



# Symbiosis Seed Exchange

## 2011/2012 Seed List

All seeds are \$1.50 per pack. Postage is \$3.50.

To order, email

[otepoti.urban.organics@gmail.com](mailto:otepoti.urban.organics@gmail.com)

For more information on how to grow and save seeds from these vegetable varieties, visit

[www.urbanorganics.org.nz](http://www.urbanorganics.org.nz)

### SEED LIST:

Our main selection of publically available seeds. Growers are encouraged to save seed and return to the network

in exchange for credits for free seed packets from our catalog. Seeds marked ★ are in short supply and only available for dedicated seed savers.

NAME		DESCRIPTION	LATIN NAME	# SEEDS
<b>Beans and Peas</b>				
Bush Bean 'Purple'	E	A very productive dwarf bush bean that bears fine, purple stringless snap beans. Easy to see and harvest. Sow seeds in spring. 45cm spacing.	<i>Phaseolus vulgaris</i>	20
Bush Bean 'Yellow'	E	A yellow podded bush bean. Noted for excellent flavour and high productivity. Sow in spring. 45cm spacing.	<i>Phaseolus vulgaris</i>	20
Climbing Bean 'Emu'	E	A very productive climbing bean that grows well in the south.	<i>Phaseolus vulgaris</i>	20
Climbing Bean 'Golden'	E	A productive golden yellow climbing bean with pods are slow to develop strings and have a meaty firm texture and sweet flavour. Sow late spring.	<i>Phaseolus vulgaris</i>	20
Climbing Bean 'Purple'	E	A prolific producer of purple pole beans. Sow in spring after last frost, and provide strings or poles for plants to climb up.	<i>Phaseolus vulgaris</i>	20
Climbing Bean 'Bobs' ★	E	A cherished NZ heirloom. Dual-purpose variety that can be used young as a green bean or dried. The mature seeds are large, egg-shaped and tan with darker brown streaks	<i>Phaseolus vulgaris</i>	20
Climbing Bean 'Frada' ★	E	A green climbing bean with large white seeds like cannolini. Well suited to drying for use over winter.	<i>Phaseolus vulgaris</i>	20
Runner Bean 'Scarlet'	E	An Otago grown variety of the classic heirloom scarlet runner bean	<i>Phaseolus coccineus</i>	20
Pea 'Snow'	E	The original 'eat all' snow pea. Pods stay sweet and tender for a long time on the plants. Good heat tolerance. Sow seeds spring through autumn.	<i>Pisum sativum</i>	50
Pea 'Giant Alderman'	E	Large climbing plant with big juicy delicious peas	<i>Pisum sativum</i>	50
Pea 'Sugar Snap' ★	E	Sweet and crisp edible podded peas. Well adapted to Southern climates.	<i>Pisum sativum</i>	30
Pea 'Dew Drops'	E	A good garden-variety shell out pea. Productive and tasty	<i>Pisum sativum</i>	50

### Root and Bulb Crops

Beetroot 'Cylindra'	M	A cylindrical shaped beetroot that is easy to grow. Great flavour and keeping qualities. Leaves also eible in salads. Sow spring through summer.	<i>Beta vulgaris v. Crassa</i>	50
Carrot 'Beta'	A	Good reliable carrot. Very sweet and crisp when cropped early but also excellent flavour when full sized. Stores well. Sow spring to late summer	<i>Daucus carota var sativa</i>	250
Carrot 'Jaune du Doubs' ★	A	Yellow carrot, sweet, good taste, cylindrical root, large variety. Old French Heirloom. Good cooking carrot for stews and casseroles etc.	<i>Daucus carota var sativa</i>	250
Swede 'Southern Purple Top'	M	Swede variety selected for mid to late summer sowing in the South.	<i>Brassica napus</i>	100
Parsley Root 'Bartowich'	M	This parsley variety produces a root very similar in appearance to a parsnip. It has a slightly nutty 'parsleyish' flavour. Can be roasted, used in soups and broths or eaten raw. Leaves can be used like regular parsley. Direct sow spring to summer.	<i>Petroselinum crispum</i>	100
Parsnip 'Caversham'	M	Good old fashioned parsnip, a variety shared around Caversham, Dunedin	<i>Pastinaca sativa</i>	100
Turnip 'Golden Ball'	E	Tasty and productive heirloom turnip variety. Sow early spring to autumn.	<i>Brassica rapa glabra</i>	100

### Brassicas

Broccoli 'Multi Cropper'	A	A broccoli variety which provides multiple side-shoot heads of broccoli once the main central head has been harvested.	<i>Brassica oleracea v. Italica</i>	40
Broccoli 'Purple Sprouting'	A	A delicious broccoli with purple florets, that produces many side shoots after central head is cut. Ideal for late summer sowing, for harvests into the spring.	<i>Brassica oleracea v. Italica</i>	30
Broccoflower 'Romanesco'	A	This interesting brassica exhibits a strongly 'fractal' structure of intricate cone shapes. And it tastes even better than it looks! Sow spring through to summer.	<i>Brassica oleracea v. Italica</i>	20
Cabbage 'Red Express'	A	Extra early round red cabbage. Compact plants form a solid 1-2kg head around 65 days after transplanting. Best sown spring and autumn.	<i>Brassica oleracea v. capitata</i>	40
Cauliflower 'Cumulus'	A	A great cauliflower variety suited so sowing from early spring until autumn.	<i>Brassica oleracea v. Italica</i>	30
Kale 'Cavolo Nero'	M	This kale grows in the shape of a palm tree, with dark crinkled leaves.	<i>Brassica oleracea v. botrytis</i>	30
Kale 'Red Russian'	M	Red Russian is a heirloom variety that copes well with the harsh conditions of the south. Prefers cooler temps. Sow autumn or early spring.	<i>Brassica napus v. pabularia</i>	60
Kale 'Curly' ★	M	A hardy kale variety with curly leaves.	<i>Brassica napus v. pabularia</i>	50

NAME		DESCRIPTION	LATIN NAME	# SEEDS
<b>Leaf and Stem Vegetables</b>				
Aragula 'Wild Rustic'	E	A spicy salad green with flavour similar to rocket, but with a much longer life span. Leaves can be continually harvested for several months or more.	<i>Diplotaxis tenuifolia</i>	50
Celery 'Pascal Classic'	M	A compact and reliable celery with delicious flavour and resistance to common celery diseases. Sow in spring or summer and keep well watered	<i>Apium graveolens</i>	250
Celery 'Green Crunch' ★	M	Celery seed we obtained via Dunedin Veggie Growers Club seed swap!	<i>Apium graveolens</i>	200
Leek 'Frosty Morning'	M	Large leek variety adapted to sowing in late summer to over winter without bolting, for an early spring harvest.	<i>Allium ampeloprasum</i>	50
Leek 'Carentan Giant'	M	An old European variety which grows well in the South. Can withstand cold and wet conditions. Sow seeds in summer for autumn and winter cropping.	<i>Allium ampeloprasum</i>	50
Orach	E	Tree spinach'. Grows a tall plant with many spinach-tasting leaves. Hardy.	<i>Atriplex sp.</i>	30
Lettuce 'Oak Leaf'	E	An oak leaved lettuce with large, upright heads. Leaves are dark green with a purple tinge. Very adaptable, for growing in most seasons.	<i>Lactuca sativa</i>	100
Lettuce 'Four Seasons'	E	An heirloom lettuce with crumpled, magenta coloured outer leaves with a pale green core. Can be planted in spring, autumn and early winter.	<i>Lactuca sativa</i>	100
Lettuce 'Magenta'	E	Spectacularly colourful loose leaved variety with dark red to purple leaves. Can be planted year round as it enjoys both bolt and heat tolerance.	<i>Lactuca sativa</i>	100
Red Mustard	E	Delicious red mustard is a great spicy addition to any green salad	<i>Brassica juncea</i>	50
Rocket	E	Spicy salad green, common ingredient in mesclun mix. Grows year round.	<i>Eruca sativa</i>	50
Pak Choi	M	Traditional Chinese cabbage, delicious in noodle soups, stir fries, or steamed, and very tolerant of cold conditons. Can be sown in late summer / autumn and spring.	<i>Brassica rapa</i>	50
Silver Beet 'Rainbow'	M	Hardy growing silver beet with a range of stem colours, including golden, red, purple and white. Sow spring to late summer.	<i>Beta vulgaris v. Cicla</i>	30
Spinach 'Winter Giant'	M	A large leaved, heavy cropping spinach suited to cooler conditions, for autumn or early spring sowing.	<i>Spinacia oleracea</i>	70
Spinach 'Pounamu'	M	A hardy giant spinach which withstands winter cold and late spring heat. Slightly crumpled leaves with excellent flavour and texture. Sow in early spring and late summer.	<i>Spinacia oleracea</i>	70
<b>Fruit and seed vegetables</b>				
Corn 'Rainbow Inca' ★	A	An exceptional sweetcorn with multi coloured cobs. Now being adapted for southern climates. Very short supply – available to serious seed savers only.	<i>Zea mays</i>	150
Pumpkin 'Southern Blue'	M	A pumpkin variety with excellent eating and storage qualities. Sow in spring and transplant to rich soil after last frost has passed.	<i>Cucurbita maxima</i>	10
Tomato 'Black Krim' ★	E	From the Black Sea of Russia, this tomato produces a continuous supply of fruits with blackish red flesh. Very tasty. Indeterminate.	<i>Lycopersicon esculentum</i>	15
Tomato 'Yellow Plum' ★	E	Highly productive tomato with medium sized yellow fruit	<i>Lycopersicon esculentum</i>	10
Tomato 'Roma' ★	E	Heirloom bush variety with elongated bright red, meaty fruits. Delicious both fresh and cooked. Grows well in Otago in sunny, sheltered spots.	<i>Lycopersicon esculentum</i>	20
Quinoa 'Temuco South'	E	A variety selected for growing at sea level. Now being selected for performance in our southern climates.	<i>Chenopodium quinoa</i>	250
Zucchini 'Black Beauty'	M	A very productive zucchini plant with dark green fruit. Harvest fruits when 15-20cm long to promote continued production throughout summer.	<i>Cucurbita pepo</i>	10
<b>Herbs, flowers and companion plants</b>				
Borage	E	An attractive flowering plant with edible stems. Attracts bees and also accumulates nutrients in its leaves via its deep root system, so it's useful on the compost heap too.	<i>Borago officinalis</i>	50
Coriander	E	A very slow bolting coriander with good pungency. Sow seeds spring through to autumn for almost year-round harvesting. Grow summer plants in shade to avoid bolting.	<i>Coriandrum sativum</i>	50
Dill ★	E	Attractive and aromatic herb, useful as a garnish or in pickles and preserves	<i>Anethum graveolens</i>	20
Marigold	E	Orange and yellow flowered plant famous for its value as a companion plant	<i>Tagetes sp</i>	25
Oregano	E	A good old fashioned herb delicious in mediterranean and european style cooking.	<i>Origanum vulgare</i>	50
Parsley 'English' ★	E	Good traditional crinkly parsley for a wide variety of culinary uses.	<i>Petroselinum sp.</i>	100
Parsley 'Coastal Flat Leaf'	E	A hardy growing flat leaf parsley with excellent flavour. Found growing wild in Coastal Otago. Sow seeds spring to summer and keep well watered.	<i>Petroselinum hortense</i>	200
Phacelia	E	A wildflower which is attractive in the garden and brings beneficial insects	<i>Phacelia tanacetifolia</i>	100
Sorrel	E	A leafy green plant with a 'zingy' lemon taste. Perennial.	<i>Rumex acetosa</i>	50
St John's Wort	E	A medicinal herb with a variety of uses, most commonly an anti-depressant	<i>Hypericum perforatum</i>	200
Thyme	E	A delicious variety of Thyme that does well in colder climates.	<i>Thymus vulgaris</i>	50

Seeds marked with ★ are in short supply and are only available to dedicated seed savers, please.

**Seed Saving requirements:**

E = Easy

M = Medium

A = Advanced



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