



IRISH SEED SAVERS

Seed Catalogue 2022





Buan Onion



Elephant Amaranth



Limburg Yellow Carrot



Chocolate Miniature Pepper



Morning Glory



McAnallen Sunflower



Gortahork Cabbage



Egyptian Flat Top



Fill the Bucket Pea



Polen Tomato



Red Orache



Spring Cabbage



Black Seeded Simpson Lettuce



Old Flame Tomato



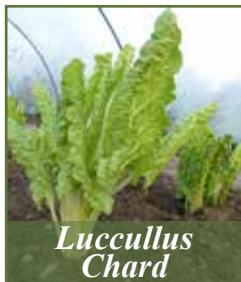
Fino Fennel



Linseed



Suzan Lettuce



Luccullus Chard



Gilgil Coriander



Slovenian Runner Bean

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Vegetable & Herb Seeds €2.95 & Flower Seeds €3.25

Irish Seed Savers, Capparoe, Scariff, Co. Clare

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SEED LIST SPRING 2022

Welcome to our new seed catalogue! We hope you enjoy browsing our immense collection of open-pollinated seeds chosen for their heritage and conservation value as well as for their quality, taste and interest.

Seeing our conservation efforts 'in use' is the ultimate reward for our hard work - thank you for continuing to purchase, grow, and appreciate these diverse Irish grown seeds.

Having celebrated 30 years of growing and saving heritage varieties of seeds and apple trees in 2021, we are tremendously encouraged by the upward trend in people growing their own food. We notice a growing understanding that our food security is not a given and that we must all play our part by making a concerted effort towards mitigating the effects of climate change.

Making the choice to save your own seed is a powerful act. Saving just one of these varieties is a wonderful step towards independence and control of your own food source, as well as helping these heritage crops adapt to our unique and ever-changing environmental conditions.

The majority of seed offered to you here has been grown on site at Capparoe, Scarriff, Co. Clare and is certified by the Irish Organic Association. All our seed is Open-pollinated. Open-pollination is when pollination occurs by insect, bird, wind, humans, or other natural mechanisms. Because there are no restrictions on the flow of pollen between individuals, open-pollinated plants are more genetically diverse. This can cause a greater amount of variation within plant populations, which allows plants to slowly adapt to local growing conditions and climate year-to-year. As long as pollen is not shared between different varieties within the same species, then the seed produced and saved will remain true-to-type year after year.

We would like to thank our loyal Seed Guardian Network, a network of growers who cultivate, harvest and save open-pollinated seed on behalf of Irish Seed Savers to increase the amount of heritage seed available to the public. Through their support we are able to provide you with so many wonderful choices of seed. Some of those growers do not have official organic certification as they are small scale producers but their crops and seed are grown naturally and free from all artificial chemicals. The varieties that are certified organic have ORGANIC alongside their name.

We would love to hear your feedback through the growing year; successes and failures, tips for the garden, recipes, stories and any news you would like to share, so, if you have the time, please do put pen to paper or fingers to keyboard.
Please send to info@irishseedsavers.ie

Wishing you all a healthy and successful new growing season ahead!

In solidarity,

The Irish Seed Savers Team



STAFF CROP PICKS

*Elaine - General Manager: **Fill The Bucket Pea***

I will definitely be growing these next season as my peas to date never make it as far as the cooking pot - getting eaten straight from the pod. Fill The Bucket yield's so prolifically that I am confident there will be enough to satisfy my raw pea addiction and for the kitchen table.

*Deirdre - Gardens & Seed Bank: **Red Orache***

A new crop for me this year, its absolutely delicious as a leaf vegetable and looks regal in the garden when it goes to seed.

*Tristan - Gardens & Seed Bank: **Buan Onion***

This lovely large golden onion grows particularly well in Ireland and stores extremely well throughout the winter.

*Trish - Gardens & Seed Bank: **Spring Cabbage***

Its delicious easy to grow and cook. Keeps me jumping round the garden!

*Damien - Gardens & Seed Bank: **Chocolate Miniature Pepper***

A beautiful plant and the warm chocolate-brown colour of the mini peppers is pretty stunning. Very tasty crunchy fruit. I like them with egg fried rice and a pinch of cumin.

*Romy - Shop: **Cylindra/Formanova Beetroot***

Easy to sow, good germination, good sized crop, lovely deep colour, beautiful taste when roasted.

*Jeremy - Orchard & Nursery: **McAnallen Sunflower***

This is a remarkably large and robust sunflower. With food or oil crops in mind for the future this has serious potential not to mention it's hugely attractive and striking. It supports hoard of pollinator insects and birdlife. They have been a gorgeous talking point to the Seed Savers gardens during the summer.

*Barry - Marketing: **Irish Seed Savers Oca***

A very under utilised vegetable in cooking. It's an ideal substitute for baby potatoes but tastes much nicer. Cover in oil, chili flakes, salt and roast in the oven for 15-20 minutes. Serve with some wild garlic pesto and you'll soon be serving them as a side with most dishes.

DATES TO REMEMBER FOR 2022

*Under normal circumstances we hold these events between
March and September*

Community Seed Exchange - Sunday, 6th March 12 - 4pm - TBC

Bring your extra seeds to share on the day, and take home some seeds to plan your garden for the year.

Community Plant Exchange - Sunday, 15th May 12 - 4pm -TBC

Bring your surplus seeds, plants, seedlings and shrubs to share. Meet our team of experts to learn how your support helps protect Ireland's collection of rare and heritage food seeds and fruit trees.

The Great Irish Garden - Sunday, July 3rd - 12 - 4pm - TBC

A day dedicated to showcasing the wonderful heritage seed gardens in full bloom at Irish Seed Savers. Along with garden tours, childrens activities, refreshments, including Irish Seed Savers own organic apple juice, will be available on the day. This event is a great learning, fun and interactive event, connecting all to the wonders of our own natural heritage on the doorstep of East Clare.

Heritage Tour - Tuesday, 16th August - Time TBC

As part of National Heritage Week we will be giving tours of our heritage seed gardens and orchards.

Apple Day - Sunday, September 18th - Time TBC

A day dedicated to showcasing the heritage Irish apple tree collection. Along with orchard tours, childrens activities, refreshments, including Irish Seed Savers own organic apple juice, will be available on the day.



*Pending Covid-19 government regulations notification of these events will be
announced on our website, social media and monthly e-zine in due course
www.irishseedsavers.ie . info@irishseedsavers.ie . 061-921866*

Beetroot

Biatas

Beta vulgaris

i A great way to use small beetroot is roasted whole with a little balsamic vinegar, black pepper and goats' cheese. Perfection!

'Avon Early' Organic

This variety was a stalwart amongst gardeners for a long time. Originally a breeding line from the National Vegetable Research Station in England. It is an early, prolific root, with lovely dark colour and excellent taste and cooking qualities. Can last well into winter.

'Dagger Leaf' Organic

The leaves of this variety, from the 1800's, are indeed 'dagger-like'; narrow, long and graceful. Purple-red in colour with a metallic lustre. They grow in a thick cluster. A beautiful addition to the salad bowl. The roots are smooth and spindle shaped with blood red tender flesh.

'Early Blood Turnip'

A turnip-shaped beetroot, as the name implies. Originating in North America and dating as far back as 1825. It has dark red, sweet flesh with occasional pink areas.

'Early Wonder' Organic

Introduced in 1911, this old variety has semi- globe roots and smooth dark red skin. The glossy leaves make good greens. It matures early but also a single sowing can be harvested over a long period. Here are the descriptions from our staff who did a taste test; moist, 'mouth-watering', 'sweet', 'juicy and tender'.

'Egyptian Flat Top' Organic

A variety of very old heritage, dating back to the 1800's and originating in Egypt. Vilmorin in his crop descriptions in 1885 states 'Exceedingly early variety, best of all early kitchen garden kinds'. This is echoed in modern times by gardener Bob Flowerdew proclaiming it to have 'the best flavour'. Early maturing, smooth skin on wide roots, deep crimson/purple flesh both sweet and tender. Very popular among the staff in taste tests. Grows above the ground, so easy to pull when harvesting.



‘Feuer Kugel’ Organic

A rare, smooth-skinned variety from Switzerland. Described by growers as ‘spectacular; tender bulbs with fantastic flavour and bolt resistant’. Very successful and absolutely delicious.

‘Rotunda’ Organic

The beetroot gets its name from the Italian word ‘rotonda’ meaning ‘round’. The roots grow quite large but maintains its very juicy and sweet, with a distinct earthy flavour.

‘Runde Kugel’ Organic

‘Runde Kugel’ translates from German simply as ‘round ball’. Deep red in colour with a delicious fruity and mild taste. Particularly good raw in salads.

‘Sanguina’

A very productive ‘blood’ red, conically shaped, beetroot. Juicy, intense flesh remains tender and sweet even when quite large.

‘Touchstone Gold’ Organic

Round golden roots with smooth skin and delicious sweet flavoured bright yellow flesh. The colour is retained even when cooked. It’s also a delight in a salad. This variety has been ‘re-bred’ from old seed stocks to create this vigorous, quick growing brilliant yellow beet.

Chard/Leaf Beet

Biataş bán

Beta vulgaris subsp. vulgaris

i Chard has been cultivated for millennia; Aristotle mentions cultivating red chards in ancient Greece. Much more robust, long lasting, versatile and easier to grow than spinach, giving lush greens nearly year-round. Sown April-June either in modules or directly, it will last to the following spring. Young leaves make a great addition to salads while large leaves along with the stems can be boiled, stir fried or steamed. The delightfully different coloured stems will give you a range of nutritious phyto-nutrients.

‘Erbette’

SUPPORTERS ONLY

An Italian heritage variety known for its tender and mild Spinach-like flavoring and texture. It’s leaves and midrib are somewhat narrower than other chards and are wonderful eaten raw while young in salads. Try it the Italian way, lightly braised and tossed with fresh garlic.

‘Midnight Madness’ Organic

Gorgeous deep burgundy leaves and stalks; this visually stunning and delicious chard is from an organic seed company in Ontario, Canada.

‘Ladakh Beta Chard’

The seeds of this variety were brought back to Irish Seed Savers from an international slow-food gathering in Turin, Italy. We weren’t initially sure whether it was going to be a leaf/chard type or a fodder beetroot crop. When grown in our gardens it turned out to be a vigorous, hardy crop with wonderfully large light green leaves.

‘Luccullus’ Organic

This variety is of Italian heritage and was named after the Roman General ‘Lucius Luccullus’ renowned for his splendid banquets and vast gardens, some 2000 years ago. It was introduced in 1914 and won the RHS award of garden merit. Quite hardy through the winter, with heavily ‘crimped’, bright, lush green leaves and white stalks which can almost be like asparagus when cooked. Young flowering stalks in Spring can be used like sprouting broccoli. It has the seal of approval from ‘Scoil Chroi’, in Galway who shared “Lucullus was a big hit with students of all ages, they loved it, devouring it raw”.

‘Orange Oriole’ Organic

This bright and cheery variety came our way from the Baker Creek Heirloom Seed Company in Missouri, USA. It’s a stunning, all-orange stalk selection with delicious leaves and will definitely brighten up your garden.



Quinoa

Cuineo

Chenopodium quinoa

i *Quinoa is a fairly easy and trouble-free crop. Direct sow in drills in April, it grows up to 1.5m tall. Harvest early September. Quinoa is a small grain, a sacred and highly nutritious food of the Inca people. It has been found to contain nearly perfect protein for human consumption together with essential amino acids and it is a good source of calcium and iron. The grain contains bitter saponins (a chemical defence against birds), which needs to be washed out before use.*

‘Rainbow’ Organic

This one is a mix of the many colours of different types of quinoa; tan, red, orange and black. Each type has a slightly different attribute - sweeter or nuttier or chewier.

‘Red Faro’ Organic

From the North of Chile, ‘Red Faro’ is both productive and attractive with red-pink foliage and cream seed heads. Less prone to mould and suitable for our cool, damper climate.



Spinach

Spionáiste

Spinacia oleraceae

i Whilst Spinach is found cultivated in many areas, it has never been found in its wild state. It is thought to have come west, from Persia with the Arabs. Named 'Prince of Vegetables', as far back as the 6th Century. Little wonder that today we find the leaves rich in iron, iodine, carotene, folic acid and chlorophyll.

'Giant Viroflay' Organic

A very old French heirloom variety mentioned in the book 'Les Plantes Potageres' in 1885. Extremely vigorous particularly good for autumn plantings. Large long smooth leaves up to 25cm long. The plants can reach 60cm in diameter. Leaves are thick fleshed, dark green and very flavoursome.



'Virginia' Organic

SUPPORTERS ONLY

Originating in Virginia, USA, this delicious curled spinach also has the added benefit of being resistant to blight. As with most spinach, you'll get better results if you sow in Autumn as they tend to bolt in warm weather.

AMARYLLIDACEAE FAMILY

Leeks

Cainneanna

Allium ampeloprasum var. porrum

i Leeks need a long growing season. We usually sow them in trays under cover in February, ready for planting outdoors in their final bed by the end of April or early May, by which time the seedlings are quite sturdy. If you have a polytunnel, a side bed can be used as a direct sown seedling bed. When transplanting, use a dibber to create a good long planting hole 15cm apart and make sure the soil is very moist, soak before planting if dry.

'Blue de Solaise' Organic

A very old French heirloom variety going back to the 19th Century. Very hardy, holding well over the winter, medium long shafts, sweet flavour and the blue/green leaves turn a beautiful eye catching violet colour in very cold weather.



‘Monstrueux D’Elbeuf’ Organic

A traditional French cultivar grown in the alluvial plains of the Seine river, in Normandy. It has short, chunky stems and lovely bright green foliage, good for autumn harvesting.

‘Verdonnet’ Organic

An old landrace variety originally from Switzerland and being selected and bred by a Swiss farmer. We shared this variety with our friends at Adaptive Seeds in the pacific northwest of the USA where they have undertaken leek trials. This leek has good large stalks, dark green leaves and is hardy through winter.

Onions

Oinniúin

Allium cepa

i *To grow onions from seed; Sow in trays/modules under cover in February. Plant out seedlings approx. 15cm apart in April into really moist soil (water well if dry). Onions need to have plenty of green leaf growth by solstice, when the change in daylight starts the process of swelling the bulb. Harvest when tops have started to die back in August.*

‘Buan’ Organic

Bred in Ireland by Barnie Crombie who was still carrying out onion trials up until the 1980’s when he passed on. However, he had sent seed to the

Russian and English gene banks from which Irish Seed Savers Association received seed and we have been growing and saving this unique variety since. It has performed extremely well in the most adverse conditions for ‘good quality onions’, in an average Irish summer (plenty rain!). They are wonderful large golden bulbs and as the old Irish name indicates have a ‘long life’ - a really good white-fleshed storage bulb, often not sprouting until summer the following season.

‘Lafort’ Organic

SUPPORTERS ONLY

This onion is from the Wellesbourne Gene Bank, UK. It is most probably quite rare. Lafort is a historic family name from the Guyenne region in South West France, now better known as the Dordogne, so this is possibly where the variety originated. The onions are lovely golden tear-drop shaped globes of good size and flavour. Stores well.

‘Paille Des Vertus’ Organic

This variety is a French heirloom also known as ‘Brown Spanish’, a standard variety in Europe for over 200 years. It was said by Vilmorin in 1855 in his famous book ‘Les Plantes Potageres’, ‘That the winter supply of onions for Paris and Europe consists chiefly of this variety’. Now it is rare and very hard to find. The onion is a productive early cropper with flat bulbs up to 10cm across. Full of flavour, brown/copper skin and keeps well.

‘Stamme Gold’ (globe selection)

SUPPORTER ONLY

‘Stamme’ is an old variety from Norway and the word itself translates as, ‘tribe, trunk, sense of belonging, strength and rootedness’. We obtained the original seed from a gene bank and found the variety to be of mixed types but grows well in our short, cool summer. We have been gradually selecting different strains from the original and this is one with gold globe-shaped bulbs. You may find a few that display other traits like slightly red skin or flesh or more flattened bulbs, but you could also start your own Stamme adapted line.

‘Stamme Mix’

This seed will produce a diverse range of onion shapes, sizes and colours. Expect to obtain a healthy crop of round to slightly flattened light golden-umber to brownish purple onions. Stamme was originally a Norwegian onion which we obtained from the Wellsbourne gene-bank, selected for its short production time i.e. early maturity in a long day environment.



Stamme Mix

Red Onions

‘Robelija’ Organic

A vigorous, robust red onion. Good to use both fresh and also suitable for storage. Dark red round-flat bulbs. Matures quite early and is very productive.

Aggregatum Group

Bunching Onion

Oinniún na Breataine Bige

Allium fistulosum

‘Evergreen’ Organic

SUPPORTERS ONLY

This is an easy to grow perennial onion that forms a clump of lush green stems much like scallions and never forms a bulb. To harvest just keep cutting the stems to use fresh. Sometimes known as a ‘Welsh onion’.

Shallot

Seallóid

Allium cepa var. aggregatum

‘Brendan’ (Bulbs) Organic

SUPPORTERS ONLY

Originally donated by a local supporter, now grown for many years at ISSA providing great yields year-on-year. Good-sized flavoursome shallots with golden skin which can be stored for months. Shallots belong to a subspecies of the common onion. They are reproduced primarily vegetatively,

thus we harvest the bulbs for you to plant early-spring, although old lore would say the best time for planting is the shortest day of the year, i.e., in December.

‘Zebrune’ (Seeds) Organic

A superb French heirloom variety. Deliciously sweet and mild and easy to slice. Often called Banana-type shallots for their torpedo shaped bulbs. They have wonderful pink-brown skins and are very productive. They produce good-sized bulbs which are useful for storing.

APIACEAE FAMILY

Carrots

Cairéad

Daucus carota

i *When sowing carrots, it can aid germination if when sowing you cover the seed in a layer of fine sand. They will grow easily in deep boxes which can provide some protection from slugs which can decimate tiny seedlings in the ground.*

‘Erstling Czech’ Organic

This carrot came out of the Czech Gene Bank, bred in the 1940s, a time of expert plant breeding. These deliciously flavoursome and very juicy carrots grow to a medium sized main crop.

‘Giant Red’ Organic

An Italian heritage main crop carrot of great popularity. Large deep orange pointed roots, with excellent flavour and sweetness.

‘John’s Purple’ Organic

SUPPORTERS ONLY

This wonderful variety has been selected from a bunch of orange carrots by John Purves in Oxford in the 1970s. Over time he obtained a pure line of purple roots, quite beautiful and unique, crisp and flavoursome.

‘Kuttiger’

This is an old-type white-carrot, once very common on Europe’s farms, but now scarce. The roots grow huge and have a much more subtle earthy flavour than orange ones.

‘Limburg Yellow’ Organic

Delicious vibrant golden-yellow carrot with crisp smooth flesh. It comes originally from the Limburg province in the Netherlands. Grows vigorously from a spring sowing and good for winter storage. It is also proven by some gardeners to be less prone to carrot root fly than the orange varieties.



‘Manpuku-Ji Onaga’ Organic **SUPPORTER ONLY**

Manpuku-Ji is a temple located in Uji, Kyoto-Japan and Onaga translates from Japanese as ‘having a long tail’.

This striking long-rooted orange carrot prefers good deep soil to grow well. Good for late sowings up to end of June. Very sweet flavour, especially good in Japanese miso soup.

‘Rodelika’ Organic

A great maincrop carrot, dark orange in colour with a wonderful sweet taste. Vigorous growth and strong foliage. This variety is often chosen in Europe to produce carrot juice due to its high brix value (number of grams of sucrose per 100grams of liquid).

Celeriac

Soiliriac

Apium graveolens

‘Giant Prague’ Organic

A variety that goes back to 1871, this is a great winter vegetable with good sized, globe-shaped roots and white flesh. Very tasty in soups and stews or even roasted, with that distinctive ‘celery’ flavour.

Celery

Soilire

Apium graveolens

‘Red Venture’ Organic

A productive plant of succulent red stalks, much more juicy and tender than expected from a red variety. Distinctive in the garden with deep red stems and bright green leaves. The stalks retain their colour when cooked.

Parsnip

Meacan bán

Pastinaca sativa

i *Parsnip is an ancient vegetable, traces of which have been found in archaeological digs in pre-historic sites on the continent. By Roman times it was domesticated, and much enjoyed in Ireland and Britain as a main stay winter food before the arrival of the potato. In an Ancient text of ‘Simple Medicine’ by Platerius, it is recommended ‘raw or cooked’, for those who have just recovered from illness or melancholy. Thus, the perfect antidote to winter blues! It is best to sow fresh seed each year, as parsnip is the shortest-lived of our seeds, the germination rate drops to about 50% by the second year.*

‘Bedford Monarch’ Organic

A rare heritage variety with large broad roots and smooth white skin, sweet and utterly delicious when roasted. Very good canker resistance. A local grower, reported excellent tolerance to

the cold – in the ‘big freeze’ of a few winters ago, after removing the soil on top with a pick-axe, he was able to pull perfectly clean parsnip from the frozen ground with no effort – and delighted in their wonderful flavour. Nicky Griffin, another grower, ‘sows in May, 3 seeds per station, 15cm apart’. Some roots reached 3lb in weight, the size of a man’s hand across but retained that excellent flavour



‘Hollow Crown’ Organic

SUPPORTERS ONLY

Brought to us by our great supporter Liam Gaffney in Nairn, Scotland. Literature tells us it dates back to at least 1820. A wonderful long rooted variety with excellent taste & texture. Don’t be put off by the name as it doesn’t do this variety justice. Hollow crown refers to the top (crown) of the root where the foliage stems from and in this particular variety it sinks down slightly.

‘Suttons Student’ Organic

Introduced to the market in 1861 selected from wild stock and ‘ennobled’ by a Professor at Cirencester Agricultural College. It was then taken up by Suttons, the long-established supplier of seeds in the UK. This variety has long tapering roots of good size and a very pleasant flavour.

‘Viceroy’ Organic

Another rare heritage variety coming originally from an heirloom collection offered by ‘Seeds by Size’ in England. This variety has long tapering roots, sweet to eat and very hardy.

Root Parsley

Petroselinum crispum Subsp. *tuberosum*

‘Halas’ Organic

This is the continental parsley often known as Hamburg parsley. Rather than eating the leaves, this parsley is grown for eating its root. The variety actually comes from Croatia. It has broad shoulders with a conical shape and good flavour. Dig them in autumn/winter and use them as you would parsnips, good roasted with other roots and tubers.



ASTERACEAE FAMILY

Lettuce

Leitís

Lactuca sativa

‘Bath Island Cos’ Organic

This veritable aged lettuce was described in ‘The Gardener’ magazine in 1867, “ought to be in every garden”. Large green crisp juicy leaves with a red tinge, form a loose ‘cos -type’ head. It is hardy, so can be grown through autumn and winter from a late summer sowing.

‘Black Seeded Simpson’ Organic

Large upright plants with abundant crisp, juicy light green crinkly leaves. Adapted to difficult conditions and very slow to bolt, yet holds sweet flavour and tenderness through warm summers and cool winters. This variety is documented as far back as 1850 in England.

‘Garnet Oak Leaf’ Organic

This is an outstanding variety bred by Alan Kapaler in Oregon for organic conditions. It has proved to be a favourite, very hardy, over-winters well (outside, as well as in a tunnel). A giant ‘cut n come’ lettuce with lush deep-red lobed leaves which can be picked all through autumn, winter and spring.

‘Outredgeous’ Organic

This is a wonderful lettuce bred by ‘Wild Garden Seeds’ in Oregon. A large loose leaf but upright cos type head perfect for ‘cut & come’. It is outrageously red, a colourful addition to the salad bowl. Hardy overwinter, also good for spring sowing. Did you know it was the first plant to be grown from seed, harvested and eaten in space?

‘Red Rapids’

SUPPORTERS ONLY

A vigorous and slow bolting loose leaf variety, with crimped red/green leaves. Seed Guardian Mona describes it as a ‘delightful lettuce, that everyone in her household loved’.

‘Rubin’ Organic

A Swiss variety ‘Ruby’ which is very cold hardy, with an upright habit and a loose head of deep maroon leaves, excellent for ‘cut & come’ the year round.



‘Suzan’ Organic

This variety was sent into us by Stephen Marsh, a long-standing supporter of our work. He described it as a ‘beautiful butterhead’. He used to grow it 50 years ago and it was very popular back then. In 2016 he rediscovered it in a catalogue and sent us the seeds. Light green, tasty, big heads with tightly packed fleshy hearts. It is described as a spring/summer sown type, but we sowed in early autumn and it grew fine and healthy under cover.

‘Verde a Foglia Riccia’ Organic

A lovely large loose-curved green leafy lettuce with very crunchy leaves of great texture. Especially good addition to a salad mix. Grows well year-round. Also, donated to us by supporter Stephen Marsh.

Salsify

Salsabh

Tragopogon porrifolius

‘Salsify’ Organic

This is a root vegetable that goes back to the Middle Ages. Harvested in winter it has long tapering roots with a distinct flavour which has been likened to oysters. Delicious in a vegetable stew. If left in the ground, the flower is the ornamental gardeners best kept secret as they bloom all summer long with brilliant large purple daisy-like flowers. The seed heads are puff balls that shine as golden orbs in sun.

BRASSICACEAE FAMILY

Broccoli - Calabrese

Brocaillì

B. oleracea var. italica

‘Verdante’ Organic

We are delighted to be able to re-offer this lovely calabrese of Italian origin. We had some unsuccessful attempts at seed harvests over the past few years, but with the tender and diligent care of Head Gardener Tristan Leinhard we harvested a bumper crop this year. This variety can be grown through summer or in a cool tunnel from an August sowing for winter/spring harvest. It produces a decent-sized head, is tender and delicious and will continue to grow side shoots for several weeks after harvest of the main head.



Verdante

Brussels Sprouts

Bachlóg Bhruiséile

B. oleracea var. *gemmifera*

‘Balbriggan’ Organic

An Irish landrace selection of hardy and vigorous sprouts. It holds its own with whatever the winter weather brings. Overall large plants with numerous big sprouts. Expect some size variation due to it being a landrace, that’s also the beauty of diversity!

‘Dublin Cropper’ Organic

Now an Irish heirloom, probably once grown in the horticultural fields around north Dublin. As the name suggests a great ‘cropper’ of delicious mild-flavoured, medium-sized sprouts that keep on producing all through the vagaries of winter weather.

Cabbage - Headed

Cabáiste

Brassica oleracea var. *capitata*

‘Gortahork’ Organic

This variety has been maintained by three generations of the Sweeney family from Gortahork village in Donegal. The original seed was brought back from Scotland by Owen Sweeney in 1910 and saved ever since. A distinct landrace, large drumhead, winter-hardy cabbage with excellent flavour.

‘Irish Savoy Drumhead’ Organic

Beautiful dark green savoy heads of

medium size that are winter-hardy. Grown out from our native Irish collection.

‘Mayo Common’ Organic

The seed for this cabbage came from a project in the 1980’s, collecting ‘on-farm saved’ seed crop varieties. This particular ‘common’ or large headed Dutch-type came from farms in Knocknakillew, near Ballinrobe, Co. Mayo. Sown late-spring it produces mighty heads, light green in colour. Over-wintered well and in fact some heads were still compact and harvestable well into the following season, even as we were harvesting seed from neighbouring plants. Very useful genetic diversity!

‘Shetland’ Cabbage/Kale

This is the oldest known local vegetable variety in Scotland, grown on the Shetland Isles possibly since the 1500’s. The heads are quite open, the green leaves tinged a beautiful pink-purple, deepening as winter progresses. The outer dropped leaves were traditionally used as animal feed. Due to the extreme weather on the Shetlands, the cabbage seeds were planted in “*Plantie Crubs*” (small circular stone-walled enclosures) before transplanting into larger fields, also enclosed in stone walls.

This rare cabbage grew beautifully on a windy hillside in Clare, hardy right through the winter. The cabbage itself has a distinctive peppery taste that was once a prized ingredient of mutton stew on the Northern Isles.

‘Spring’ Organic

From our native Irish collection, these particular Spring cabbages were grown and collected in and around Cork city. Lush tender greens and small pointed heads all through spring. Will produce even in hard winters.

i Sow spring cabbage end of July/ beginning August for the following Spring in modules and plant out transplants 4-6 weeks later 30-40cm apart. Spring Cabbages were traditionally grown where early potatoes had been dug.



Cabbage – Cut & Come

Cabáiste

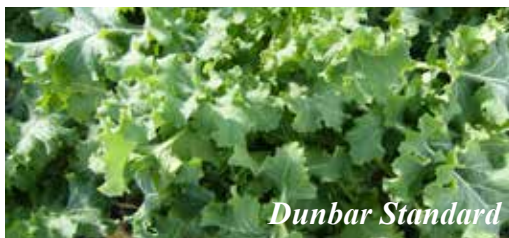
Brassica Oleraceae var. acephala

‘Delaway’

A popular native Irish ‘cut & come’ cabbage with great resilience even in difficult growing conditions like waterlogged soil or exposed places. It provides delicious purple/green tender crinkled leaves that can be picked for several months and go on producing more. A lovely addition to the winter garden.

‘Dunbar Standard’ Organic

These are lovely strong plants with large luscious dark-green leaves that can be picked from summer to late the following spring. So sweet and tender they can even be used raw.



‘Sean Flynn’s Westmeath Greens’

Grown originally by Sean Flynn of Killucan or Cloughan, Co. Westmeath, we trialled this cut and come variety in 2020 and found it worthy to save the seed in 2021. A mild flavored medium sized cabbage green with a lightly crinkled semi-flat leaf.

Winter Greens Mix

A mix of different varieties of kale, cut and come greens and mustard leaves; Can be sown often and used when small for baby leaf, tangy-salad leaves or thinned out and left to mature for delicious, nutritious winter greens.

Cabbage – Red

Cabáiste

Brassica oleracea var. capitata

‘Langedijke Red’ Organic

Beautiful medium-sized solid heads of red cabbage with mild flavour and intense colour. Stands well over winter with little loss to frost.

Cauliflower

Cóilis

B. oleracea var. botrytris

‘Winter Roscoff’ Organic

This great cauliflower which produces magnificent curds, was collected in Co. Dublin from an elderly farmer in 1982. Kim Tyler told us ‘It is super reliable year after year, can’t remember when I received seed from you but it’s the only cauliflower I grow now, it’s so good!’ Sow July/ August and plant out in September for an early crop the following spring; can also be grown in tunnels over winter for an even earlier crop.

i *Crops that are primarily for winter use, we sow in early summer. This spreads both the workload and propagating space. Hardy crops like kale/swede can be sown outdoors. We use module trays and transplant; but you can also direct sow, though crops are then more vulnerable to slugs. For baby leaves for salads, they can be sown up until September.*



Kale

Cál

Brassica oleracea var. acephala

‘Friesland Palm’

SUPPORTERS ONLY

This rare landrace kale from the Friesland area of northern Germany can no longer be found in commercial catalogues. ‘Highly praised and almost gone’ according to Reinhard Lühning, he continues poetically ‘In the shade of the East Friesen Palm we cannot stroll under the southern sun but we enjoy the green all winter long’. A very tall curly kale that can be harvested from late summer all the way through the winter and into the following spring.

‘Red Russian’

A very tender great flavoured Russian heritage variety. Big oak shaped leaves with a red tinge, especially after frost. Exceptionally resistant to cold.

‘Siberian’ Organic

Compact plants with lots of tender curled blue/green leaves that keep going all winter. Fast growing and one of the hardiest kales. Leaves sweetening after frost. Grown by Jason Horner, Market Gardener and Seed Guardian, who said ‘customers found it very tasty’ and he could barely keep up with demand at the market.

‘Thousand Headed’ Organic

Very productive 1m high kale originating in the west of France prior to 1865,

known as 'Branching Borecole'. Easy to grow, plain leaf kale with spreading foliage. Winter hardy, particularly suited to our climate, reliable and very tolerant of poor soils. Supporter, Hilary Killops, suggests eating it 'Lightly steamed and served with a sauce of yoghurt and a little chilli pepper.'

i *Remember when kales start producing flowering shoots in spring these can be pinched off and eaten like sprouting broccoli.*

Kohlrabi

Cálráib

Brassica oleracea Gongylodes group

'Superschmeltze' Organic

A German heritage variety of champion size, originally from Schmeltz. It remains tender and buttery even when it grows very big. Rich soil and of plenty space is required for this mammoth vegetable.

Radish

Raidis

Raphanus Sativus

'Black' Organic

SUPPORTERS ONLY

A large white root with thin black skin and crisp pungent flesh. Very cold hardy and can be harvested through the winter after a late summer planting. The roots sweeten when cooked. Excellent disease-resistance and easy to grow.

'Gelb' Organic

SUPPORTER ONLY

The original seed came to us from Arche Noah, the Austrian Seed Savers Organisation. This is a round yellow radish and has a delicious sweet flavour. Favoured by our seed officer Deirdre Morrissey, due to its medium heat and sweetness.

'Violet de Gournay' Organic

First listed in seed catalogues in 1885 and is still going strong. The long, cylindrical roots have the most beautiful purple skin and a mild, sweet, white flesh. A great winter storage radish.



Swede

Svaeid

Brassica napus

i *These are a much-undervalued vegetable these days being so easy to grow and very, very hardy, left in the ground all winter for harvesting when needed. Full of nutrition and almost as versatile as the spud; you can boil, mash, roast or even make chips with swede and it's a great addition to soup. I've even had swede grated in salad and as an ingredient in a delicious cake. They also long predate the pumpkin as the Halloween lantern.*

‘Bangholm Swede’ Organic **SUPPORTERS ONLY**

During the early 1960’s in Ireland, Teagasc carried out swede variety trials which included ‘Bangholm’ (of Danish origin), ‘Tipperary’ and ‘Best of All’ among others. Bangholm had an 8% higher yield than the control crop. The trials report writer commented that ‘although their superiority for yield had been well established, they had not yet been accepted by all farmers owing to their relatively smaller size and darker colour than farmers were accustomed to’. We found them a great all-round Swede. If you try them do let us know what you think!

‘Best of all’ Organic

A traditional Swede/Turnip, with purple and white skin growing to a good size. Golden flesh very sweet and tasty, lasting well into spring before going woody, all round ‘excellent’ as described by a supporter. Madeline at Brown Envelope Seeds trialled it one winter in conjunction with popular commercial varieties and it came out ‘Best of All’.

‘Ellen’s’ Organic

This is a rare old landrace variety. It was maintained by a family in the mountains of the Swabialb Region in Germany. This swede is a lovely uniform, very sweet medium-sized root with great flavour. It has good resistance to boron deficiency.

‘Major Doon’ Organic

In 2018 we carried out a comparative trial between ‘Major Dunne’ and ‘Major Doon’, to try and ascertain if they were one and the same variety but with different name spellings as can often be the case. The Major Doon seed was acquired from The Heritage Seed Library in the UK who in turn had received it from a donor, Joseph McKeen, who sent them the seed of this Scottish heritage variety when he discovered he could no longer buy it commercially. It’s a superb purple-topped, globe swede with an excellent sweet flavour. It’s great raw and stores well – if you don’t eat them all straight away of course! In the absence of DNA testing, we concluded that Major Dunne & Major Doon are one and the same.

‘Six Mix’ Organic

We grew out all the six native Irish swede varieties together so we could do botanical descriptor work on them. This seed is then a mix of all those six varieties and there may be some interesting surprises if the flowers were cross pollinated!



‘Western Perfection’ Organic

A popular variety grown in Cork and donated to us by Eddie Lucey. A round, medium sized swede/turnip with purple/magenta skin and delicious golden flesh. Good disease resistance and very hardy even in exposed locations.

‘York’ Organic

Sometimes known as York Purple Top, it has the distinction of being grand champion at the Royal Winter Fair in Toronto. Smooth, uniform, fine quality roots with purple shoulders and sweet yellow flesh. Small to medium in size and excellent winter keeper.

CUCURBITACEAE FAMILY

Courgette

Cúirséad

Cucurbita pepo

‘Black Beauty’ Organic

An Italian heirloom also called ‘Nero di Milano’, with cylindrical, smooth, dark-green fruits best eaten about 15cm long. It is a bush variety with open growth and is quite early maturing.

‘Blanche De Virginie’ Organic

A French heirloom, full of delicate surprises. Small, clear pale-green fruit with a pleasant fruity flavour. ‘Carpaccio’ is a great way to enjoy this gem – cut into thin vertical slices,

marinate with olive oil, lemon, salt and pepper and grilled briefly on both sides. Garnish with fresh coriander.

‘Cocozelle’ Organic

An heirloom from Italy going back to the early 1900’s. It is a productive bush type with cylindrical fruit, dark green striped with pale green/cream skin and lovely tender yet firm flesh. Best picked for eating approx. 20 cm long.

‘Costata Romanesco’ Organic

A popular Italian heirloom courgette. A dark long green fruit that can reach up to 60cm in length but remain wonderfully tasty and tender. The fruits are distinctively ridged and look very decorative when sliced and cooked. The plants are vigorous so give them plenty of space, they will produce well through the whole season, outdoors as well as under cover.



Costata Romanesco

‘De Nice à fruit rond’ Organic

SUPPORTERS ONLY

Round light green glossy courgettes of French heritage. A prolific producer. Tender and fine flavoured. Common in Italy as a stuffed vegetable.

‘Gene Bank Marrow’ Organic

We had seven seeds in a packet from a German Gene Bank, dated 1999, the place of origin, Sweden, the description ‘vegetable marrow’. The six that germinated grew amazingly well, quickly covering an entire bed in the tunnel with their small tasty courgettes and also good as the more traditional marrow.

‘Italian Green Bush’ Organic SUPPORTERS ONLY

A heritage variety of lovely long thin green courgettes with some white mottling and striping on the skin. Very tender flesh with pleasant fruity flavour. Produced exceptionally well over a long season.

‘Serafina’ Organic

Reliable bush type, with an upwards growing habit so they don’t take up as much space as other varieties. They are easy to harvest the many shiny, dark-green, slightly marbled fruits over a long season.

Cucumber

Cúcamar

Cucumis sativus

‘Early Russian’ Organic

Introduced in 1845, this wonderful cucumber does as it suggests and starts fruiting very quickly giving lots of short-medium dark green fruit. They have an excellent flavour, mild and sweet and

crisp in texture. Keeps cropping over a long season. This variety is reputed to be quite hardy so may be worth trying outdoors in our short summers.



‘Parade’ Organic SUPPORTERS ONLY

Originally from Russia, this is quite a hardy variety so worth trying outdoors, reputed to be resistant to extreme weather conditions. It can be eaten fresh, has no bitterness but comes into its own as a gherkin i.e., for pickling and storage. Fruits are about 12cm and very uniform.

‘Shintokiwa’ Organic SUPPORTERS ONLY

A long Japanese burpless type, tender and sweet even when large. Productive and delicious. Needs to be grown with protection.

‘Tamra Slicing’ Organic SUPPORTERS ONLY

Saved by cucumber breeder Robert Burns, this wonderful open pollinated variety produces plenty of small sized, smooth skinned fruits, crisp and delicious cucumbers. Rare seed so try saving your own next season.

Melon

Mealbhacán

Cucumis melo

‘Green Nutmeg’ Organic

SUPPORTERS ONLY

This is an 1850’s heirloom variety, an early ripening small musk-melon with oval fruit and rough, netted green skin. It holds within a sweet perfumed, pale green flesh. Needs to be grown under cover and yields several fruits per vine.

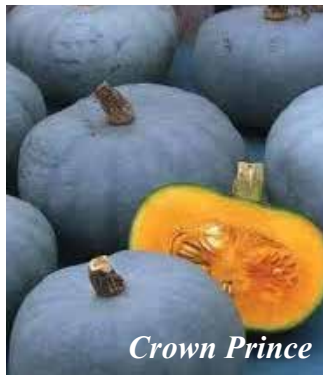
Pumpkin

Puimcín

Cucurbita maxima

‘Crown Prince’ Organic

This variety you will often find listed as an F1. However, it is quite possibly the same as listed by Vilmorin in 1856 as ‘Verte d’Australie’. Mona one of our Seed Guardians has kept her own seed year-on-year and it grows reliably the same each time, so almost definitely not an F1. As like all the blue pumpkins, it hails from Australia. The silvery-blue skin contrasts beautifully with its bright orange flesh. The dense flesh is deliciously sweet and nutty, second to none. Good for storage too.



‘Ebisu’ Organic

A Japanese pumpkin also known as ‘Kabocha’ squash, that grows several small fruits per plant with mottled green skin. The flesh is deep yellow to orange with a firm, fine texture, quite dry with sweet, delicate flavour, not unlike a sweet potato. The skin itself becomes quite tender when cooked so does not need peeling. Excellent keeping qualities. Ebisu is the name for one of the Gods of Luck, so it must be good to have in the garden!

‘Oregon Homestead Sweetmeat’

Organic

SUPPORTERS ONLY

The seed we used to grow this variety was kindly donated to us by supporter Cora Hanley this year and wow what a find! Originally bred by the Gill Brothers seed company of Portland, Oregon, and reselected by Oregon breeder and author of ‘The Tao of Vegetable Gardening’ Carol Deppe for cool soil emergence, large seeds, thick flesh, long storability, and vigorous growth, even in cool conditions. Sweet, thick delicious flesh with beautiful slate blue/grey skin.

‘Queensland Blue’ Organic

SUPPORTERS ONLY

Australia is the land that gave birth to the Blues - at least in the world of squash and pumpkins. This one both looks and tastes great and does so for an extremely long time, up to two years’ storage life, due to a thin but very hard shell.

‘Queensland Blue’ has been around since the 1800s, once favoured for “Grabeen Gullen Pie” by early settlers who hollowed-out the pumpkin and filled it with joints of possum and baked it in a bed of hot coals. We prefer ours in soups and curries!

i *Pumpkins and squash can take up a lot of ground space with their trailing growth habit so it can be beneficial to poly crop with a crop like sweetcorn that is tall and upright casting little shade on the crop below. Make sure you plant the pumpkin away from the corn so the roots are not in competition. Some growers prefer to support them growing upwards like cucumber but with the bigger fruits they need a net hung to take the weight.*

Squash

Scuais

Cucurbita moschata

‘Black Futtu’ Organic SUPPORTERS ONLY

A delightful Japanese heirloom squash with deeply ribbed skin. Very dark in colour when young appearing almost black but turns a warm buff orange colour as it cures. Its taste is slightly nutty and has been compared to roasted chestnuts with a smooth and creamy texture.

‘Pink Banana’ Organic

Also called ‘Mexican Banana’ and ‘Plymouth Rock’, this heirloom was introduced in the USA around 1893. The fruits are, well, kind of banana-shaped, cylindrical rather than round, the skin turning pink-orange as they ripen. The skin is quite thin, smooth and velvety which makes them very attractive (and you don’t need to peel for roasting or soup making). Golden orange flesh is thick, firm, sweet and ‘superbly fine tasting’. It melts in the mouth. Each plant can produce several large fruits. A good keeper as it stores for up to six months. For Supporter Kim Tyner it gave a ‘bumper crop outdoors, grown under sweetcorn, tastes super and so easy to cut and cook.’



‘Waltham’ (Butternut Squash) Organic SUPPORTERS ONLY

Lightly tanned, smooth skinned, bottle-shaped fruit. Fine-textured golden orange flesh. A vigorous and dependable variety producing between four and seven fruits per vine. Small seed cavity with low seed count, so it’s well worth saving your own. Exceptionally good keepers.

FABACEAE FAMILY

Broad Bean

Pónaire leathan

Vicia faba

i Broad beans or favas are ideally suited to cool climes, thus a good choice for Ireland. In fact, if the weather is too warm, they will not flower and set pods so best grown either overwinter or from and early spring sowing. The beans are high in plant protein, dietary fibres and essential vitamins and minerals. They can also be made into a lovely hummus dish, no need to import other beans from far off places for this!

‘Bob’ Organic

SUPPORTERS ONLY

Gifted to us by a Hungarian supporter with little more than ‘Bob’ on the packet, we were intrigued. Our seed guardian Colm O’ Driscoll and his team at Airfield Estate, Dublin grew these beans out for us. They resemble the Windsor type broad beans (shorter pods with smaller rounder beans). Having done a little research we found that ‘Bób’ is the Polish word for broad bean and these smaller beans are often used in a traditional ‘Bób Salatki’ or Broad Bean salad, tossed with olive oil & fresh herbs for a light and protein rich dish.

‘Londonderry’

This variety came from the British Heritage Seed library, but presumably

has Irish origins. The plants grow well and are very hardy, producing long pods with four to five creamy beans. Suitable also for Autumn sowings. Don’t forget to stop and smell the flowers, they have a wonderful perfume scent.

‘Oldambaster’ Organic

A Dutch heritage variety from the province of Groningen. Medium pods packed with beans growing up the whole stem, thus very productive. Good for both autumn and spring sowing. Unusually, the plants have pure white flowers: they smell divine.

French Beans

Pónaire Fhrancach

Phaseolus vulgaris

i It can be good to grow both a bush and climbing variety especially if you enjoy beans fresh. Bush or dwarf types start producing beans a lot quicker than the climbers so give an earlier crop and finish quickly and the climbers will then start cropping over a longer season. For dried beans to store for winter soups and stews (or for next years’ seed), leave the pods as long as possible on the plant until they are brown and parchment like before picking.

French Beans - Dwarf Varieties

‘Buerre De Roquencourt’ Organic

SUPPORTERS ONLY

Named from the French town situated

in rich, farming country, this yellow-pod wax bean yields well in most climates (the pods remain yellow and don't turn green as they mature). The beans are uniform in size, slim, stringless, crisp and firm with fine flavour.

'Golden Rain' Organic

A prolific dwarf variety. Uniform plants with yellow pods and golden/brown beans when mature. We trialled them in 2020 at Capparoo and then our very reliable seed guardian Colm O Driscoll grew them on at Airfield Estate to bulk up our supplies.

'Jersey' Organic

This dwarf variety has been grown for generations in the Channel Islands, an essential ingredient when dried, for a local dish called the 'Jersey Bean Crock Pot'. The flat bean pods are stripped, very productive and can be eaten either fresh or matured and dried.

'Pencil Pod' Organic

SUPPORTERS ONLY

This variety was one of the first stringless, round podded introduced circa.1900. Each vigorous plant produces black seeded, golden yellow pods, reaching up to 18cm (7") long. This heritage variety is great for early sowings and crops reliably throughout the summer.

'Princesse Danish' Organic

This bush bean came from one of the European seed shares and is a traditional

variety for 'drying beans', the plants are healthy and uniform. Leave pods on the vine for as long as possible until they have dried to a parchment. The lovely amber-brown beans inside will need further drying indoors to store for winter to use in soup, stew, casseroles, risotto, etc. Once dried they will need soaking for a few hours before cooking.

'Soyssons Nain Blanc' Organic

Soyssons is one of the most ancient towns in the North East of France beside the Aisine River. This is a rich agricultural valley from which this traditional bush-bean hails.

An upright plant 40cm tall, white cream flowers. Flat oval pods can be eaten fresh or allow the beans to mature, the white seeds can be kept for a dried bean.

French Beans - Climbing Varieties

'Corona d' Oro' Organic

'Heavy cropping yellow pencil-pod type beans, virtually string-less with excellent flavour' says supporter Liam Gaffney who sent in seed for us to trial and save.

'Hunter'

SUPPORTERS ONLY

A classic variety of French bean, heavy yielding with a wide, flattened pod, they are tender and reliable. Produce bright green beans that are almost stringless and can grow to around 25cm long. Delicious flavour, they're best picked young to enjoy at their most tender.

‘Irish Connors’ Organic **SUPPORTERS ONLY**

Irish Seed Savers supporter Liam Gaffney passed us some of these seeds which he had originally acquired from Canadian, Kelly Gilliam, founder of Populuxe seed bank in Alberta. Kelly had been given 10 seeds of this heirloom variety to grow on and preserve, the history coming with them is of a Ken Connors who was born in Ireland in 1898, his family had moved to Boston, MA in 1900 and then eventually settled in Vancouver. The family is still around, in British Columbia and to this day continue to maintain this variety. A rare find that performs well under cover and outside producing a wonderful rich chestnut brown coloured bean. Vigorous and healthy with flat, green, tender and string-less beans that were ‘delicious’ (Kelly Gilliam). They retained taste post freezing. Dried beans brown, shelled beans from mature pods are white.

‘Klosterfrauen’

A rare variety from Switzerland dating back to 1912. This climbing bean produces many quite short, wide, flat pods that can be eaten green. Left to mature, the beautiful two-colour dark red and white beans develop, which are delicious when podded and cooked.



‘Mr Ferns’ Organic **SUPPORTERS ONLY**

This variety has greatly impressed our seed guardian, Market Gardener Jason Horner, who told me it thrived and produced far better than his usual commercial variety in a poor summer. Originally donated by a supporter as one of his favourites, Mr Ferns has beautiful pink flowers and tender green beans that hold well.

‘Mrs Fortune’s’ Organic

Given to Doris Fortune (hence the name) by the head gardener at Windsor, then to the Heritage Seed Library, UK. This lovely climber has pale blue flowers, smooth green and blue/purple mottled pods that darken as they mature. Stringless pods, a delicious fresh shelling bean, but also good dried.



‘Pam’s Speckled’ Organic

Donated to us by supporter Pam from Wales, who has saved this beautiful bean for 20 years which originally came from China. Pods are stripped red and have quite a lot of variation which is lovely to see. Jason Horner who grew this bean said it is one of the most productive he has grown and was a big hit at the Ennis farmers market with customers. Very sweet tasting beans with good crisp texture.

Runner Beans

Pónaire reatha

Phaseolus coccineus

i *Although runner beans have perfect flowers, they need to be ‘tripped’ by insects for pollination to occur, especially if you are growing an early crop under cover when there is little insect activity (this is why beans sometimes fail to develop in the early bracts of flowers). This can be achieved by gently shaking the vines or directing a good stream of water spray from a hose.*

‘Black Knight’ Organic

This is a selection from ‘Scarlet’ runner, so the plants have the same attributes. However, this variety produces beautiful dark lustrous beans which can be dried and used in soups and stews. Occasionally a plant may revert back to its origin giving you the more common mauve/black beans!

‘Buton’ Organic

A landrace from Guatemala. These are mixed beans with three distinct coloured beans, white/cream, speckled brown, or speckled black and pink. The flowers also have beautiful different colours; red, white and peach. Strong, healthy plants produce enormous numbers of very sweet and tender runner beans, both long and short, which are delicious if left to ripen and shelled. They also grow well outdoors and have been one of our most consistently popular crops.

‘Painted Lady’ Organic

This gracious lady was catalogued in the R.H.S. dictionary of plants as far back as 1633. Incredible bi-coloured blossoms of scarlet-orange and creamy white, continuing for most of the season. They develop into long fine flavoured green beans. May also be used dried.



Painted Lady

‘Slovenian’ Organic

SUPPORTERS ONLY

Last grown out by one of our seed guardians in 2010 it was time to do another grow out this year. The original seed came to us from local educator and active community man, Pearse O Shiel, from a Slovenian Market. Buff Brown speckled beans from healthy plants with delightful peach and red flowers.



Buton

Peas

Piseanna

Pisum sativum

‘Ave Juan’ Organic

SUPPORTERS ONLY

This is an extremely rare pea bred by a farmer in Catalonia, Spain and named to honour his wife. The variety has been preserved by his grandson, Jesus Vargus. The pea grows up to 2m tall but is well worth the task of putting up support as it has lovely large flowers, then pods of many very sweet big fat peas. The peas, delicious straight from the vine also retain their sweetness when frozen.

‘Blauwshokkers’ Organic

SUPPORTERS ONLY

A unique Dutch heritage variety with stunning indigo-blue pods. Blauwshokker literally meaning ‘Blue pod’. Sweet green peas can be eaten young as mangetout but they are wonderful in soups and stews as was the tradition in Holland and Germany since their introduction in the Middle Ages.

The height (growing to 5/6ft high) and striking bi-coloured purple/blue flowers also add great ornamental value to the garden.

‘Carruthers Purple Pod’ Organic

This pea came from Patrick Carruthers in Co. Down and has been grown and saved there for 25 years. Grows up to 1.6m, lovely magenta-purple flowers

which produce colourful purple pods. The peas are lovely to eat fresh when young but are also great to allow to mature and dry for a winter storage pea.

‘Clarkes Beltony Blue’

SUPPORTERS ONLY

This variety was donated by the Heritage Seed library but is of Irish lineage and was kindly sent into us by supporter Liam Gaffney. It has been grown on the family farm of a Mrs Anderson in Co. Tyrone since at least 1850, possibly longer. A tall pea (160cm), it has pale pink and rich maroon flowers followed by purple pods. The peas have a sweet and smooth flavour. Crops over a long period.

‘Coral’ Organic

A reliable garden green pea, not too tall with good yields producing early with many delicious peas (up to 8 per pod). They hold their sweetness well.

‘Daniel O Rourke’ Organic

An Irish heritage variety originally saved in the Russian gene bank and repatriated to Ireland. It grows quite tall, with prolific small pods and sweet peas, best eaten while young. Good disease resistance, the peas can also be left to mature and dry off to be used as a soup pea in winter.



Daniel O'Rourke

‘Fill The Bucket’ Organic

An Irish pea of distinction, also known as ‘Fill the basket’ or even ‘Fillbasket’. It is listed in the Edmonson Brothers ‘Dublin Seed Catalogue’ in 1921. It was sent to us by John O Neil. His neighbours, the Christies from Tipperary town had grown and saved this variety for over 50 years. Easy to grow small plants 1-1.2m. Very productive with truly delicious peas, certainly enough to fill more than a bucket!



Fill the Bucket Pea

‘Irish Green’ Organic

One of our most popular varieties, also repatriated from the Vavilov Gene Bank in Russia. The plants grow swiftly in our temperate climate, so need good support. They produce an abundance of delicious sweet round peas, described by many as ‘a wonderful crop’. They have good mildew resistance and are less prone to sprouting in the pod in a wet summer.

‘Little Marvel’

SUPPORTERS ONLY

Introduced as Sutton’s Little Marvel in 1900. Vigorous dwarf plants with tightly packed long. Each pod contains 6-7 dark green peas. Produces over long season, so high yielding variety. A dependable heritage variety.

‘Magnum Bonum’ Organic

Translates from Latin as ‘Great Good’, this Pea has been around since 1872 and with good reason. Described as ‘a willing giant of a pea, brimming with health and large luscious pods’. Needs firm supports.

‘Purple Pod Capucijners’ Organic

SUPPORTERS ONLY

The name comes from an order of monks in Holland, who have long been custodians of diverse fruit and vegetables. A tall vigorous plant, so needs good support. It has beautiful pink/white flowers and deep-purple pods. At ‘Scoil Chroi’ school garden in Galway, students enjoyed the purple peas both raw and dried for soup.

‘Robinson’ Organic

A Scottish Heritage variety with long slim pods packed full of up to 11 peas. Outstanding flavour, remaining sweet even when quite mature. Once a very popular variety with exhibitors for such ‘perfect’ pods. Grows quite tall, up to 1.5m and is very productive. It has become ‘famous’ in recent times since Monty Don pronounced it one of his

favourites on a television gardening programme.

‘Russian’ Organic

SUPPORTERS ONLY

Having received these seeds from our friends at a Czech Seed Savers organisation, we carried out a successful trial grow-out in 2019. We then handed them over to one of our trusty seed guardians, Mona, who did a bigger grow out to bulk up stock. She describes them as ‘delicious and very sweet’, when harvested young, amazing long pods with lots of peas, 10-12 per pod. Growing to 6ft high, they also stood well through wet and windy weather, remaining strong and vigorous.

‘Stenu’ Organic

This is a tall pea, up to 2m so needs good support, the word ‘Stenu’ itself means wall or rock in several Eastern European languages - something to grow on perhaps? Gorgeous pink-purple flowers produce pods of up to 8 peas. Lovely eaten young and raw and they sweeten up even more when cooked.



‘Thomas Laxton’ Organic

Named after the famous plant biologist and pea breeder, it dates back to the 1800’s. Quite an early maturing variety with a long harvest season. Particularly suitable to a maritime climate such as ours. 7-9 peas per pod, delicious tasting.

‘Twiggy’

SUPPORTERS ONLY

This variety hails from the ‘Court of Eden Seed Savers’ in Holland. The pea plants are quite remarkable with beautiful extensively curled ‘twig’ like tendrils, which are beautiful for garnishing dishes. Approx. 1.2m tall, pods full, with up to 8 peas. Excellent flavour.

‘Ultra U’ Organic

This beautiful, tall pea came originally from the ‘Northern Irish Organic Garden Society’ having been grown in Ireland for three generations. It needs good supports, but it’s worth the effort, giving a great abundance of large pods filled with the sweetest of peas. Thanks goes to our loyal supporter Liam Gaffney for sending this seed for us to grow on.

Sugar Snap and Mangetout Varieties

‘Luang Prabang’ Organic

A wonderful mange-tout found in a market in Laos, coming to us via Liam Gaffney from Adam Alexander. A wonderful productive crop of green pods from bi-coloured purple and

LINACEAE FAMILY

mauve flowers. Pods (7-9cm) can be allowed to swell and shelled as peas which dry to a stunning brown and speckled purple pea. Average 7 peas to a pod. Plants grow to approx. 2m so they need good supports.

‘Sugar Snap’ Organic

A tall variety of sugar-snap pea so it requires good staking, but it is worth it for an amazing harvest of sweet, succulent, crispy pods. Best eaten when the peas are well-developed, whole pod and all, raw or cooked. This variety was given to us years back by ‘Stormy Hall Seed Company’ to save, as it has been dropped from the commercial seed register.



Edible Sweet Lupins

Lupinus albus

‘Dieta’ Organic

SUPPORTERS ONLY

This is an edible Lupin bred in the UK. It produces protein rich seeds especially for human consumption. It grows up to 60cm tall with spikes of beautiful mauve/white flowers that produce pods with large flat white seeds. Also fixes nitrogen in the soil.

Linseed/Flax

Ros lín

Linum usitatissimum

i Easy to grow, just sow directly in spring, and then from summer to autumn. You will be treated to delicate, satiny, sky-blue flowers each day. Harvest the pods, full of seeds as they dry out in autumn. These are, of course, a highly nutritious super-food, high in fibre and Omega-3 fatty acids, as well as phytochemicals called lignans. You can thresh them using a rolling pin or bottle to crush pods and separate from seed. Beware of bird competition when they ripen.

‘Dr Stewarts’ Organic

The seed of this variety was donated to us by a Dr. Stewart of Bective, Co. Meath. It produces a much larger seed than ordinary varieties of linseed and is low growing which makes it suitable to grow in more exposed locations. It yields very well.



Below we also have the following varieties on offer. Most of the original seed from these varieties came to us from the ‘Vavilov Gene Bank’ in Russia and is listed as having been grown in Ireland for either flax or the seeds although not much else is known of them.

‘IBM’ Organic

‘Northern Princess’ Organic

‘Northern Queen’ Organic

‘Suffolk’ Organic

POACEAE FAMILY

Barley

Eorna

Hordeum vulgare

‘Glasnevin No.1’ Organic

SUPPORTERS ONLY

An improved cultivar bred by Albert Agricultural College Glasnevin with ancestors Spratt Archer x Kenia. A medium length spring barley variety that performed very well when grown out at Airfield Estate, Dublin.

Corn

Abhar milis

Zea Mays

‘Clay Pot’

These seeds came originally from Hopi Elders, the history of this corn goes back to the Anasazi people some 500

years ago. The seed corn was found in clay pots, hence the name. It grows very tall in the tunnel and gives large cobs of varying stunning colours from violet and black to shades of red, yellow, gold and cream truly as beautiful as jewels. This corn is a maize type, more for grinding into flour than eating as a sweet ‘corn on the cob’.

‘True Platinum’ Organic

SUPPORTERS ONLY

This unusual sweetcorn has been bred by Alan Kapular, a plant breeder of what are called ‘Tomorrows Heirlooms’ in Oregon U.S.A. This variety is an open-pollinated one actually bred out from a popular hybrid ‘Platinum Sweet Lady’. The corn is a pale cream colour with a delicious buttery mild- sweet flavour. The seed is almost translucent so a little different to what we expect from the usual varieties of sweetcorn.

Millet

Muiléad

Panicum miliaceum

‘European’ Organic

SUPPORTERS ONLY

A ‘proso’ or ‘red’ millet type, first cultivated in Asia more than 4,000 years ago. Millets were also one of the major grains in Europe in the Middle Ages. Produced for their edible seeds which are high in protein and often consumed in flatbread and porridge or eaten like rice. We found it very easy to grow in

East Clare and it was a stunning addition to the garden. Beautiful panicles with dense clusters of small florets. The shimmering amber/orange seed is also a sight to behold.

Wheat

Cruithneacht

Triticum

Perennial

(Plant breeders' number 3628) Organic
SUPPORTERS ONLY

A perennial wheat variety acquired from Sarah and Andrew of the Seed Ambassadors project who visited Irish Seed Savers back in 2007, from Oregon, USA. Bred by visionary plant breeder Tim Peters, Oregon who has passionately devoted over 30 years breeding plants with a focus on perennializing grains. He recommends sowing in modules from October to December for best yield and planting out between December to February.

SOLANACEAE FAMILY

Pepper-Sweet

Piobair

Capsicum annuum

i To grow peppers successfully in our climate, they really need to be under-cover in a polytunnel, greenhouse or conservatory for the extra warmth and shelter. Sow them in trays February/

early March on heat as they are slow to get growing.

‘Chocolate Miniature’ Organic

Both plants and fruits are mini. With this variety the fruits could almost be mistaken for an unusual tomato. The chocolate refers to the colour of the peppers which is a rich, dark brown/red, rather than the flavour, which is mild and sweet when cooked. The texture and flesh are firm and crisp so this little pepper would be ideal for stuffing with cream cheese and roasting whole.

‘Cuatro Morros’ Organic

SUPPORTERS ONLY

Beautiful, big, blocky, deep red fruit define this Spanish variety of pepper. They have very thick, aromatic, sweet flesh with four distinct lobes that gives the name meaning ‘four hills’ or ‘four noses’. The plants are large and may need some staking, but very productive grown under cover. Ideal peppers for stuffing and roasting. So sweet! Delicious raw also and very high in Vitamin C.

‘Klari Baby Cheese’ Organic

This is an extraordinary pepper. ‘Klari’ being the name of the woman who maintained this ancient variety in Hungary. The fruit resembles a small round of cheese, looking more like tomatoes than peppers, produced in great abundance on compact plants. They benefit from some support. The fruit size ranges from small, like cherry

tomatoes up to 100g, the colour from creamy-yellow to pale green to brilliant red. The flesh is very thick, creamy and sweet, delicious raw or cooked, perfect for stuffed peppers.

‘Lipstick’ Organic

A dependable cropper of rich sweet fruits even in cool summers. The plants are compact but productive (equal or better than many F1 hybrid types). They ripen to a beautiful glossy deep red and are delicious both raw and cooked.

Pepper-Chilli

Piobair sillí

Capsicum annuum

i *When processing the chilli peppers, take care and wash your hands afterwards. The seeds are very irritating so wear rubber gloves to remove and do not touch your face or eyes.*

‘De Rata’ Organic

Also known as bird’s beak chilli and Chile de árbol (Tree Chilli, in Spanish). Plants grow quite tall so need some space but they reward the gardener with a great crop of medium hot chillies, 10,000 to 30,000 on the Scoville scale. The peppers start out green and turn a bright red color as they mature.

‘Elfantenrussel’ Organic

A European heirloom chilli, productive and disease resistant. Quite tall plants with long branches bearing huge

quantities of fruit. The peppers are long and slender starting as dark-green they ripen to a brilliant-yellow. A medium hot and delicious chilli pepper. Supporter Nicky says, ‘I love them, I have bags of them in the freezer as it is so easy to freeze them whole!’



Tomato

Tráta

Solanum lycopersicum

Red Tomato Varieties

‘Alaska Wonder’ Organic (Growing habit-Bush)

A Russian heirloom. This trailing tomato variety is incredibly bountiful, giving large amounts of sweet medium sized tomatoes from each plant.

‘Aurora’ Organic (Growing habit-Bush)

This tomato variety comes from Siberia. It germinates at low temperatures and grows well in cool conditions. The large, slightly flattened fruits are red, juicy and ripen early. The bushes are quite large and so benefit from some sort of support. We trialled some

plants outside in addition to those we grew under cover and they performed extremely well ripening sooner than those indoors!

‘Bodeglut’

SUPPORTERS ONLY

(Growing habit-Cordon/Indeterminate)
Of German heritage, bred in the 1960’s by Paul Vogel & Dr. Rolf Bielau of the Julius Kühn-Institut in Quedlinburg, just north of the Harz mountains, this tomato variety does not appear in any seed catalogue that we are aware of. We obtained the original seed from the Gaterslaben genebank and Seed Guardian Nick Hill grew it out in Carlow in the spring of 2021. A tomato with medium sized red fruits, of thin skins and sweet flavour. If you try this variety, please let us know what you think as we have very little information on it.

‘Dorenia’ Organic

(Growing habit-Cordon/Indeterminate)

This fabulous variety was bred by biodynamic growers in Germany. This rounded-oval shaped plum tomato has good resistance to blight and fruit splitting. Yields very well, with a fresh fruity flavour. Firm skin holds its shape when cut, perfect for salads and sandwiches.

‘Lucky Leprechaun’ Organic

(Growing habit-Bush)

A red coloured Irish heritage variety dating back to the early 1900’s. Stout

plants producing early yielding, juicy & sweet, medium-sized fruit. Cropped very well even in very wet, cool conditions.

‘Maskotka’ Organic

(Growing habit-Bush)

This very early variety, is a compact bush- type with cherry red, juicy fruit, ripening long before the end of June. The flavour a dense, delicious tangy sweetness.



‘Mrs Ruck’s’ Organic

(Growing habit-Bush)

On a visit to the ‘Eden Project’ in Cornwall, seed curator, Jo Newton, saw this bush tomato growing outdoors. Her accompanying friend was reminded of seeing it growing and having tasted it in a walled garden in Brighton when she was a child and remembered the name it being quite unusual. As a true seed saver would she liberated a couple of fruit and we have since sown and grown the crop in Capparoe, Scarriff, Co. Clare. A sprawly bush that gives a huge amount of scarlet, juicy fruit small-medium, mild fresh tangy flavour that ripens early. It turns out Mrs Ruck was the last lady of ‘Audley End Estate’ in Essex (now managed by English Heritage) and had passed on the seed when she moved away.

‘Red Pear’ Organic

SUPPORTERS ONLY

(Growing habit-Cordon/Indeterminate)

This gem of a variety gives high yields of pear-shaped cherry tomatoes. Quite late to start ripening, but once started they just keep on giving with truss after truss. It is a very old heirloom, cultivated since the 1700’s. Lovely balanced flavour of tanginess and sweetness, perfect for salads, the shape creating additional interest to any dish.

‘San Marzano’ Organic

(Growing habit-Cordon/Indeterminate)

Originally from the small town of San ‘Marzono Dul Sarno’ near Napoli in Italy and first grown in the volcanic soils of Mt. Vesuvius. It is a late plum variety, with elongated, thin pointed fruit with a sweet, taste. It is ideal for sauce as it is meatier than others. It has fewer seeds and lower acidity than many other plum types. The skin is quite thick, therefore easy to peel when cooking. Apparently, it is one of the two designated varieties of tomato that can be used to make a true ‘Neapolitan’ pizza.



San Marzano

‘Sweet ‘n’ Bright’

(Growing habit-Cordon/Indeterminate)

A cordon-type, of small salad tomatoes, glossy red globes produced in attractive cascades. The fruit are quite uniform and delicious. A reliable cropper starting early and going on for a long season.

‘Sweet Aperitif’ Organic

SUPPORTER ONLY

(Growing habit-Cordon/Indeterminate)

With its multi branching habit, this red skinned cherry tomato produces excellent yields of delicious, bite sized tomatoes. Thin-skinned with shiny fruits it has a nice balanced flavour of sweet/acid ratio.

‘Tommy Toe’ Organic

(Growing habit-Cordon/Indeterminate)

Bred in the Ozark Mountains of Arkansas this tomato is regarded as one of the tastiest heirlooms. Clusters of 5 - 9 fruit, the size of a large cherry, ripen up the vine over a long season. Red, sweet and juicy, productive and with some disease resistance.

Pink Tomato Varieties

‘Amish salad’ Organic

(Growing habit-Cordon/Indeterminate)

This is a very rare variety coming from the Amish people of Pennsylvania. The fruit is slightly plum shaped. Medium sized, pink/red, giving many trusses full of fruit. They have a lovely fresh sweet

but tangy flavour. Excellent sliced for salads, but good cooked too.

‘Berner Rose’ Organic

(Growing habit-Cordon/Indeterminate)

‘The Rose from Bern’ is a Swiss heirloom well suited to cooler climes. A cordon-type producing thin skinned round pink/red fruit quite large and fleshy that are utterly juicy and delicious. Seed Guardian Mona has been growing this one for years as her family favourite to eat fresh, sliced and cooked, reliable and versatile.

‘Malinowy’ Organic

(Growing habit-Cordon/Indeterminate)

A bumper cropper of very large (300-400g) sweet, succulent juicy raspberry coloured fruit. In fact, ‘Malinowy’ means ‘raspberry’ in Polish where this wonderful tomato hails from. The trusses of this cordon-type were heavily laden early in the season and sweet before ever experiencing much sunshine. The fruit is both perfect for slicing raw with dense flesh for making the juiciest sauces. Thanks again to supporter Liam Gaffney for introducing this one to us. Apparently, the seed had been saved for many years by the grandfather of a Polish man working in Scotland.

‘Rosella’

(Growing habit-Cordon/Indeterminate)

A fabulous variety giving masses of trusses of rosy pink/purple cherry tomatoes with a smoky blush. A

superb flavour with a lovely balance of sweetness and tanginess. It won the RHS award in 2017 as a ‘high yielding nice-sized cherry tomato with good taste’. It also topped the polls at the Irish Seed Savers annual summer tasting session!

Yellow Tomato Varieties

‘Amber’ Organic

SUPPORTERS ONLY

(Growing habit-Bush)

A heritage variety from Russia. Productive and early fruiting bush-type. The fruit are medium-sized and round, ripening to a deep golden yellow/amber, mild and sweet.

‘Dzintare Lasite’ Organic

(Growing habit-Cordon/Indeterminate)

A favourite from the tomato trials of our Latvian collection. A medium, teardrop shaped golden-tomato of incredible sweetness. Yellow tomatoes tend to be less acidic than red ones. A grower in Meath says, “I grew Dzintare Lasite outside in a sheltered spot and they did very well, better than the red ones.”

‘Golden Sunrise’ Organic

(Growing habit-Cordon/Indeterminate)

A favourite of Mona’s, one of our Seed Guardians, who has saved seed of this variety for over 15 years. Early maturing plants give a plentiful supply of round, medium-sized deliciously sweet and eye-catching yellow fruit.

‘Moonglow’ Organic

(Growing habit-Cordon/Indeterminate)

A tomato variety bearing lovely yellow fruits of varying sizes some up to beefsteak-size. They ripen to a deep glowing orange with a pleasant flavour, great for making sauces as well as sliced fresh.

‘Polen’ Organic

(Growing habit-Cordon/Indeterminate)

This seed from Poland was collected by the German Gene Bank at Gatersleben. Plants produce large quantities of small golden, thin-skinned plum tomatoes, still delicious even in November. Stephen Carrington in Wicklow was still harvesting a few one January from a polytunnel. This variety has also fruited well outdoors in the past.

‘Russian Emerald Apple’ Organic

SUPPORTERS ONLY

(Growing habit-Cordon/Indeterminate)

This variety is a real wonder, originally as the name suggests, of Russian heritage, it produces amazing fruit with subtle shades of golden/yellow/green, with darker-green striping. They are large beefsteak type and have a delicious tart flavour with deep sweet overtones. Extremely juicy, perfect for slicing fresh but as a fried or grilled tomato they are sublime. Perhaps the origin of the famous ‘fried green tomato’.

‘Yellow Scotland’

SUPPORTER ONLY

(Growing habit-Cordon/Indeterminate)

Grown originally near Edinburgh, this northern yellow variety has fruited over a long season producing a great amount of medium ball-shaped low acid fruit. Mild in flavour and reputedly cold tolerant. We are grateful to Seed Guardians Leon & Annalise Van Haaren who grew them out at Bohatch in East Clare.

Orange Tomato Varieties

‘Old Flame’ Organic

(Growing habit-Cordon/Indeterminate)

An Old American heirloom from West Virginia dating from the 1880’s. Bi-colour beefsteak-like orange/yellow and streaked red fruits. Ranging in size, medium to large. Incredibly beautiful and they have sweet, utterly delicious, meaty flesh with low acidity. Very productive continuing to fruit well into late autumn.



Old Flame

Purple & Black Tomato Varieties

‘Black Krim’

SUPPORTERS ONLY

(Growing habit-Cordon/Indeterminate)

A Russian Heirloom variety. The large fruits are unique looking, dark red-purple, juicy and have a rich sweet flavour. Popular variety for many chefs.

‘Brown Berry’ Organic

SUPPORTERS ONLY

(Growing habit-Cordon/Indeterminate)

An unusual variety with cherry-type fruit dressed in appealing, earthy-brown skins. More than a novelty the fruits have very good flavour and are semi-sweet and juicy. Indeterminate vines that are sturdy and uniform. Produces over a long season.

‘Gabacho Negro’ Organic

SUPPORTERS ONLY

(Growing habit-Cordon/Indeterminate)

This unusual tomato came to us from a seed saving community in Portugal. The name literally means ‘the Black French Guy’. A striking fruit to look at, oval in shape and has an amazing dark red colour, with darker shoulders. Medium sized and absolutely ideal for cooking delicious sauces. A cordon-type and healthy cropper too.

Salad Leaves & Greens

Duilleoga sailéid

Various species

i *The following crops are very well suited to either early spring sowing or late summer/ autumn sowing, giving fresh nutritious greens for salad and cooking throughout the year. If sown early-summer they tend to bolt (go to seed) very rapidly in response to the long light days, so at least delay sowing until after the midsummer solstice (Around June 21st). Most are very cold tolerant but will grow lush under cover in winter.*

Claytonia - Winter Purslane

SUPPORTERS ONLY

Claytonia perfoliata

An attractive winter salad crop. The leaves and stems are both edible and have a refreshingly succulent mild flavour. Can be used on a cut and come basis, has pretty white flowers which are also edible. Sometimes called ‘Miner’s lettuce’, as it formed a valuable part of the diet of miners in the 1850’s gold rush in America, helping to prevent scurvy when fresh vegetables were scarce. Self-seeds easily.

‘De Vits Lambs Lettuce’ Organic

Leitis uan

Valerianella locusta

Easy to grow, vigorous variety for spring and autumn sowing. Mildew resistant. Has lovely glossy-green leaves that are tender and delicate.

‘February Orchid’ Organic

Magairlín Feabhra

Orychophragmus violaceus

This is a brassica plant also known as Chinese cress and is used for salad or cooking greens. Coming originally from China and made popular by Joy Larkcom’s recommendation. It gives mild but tasty leaves through the winter, followed by beautiful violet flowers in spring which are also edible.

‘Hayachinena Japanese Greens’

Organic

Duilleoga na Seapáine

Brassica rapa

Wonderful mustard greens with lush big, brilliant-green leaves. A delicious flavour, not too strong, especially nice steamed, and served with a lemon juice and soya sauce dressing.

Lambs Lettuce

SUPPORTERS ONLY

Leitís uan

Valerianella locusta

This hardy salad has been cultivated and eaten for hundreds of years. The small green leaves have a soft texture and mild, gentle flavour invaluable in winter salads. Also known as field salad or mâche.

Land Cress

SUPPORTERS ONLY

Biolar talamh

Barbarea verna

Also known as American cress, these dark green leaves have a spicy flavour

like water cress but it is much easier to grow. Compact plants form leaves in rosettes. They thrive in the summer and Autumn but will happily carry on throughout winter due to their cold tolerance. It’s surprising this wonderful plant isn’t grown more widely.

‘Mizuna’ Organic

Mizuna

Brassica rapa var. nipposinica

A Japanese green that grows as a large rosette of finely lobed leaves, crisp with a characteristic peppery flavour that spices up a salad and can also be used in stir fry. To have a continuous supply of young leaves keep cutting regularly.



Mustard Lettuce Organic

B. juncea

Leitís Mustaird

This one captured the interest of many visitors. Brilliant emerald green leaves with curly, serrated edges - most attractive. A great flavour with the distinct mustard hot tang. It can be used in salads or cooked. It’s very hardy and can be grown outdoors all winter as well as under cover, with a long growing season.

‘Red Orache’ Organic **SUPPORTERS ONLY**

Spionáiste eilifleoige

Atriplex hortensis

A beautiful edible leaf vegetable from the Amaranth family. Also known as mountain spinach or orache. New to our garden this year and not very popular, yet, until the word gets out! Surprisingly it has been a source of food since the Mesolithic era. A fast growing, cool tolerant leaf with taste and colour to rival any spinach, it has the added bonus of being bolt resistant. Definitely the new kid on the block.

‘Ruby Streaks Mustard’ Organic **Mustaird ‘Ruby Streaks’**

B. juncea

A lovely ornamental mustard leaf, with deeply-serrated leaves, flashed deep with purple-magenta veining. Quite a tender mild mustard flavour to liven up salads, and good for steaming or stir fry.

Salad Mix

Meascán sailéad

Various species

A wonderful mix of lush cut and come varieties of salads. Including Lettuce, Corn-salad, Claytonia, Mustard Leaves, Pac Choi, Salad Rocket, Endive, Shungiku and Herbs.

Salad Rocket Organic

Sailéad ‘Rocket’

Eruca sativa

A salad green cultivated since Roman times also known as ‘Italian Rocket’.

The nutty spicy leaves give interesting flavour to milder salad leaves. Best grown in cool conditions. The flowers are also incredibly beautiful, delicate creamy stars with purple veins.

‘Shungiku’ Chop Suey Greens **Organic**

Duilleoga ‘Chop Suey’

Chrysanthemum coronarium

A surprise in the salad bowl, flavoursome serrated leaves that taste somewhere between celery and carrots. Grew well over- winter under cover and provided a spectacular display of yellow and orange flowers in early summer that were a big hit with the bees, hover-flies and other beneficial insects as well as visitors – delightful.

‘Tai Sai’ Pac Choi Organic

Duilleoga ón tSín

B. rapa Subsp. Chinensis

A fine sturdy heirloom variety, with long, deep-green leaves, juicy white stems, giving a fresh taste to salads and stir fries.



Tai Sai

‘Winter of Bordeaux’ Endive Organic Endive

Cichorium endiva

Endive is eaten widely on the continent and this French heirloom is a broadleaf type which is easy to grow. Very hardy, so can be used for an over-winter crop. Its crisp furred leaves give nice texture to salads, though they have a slightly bitter edge (this stimulates the appetite). Leaves respond well to cut and come again treatment, making them a most productive winter salad.

i *If you prefer the leaves slightly sweeter, Endive can easily be blanched - exclude light for a few days by either tying up the outside leaves over the centre ones or covering the entire plant with a container.*

Herbs

Luibheanna

Burdock

SUPPORTERS ONLY

Cnádán

Arctium

A robust biennial plant of the Asteraceae family known mostly for its ‘burrs’ which stick to humans and animals alike and a drink of old ‘Dandelion and Burdock’. Purple flowers are surrounded by hooked bracts cleverly enclosing the seeds through winter until attaching themselves to passing animals. Known for its medicinal properties the 17th century herbalist,

Nicholas Culpeper wrote ‘the seed being drunk in wine forty days together, doth wonderfully help the sciatica’ and also ‘the juice of the leaves, or rather the roots themselves, given to drink with old wine, doth wonderfully help the bitings of serpent’.

Coriander

Lus and Choire

Coriandrum sativum

‘Confetti’ Organic

A unique variety with fine, feathery foliage giving all the distinctive taste and aroma of coriander with an extra sweetness and fragrance.

‘Gilgil’ Organic

A hardy annual, with characteristic pungent leaves used in salads, curries and pickles. This variety was bought to us from the ‘Kenyan Seed Savers’, very vigorous and easy to grow. For a constant supply sow direct, little and often from early spring. Coriander has a long history of use; seeds were found in the tomb of Tutankhamen. These days the seeds have been found helpful in lowering blood cholesterol levels.



Dill

Lus mín

Anethum graveolens

‘Sweet Mona’s’ Organic

SUPPORTERS ONLY

Very easy to grow with lovely fern-like, aromatic leaves. Used in salads, with fish, pickles and sauces. The seeds can also be harvested and used for flavouring (particularly in gherkins).

Lovely clear lemon-yellow flower heads which are attractive to insects.

Florence Fennel

Finéal

Foeniculum vulgare

‘Fino’ Fennel Organic

This is a Florence bulb fennel, a wonderfully ornamental vegetable grown for its swollen leaf bases or ‘bulbs’ and edible leaves. Ideal for cool climates. Very reliable, high yielding, quick maturing and bolt resistant producing crisp bulbs with a strong liquorice flavour. The stalks can be eaten raw or cooked like celery and the seeds have a lovely anise flavour.



Parsley

Peirsil

Petroselinum crispum

i *Parsley can survive through our mild winters outdoors but if you want to be sure of a supply of those wonderfully nutritious leaves for soups and salads, dig up a couple of plants at the end of summer and re-plant undercover. Leave it growing a little longer in spring and you will easily be able to harvest some seed from the flowering umbels. Don't forget parsley is slow to germinate and can take up to a month.*

‘Frise Vert Fonce’ Organic

This translates as ‘curled, dark-green’ an accurate description of this old French variety. The tightly curled leaves are held clear of the ground on long stalks for clean and easy harvesting.

‘Gigante d’ Italia’

A flat-leaf Heirloom parsley from Italy, with early seedling vigour and prolific, strong-growing large, open plants. High yielding dark green, lush leaves with rich, sweet flavour. The thick stalks can be eaten like celery.

‘Yerevan’ Organic

A good hardy landrace parsley from an Armenian market place (as the name suggests, Yerevan being the capital of Armenia). Flat-leaved, with great flavour and hardy large clumps, we picked from the outdoor plants all through the winter.

Sweet Cicely Organic SUPPORTERS ONLY

Lus áinleoige

Myrrhis odorata

Sweet Cicely is an attractive plant found in hedgerows and perfect for the herb garden. Umbels of tiny white flower appear from spring to early summer. The fern-like leaves smell of licorice or aniseed when crushed. It has been suggested by some that sweet cicely, as a tea, helps asthma and other breathing problems.

FLOWERS

Bláthanna

Aquilegia/Columbine (Perennial)

Organic

SUPPORTERS ONLY

Colaímbín

Aquilegia

A graceful but hardy plant with purple/mauve/pink, delicate flowers on tall stems above a mound of scalloped foliage. Also known as 'Granny's Bonnet'. Flowers May to June, good for cut flowers, and seed heads can be dried for winter displays. Slugs don't like it!

Calendula Marigold (Annual)

Organic

Lús buí

Calendula officinalis

Your garden wouldn't be complete without these brilliant, cheerful orange and yellow-gold flowers. Flower petals can be eaten in salads. A good



companion plant which has lots of medicinal uses. They self-seed with abundance, so you will have of plenty seed to gift to friends.

Dyers Chamomile (Perennial)

Organic

SUPPORTERS ONLY

Cota tinctoria

A native to Europe and known also as yellow ox eye and golden marguerite. These wonderful flowers have large lemon-yellow daisy heads and grow to 2 feet high.

It is an extremely productive dye plant and the yellows obtained are strong & crisp. Also used for teas.

Electric Daisy 'Bulls Eye' (Annual)

Organic

Nóinín leictreach

Acmella oleracea

A very interesting addition to the garden. Also known as 'toothache plant' and 'Tingflower' owing to the numbing-buzzing sensation delivered to the mouth if leaves or flowers are chewed. Traditionally used in Brazil where they originate as a herbal remedy for tooth pain. The flowers are petal-less and cone shaped predominantly yellow but having a dark 'bulls eye' in the centre.

Electric Daisy ‘Yellow’ (Annual)

Organic

Nóinín leictreach

Acmella oleracea

A completely yellow version of the previous ‘Bulls eye’ cultivar. See ‘Electric Daisy Bulls eye’ for description.



Bulls eye



Yellow

‘Elephant’ Amaranth (Annual)

Organic

Amarantas Eilifint

Amaranth

This is a plant with character and striking beauty. An Heirloom that went to the USA with German immigrants in 1880 but is in fact an ancient grain of both the far East and the Aztecs. The name Amaranth comes from the Greek word for ‘everlasting’. It can grow up to 1.5 m tall, thick maroon red flowered stalk that looks like an upraised elephant

trunk, from whence the name comes. As well as a stunning flower display, the young leaves are edible and late in the season will give a plentiful amount of nutritious high protein seeds.



Elephant

French Honeysuckle (Perennial)

Féithleann Fhrancach

Sulla coronaria

A hardy perennial, once seen never forgotten! 1m high open bush with silver rimmed leaves and fantastic, fragrant, dense- spikes of crimson-red flowers. Rich in nectar and exotic in appearance. Best grown in a sunny position but likes moist soil and is also nitrogen fixing.

‘Grandmothers’ Sweet William

(Biennial)

SUPPORTERS ONLY

Organic

Lus na gile

Dianthus barbatus

An early flowering variety coming to us from Vermont USA. A lovely bright and fragrant mix in shades of pinks, purples and whites. Long, firm stems making it an ideal cut flower through early summer.

Honesty (White Flower) (Biennial)

Organic

SUPPORTERS ONLY

Bláth macántachta

Lunaria annua

This very unique white honesty was donated to us by Philip McSheffrey of Donegal. His Uncle John brought it over from Greenock in Scotland in the 1970’s and the family have grown it since. There was one year when seed harvest failed, but they had given seed to grow to a 94-year-old lady who saved this rare flower from extinction. It has

the most stunning display of pure white foaming flowers from which you can also harvest the shimmering cellophane like seed pods for displays or the ‘silver pennies’ as Philip calls them.

‘Hopi Red Dye’ Amaranthus

(Annual) Organic

Amaranth dearg ó Hopi

Amaranthus

This one came from the Hopi people of Arizona and New Mexico, so called because they used the stems to make a food colouring for their bread ‘Piki’. The leaves can be used like a spinach, and are an excellent source of many vitamins, proteins and trace elements. The plants can grow up to 1.4 m, the flowers a vibrant, rich deep red make a stunning display, hanging in cascades 30-60cm long. Needs some staking.

‘Love in the Mist’ Nigella (Annual)

Nigéal

Nigella damascena

Dates to English gardens since 1570. An easy to grow border flower with lovely, wispy, feathery foliage and attractive flowers in mauve, blue, and white shades. Interesting seed heads that can be dried and the plentiful seeds



can be used as a spice, sometimes as a replacement for black cumin. Self-seeds easily.

‘McAnallen’ Sunflower (Annual)

Organic

Lus na gréine

Helianthus annuus

A remarkably large and robust sunflower. With food or oil crops in mind for the future this has serious potential not to mention it is hugely attractive and striking.

‘Morning Glory’ (Annual) Organic

Glóir na Maidne

Ipomoea purpurea

A stunning twining climber with heart-shaped lobed bright green leaves. Beautiful big funnel shaped flowers of an intense, vibrant purple that keep opening all summer into autumn and look luminescent in the sunshine. Can grow to over 4m high and flowers best with some protection.

Mugwort (Perennial)

SUPPORTERS ONLY

Mongach meisce

Artemisia vulgaris

Once known as ‘The Mother of Herbs’ with many uses. Being very aromatic it is a good insect repellent, indeed even the name possibly comes from old English meaning ‘Midge plant’. A tall plant with yellow or reddish-brown flowers and a silvery fuzz on the leaves, used as a yellow dye, as flavouring in fish and meat dishes or even stuffed in the shoes to ward off travel weariness and fatigue.

Nasturtium

SUPPORTERS ONLY

Gleorán

Tropaeolum

An easy to grow trailing flower in sunny conditions. They are lovely prolific plants with colourful, edible flowers, leaves and seeds. If they take over the garden too much, they give plenty of green matter for the compost heap. Grown around the garden they can help to keep aphids at bay.



‘Oelliet Gem’ Marigold (Annual)

Organic

Buíán ‘Oelliet Gem’

Tagetes

This is an edible variety of marigold, very pungent reminiscent of tangerines. Both leaves and flowers can be eaten in salads or made into tea. The plants are compact so can be grown under tomatoes etc. to help deter pests and to give a bright, vibrant, colourful display of golden-yellow to orange flowers all through the growing season. Not frost hardy.

‘Pinwheel Metamorph’ Marigold

(Annual) Organic

Buíán ‘Pinwheel Metamorph’

Tagetes

These make an absolutely stunning display of dark red, orange and yellow concentric- striped flowers, blooming in vivid profusion from May to October. Tall plants up to 1m high with the pungent smell of the tagetes marigolds that can also help to confuse pests. Given to us by ‘Peace Seeds’ in Oregon, USA.



Plains Coreopsis (Annual) Organic

SUPPORTERS ONLY

Coreopsis tinctoria

Coreopsis is a common wildflower grown in the United States. The plains Coreopsis has a beautiful bi-coloured flower with bright yellow tips on the petals and wine-red centers. As its latin name attests, it also gives beautiful natural dye results. Visitors and butterfly’s alike were attracted to these beauties.

Poppy mix (Annual) Organic

Meascán de Poipíní

Papaver various species

This is a mix of various shades of poppy; pink, magenta, mauve-purple. Some with frilly petals or double blooms! Easy to grow, direct sow, self-seeds easily.

‘Purple’ Poppy (Annual)

Poipíní Corca

Papaver somniferum

A very handsome and cheery large poppy species with lilac petals and dark patches at the base. The leaves are lobed and wrinkled, stems bluish green. They produce large seed capsules. Super easy to save the seeds.



‘Ruby Regis’ Lavatera (Annual)

Organic

Lavatera trimestris ‘Ruby Regis’

A stunning upright bushy annual with masses of deep veined funnel shaped bright pink blooms. Our seed came from ‘Bête de Graines’ seed company in France via former staff member Flora Barteau.

‘Russian’ Sunflowers (Annual)

Lus na gréine ón Rúis

Helianthus annuus

These Sunflowers grow up to 1.5m tall, with huge brilliant-yellow flower heads and dark centers. Despite the size, they are multi-flowering, so make a good show over a long period. They need some support. The seeds are large, so may provide a good food crop too.



‘Savoir se Bree’ Sage (Biennial)

Organic

SUPPORTERS ONLY

Sáiste

Salvia Subsp.

A stunning ornamental sage variety from our friends at ‘Bête de graines’ in France. Growing up to 2m, they created a stunning structural display in our Inis Glas garden. Delightful delicate blue/mauve flowers with that wonderful sage aroma, a real pleasure to behold.

Slovenian Safflower (Annual) Organic **SUPPORTERS ONLY**

Cróch bréige

Carthamus tinctorius

Beautiful thistle-like orange and yellow flowers with an erect growing habit and toothed leaves. Safflower is one of the oldest cultivated crops, used since Egyptian times for dyeing textiles and in food as a cheaper substitute for Saffron. The seeds are easy to save, just pick off the flower heads when completely dry, on the plant, and thresh by hand, using gloves as they are a little prickly.

Sweet Pea **SUPPORTERS ONLY**

Pis milis

Lathyrus odoratus

A traditional old-fashioned mix of colours, pink, white, mauve, purple – with that most lovely evocative fragrance.



Wildflower mix

Bláthanna fiáine

Various species

A mix of brightly coloured annual and biennial flowers which attract butterflies, bees and other helpful insects to your garden or orchard. Flowering from April to September. Included in the mix are; Wild Campion, Foxgloves, Poppies, Linseed, Oxeye Daisy, Small Daisy, Knapweed, Mullein, El Campana, Woad.

Always sow wildflowers on bare cultivated soil with a fine tilth to get them established.

Woad (Annual) Organic

Woad

Isatis tinctoria

Woad has been used for centuries to obtain a blue dye, it is said a hundred weight of leaves yields 10 lbs of dye and is quite an elaborate process to extract. However, it is easy to grow this ancient plant and, as Richard Mabey describes in one of his books, ‘worth having in the garden’. An attractive plant with 1m high stems, long succulent leaves which shine like stained glass, with inner blue; foamy clusters and brilliant-yellow flowers. Pendant fiddle shaped seeds which may also turn blue/purple in wet weather.

Tubers

Oca Organic

SUPPORTERS ONLY

Oca

Oxalis tuberosa

These perennial tubers have been cultivated in Peru & Bolivia for thousands of years. Used very much like the potato tuber, they are very popular in parts of South America and New Zealand. The plants themselves are quite ornamental with edible leaves and beautiful brilliant yellow flowers while the tubers are knobbly in shape and can be pale yellow or pink in colour with a distinct, lemony flavour. Particularly delicious when roasted. Harvest the tubers after the frost has completely killed off the leaves and flowers, usually from late October onwards. Another plus is that they don't suffer from many of the diseases and viruses that affect the potato.



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Tree Grafting, Getting started in your Polytunnel
Natural Skincare: Spring time Detox & Rejuvenate, Pollinators
Botanical Beauties: From growing a healing flower garden to Botanical Art

May & June

Composting & Green Manures, The Art of Fermentation, Scything
Beekeeping, Herbal Medicine Making: Blooming Summer
Creating an Orchard, Organic Gardening & Soil Health
Making the most of your Polytunnel
Rewilding your Garden: Ecological Restoration, Sea & Land Wildcrafting



We share our knowledge so you too can make a difference. We get very positive feedback from participants who are delighted with the hands on expert tutors, sharing their years of experience. The weekend format also offers you the opportunity to meet like-minded people and to spend some time in our gardens, orchards and woodlands in beautiful East Clare.



*Black Futtu
squash*



*Lavatera Ruby
Regis*



*Red Pear
Tomato*



*Robinson
Pea*



*Moonglow
Tomato*



*Tamra
Cucumber*



*Shungiku Chop
Suy Greens*



*Spring
Cabbage*



*Green Nutmeg
Melon*



*Mrs Rucks
Tomato*



*Nigella Love
in a mist*



Pac Choi



*True Platinum
Sweet Corn*



*Viceroy
Parsnip*



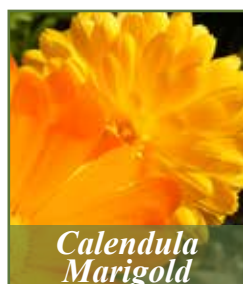
*Winter Roscoff
Cauliflower*



*BleuDeSolaise
Leek*



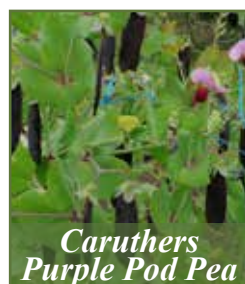
*Tagetes
Marigold*



*Calendula
Marigold*

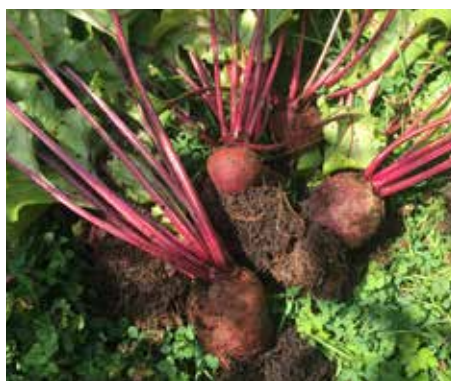


*Soissons Nain
Bush Bean*



*Caruthers
Purple Pod Pea*

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An Roinn Talmhaíochta,
Bia agus Mara
Department of Agriculture,
Food and the Marine

