. Length of 27" and width of 20.5". The ties are 43.5" with a total circumference of 83".

\$40.00



Dragonfly . . . 15

Reversible harvesting/gathering apron of light weight blue linen and pink dragonfly cotton print fabric. Length of 26.5" and width of 21". The ties are 43" for a total circumference of 86".

\$40.00



SUNFLOWERS . . .

Reversible Gathering Apron of black back ground cotton and a sunflower design print, made of cotton. 83" interfaced ties, 27" length, 20.25" width.

Four reinforced pockets of contrasting fabric. Perfect for your cell phone or your pruning shears! Yellow ribbon drawstring.

\$40.00



TOOLS . . .

Reversible Gathering Apron of Black cotton and a beautiful two color yellow print of tools, made of cotton. 84" interfaced ties, 32" length, 26" width.

Four reinforced pockets of contrasting fabric. Perfect for your cell phone or your pruning shears. Black ribbon drawstring.

\$40.00



TOMATOES . . .

Large : Reversible Gathering Apron of grey back ground cotton and a little tomato design print, made of cotton. 84.50" interfaced ties, 31.75" length, 26" width.

Four reinforced pockets of contrasting fabric. Perfect for your cell phone or your pruning shears! Lime green ribbon drawstring.

\$40.00



VEGETABLE SOUP . . .

Reversible Gathering Apron of Grey solid cotton and a beautiful red, orange, green and yellow print of more veggies, made of cotton. 82" interfaced ties, 31.75" length, 26" width.

Four reinforced pockets of contrasting fabric. Perfect for your cell phone or your pruning shears. Yellow ribbon drawstring.

\$40.00





New to Mizz Tizzy's to Coordinate with the Wonderful Salves and Body Oils.

Wash Cloth (2 layers) made of sisal. Rather than being harsh, it is quite gentle on your skin yet is a great exfoliator.

\$ 5.00

Wavy Soap Dish is made of pliable silicone and is non-skid, self draining and oh so versatile. Please specify which color you would prefer.

\$ 6.50

Lite Grey Leaf Soap Dish is made of plastic and is just lovely. The way that the leaf is folded it will drain automatically from the side which you can have aimed over the edge of the sink. Grey or White **\$ 4.50**

Nail Brush, with gentle bristles on both sides. One side has a single row of slanted bristles for getting under your nails, and the other is a full brush for hands and feet.

\$ 5.00

Gift Set

One - Lite Grey Leaf Soap Dish is made of plastic and is just lovely. The way that the leaf is folded it will drain automatically from the side which you can have aimed over the edge of the sink.

One - Wavy Soap Dish is made of pliable silicone and is non-skid and so versatile. Please specify which color you would prefer

One - Wash Cloth (2 layers) made of sisal. Rather than being harsh, it is quite gentle on your skin yet is a great exfoliator.

One - Nail Brush, with gentle bristles on both sides. One side has a single row of slanted bristles for getting under your nails, and the other is a full brush for hands and feet.

One can of "Buzz Off" salve to heal your hands quickly and softly. Multiple oils and herbs.

Total \$30.00. _ In a White Box that will look like a gift box with Red or Blue ribbon.

Total \$30.00 Save \$ 3.50



Mosquito Repellent - Recipe

Together these six (6) plants make a powerful mosquito (and other insect) repellent. If you are working outside or just sitting on your patio, pick a sprig of each of the following, chop or tear them up into small pieces, mix together, and place in a container where you are going to be sitting. You will not see or be bothered by mosquitoes. You can also mix them up take a few pinched of the mixture and rub on exposed areas, or make a tea of them and spray on yourself. The scent of these mixed together is just wonderful. This actually works better than the store-bought nationally famous spray on brands. We use it here all the time . . . you will be amazed.

The repellent includes the following plants.

Catnip (not cat mint) - This herb has so many uses including as a wonderful tea for we humans - which settles our tummies and nerves. But it is also ten times more powerful than DEET when it comes to making mosquitoes avoid you. Of course you really should grow this plant in pots so that it does not spread all over your yard, as it is invasive in most climates - but - well worth it.

Tulsi - Rama - This is also an herb that is great as a tea for us with many medicinal properties (see the Tulsi - Krishna or Vana page). It is also very useful as a mosquito repellent. It has reduced the occurrence of malaria in the Far East and parts of Africa where malaria is a real difficulty to control, as older medications no longer work. Except *Artemisia Annua* - Sweet Annie, of course.

Sweet Annie (*Artemisia annua*) - This plant (along with the Tulsi) will perfume the air (towards dusk) with the most beautiful perfume. The flower heads are used to make beautiful wreaths. It is also a repellent of deer. So far in my gardens it is working well at keeping the deer away from my apple trees.

Lemon Balm (*Melissa officinalis*) - Fresh leaves for tea and salads. Mulch if winter goes below 0°F/-18°C. Parts used in teas for colds, flu, headache, and indigestion. Sedative. Antiviral. It can be very invasive in some parts of this country and other climates around the world. So please check to see. Might want to grow in pots just to make sure. But then having a lemon scented field might not be so bad either.

Peppermint (*Mentha piperita*) True Mint - Tea from dried leaves, has shown, in different studies, to have strong antiviral activity against Newcastle disease (NDV), herpes simplex, vaccinia, Semliki Forest, and West Nile viruses in egg and cell-culture systems. It contains a tannin with an affinity for NDV and mumps virus and a non-tannin fraction with antiviral effects against herpes simplex virus. It is one of the most widely consumed single ingredient herbal teas, or tisanes. Is so very effective in aiding digestion, and helping with GERD.

Pesticides that are almost harmless . . .

All Milkweed are prone to aphids - it is just part of what you deal with. You can use natural pesticides late in the evenings, but even better use Palmolive dish washing liquid. Do not use the newer versions of this or other brands, but instead just use the old green, because the surfactants it contains will not harm the plant or the pollinators coming to feed. In agriculture, surfactants (short for "surface-acting agents") help farmers use herbicides and pesticides more efficiently by making applications stick to the plants. This dish washing liquid will serve as a pesticide to aphids and other sucking insects. (I also use it on the beetles on my tomatoes.) You can also just spray the aphids off with the hose but then tend to come back when handled this way. Use 2 Tablespoons of this soap in a Windex sized spray bottle and gently slosh around to mix, then spray.



Sulfur (Sulphur) Garden Pellets . . .

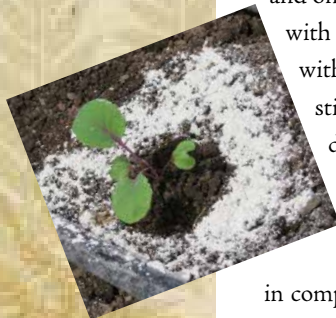
Here is a little trick to help condition your soil and to also help cut down on slugs, fleas, chiggers, ticks, squirrels, snakes, pigeons. There are arguments about this and I will let others do the arguing but I can tell you that I have had very good results with this, and have used it for many years in each garden I have had, in different states. It granular degradable sulphur fertilizer that can be used both as a source of plant nutrient sulphur and/or as an amendment for correction of problem alkali soils helping to add acidity so you can grow plants you might not have been able to previously. It will also help to break up clay soils and improve the texture.



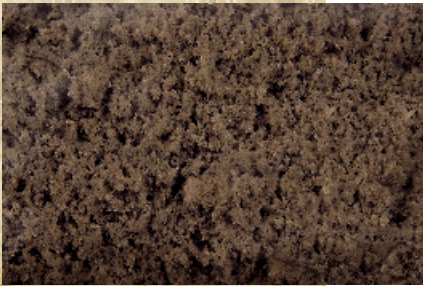
Do not use powdered Sulfur, as it will aerosolize, and put you at risk of breathing the dust / powder. Doing so will cause you to burn your respiratory system causing you possible danger.

Diatomaceous Earth . . .

This is a non-toxic way to control pests in the garden, in your chicken cages, and in and on you. It is effective against all insect pests that crawl on plants because contact with the powder is extremely dehydrating. After watering the plants, dust them with an applicator, but please wear a mask. The moist leaves will help the powder stick to plant surfaces, or you can spray the Palmolive liquid spray first too then dust. I would suggest that you ALWAYS use the food grade quality so that you can be assured of its purity. It kills insects by dehydrating them. Like all pesticides it can at times also harm pollinators. It is wonderful under plants bothered by slugs for this reason, it is excellent against flies, maggots in compost and in manure, aphids, ants, mites (evergreens especially), rodents, helps increase porosity in containers.



If you are starting with this ...



you want to end up with this beautiful soil texture ...

Soil preparation is by far one of the most important jobs in gardening • ←... Period

In order to have healthy gardens you have to amend the soils. You can do this by tilling amendments into your soil to a depth of at least 10 to 18." If you live in a subdivision where the topsoil has been scraped off of your property, or where retention ponds have been constructed and that soil spread on your lot, this is possibly a concern for you.

Amendments are necessary to your soils for many reasons, and these amendments can come from your own property through the fallen leaves of your own trees (chopping them with the lawn mower is a good thing to use and they are free gold), peat moss, very finely shredded commercial mulches, kitchen scraps (vegetable only) that have been composted, straw, hay, mushroom compost, horse manure, and green manure (such as grass clippings if they do not have any herbicides or pesticides applied) are all excellent for this purpose, and they can be tilled into your soil directly without decomposition in most cases.

After they have been tilled into your soil they will decompose and be wonderful food (nutrients) for your plants. Some feel that they need to be composted prior to using them but I have found that this is not the case. Adding mulch and/or compost to your soil will help correct the pH of your soil.

The lighter your poor soil has been made, the healthier your gardens will be. This cannot be stressed enough. Adding nutrients to your soil will also help greatly with drainage which will help to prevent root rot, and encourage better root growth, yet also aiding in drought conditions, because the moisture content of that soil is better regulated in a natural process.

Adding plants to any of your flower or vegetable gardens (*preferably, you are or will be switching to permacultural methods, of mixed beds*), that are nutrient accumulators, deeply rooted, nitrogen attractors, and insecticidal, species, will cause the root systems of all of your plants to interact with one another, which also includes the churning of the depths of the soil to being up nutrients and moisture, from below, by more deeply rooted plants, like Comfrey or Yarrow, for the use of the more shallow rooted plants which are also in the same beds.

U.S. Growing Hardiness Zones for Spring Planting

The figures below offer a general guide to determining "Plant Hardiness Zones." Think of the minimum winter temperatures in your area in a typical year. To see exactly where your Zone is, you can click on where you live on this USDA interactive map - which has been updated in 2012. Know that your area may not be exactly right due to the rise of temps and the Climate Shifts.

<https://planthardiness.ars.usda.gov/PHZMWeb/>

The coldest Temperature in your local region equals your Zone. For instance - north Georgia used to be Zone 7 - but in 2011 the USDA changed it to Zone 8a (but not all maps reflect that to this day). In reality, the night time temperature (now in 2024) has not dropped below 19° in over 5 years in this area of north Georgia, due to the shifts in the climate, so according to these numbers north Georgia is now Zone 9, which use to be the north Florida growing Zone - (so you can see how much of a shift there has been). Contact your County Cooperative Extension agent for your usual "last frost dates." But also use your own judgment from your own observations. Journaling and keeping track of things that you see is a wonderful way of learning for yourself.

-49°F	(-45°C)	- Zone 1
-49 to -40°F	(-45 to -40°C)	- Zone 2
-40 to -31°F	(-40 to -35°C)	- Zone 3
-31 to -20°F	(-35 to -29°C)	- Zone 4
-20 to -9°F	(-29 to -23°C)	- Zone 5
-9 to -1°F	(-23 to -18°C)	- Zone 6
-1 to 10°F	(-18 to -12°C)	- Zone 7
10 to 19°F	(-12 to -7°C)	- Zone 8
19 to 30°F	(-7 to -1°C)	- Zone 9

Seeds to Start Inside in February (Temps must remain in the 70's)

Agastache - Alyssum - Artichokes - Asclepias - Asparagus - Bergamot - Catnip
 - Chrysanthemum - Chives - Columbine - Cosmos - Delphinium - Echinacea -
 Florence fennel - Gaillardia - Hollyhock - Iberis - Lavender - Leeks - Lemon Balm
 - Lupins - Marigolds - Marjoram - Mint - Nemophila - Nicotiana - Nigella - Onions
 - Oregano - Pac Choi - Parsley - Physalis - Peppers - Rosemary - Rudbeckia - Sage -
 Sweet Peas - Tomatoes - Thyme - Tithonia - Verbena - Veronica - Viola
 Plant squash, pumpkins, and many other veggie seeds directly into the ground once
 night temps remain above 55°. Ask your County Extension Agent.

Seeds - Pointy Side Down



When planting seeds, it is best for the pointy end of the seed to be pointed downward. This way the new root will grow straight down with no wasted energy. On the bean you will notice that it is slightly curved and in the center of the curve is a little mark, and that also should be what is pointed down.

This is not always necessary but it is less trouble and requires less energy for the root and stem if it does not have to change direction and figure out which way is up and which way is down, nor will it decrease the vigor stored in the seed, this way.

Tubers Pointy Side Up



For tubers, generally, you want to look for the point and then on the other end should either be roots or the remnants of them, or a scar or flat area. The flat side goes down, and the point goes up instead of the opposite for seeds. For a potato, you usually cut them into pieces so that you have an "eye" on each (at least 3 to 4") piece. Plant the eye facing up. If you are planting small (2") seed potatoes, you can plant them whole without cutting and again, the eye should be pointed up. First you just cover them and then once leaves appear then you keep covering them with dirt. See more instructions for them.

Rhizomes, such as Iris, you will plant right at the top of the soil level with a bit of the top showing - do not bury completely.

www.mizztizzysweedsandseeds.com

www.etsy.com/shop/MizzTizzysWeedsSeeds

Beginners Lessons on Growing 50 Day (or Longer) Veggies in Pots or Small Garden Plots



Growing things in pots make it wonderful for people who may only have a patio facing east, south, or west and who would like to have some fresh produce at their fingertips. Here we are mixing veggies and herbs so you can make a meal in one pot. Below are some easy-to-follow directions and reasons to start this adventure and having great successes. I am using the 50 Veggies as an example because you will then be able to produce more than one crop - you can redo your pots every six weeks if you want which would allow you quite a good haul to put up for the winter or consume when picked. Miriam and Kelly set up this great photoshoot so we could do this lesson for those who might wonder how to grow Veggies and other plants in pots or small plots.

- 1 - When you purchase any pot make sure there is a hole for drainage in the bottom of the pot. If there is none you will have to make a few holes with your drill.
- 2 - Make sure that there are several small holes (about 1/4" in diameter) in several areas on the bottom. Also, remember if you are placing your pots in trays that they do not stand in water for more than maybe an hour unless it is a very hot and dry day.
- 3 - The soil you should use in pots should be water-retaining potting soil that is very nourishing, organic if possible, and you should also mix it with good compost. Because the plants will use up the moisture and nutrients in pots before you know it, it needs to be rich. Pay close attention to the dryness of your soil and also fertilize at a half-strength rate at least once a week. Remember that veggies, especially, are 90+% water and for healthy crops, you need this moisture and extra nutrition.
- 4 - Fill the pots to about 2" of the top rim. You will be planting in this so you will need that space plus the soil will settle and you will also need that room on top to soak the pots with water once you can poke your finger into the soil and it is dry to your second knuckle.
- 5 - Set your plants, or seeds, where you want them to grow in the pot. Here, we are making a Veggie and Herb Bouquet. Cubano Frying Pepper, Patio Baby Eggplants, and two types of Basil.





- 6 - Once you have decided where to place them check the roots. You can see in this photo that the roots are going around and around the inside of the pot. So you will need to 'tease' the roots which is easy to do. Spread the roots gently at the bottom and then pull them apart just a little bit to enable them to grow straight rather than continue to grow in a circle which is not good for the plant.



- 7 - Planting the pots is just so easy. When you get the rootball into the soil only cover it with your potting soil to the same level as the soil around the plant. Do not cover that top area as it could smother the plant.



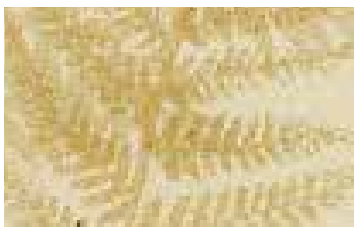
- 8 - Here are just some more holes poked in the soil for the smaller rootballs of the dwarf basil which will almost grow as a ground cover beneath the larger pepper dark basil and eggplants, which will also help protect the soil from drying out too quickly, and keep the soil from overheating.



- 9 - The finished pot. You want to make sure that the pots you are growing things in are quite large especially if you are planting one of the Veggie Bouquets. They will need the room and the deeper soil in order to handle the demands of the plants in producing a crop. You can also grow the French Filet Green Beans in a pot as they only reach about an 18" tall bush and spread of about the same but they produce their hearts out.



- 10 - And last but not least, Miriam and Kelly have covered the top of the soil with Cedar Shavings, which will help with bug control, help hold moisture in, and shelter from excessive heat from the sun beating on the black soil. You will be able to start harvesting the herbs much sooner than the veggies. And the veggies will be ready in about 50 days.



MIZZ TIZZY'S Weeds & Seeds

How can you tell if a squash, gourds and melons flower is male or female?

On squash, this is very easy to do. Female flowers will always have a tiny fruit (ovary) under the flower. Male flowers grow on a long narrow stem. You can also tell the two apart by looking at the reproductive organs found in the center of the flower. The female flowers also contain the stigma .



How do I get more female flowers? A Birds and the Bees Technique.

If you are not seeing any vegetable production there are a few tricks that can help you out. Sometimes you are just missing some 'birds and bees' actions and will need to play that roll yourself, to do the pollination, until they find your plants.

If your plant produces more female than male flowers, you can harvest the male flowers and store them in a vase of water in the refrigerator for up to two days. Use the saved male flowers to pollinate the female blossoms. You can use one male flower to pollinate up to three female flowers.

You can also take a paint brush and collect the pollen from one male flower to the female flowers.

Seed Storage and Longevity

85



With every order you will receive a great deal of information on how to handle your seeds, for the very best success of your gardening season.

This seed, above, is the Cherokee "Trail of Tears" dried bean.

Seed Storage Longevity: Most seeds maintain their viability for about three to five years if they are stored in a temperature controlled area, away from excessive heat and humidity, or drastic temperature changes. Every 10F reduction in temperature (down to 32 F) doubles the storage life of seed. Or just store in a cool dry place. When the storage temperatures are below 32 F, seeds can be stored for several decades. Freezing the seeds works very well provided the seed's moisture content is already low, but if the seeds are still fresh then ice crystals will form in their tissue, during the freezing process, and the seed will be damaged.

One old fashioned way you can test beans is by smacking them with a hammer a bit and if they shatter they are dry enough, and if they only mush or partially break then they need to dry a bit longer before they are frozen.

The seeds may be safely frozen in an airtight container if they are allowed to dry for several months in a cool dry place.

How to dry seeds: Seeds should never be subjected to drying methods that raise the air temperature above 100 F, nor should they be dried so rapidly as to damage the surface of the seed. Keep them out of the sun as well.

If you are drying an herb, gather several stems (only a few in each bundle so as to insure air circulation) and secure the ends of the stems with rubber bands. You use rubber bands so that when you hang them upside down, the bands will contract as the moisture leaves the stems. You can also place bags over the seed heads to collect any seeds that might drop as they dry at this time.

Note about something cool:

More seeds, of late, are being found in archaeological digs and are being tested for germination, and (surprise - surprise) the production rates are great in some cases. Because of satellite photography many more archaeological sites are being identified, that have not been disturbed previously. Some are being dated back as far as 5,000 years in the past, and seeds have actually germinated from containers where they were found.



... Let the Willow be the Way ...



Willow Tea is a magical elixir to water your seed starts, root cuttings, or to treat existing plants, prevent diseases related to those jobs, to act as a rooting hormone (better than actually), a root stimulant, and will also prevent 'dampening off'. By taking cuttings of your willow's new growth, using both the leaves and the stems, place them in (I use a large lidded ice chest) a large container, and then pouring hot water over them to just cover, and allowing all to cool, you are creating a very versatile and powerful aid. After it cools you can add more water to equal a 3 to 1 ratio. I leave the leave/stems in the water for 24 hours.

How to Properly Store Seeds at Home

"A seed is a plant in a box with its own lunch."

Appropriate containers for seed storage are glass or plastic containers, paper or plastic envelopes, Ziplock bags and even clay vessels, although air-tight containers are recommended for long-term storage. Keep seeds cool, in a dry, and dark place that is protected from rodents, and other pests. Seeds are embryos encased in a womb like shell, or, as has been said, "A seed is a plant in a box with its own lunch." Because seeds are alive, they'll inevitably lose viability due to conditions they are kept in. Leaving seeds in the sun, or any hot place, lying around the kitchen sink, or left outside exposed to the elements are all liable to negatively impact your seed's viability. If you keep them in your freezer, please have them in several protective bags, and/or sealed cans, to prevent freezer burn. In the freezer they will last for a very long time. - up to 20 times longer. But cool room temperatures is also acceptable, (some tropical plants may not survive the freezer temps). Research each seed you are trying to save to make sure you are not going to harm it.

Beans - 5-8 years	Lettuce - 3-6 years
Beets - 6-10 years	Melons - 5-8 years
Broccoli - 5-8 years	Onions - 2-4 years
Cabbage - 4-7 years	Parsnips - 2-4 years
Carrots - 3-5 years	Peas - 3-6 years
Cauliflower - 5-8 years	Peppers - 3-6 years
Celery - 8-12 years	Pumpkins - 6-10 years
Chard, Swiss - 6-10 years	Radish - 5-8 years
Corn - 6-12 years	Spinach - 5-8 years
Corn, sweet - 3-5 years	Squash, summer/winter - 6-10 years
Cucumbers - 10-14 years	Tomatoes - 5-10 years
Kale - 4-7 years	Watermelon - 5-8 years
Leeks - 3-5 years	Zucchini - 6-10 years

How to Perform a Seed Viability Test

When in doubt, test your seeds. Moisten the paper towel or coffee filter. Fold 10 seeds into the towel or filter. Seal the paper seed-filled towel in a zipper bag and then be sure to mark the bag to identify the seeds. Place the bag in a location where the temperature is around 70 degrees. (Test exactly 10 seeds because it easily correlates to a percentage. If 8 seeds sprout, you will know you have about 80 percent viability for that particular plant variety.)

Wait 7-10 days (some herb seeds will take up to a month to germinate [American Ginseng can actually take up to 120 days). Be sure the paper towel or filter does not dry out during this time. If less than 70 to 90 percent (less than 7 of your 10 tested seeds) have germinated, then planting with those seeds would not be worth the effort. If 70% or below have germinated, use them, but sow them more thickly. Performing seed viability tests makes seed saving a less risky, and will also let you know when you need to replace certain seed varieties.

By using this chart, you can actually plant more than one crop per growing season. This practice may become very important in the future and for some areas it already is. Calculate how many days it takes for each variety to mature, and then figure out how many days you have between the last Spring frost and the first Fall frost, which will let you know what you will have to most success with. To prevent damage due to frosts, you can also cover everything you can with fabric sheets (never plastic) to prevent frost damage. My gardens always look like a laundromat has exploded out there in the Spring and Fall - but it is well worth it. Because of the climate shifts the frost dates are a bit wacky now, so you can take a chance of the season dates being longer than listed below.

A Garden Planting Chart

Crop	Days to Maturity	Spring Planting	Fall Planting
Asparagus	2nd season	Jan. 15-Mar. 15	Nov. & Dec.
Bean, bush	50-60	Apr. 1 - May 1	July 15-Aug. 20
Bean, pole	50-70	Apr. 1-May 1	July 15-Aug. 10
Bean, Lima	60-70	Apr. 1 - June 1	July 1-Aug. 1
Beet	45-60	Feb. 15-Apr. 1	Aug. 1-Sept. 20
Broccoli	45-80	Feb. 15-Mar. 15	Aug. 1-Sept. 1
Cabbage	45-80	Jan. 15-Mar. 15	Aug. 15-Oct. 1
Cantaloupe	80-90	Mar. 25-Apr. 20	Not recommended
Carrot	70-80	Jan. 15-Mar. 20	Aug. 20-Sept. 15
Cauliflower	55-60	Mar. 1-Apr. 1	Aug. 1-Sept. 1
Collard	55-70	Feb. 1-Mar. 20	Aug. 1-Oct. 1
Corn	80-100	Mar. 15-June 1	June 1-July 20
Cucumber	60-65	Apr. 1-May 15	Aug. 20-Sept. 1
Eggplant	45-80	Apr. 1-May 15	July 10-15
Kale	40-50	Feb. 1-Mar. 10	Aug. 10-30
Lettuce	40-50	Jan. 15-Mar. 1	Sept. 1-Oct.1
Mustard	40-50	Jan. 15-Apr. 1	Aug. 20-Oct.1
Okra	55-60	Apr. 1-June 1	June 15-July 1
Onion(mature)	60-120	Jan. 1-Mar. 15	Sept. 1-Dec. 31
Peas, garden	60-80	Jan. 15-Feb. 15	Not recommended
Peas, southern	60-70	Apr. 1-Aug. 1	-
Pepper	65-80	Apr. 1-June 1	-
Potato, Irish	70-90	Jan. 15-Mar. 1	Aug. 1-Aug. 15
Potato, sweet	90-150	Apr. 15-June 15	-
Radish	25-30	Jan. 15-Apr. 1	Sept. 1-Oct. 15
Spinach	30-45	Jan. 15-Mar. 15	Sept. 1-Oct. 15
Squash, bush	50-55	Apr. 1-May 15	Aug. 1-20
Squash, winter	85-90	Apr. 1-Aug. 1	-
Tomato	70-85	Mar. 25-May 1	June 1-Aug. 10
Turnip	40-65	Jan. 15-Apr. 1	Aug. 10-Sept. 15
Watermelon	80-90	Mar. 20-May 1	Do not plant

Note: Planting dates on this chart are approximate. Please check with your own County's Cooperative Extension Agent for the frost dates in your area.

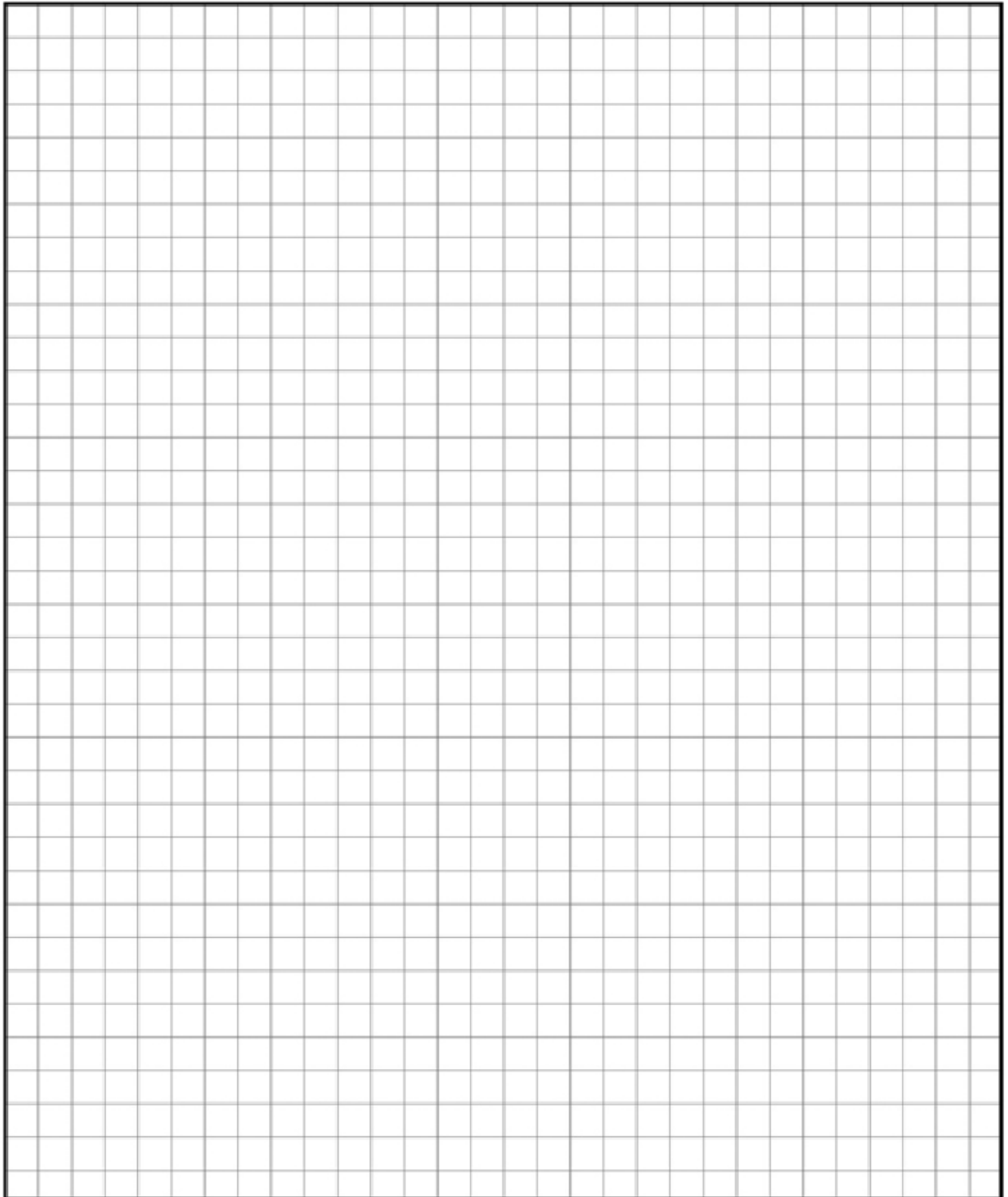
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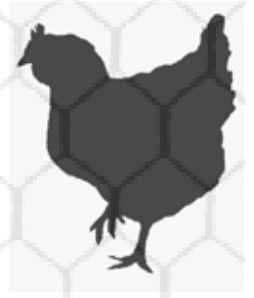


Garden Planner

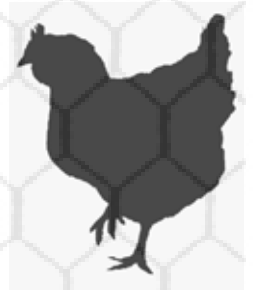
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Notes



Notes





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