





VARIETY	Newburg
CROP	Yellow Onion, <i>Allium cepa</i>
SEED GROWER	Carrick Seeds Mildmay, Ontario
NOTES:	Simply the best open pollinated yellow storage onion according to Adaptive Seeds. Originally selected from a European commercial hybrid storage onion, it was reselected under and for organic production. The tightly wrapped, copper-skinned, spherical bulbs are known for their excellent storage life, crisp texture, and medium hot rich flavor. Newburg has out-yielded hybrids when trialed under organic conditions. A dehybridized gem brought to us by Dr. Alan Kapuler in Corvallis, Oregon.

VARIETY	Red Carpet F1
CROP	Red Onion, Allium cepa
SEED GROWER	High Mowing Organic Seeds, Wolcott, Vermont
NOTES:	<p>Magnificent magenta interior rings make this an especially gorgeous red onion.</p> <p>Tight bulbs that store extremely well, with the excellent color on the interior layers unique to our partners at Bejo Seeds. Red Carpet is 2-3 days earlier than Red Wing while maintaining 98% the same size, with a more rounded shoulder.</p> <p>Disease Resistance Details Intermediate Resistance: Pink Root</p>

VARIETY	Rosso di Milano	
CROP	Red Onion, <i>Allium cepa</i>	
SEED GROWER	Kitchen Table Seed House. Wolfe Island, Ontario	
NOTES:	<p>From Northern Italy, this heart-shaped flat-topped onion with very attractive bronze-red skin is uniform and productive and has a sweet and pungent flavour. A wonderful OP storage onion that has strong tops and shows great resistance to pests and diseases. Properly cured onions will store for many months, and this one will store easily until spring. Our favourite red onion! 110 days to maturity.</p>	

VARIETY	New York Early	
CROP	Yellow Onion, <i>Allium cepa</i>	
SEED GROWER	Kitchen Table Seed House. Wolfe Island, Ontario	
NOTES:	Medium-sized round onions with tan brown skin and white flesh and a mild enough flavour to eat raw as well as cooked. Nice and early maturing and stores very well into spring allowing us to eat them all winter! Developed in NY State, a great choice for Canadian winter storage. Our yellow onion offering while we develop our own strain here on the farm. 95 days to maturity.	

VARIETY	Dakota Tears
CROP	Red Onion, <i>Allium cepa</i>
SEED GROWER	High Mowing Organic Seeds, Wolcott, Vermont
NOTES:	<p>Medium-sized hard round bulbs with very attractive reddish/gold tinting.</p> <p>Continuously selected for vigor, size, storability, disease and insect resistance. A great open-pollinated variety from breeder David Podoll, Dakota Tears was honored as one of Organic Gardening magazine's ten outstanding varieties in their 2010 trials.</p>



VARIETY	Yankee F1
CROP	Yellow Onion, Allium cepa
SEED GROWER	High Mowing Organic Seeds, Wolcott, Vermont
NOTES:	<p>Very productive storage variety with medium-sized round bulbs.</p> <p>Our first variety with strong resistance to downy mildew! Yield and excellent storage qualities similar to Copra F1. Dark brown skins and bulbs that remain hard and sound until spring.</p> <p>Disease Resistance Details High Resistance: Downy Mildew Intermediate Resistance: Pink Root</p>



VARIETY	Nagels Frühweiß
CROP	Cabbage, <i>Brassica oleracea</i>
SEED GROWER	Bingenheimer Saatgut AG, Germany
NOTES:	Very fast growing cabbage with small round heads and low growing habit. Very uniform variety, well-suited for successional sowing and to supply the fresh market. From a farmer co-op of biodynamic seed growers, Kultursaat, in Germany who work without hybrid breeding, patents or genetic engineering.

POTENTIAL for
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VARIETY	Vorbote 3
CROP	Cabbage, <i>Brassica oleracea</i>
SEED GROWER	Bingenheimer Saatgut AG, Germany
NOTES:	Vorbote 3 is the earliest of the savoy's useful for extending the range on offer in early and mid summer. Heads weigh 0.5-1 kg. Round to oval shape. Very good used freshly harvested from end of June to August. Well curled tender leaves, mildly aromatic taste. This open pollinated variety is bred by Kultursaat biodynamic seed initiative in Germany.




VARIETY	April Green
CROP	Cabbage, <i>Brassica oleracea</i>
SEED GROWER	Hawthorn Farm Organic Seeds, Palmerston, Ontario
NOTES:	This heirloom cabbage is a favourite of our friends at Whole Circle Farm and they have been saving seed for years. Bright green heads size up by mid summer for early harvest and hold well in the field without splitting allowing for an extended harvest period. Crisp and flavourful heads store well for winter use. Days to Maturity: 80 days




VARIETY	Amarant
CROP	Cabbage, <i>Brassica oleracea</i>
SEED GROWER	High Mowing Organic Seeds, Wolcott, Vermont
NOTES:	<p>Strikingly beautiful red coloration on compact heads with good crunch, sweet flavor and juicy texture.</p> <p>Short stems and highly flattened outermost leaves make heads visible and easy to harvest. Tolerance to heat allows for early and main season growing. Darker purple interior than Red Express. This open pollinated variety is bred by Kultursaat biodynamic seed initiative in Germany.</p>



VARIETY	Micah
CROP	Grasspea, <i>Lathyrus sativus</i>
SEED GROWER	Carrick Seeds Mildmay, Ontario
NOTES:	<p>This plant, known as khesari, cicerchia, Ethiopian lentil, and chickling vetch, is a great alternative to lentils in tough climates but is a unique crop in its own right. Its tan/green seeds resemble a cross between a lentil and a pea and taste just as delicious. The short, bushy vines produce a tangle of pretty flowers that resemble butterflies, followed by three-sided pods that are easy to harvest by cutting and trampling the dried vines.</p> <p>A relative of sweet peas, this plant has a mixed reputation due to its potential toxicity. <i>Lathyrus sativus</i>, in particular, can cause neurolathyrism—a degenerative paralysis—if it becomes a major part of the diet. However, it has been safely eaten for centuries across regions from sub-Saharan Africa to India, especially in times of famine due to its adaptability. As long as it remains a minor part of your diet, it's safe to eat. It also serves well as a cover crop, with seeds that are easy to harvest</p>

VARIETY	Capucijiner	
CROP	Pea, <i>Pisum sativum</i>	
SEED GROWER	Carrick Seeds Mildmay, Ontario	
NOTES:	5'1.6 m tall; our most ornamental pea. Pink flowers are followed by distinctive purple pods (for which reason it is sometimes called the Blue-Podded Capucijner). Dry seeds are large, wrinkled, and olive-green, with a taste and appearance rather like chickpeas when cooked. Originally from the Netherlands, they are named for the Capuchin monks who may have grown them at one time. While we eat them primarily as a dry pea, they also make good snow peas. 110 days to maturity.	


VARIETY	Giant Rattle Breadseed	
CROP	Poppy, <i>Papavare somniferium</i>	
SEED GROWER	Hawthorn Farm Organic Seeds, Palmerston, Ontario	
NOTES:	<p>Huge, fat, round, blue-grey seed pods are filled with edible black poppy seeds which rattle around the dried pod and give this flower its name. White flowers with pink centres are followed by 7-8cm seed pods. Cut the seed pods and hang to dry for use in winter arrangements and use the dried seeds for baking or sprinkling on salads and greens. Plants love sun and well drained, not too fertile soil. They will self seed freely if happy.</p>	



VARIETY	Ajvarski
CROP	Sweet Pepper, <i>Capsicum annuum</i>
SEED GROWER	Rebecca Ivanoff, Pocket Seeds, Guelph, Ontario
NOTES:	<p>Thick-walled, sweet and intensely aromatic pepper superb for grilling. Tapered fruits start out green, ripening to glossy red. A traditional Macedonian roasting pepper which is renowned for its peppers, and people from all over Macedonia come there to buy bushels of peppers for making ajvar, a paste/relish made from these peppers after roasting. Seed originally came to Rebecca from Randy White in Mission BC</p> <p>Isabelle Spence-Legault at Field Good Farms, Cache Bay say that “This is by far the most delicious and high yielding crop that we grow. We have to do a little bit of education on the fact that it is in fact a sweet pepper, but once our clients try them, they fall in love. We've never had a bad crop...”</p>



VARIETY	Stoplight Orange Bell
CROP	Sweet Pepper, <i>Capsicum annuum</i>
SEED GROWER	Hawthorn Farm Organic Seeds, Palmerston, Ontario
NOTES:	We've been looking for a sweet, thick walled, orange bell pepper for years now and finally we found it in Frank Morton's Stoplight Orange bell pepper. One of Frank's customers, Darrel Jones, crossed a big orange bell with Frank's Little Bells and sent some of the resulting seed to Frank who worked with it to select Stoplight Orange. Another amazing instance of on-farm breeding. We hope you like this as much as we do.

VARIETY	Cubo Orange	
CROP	Sweet Pepper, <i>Capsicum annuum</i>	
SEED GROWER	High Mowing Organic Seeds, Wolcott, Vermont	
NOTES:	<p>Broad-blocky, thick-walled fruits that are gorgeously orange when ripe.</p> <p>Plants are productive and resilient, covered in medium green peppers that ripen into a beautiful orange hue. Fruit is thick walled, juicy, clean and of incredible quality. Flavor is bright and fruity. This variety was a standout in our trials and is sure to become a grower favorite for its reliability and fruit quality. Developed by ReinSaat Breeding in Austria.</p> <p>Thick walls, 3.5-4" fruits, Open-Pollinated Intermediate Resistance: Tomato Spotted Wilt Virus</p>	

**LOCAL
SEED**

VARIETY	Feu Rouge
CROP	Sweet Pepper, <i>Capsicum annuum</i>
SEED GROWER	Dan Brisebois, La Ferme Coopérative Tourne-Sol, Les Cèdres, Quebec
NOTES:	This Red Bell Pepper will stop you in your tracks like a Feu Rouge! Early and heavy yielding peppers start green and turn red. Bred by Dan at Tourne-Sol from initial selections done from a cross between Ace and Aristotle by SeedWorks Plant Breeding Club.



VARIETY	Ground Cherry Breeding Project
CROP	<i>Physalis pruinosa</i>
SEED GROWER	Growers like you from across Canada!
NOTES:	<p>For the past 2 years, gardeners across the country have been working together to develop an upright-growing variety of ground cherry, planting the prior year's seed and making selections. Seeds of last year's seeds, collected from all those gardens last year, are sent out to growers across Canada who grow and select delicious tasting fruit from upright plants.</p> <p>Every time we repeat this process we should get closer to the goal of a ground cherry that tastes great, and bears on upright (easy to harvest) plants!</p>



VARIETY	Sulphur
CROP	Cosmos, <i>Cosmos sulphureus</i>
SEED GROWER	La Ferme Coopérative Tourne-Sol, Les Cèdres, Quebec
NOTES:	<p>The name "Cosmos" reflects this, as the Greek word means order and harmony.</p> <p>Also known as the Mexican aster, Cosmos is native to Mexico and Central America, later spreading to Europe in the 16th century. While <i>Cosmos bipinnatus</i>, with its pink, white, and violet flowers, is well-known, it often frustrates me due to our short growing season.</p> <p>Then I discovered <i>Cosmos sulphureus</i>, or Sulphur cosmos, with its vibrant orange, yellow, and red-tinted flowers. Unlike other Cosmos, it produces seeds early. After harvesting a handful, we planted them, and now they're part of our seed store. While I can't guarantee harmony, Sulphur Cosmos certainly thrives in the garden.</p>

Project:	Canadian Organic Vegetable Improvement (CANOVI) Orange Carrot Breeding
In partnership with:	The Centre for Sustainable Food Systems at the University of British Columbia Farm and the Bauta Family Initiative on Canadian Seed Security at SeedChange.
Scope:	National
Goals:     	<p>The goal is to produce new breeding lines for carrots that meet the agronomic needs of farmers nationwide. Once the carrots mature, demo garden managers, farmers, researchers, and other interested parties can collaboratively select the best roots.</p> <p>For orange carrots, the focus is on Nantes varieties that are tasty, deep orange, have good storability, and perform well for reliable root and seed production. Participants have the option to send their selected carrots back to UBC to be pooled with selections from across the country for communal seed production, keep the carrots on-farm for individual seed production, or do both.</p> <p>In Spring 2025, UBC hopes to produce seeds from these selections and send them back to participating farms and hub sites for further selections in 2026. By the end of the project, the aim is to have at least one improved orange Nantes variety to share with farmers nationwide.</p>



VARIETY	CANOVI Orange
CROP	Carrot, <i>Daucus carota</i>
SEED GROWER	CANOVI Project at The Centre for Sustainable Food Systems at the University of British Columbia
NOTES:	Selected by farmers in British Columbia, and trialed by growers across Canada! This sweet, deep orange, open-pollinated Nantes variety is being bred to provide an open-pollinated alternative for hybrids like 'Bolero' (F1).



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VARIETY	CIOA Orange Flavour Select
CROP	Carrot, <i>Daucus carota</i>
SEED GROWER	Carrot Improvement for Organic Agriculture (CIOA), primarily on the west coast of the USA
NOTES:	A nantes type orange population developed for superior flavor by combining several sources known for good flavor and texture.



VARIETY	Orange Nantes Breeding Line F7119B
CROP	Carrot, <i>Daucus carota</i>
SEED GROWER	Phil Simon/USDA Carrot Breeding Program at University of Wisconsin
NOTES:	An orange nantes type selected for broad adaptation under diverse environments across the US. Parent lines include sources for deep orange color, good flavor, Cavity spot resistance and Nematode resistance.





VARIETY	Lungo Bianco
CROP	Summer Squash - Cousa type, <i>Cucurbita pepo</i>
SEED GROWER	Hawthorn Farm Organic Seeds, Palmerston, Ontario
NOTES:	For a summer squash I love Lungo Bianco, a zuke in the style of lebanese cousa. We got out seed from a grower in Blyth ON. She shared it because she loved it so much. With a compact, bush habit this heirloom zucchini is a great choice for those with limited space. Pale green cylindrical fruits have a mild, sweet flavour. We like to eat them up to 20cm for the tenderest flesh. Great grilled on the BBQ, roasted or diced fresh into salads and grain bowls. Early and very productive. Pick often and the plant will keep on producing all summer long. Rare. 58 days

VARIETY	Mexicana F1
CROP	Summer Squash - Cousa type, <i>Cucurbita pepo</i>
SEED GROWER	High Mowing Organic Seeds, Wolcott, Vermont
NOTES:	<p>Medium grey-green fruits with small blossom ends and attractive tapered form.</p> <p>Plants are single stemmed and present a very open and upright growth habit, making for easy harvests. Skin and flesh are tender with a delightful nutty flavor, and plants are highly productive long into the growing season.</p> <p>Open habit, Bush-type habit</p> <p>Intermediate Resistance: Cucumber Mosaic Virus, Powdery Mildew, Papaya Ringspot Virus, Watermelon Mosaic Virus, Zucchini Yellow Mosaic Virus</p>



VARIETY	Mutabile
CROP	Green Summer Squash, <i>Cucurbita pepo</i>
SEED GROWER	Hawthorn Farm Organic Seeds, Palmerston, Ontario
NOTES:	Kim's favourite! Wow, were we impressed with this zucchini. We trialled it after reading the glowing reviews by Adaptive Seeds and Turtle Tree Seeds. They didn't exaggerate. The open, vase shaped plants yield consistently as the powdery mildew resistant plants stay healthy much longer. Cylindrical deep green fruits are easy to pick due to the plant structure and almost total lack of thorns. No more scratched zucchini. We think this is as good as or better than many of the hybrid zucchinis out there.

VARIETY	Desert F1
CROP	Green Summer Squash, <i>Cucurbita pepo</i>
SEED GROWER	High Mowing Organic Seeds, Wolcott, Vermont
NOTES:	<p>Gorgeous fruits with strong disease resistance and exceptional fruit set in hot weather.</p> <p>Dark green fruit with slight speckles are cylindrical and very attractive. Tall plants have a broad, open architecture which makes for easy picking.</p> <p>Impressive resistance to powdery mildew in our trials. Drought tolerant, Bush-type habit.</p> <p>Intermediate Resistance: Cucumber Mosaic Virus, Powdery Mildew, Papaya Ringspot Virus, Watermelon Mosaic Virus, Zucchini Yellow Mosaic Virus</p>



VARIETY	Midnight Lightning
CROP	Green Summer Squash, <i>Cucurbita pepo</i>
SEED GROWER	High Mowing Organic Seeds, Wolcott, Vermont
NOTES:	<p>Extra long and slender zucchini with dark green, almost black coloring.</p> <p>Single-stemmed plants are sturdy and stems have few spines. Plants produce quickly and have good field resistance to disease. The first variety developed on our organic seed farm in Wolcott, Vermont. This variety is protected by the Open Source Seed Initiative.</p> <p>Bred by High Mowing, PM tolerant, Bush-type habit, Open-Pollinated</p>




VARIETY	Haifa's Finest
CROP	Summer Squash - Cousa type, <i>Cucurbita pepo</i>
SEED GROWER	Fruition Seeds, Naples, New York
NOTES:	We are so thankful for the countless generations of humans and plants co-evolving to lay the foundation for Fruition to collaborate with Norwich Meadows Farm (regional and organic!) and a land-grant university to co-create the most flavorful zucchini we've ever eaten. Imagine exceptional nuttiness with a creamy density that melts in your mouth — you won't be tossing these in neighbor's mailboxes, we suspect.



VARIETY	South Wind
CROP	Cucumber, <i>Cucumis sativus</i>
SEED GROWER	Fedco Seeds, Clinton, Maine
NOTES:	(55 days) Open-pollinated. Another stand-up variety from Edmund Frost, who focused in on bacterial wilt tolerance as well as downy resistance in his selections in Virginia. Straight medium-green 7–8" cukes are spectacular: crunchy and aromatic with stem ends never getting bitter. In Maine, we found that like Frost’s Common Wealth pickler, South Wind showed impressive resistance to PM, with vines still perky and vibrant when many other varieties had completely succumbed. The strong vigorous productive plants rarely produce misshapen fruits, even under stress. Resistant to PM and DM; tolerant to BW.



VARIETY	Pointsett 76
CROP	Cucumber, <i>Cucumis sativus</i>
SEED GROWER	Greta's Family Gardens, Ottawa, Ontario
NOTES:	65 days. Open pollinated slicing type. Fruit: dark green, 18-20cm/7-8", smooth, cylindrical with well rounded ends. Heavy yielder. Has one or more races of anthracnose, downy & powdery mildew, scab and angular leaf spot. Developed at Cornell University

VARIETY	Salt and Pepper	
CROP	Cucumber, <i>Cucumis sativus</i>	
SEED GROWER	Johnny's Selected Seeds	
NOTES:	<p>Organic, white-skinned pickling cucumber with powdery mildew resistance.</p> <p>Improved flavor and disease resistance. Black spines. Bred by Jason Cavatorta and Molly Jahn, Cornell University. Intermediate resistance to angular leaf spot and powdery mildew.</p> <p>Not too many years ago, this cucumber was hard to find. It has been picked up by some larger seed companies now, but who knows if it will last, given that green cukes are the norm. This one is SO MUCH BETTER than any other white/yellow cukes: the sweetest, crunchiest snacker. Angie's CSA members fight over them. No bitterness.</p>	



VARIETY	DMR 401
CROP	Cucumber, <i>Cucumis sativus</i>
SEED GROWER	High Mowing Organic Seeds
NOTES:	<p>DMR 401 offers resistance to the newest strain of cucurbit downy mildew with foliage that stands strong against the pathogen to keep producing sizable, uniform fruits. The hands-down winner for mildew resistance in both extension and farmer trials. Best used in regions with heavy DM pressure, and during seasonal slots when DM is expected. Bred by Dr. Michael Mazourek of Cornell University with the support of a USDA-NIFA-OREI grant.</p> <p>Angie's experience is that it competes with the DM resistant F1s for longevity of production. "If we're gonna showcase cukes, this one should be in the mix."</p>

**LOCAL
SEED**

VARIETY	Vorgebirgstrauben
CROP	Cucumber, <i>Cucumis sativus</i>
SEED GROWER	Greta's Family Gardens, Ottawa, Ontario
NOTES:	We have a lovely pickling cucumber that we got from Uprising. They wouldn't offer a pickling cuke because they couldn't find one they loved. Then along came Vorgebirgstrauben and it was love at first grow. We tried and loved it too. So please add it to our list.

**LOCAL
SEED**

VARIETY	Velocious
CROP	Cucumber, <i>Cucumis sativus</i>
SEED GROWER	Gaia Organic Seeds, Ottawa, Ontario
NOTES:	Gaia Organics' own bred variety that has compact structure and is the earliest producing varieties in our cucumber trial. This variety is from India and has unique flavour. Harvest when medium size up to 6" in size. Selected for early maturing, productivity and taste. Velocious was one we were interested in! Did you breed it or does it come from India? Yes in collaboration with my dad. Earliest to flower and fruit.




VARIETY	Muncher
CROP	Cucumber, <i>Cucumis sativus</i>
SEED GROWER	The Incredible Seed Company, Bridgewater, Nova Scotia
NOTES:	<p>Muncher Cucumbers are a crowd favorite! They can be harvested young for pickling or left to mature for fresh eating, up to 9 inches long and still not bitter! They are a burpless style cucumber, meaning their seeds remain small and unformed - giving that crisp “seedless” texture. Muncher Cucumbers have dark green, glossy thin skin and juicy, crisp flesh.</p> <p>Muncher Seeds mature in 60-70 days and are an open pollinated cucumber variety.</p>

**LOCAL
SEED**

VARIETY	Unnamed
CROP	Bitter Melon, <i>Momordica charantia</i>
SEED GROWER	Gaia Organic Seeds, Ottawa, Ontario
NOTES:	Trellis support needed for large and straight fruit. Used in Asian cooking and absorbs other flavours well. Considered cooling vegetable in Chinese medicine. Balance well with chillies or Indian spices. Grows well in the warmest spot in the garden with full sun.


**LOCAL
SEED**

VARIETY	White Bitter Gourd
CROP	Bitter Melon, <i>Momordica charantia</i>
SEED GROWER	Gaia Organic Seeds, Ottawa, Ontario
NOTES:	Originated in Japan, mildly bitter tasting than regular bitter melon. Rare to find its pearly white skin has medicinal properties to regulate blood sugar and prevent diabetes. A dietary staple in Okinawa, Japan where is said to contribute to the longevity of people. Fruit averages 8-10 inches long. Often added to soups or shaved thin and eaten raw.

VARIETY	Unnamed	
CROP	Bitter Melon, <i>Momordica charantia</i>	
SEED GROWER	La Ferme Coopérative Tourne-Sol, Les Cèdres, Quebec	
NOTES:	<p>"You should grow some bitter melon," Aabir told me during a phone chat.</p> <p>As a #bitterisbetter enthusiast, I was easily convinced. Aabir sent me seeds from his garden, originally from his mother, who got them from a cousin in India. They could be a mass-market or a unique local variety.</p> <p>We planted the seeds in the Tourne-Sol greenhouse. Bitter melon, like cucumbers, quickly grew into a wall of green vines with yellow flowers and warty green fruit.</p> <p>If you love bitter flavors, bitter melon is a must for your garden.</p>	



VARIETY	Unnamed
CROP	Winged Bean, <i>Psophocarpus tetragonolobus</i>
SEED GROWER	Gaia Organic Seeds, Ottawa, Ontario
NOTES:	Also called asparagus pea, winged pea, four-angled bean, princess bean, and dragon bean. Winged bean are used as a vegetable, the leaves, which are cooked like spinach, the roots, which are comparable to potatoes, and the dried seeds of this tropical plant are all edible (used for flour).

VARIETY	Fat Lady Northern Southern 
CROP	Cowpea, <i>Vigna unguiculata</i>
SEED GROWER	Hawthorn Farm Organic Seeds, Palmerston, Ontario
NOTES:	<p>We have always wanted to grow cowpeas (black-eyed peas) in our zone 5 gardens but couldn't find one that would produce reliably for us. Until now that is. Plant breeder and author Carol Deppe (one of our heroes) managed to find a natural mutation in a patch of Lady Cowpeas that ripened early even in her cool growing conditions. She worked with those seeds for 8 years then released this OSSI pledged variety. It is a delight. Early, productive, bushy, tolerant of cool conditions, delicious, creamy and suitable for small space gardens. No need to soak before cooking. Eat them fresh as shelly peas or do as Carol does and dry them down for a nutritious gluten free substitute for rice or pasta.</p>

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VARIETY	Zeppelin Delicata
CROP	Winter Squash, <i>Cucurbita pepo</i>
SEED GROWER	Fedco
NOTES	<p>Zeppelin is good Delicata, from an older Delicata strain that was not affected when the trade allowed this beloved 1894 heirloom to be crossed by desert gourds. The lovely ivory-colored oblong 1 lb fruits with dark green stripes have the unsurpassed sweetness that gives Delicata its good reputation. In storage the green stripes turn orange and the cream background sometimes yellows. No need to peel—cooked skins are tender and nutty. Frank Morton made this the new standard by selecting the regional delicata strain for stocky plants. OSSI pledged.</p>



VARIETY	Honey Boat
CROP	Winter Squash, <i>Cucurbita pepo</i>
SEED GROWER	High Mowing Organic Seeds
NOTES:	<p>Taste Honey Boat and you'll think you're truly eating a spoonful of honey!</p> <p>Many claim that this refined Delicata is the "sweetest squash in existence". Long fruits have the traditional green striping of Delicatas, but with coppery skin instead of the classic yellow. Holds well and keeps its sweetness through storage. Developed by Oregon State University vegetable breeder Jim Baggett.</p> <p>Exceptional flavor, 1-1.5 lbs Vining habit, Open-Pollinated</p>

VARIETY	Candystick Dessert Delicata	
CROP	Winter Squash, <i>Cucurbita pepo</i>	
SEED GROWER	Kitchen Table Seed House. Wolfe Island, Ontario	
NOTES:	<p>Just roast and serve! This vining delicata pumps out 2-3 lb oblong squash that ripen to tan with green stripes. Its flesh is rich, sweet and dry - perfect for baking or roasting - and its flavour is truly reminiscent of dates. Bred and developed by Carol Deppe & Nate France of Corvallis, Oregon, it's our favourite delicata squash; 75 days to maturity. This is an OSSI-pledged variety.</p>	

POTENTIAL for
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ADAPTATION

VARIETY	Umpqua
CROP	Broccoli, <i>Brassica oleracea var. italica</i>
SEED GROWER	High Mowing Organic Seeds
NOTES:	<p>Hardy plants boast beautiful, blue-green heads along with excellent side shoot production over a long harvest window.</p> <p>An Open Pollinated Broccoli developed by Tim Peters in 1990. Plants are very productive and perform especially well in the spring and fall.</p> <p>Heads are large and loose with a mild spice when eaten raw. 5-6" heads & good side shoots. Also carried by Adaptive Seeds, and Uprising Seeds.</p>


VARIETY	Rasmus	
CROP	Broccoli, <i>Brassica oleracea var. italica</i>	
SEED GROWER	High Mowing Organic Seeds	
NOTES:	<p>An excellent producer of marketable heads, impressing our trials team for several years.</p> <p>This exceptional, open-pollinated broccoli consistently produces attractive, marketable heads. Variability in maturity and the production of side shoots provides for a long harvest window. The stalks are short and thick with a nice, high dome. This variety especially shines as a fall crop. From Kultursaat, a German Foundation dedicated to advancing open pollinated varieties.</p>	




VARIETY	Mermaid's Aurora v.1
CROP	Collard x Cabbage, <i>Brassica oleracea</i>
SEED GROWER	Fruition Seeds, Naples, New York
NOTES:	<p>Sweet, tender greens with kaleidoscopic diversity! We crossed beautiful Mermaid's Tale cabbage with luscious Hen Peck collards and the diversity as well as deliciousness invites us to reimagine our gardens, our world and ourselves. Expect both brilliant colors and exquisitely unique shapes! Like each of us, each seed is unique with about 50% of the plants producing resplendent cabbage and cabbage-like heads with 100% of the leaves being tender collards with exquisitely sweet, juicy stems. If you love to eat greens — that are as purple as they are green! — Mermaid's Aurora will nourish you in so many ways beyond calories.</p> <p>Sow Mermaid's Aurora anytime early spring through early fall. Sown in early spring alongside your peas, Mermaid's Aurora will thrive and provide deep into fall and even into the early winter: Delicious resilience, indeed.</p>



VARIETY	Chateaurenard
CROP	Cabbage, <i>Brassica oleracea</i>
SEED GROWER	Fruition Seeds, Naples, New York
NOTES:	<p>Early & abundant, we love Organic Chateaurenard Cabbage for her tender green-white coneheads thriving in the cool of early spring and well into the heat of summer.</p> <p>Cultivated in southern France since the mid-1800s, she is one of the few open-pollinated cabbages that has been maintained across the generations as seed has become a commodity. Sweet enough for salads and slaw, we also love Chateaurenard in stir-fries and quick summer kraut.</p>

VARIETY	Glow Dehybridization Project	
CROP	Sweet Pepper, <i>Capsicum annuum</i>	
SEED GROWER	Fertile Ground Farm	
NOTES:	<p>Bright orange sweet pepper that is easy to grow. Beautiful and flavorful. Tapered, thick-walled, 2-3 lobed fruits are 4-5" long and are deliciously sweet and fruity. Medium size plants yield well. Early and easy to grow in diverse climates.</p> <p>We have LOVED Glow pepper here - it's been a sweet, thick-walled, tasty CSA staple for years. Having it dropped by the breeder 2 years ago was a blow, so we are seeing if we can stabilize it. This is our F2 year so we will see what sort of diversity it brings.</p>	

<p>Project:</p>	<p>Canadian Organic Vegetable Improvement (CANOVI) Heat Tolerant Lettuce Variety Trials</p>
<p>In partnership with:</p>	<p>The Centre for Sustainable Food Systems at the University of British Columbia Farm and the Bauta Family Initiative on Canadian Seed Security at SeedChange.</p>
<p>Scope:</p>	<p>National</p>
<p>Goals:</p> 	<p>Considering the challenges of climate change and increasing summer temperatures, this trial aims to evaluate lettuce varieties sourced from open-pollinated and regionally grown seeds for their ability to perform in the middle of the summer, including for their tolerance to premature bolting and their ability to maintain their desirable qualities (e.g., appearance, taste, etc.).</p>

**LOCAL
SEED**

VARIETY	Butter King Lettuce
CROP	Lettuce, <i>Lactuca sativa</i> (butterhead)
SEED GROWER	Thyme Again, Ontario
NOTES:	Huge, soft, sweet and succulent green leaves. They form beautiful heads when given enough space to grow, or you can sow them more thickly for baby leaves. Developed in Ottawa, it was an AAS winner in 1966. Excellent at holding up during summer heat.



VARIETY	Grosse blonde paresseuse
CROP	Lettuce, <i>Lactuca sativa</i> (butterhead)
SEED GROWER	Les Jardins de l'écoumène, Québec
NOTES:	Originally from France, this butter lettuce appeared in the supply of seed companies in 1854. It is also known by the names of blond summer lettuce from Saint-Omer and nonpareille lettuce. The name describes it well according to the growers: "grosse" because the size, when mature, is downright impressive; Blonde, due to the beautiful pale blond green, tender and tasty leaves; paresseuse (lazy), simply because it takes it's time before going to seed



VARIETY	Sangria
CROP	Lettuce, <i>Lactuca sativa</i> (butterhead)
SEED GROWER	Salt Spring Seeds, British Columbia
NOTES:	A really great, medium-sized red butterhead variety. Once popular with market growers but disappeared after the PVP expired. Smooth leaves are red tipped with green interiors. Bred for resistance to lettuce mosaic virus, sclerotinia and downy mildew, Sangria is also heat tolerant, resists tip-burn and holds longer in the field without bolting. Bred from Merveille des Quatre Saisons by Vilmorin and released in 1989, the PVP expired in 2009 making this variety available to the public domain.

VARIETY	Buttercrunch bibb
CROP	Lettuce, <i>Lactuca sativa</i> (butterhead)
SEED GROWER	Les Jardins de l'écoumène, Québec
NOTES:	<p>Selected in the mid-19th century by an amateur horticulturist, Major John Bibb of Frankfort, Kentucky. The buttercrunch cultivar was further developed by George Raleigh of Cornell University in Ithaca, New York, in the 1950s and won an All-America Selections national award in 1963.</p> <p>Highly drought resistant, Buttercrunch bolts late in the season. Its particularly dark green leaves are quite thick and can be tinged with red on the edge. The part of the leaves that is not exposed to the sun is a light yellowish-white color. Their crunchy and juicy texture is simply delicious!</p>





VARIETY	Cardinale
CROP	Lettuce, <i>Lactuca sativa</i> (Summer Crisp/ Batavian)
SEED GROWER	Greta's Family Gardens, Ontario
NOTES:	Large ruffled heads of crisp, crunchy red and green blushed leaves. This French heirloom is excellent for cut and come again harvests, or for cutting full heads. Tolerant of summer heat, and also hardy in the cold.



VARIETY	Cougar
CROP	Lettuce, <i>Lactuca sativa</i> (Summer Crisp/ Batavian)
SEED GROWER	Hawthorn Farm Organic Seeds, Palmerston, Ontario
NOTES:	Crisp, tasty lettuce stays bitter free even in the summer heat. This cross of a Batavian lettuce and Brown Goldring romaine comes to us via lettuce genius Frank Morton. The flavor is as good as Brown Goldring and the beautiful heads have bright green hearts and bronzed leaves with ruffled edges.





VARIETY	Gentilina
CROP	Lettuce, <i>Lactuca sativa</i> (Summer Crisp/ Batavian)
SEED GROWER	Fruition Seeds, New York
NOTES:	If you're looking for bolt-resistant, buttery tender lettuce with delightfully crunchy mid-ribs to tuck on your sandwiches and toss in salads in the height of summer, you won't be disappointed by Gentilina. Lime green and brilliantly ruffled, Gentilina is lovely as both tender baby greens and flavorful, massive heads, thriving in containers and raised beds as well as garden soil.



VARIETY	Magenta
CROP	Lettuce, <i>Lactuca sativa</i> (Summer Crisp/ Batavian)
SEED GROWER	Saanich Organics/BC Eco Seed Co-op, British Columbia
NOTES:	Magenta was near the top with respect to vigor, flavour, longest harvest, disease hardiness, and germination in EFAO's 2020 Farmer-Led Research Trials. A Saanich Organics favourite! Crispy green head encased by red-tinged, shiny, curled leaves. Growers love this open-pollinated variety that is not patented, for its crisp texture, heat tolerance, strong disease resistance and long shelf life.



VARIETY	Biscia Rossa
CROP	Lettuce, <i>Lactuca sativa</i> (Oak Leaf)
SEED GROWER	La societe des plantes, Québec
NOTES:	A variety of cut and come again lettuce from Italy that is resistant to bolting and has rapid regrowth after cutting. It has very serrated green oak leaves tinged with bronze, that are crunchy and tender at the same time

POTENTIAL for
REGIONAL
ADAPTATION

VARIETY	Feuille de chene rouge Red Oak Leaf
CROP	Lettuce, <i>Lactuca sativa</i> (Oak Leaf)
SEED GROWER	La Ferme Coopérative Tourne-Sol, Les Cèdres, Quebec
NOTES:	Our favorite lettuce. Grows well in spring, summer, and fall. Good for lettuce heads or baby leaves. Tastes great.



VARIETY	Red Oak Leaf
CROP	Lettuce, <i>Lactuca sativa</i> (Oak Leaf)
SEED GROWER	Wildrose Heritage Seed Company, Alberta
NOTES:	This vigorous oak leaf heirloom variety has bright burgundy red leaves that are deeply lobed, creating a full rosette with a typical green center. Great for baby leaf salad mixes. Red Oak Leaf is slow to bolt, tender, and mild-tasting. It is best grown in early spring or late summer and early fall as the cool nights are beneficial for a better harvest.



VARIETY	Bronze Beauty Arrowhead
CROP	Lettuce, <i>Lactuca sativa</i> (Oak Leaf)
SEED GROWER	Sage Garden Greenhouse, Alberta
NOTES:	This Arrowhead scores a bullseye for form and color, developing a gorgeous oakleaf rosette in a dance of green and bronze. Introduced as Bronze Beauty by the Germania Seed & Plant Co, this bronze was given a bronze medal by the AAS judges in 1947. A good variety for mesclun and cut-and-come-again culture. Very slow to bolt.

Project:	Canadian Organic Vegetable Improvement (CANOVI) Specialty Carrot Breeding
In partnership with:	The Centre for Sustainable Food Systems at the University of British Columbia Farm and the Bauta Family Initiative on Canadian Seed Security at SeedChange.
Scope:	National
<p>Goals:</p>     	<p>The goal is to produce new breeding lines for carrots that meet the agronomic needs of farmers nationwide. All interested parties can collaboratively select the best roots. For multi-colored carrots, growers are seeking varieties that are tasty, diverse in color and shape, and well-suited to their regional conditions. Participants have the option to send their selected carrots back to UBC to be pooled with selections from across the country for communal seed production, keep the carrots on-farm for individual seed production, or do both.</p>

POTENTIAL for
REGIONAL
ADAPTATION

VARIETY	Fantasia
CROP	Carrot, <i>Daucus carota</i>
SEED GROWER	Organic Seed Alliance, Washington State, USA
NOTES:	A highly diverse population exhibiting a wide range of color combinations. Selected for root smoothness, bolt resistance, and good flavor. This is a great breeding population to select for local adaptation and unique colors.

POTENTIAL for
REGIONAL
ADAPTATION

VARIETY	OSA Sunset
CROP	Carrot, <i>Daucus carota</i>
SEED GROWER	Organic Seed Alliance, Washington State, USA
NOTES:	A subset from a Purple-orange-purple population that was segregated for its light purple/raspberry color, with mixed orange and yellow cores. The population has also been selected for Nantes shape and its flavor that is sweeter than other novel carrots.