

VARIETY	Feuer Kugel	
CROP	Salad Beet, <i>Beta vulgaris</i>	
SEED GROWERS	Johann Kleinsasser and Rebecca Ivanoff	
NOTES:	Selected by Johann and Rebecca at Whole Circle Farm for great taste, great leaves with strong petioles for bunching, long storage, & dark red roots with light red rings. A crop that was grown by farmers across Ontario as part of the Vegetable Seed Producers Network.	



VARIETY	Blushing Not Bashful
CROP	Salad Beet, <i>Beta vulgaris</i>
SEED GROWER	Fruition Seeds, Finger Lakes of New York State
NOTES:	<p>Imagine the sweetest beet you've ever tasted, with pearlescent concentric rings &amp; a blush of rose! These white fleshed, pink petioled beets are high in geosmin, the earthy taste of beets. Solveig Hanson selected this beet alongside dozens of farmers and eaters in Wisconsin, as she studied beet breeding and flavor with Irwin Goldman at University of Wisconsin, Madison, as well as for the untold generations of humans and beets who have been co-adapting with each other for millennia.</p>



VARIETY	Evansville Ember	POTENTIAL for REGIONAL ADAPTATION
CROP	Salad Beet, <i>Beta vulgaris</i>	
SEED GROWER	Fruition Seeds, Finger Lakes of New York State	
NOTES:	<p>Selected for scarlet red flesh, this beet variety became a kaleidoscope of glowing embers with low levels of the earthy taste of beets. Solveig Hanson selected this beet alongside dozens of farmers and eaters in Wisconsin, as she studied beet breeding and flavor with Irwin Goldman at University of Wisconsin, Madison, as well as for the untold generations of humans and beets who have been co-adapting with each other for millennia.</p>	





VARIETY	Olympic Red
CROP	Kale, <i>Brassica oleracea</i>
SEED GROWER	Angie Koch, St Agatha, Ontario
NOTES:	An open pollinated alternative to the popular hybrid, RedBor (F1) that many market growers rely on. Olympic Red was bred by Nash Huber in Washington State to be a farm work horse to have good productivity, flavor and disease resistance.





VARIETY	White Winter Kale Sprouts
CROP	Kale, <i>Brassica oleracea</i>
SEED GROWER	David Catzel, Aldergrove, BC
NOTES:	An accidental cross between OP brussels sprouts, collards, and kales. Selected for variegated leaves, winter hardiness, and lots of spring sprouting. They start off looking like large variegated collards, and are harvested in February to April in BC, as they are sprouting and the colours start to really show.



VARIETY	Alive Vates Grex
CROP	Kale, <i>Brassica oleracea</i>
SEED GROWER	Seven Seeds Farm, Williams, Oregon
NOTES:	A Seven Seeds Farm original variety that is the result of allowing 6 different strains of Scotch curled & Vates kale interbreed. Varieties included Winterbor (F1), Starbor(F1), Easy Pick (F1), Darkibor (F1), Dwarf Blue, Scotch curled, Meadowlark, & Nash's Green. An open-pollinated work-horse kale that is an alternative to modern hybrids.

VARIETY	Bear Necessities	POTENTIAL for REGIONAL ADAPTATION
CROP	Kale, <i>Brassica napus</i>	
SEED GROWER	Fruition Seeds, Finger Lakes of New York	
NOTES:	Developed by Tim Peters from a rare inter-species cross of Siberian Kales and Mizuna. Bear Necessities appears to confuse the swede midge, perhaps due to its super frilly leaves, giving it a clear advantage over other kales.	



		POTENTIAL for REGIONAL ADAPTATION
VARIETY	Fractal Frills	
CROP	Kale, <i>Brassica napus</i>	
SEED GROWER	Seven Seeds Farm, Williams, Oregon	
NOTES:	This is a Siskiyou Seeds original that is a breeding population from a cross between Siber Frills and Frisée with the aim of stabilizing it into a hyper-frilly purple-tinged, purple-petioled fractal fantasy. Very hardy and late bolting.	



VARIETY	Plum in Tokyo v.1
CROP	Salad Turnip, <i>Brassica rapa</i>
SEED GROWER	Fruition Seeds, Finger Lakes of New York
NOTES:	Juicy, sweet and marvelously mild white salad turnips. A cross between Scarlet Queen and Hakurei, Organic Plum in Tokyo turnips mature quickly even in cool, short seasons. Part of Fruition's See(d)ing the Change Project.





VARIETY	Snow in Tokyo v.1
CROP	Salad Turnip, <i>Brassica rapa</i>
SEED GROWER	Fruition Seeds, Finger Lakes of New York
NOTES:	About 75% of Plum in Tokyo are bright ivory with 25% beaming brilliant violet. A cross between Tokyo Market and Hakurei , Organic Snow in Tokyo turnips mature quickly even in cool, short seasons. Part of Fruition's See(d)ing the Change Project.





VARIETY	Tokyo Market
CROP	Salad Turnip, <i>Brassica rapa</i>
SEED GROWER	Seeds of Diversity Canada
NOTES:	Salad type turnip that is delicate yet crunchy with a distinct sweetness unlike other turnips. Originally bred in Japan though since it's an open-pollinated variety it's been adapted to our region!





VARIETY	Rainbow Tatsoi
CROP	Tatsoi, <i>Brassica rapa</i>
SEED GROWER	Dan Brisebois, Tourne-Sol Cooperative Farm, outside Montreal
NOTES:	Dan Brisebois discovered that a mislabeled seed variety had led to an accidental cross-pollination among his tatsoi. But discerning some beautiful traits in the off-types, he set about deliberately selecting for the colorful pink stems and purple foliage that had appeared.





VARIETY	Selma Fino
CROP	Bulbing Fennel, <i>Foeniculum vulgare</i>
SEED GROWER	Adaptive Seeds, Sweet Home, Oregon
NOTES:	An open-pollinated bulbing fennel with great taste. In organic field trials in Maine it was preferred above Zefa Fino and Finale. In organic farm trials throughout western Oregon, Selma Fino is usually the sweetest tasting.



VARIETY	Finale
CROP	Bulbing Fennel, <i>Foeniculum vulgare</i>
SEED GROWER	High Mowing, Wolcott, Vermont
NOTES:	An open-pollinated bulbing fennel that is grown by many in Ontario.



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VARIETY	January King (Pintoise)
CROP	Cabbage, <i>Brassica oleracea</i>
SEED GROWER	Bob Wildfong, Seeds of Diversity Canada, Kitchener
NOTES:	January King cabbage is a cultivar with intermediate morphology between Savoy cabbage and white cabbage. It is known as chou de Milan de Pontoise in France and has been cultivated in England since 1867.





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



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VARIETY	Granat
CROP	Cabbage, <i>Brassica oleracea</i>
SEED GROWER	Bingenheimer Saatgut AG, Germany
NOTES:	A very quick growing yet good storing variety of red cabbage. Stores well till Christmas. Well ribbed healthy leaves. Produces good yields even in areas with a shorter growing season. Produces uniform and easily cleaned heads.



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POTENTIAL for  
REGIONAL  
ADAPTATION

VARIETY	Kalibos
CROP	Cabbage, <i>Brassica oleracea</i>
SEED GROWER	Fruition Seeds, Finger Lakes of New York
NOTES:	Kalibos is simply the most stunning cabbage Fruition has ever seen. Her heads are deep purple and conical with wide, round hips. Kalibos is exceptionally sweet, tender and long storing, allowing for sweet, fresh cabbage so late in the season. Fruition Seeds has collaborated with Blue Heron Farm to select Kalibos for early maturity, excellent head shape, density and flavor as well as excellent storability.



VARIETY	Filderkraut	POTENTIAL for REGIONAL ADAPTATION
CROP	Cabbage, <i>Brassica oleracea</i>	
SEED GROWER	Uprising Seeds, Bellingham, Washington	
NOTES:	An Ark of Taste Heirloom and Uprising's favourite cabbage. Named for the region it hails from, near Stuttgart in southern Germany, it is traditionally a sauerkraut cabbage. It was originally selected in the 1700's, but with the mechanization of the kraut industry in the mid-20th century, it fell out of favour due to its awkward shape.	

VARIETY	Mermaid's Tale v.1	POTENTIAL for REGIONAL ADAPTATION
CROP	Cabbage, <i>Brassica oleracea</i>	
SEED GROWER	Fruition Seeds, Finger Lakes of New York	
NOTES:	<p>Each head of Mermaid's Tale is a vivid spectrum of light lime to emerald heads, each leaf veined lilac-lavender to rich burgundy: a kaleidoscope of color. Diversity unfolds as their conical shape may be sharp or subtle with mild, bright flavor and crisp-tender texture. A cross between Kalibos and an early green cone-headed cabbage, Mermaid's Tale matures quickly, though not all at once, ideal for moving beyond the industrial plant expectations of modernity. Mermaid's Tale v.1 is the third generation of the cross with many, many more to come.</p> <p>Mermaid's Tale is part of Fruition's See(d)ing the Change project.</p>	



POTENTIAL for  
REGIONAL  
ADAPTATION

VARIETY	Golden Acre
CROP	Cabbage, <i>Brassica oleracea</i>
SEED GROWER	Heron Breen, Maine
NOTES:	<p>A refined, open-pollinated cabbage with round green heads encasing beautiful, tender white hearts.</p> <p>Plants mature early and are compact, perfect for dense plantings with tighter spacing while still producing good yields of marketable heads. An excellent standard, OP cabbage.</p>



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VARIETY	Morden Midget
CROP	Eggplant, <i>Solanum melongena</i>
SEED GROWER	Greta's Family Gardens, Ottawa, Ontario
NOTES:	Developed in 1958 at the Morden Research Station in Morden, Manitoba. The dwarf plants are great in both gardens and containers and Morden Midget is one of the earliest large purple fruited varieties available.



VARIETY	Heart of the North	
CROP	Eggplant, <i>Solanum melongena</i>	
SEED GROWER	Kitchen Table Seed House, Wolfe Island, Ontario	
NOTES:	Bred by underground plant breeder Telsing Andrews, who has selected and adapted this population for our northern growing conditions. The plants have a compact growth habit, producing an abundance of small to medium-sized, oval-shaped, deep purple fruits that are rich in flavour. KTSH continues selecting it for early productivity.	



VARIETY	Fristina	POTENTIAL for REGIONAL ADAPTATION
CROP	Lettuce, <i>Lactuca sativa</i>	
SEED GROWER	Adaptive Seeds, Sweet Home, Oregon	
NOTES:	Produces large, dense heads of deeply serrated oak leaves great for cut-and-come-again salads. When the heads are medium sized, they can be cut about an inch above the base, and the handful of lettuce will then fall apart into a perfect bowl of salad. Heads hold up well in summer heat. Shows good field resistance to downy mildew. Suggested as a good open pollinated lettuce for our region by Heron Breen.	



VARIETY	Irene Green Gem
CROP	Lettuce, <i>Lactuca sativa</i>
SEED GROWER	Wild Garden Seed, Philomath, Oregon
NOTES:	<p>One of breeder Frank Morton's favorite lettuces, Irene Green Gem heads up faster and more uniformly than similar gem contenders. OSS! (Open Source Seed Initiative) Pledged Variety. Suggested as a good open pollinated lettuce for our region by Heron Breen</p>



VARIETY	Nevada
CROP	Lettuce, <i>Lactuca sativa</i>
SEED GROWER	Hawthorn Farm Organic Seeds, Palmerston, Ontario
NOTES:	Nevada was the top variety with respect to vigor, flavour, length of harvest, disease hardiness, and germination in the 2020 and 2021 EFAO Farmer-Led Research Trials. A summer workhorse lettuce that stays mild even in the summer heat and it is very slow to bolt.



VARIETY	Magenta	
CROP	Lettuce, <i>Lactuca sativa</i>	
SEED GROWER	Hawthorn Farm Organic Seeds, Palmerston, Ontario	
NOTES:	<p>Magenta was near the top with respect to vigor, flavour, longest harvest, disease hardiness, and germination in EFAO's 2020 Farmer-Led Research Trials.</p> <p>Growers love this open-pollinated variety that is not patented, for its crisp texture, heat tolerance, strong disease resistance and long shelf life.</p>	



VARIETY	Jester	
CROP	Lettuce, <i>Lactuca sativa</i>	
SEED GROWER	Hawthorn Farm Organic Seeds, Palmerston, Ontario	
NOTES:	Grown as part of the Vegetable Seed Producers Network as a desirable crop that could be adapted to our region but was not commercially available in bulk. This impressive lettuce from Frank Morton at Wild Garden Seeds is the result of a cross between Reine de Glaces, Merlot and Flashy Troutback.	



VARIETY	D'Artagnan, Hybrid
CROP	Melon, <i>Cucumis melo</i>
SEED GROWER	Offered by Johnny's Selected Seeds
NOTES:	<p>A newly bred, extra-early Charentais from Jason Cavatorta of Earthwork Seeds. Yes, this is one of the few hybrids in the Showcase Gardens! If any local seed companies are interested in them, D'Artagnan is available wholesale through Harris. Earthwork Seeds is also working on a new OP cantaloupe as well.</p> <p><i>"I was trying to develop a very classic Charentais with really good strong aromatic flavor plus disease resistance against fusarium and powdery mildew. We trialled it in both organic and non organic conditions."</i></p>



VARIETY	Sharlyn Melon	POTENTIAL for REGIONAL ADAPTATION
CROP	Melon, <i>Cucumis melo</i>	
SEED GROWER	Fruition Seeds, Finger Lakes of New York	
NOTES:	<p>Organic Sharlyn Melon is an early melon for short seasons, undaunted by cool nights, that ripens to a white flesh that melts in your mouth with an exquisite pineapple sweetness. A week before her flesh is white she's tinged tangerine in the center and lime on margin with a bright, tropical honeydew flavor, firm yet tender and delightfully juicy. What does this mean? The optimal window to harvest this melon is over one week! This is almost unheard of; we were deliciously sticky for all of August and well into September.</p>	



		POTENTIAL for REGIONAL ADAPTATION
VARIETY	Huerfano Bliss	
CROP	Melon, <i>Cucumis melo</i>	
SEED GROWER	Grown by Hobbs & Meyer Farm for Siskyou Seeds, Oregon	
NOTES:	<p>Developed by Dan Hobbs at Pueblo Seed in Colorado. Orange Honeydew Melon, also known locally as "Huerfano Bliss", is a specialty market melon with outrageous flavor. Though not a great shipper, this is a melon that could be amazing in your CSA or on your market table!</p>	

VARIETY	Sweet Gold	
CROP	Melon, <i>Cucumis melo</i>	
SEED GROWER	Kitchen Table Seed House, Wolfe Island, Ontario	
NOTES:	A prolific melon! Pale green with sweet, juicy flesh on the inside and a canary yellow rind, this canary type melon produces many 2 to 3 lb. fruits. A favourite selected on-farm from seeds passed on from the Heirloom Seed Sanctuary in Kingston, Ontario. A unique variety, not easily available and a great OP canary type melon (most of which are F1's).	



VARIETY	Sweet Freckles	
CROP	Melon, <i>Cucumis melo</i>	
SEED GROWERS	Jennifer Sanders and Karl Amdur, Meaford, Ontario	
NOTES:	A Crenshaw melon, which usually does not do well here, but this one was fab. Bred by Tim Peters of Peters Seed and Research in Oregon, who said that his wife only wants him to grow this melon because it tastes so much better than the rest. Now selected and adapted by Jennifer Sanders and Karl Amdur near Meaford, Ontario!	



VARIETY	Ontario Gold	
CROP	Watermelon, <i>Citrullus lanatus</i>	
SEED GROWER	Jennifer Sanders and Karl Amdur, Meaford, Ontario	
NOTES:	Jennifer and Karl have been working on this watermelon for 8 years. A cross of Golden Midget, Crimson Sweet and Grover Delaney. Our goal here was to create a larger, better tasting watermelon than Golden Midget, but with the same trait of turning yellow when ripe. Also we are looking for smaller and fewer seeds since Golden Midget is a bit seedy. Ontario Gold is larger and better tasting, in our judgement, and just about a week later.	



VARIETY	Sugar Magnolia Pea
CROP	Purple Sugar Snap, <i>Pisum sativum</i>
SEED GROWER	Annapolis Seeds, Nova Scotia
NOTES:	<p>The elusive purple podded snap pea! Bred and selected for many years by Alan Kapuler of Peace Seeds and now by Owen Bridge in Nova Scotia/ Less sugary sweet than the average green snap pea, which leaves more space for the subtle flavours to come through. The tall plants are purple all around, with magenta flowers and deep purple pods. Hyper tendrils for extra grip.</p>



VARIETY	Spanish Skyscraper	POTENTIAL for REGIONAL ADAPTATION
CROP	Shelling Pea, <i>Pisum sativum</i>	
SEED GROWER	Annapolis Seeds, Nova Scotia	
NOTES:	<p>Very tall, 7' tall vines, light green colour. Excellent flavour, very old, late variety. Ken Allen, of Kingston, Ontario, began breeding this pea for productivity in 1977. The first year he grew it it had pods with only 2 or 3 peas per pod, but there were a few 5's so those were saved. Eventually he started getting pods with 8 peas! As the number of peas per pod increased from year to year, productivity and plant vigour also increased.</p>	



VARIETY	Spotlight	POTENTIAL for REGIONAL ADAPTATION
CROP	Snow Pea, <i>Pisum sativum</i>	
SEED GROWER	Fruition Seeds, Finger Lakes of New York	
NOTES:	<p>Large, sweet snow peas, both purple and green! 2 to 3-foot vines, cascading vivid pods with a glorious crunch. About half the pods are bright emerald green, half are deep burgundy purple and a few are beautifully variegated both colours too!</p> <p>These peas are a mix of the varieties Epistro and Merlot which were developed at Cornell University by Michael Mazourek in addition to untold generations of co-adaptive indigenous brilliance.</p> <p>The seeds are grown out separately but close enough to get a few beautiful crosses which are different each year!</p>	

VARIETY	Green Snow Pea	
CROP	Snow Pea, <i>Pisum sativum</i>	
SEED GROWER	Duane Falk and Vita Gaike, Mimosa Breeding and Research Hillsburgh, Ontario	
NOTES:	<p>These are a selection out of a snow pea that Duane has been growing forever. They have white flowers so no anthocyanins and, therefore, no bitterness as the peas get riper. They have tendril leaves and are very vigorous. They are somewhat heat tolerant so keep bearing through most of the summer. They are his favourite snow pea, by far.</p> <p><i>“Duane’s peas are quite honestly the sweetest edible podded pea I’ve ever eaten.”</i> - Angie Koch</p>	

VARIETY	Carouby de Maussane	
CROP	Snow Pea, <i>Pisum sativum</i>	
SEED GROWER	Kitchen Table Seed House, Wolfe Island, Ontario	
NOTES:	This sweet, tender and crispy podded snow pea grows on vines that need to be trellised as they can get to be up to 5' tall. Pods themselves are 5-6" in length - our largest podded pea! Currently Kathy's favourite snow pea, in part because of its stunning bicolored flowers of pink and burgundy. This pea makes an attractive vertical addition to the garden.	



VARIETY	Hinkelhatz	
CROP	Hot Pepper, <i>Capsicum annuum</i>	
SEED GROWER	Backyard Seed Savers, Guelph, Ontario	
NOTES:	<p>Cultivated by the Pennsylvania Dutch since the mid-1880s; name translates as “chicken heart.”</p> <p>Traditionally used for pickling and making pepper vinegar.</p>	



VARIETY	Persian	
CROP	Hot Pepper, <i>Capsicum annuum</i>	
SEED GROWER	Backyard Seed Savers, Guelph, Ontario	
NOTES:	Medium sized, productive plant that is a selection out of peppers from one of Duane's grad students from Iran. The fruit are about the size and shape of a cayenne pepper but only mildly hot. It produces a nice crop fairly early. The fruits are bright red when mature but can be used green for a milder heat. They dry well and can be ground into a nice paprika. This is Duane's go-to pepper for a little heat and flavour without going overboard. If you like more heat, just add more peppers!	





VARIETY	Carrot Bomb
CROP	Hot Pepper, <i>Capsicum annuum</i>
SEED GROWER	Dan Brisebois, Tourne-Sol Cooperative Farm, outside Montreal
NOTES:	Bright orange round hot peppers with moderate heat. 1.5" in diameter. Dan has been selecting these for years out of some Bulgarian Carrot peppers.



VARIETY	Habanada	POTENTIAL for REGIONAL ADAPTATION
CROP	Non-Hot Pepper, <i>Capsicum chinense</i>	
SEED GROWER		
NOTES:	All the floral sweetness of the famous habanero, minus the burn. Bred by organic plant breeder Michael Mazourek at Cornell University, Habanada is the product of natural breeding techniques. This 2-3 inch tangerine fruit stole the show at the 2014 Culinary Breeding Network Variety Showcase, where the fruit was made into a stunning sherbet. This exotic new pepper is sure to be the darling of the culinary scene!	



VARIETY	Aha! Picante	POTENTIAL for REGIONAL ADAPTATION
CROP	Hot Pepper, <i>Capsicum chinense</i>	
SEED GROWER	Fruition Seeds, Finger Lakes of New York	
NOTES	<p>Each plant is a unique expression of deliciously never-before-seen pepper! A cousin of the habanero, savor a spectrum of glossy, searing hot crimson and tangerine fruits in glorious sizes and shapes from sleek, tapered habanero-style to ribbed round beauties to flying saucers and beyond. If you love hot peppers, brilliant colors, diversity and delectable surprises as well as easter egg hunting, Aha! Picante will delight you all summer long.</p> <p>Peppers mature quickly even in cool, short seasons and are part of Fruition's See(d)ing the Change project.</p>	



LOCAL  
SEED

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





VARIETY	Schneider
CROP	Pole Bean, <i>Phaseolus vulgaris</i>
SEED GROWER	Angie Koch, St Agatha, Ontario
NOTES:	<p>Angie was given this bean by her landlady 15 years ago when she started farming on this land. She had been growing it in her gardens - on this same road - for at least 40 years prior. Angie has grown it every year since and it is a delicious and highly productive bean that her CSA members love. It belongs to this land and is a perfect fit for a regional seed showcase garden!</p>





VARIETY	Jimenez
CROP	Pole Bean, <i>Phaseolus vulgaris</i>
SEED GROWER	Greta's Family Gardens, Ottawa, Ontario
NOTES:	<p>Greta's favourite pole bean of all time - perhaps the best bean overall. Ironclad reliable, great yield and raves from everyone who tastes it. Good young, and right up to frost. Never a string. Never tough. Not even when the meaty beans fill the pod. Pretty pods are easy to find and pick. Romano-type pole bean with red-purple streaked pods.</p>





VARIETY	Northeaster
CROP	Pole Bean, <i>Phaseolus vulgaris</i>
SEED GROWER	Hawthorn Farm Organic Seeds, Palmerston, Ontario
NOTES:	This is the earliest pole bean grown by Hawthorn. Vigorous vines produce an abundance of tasty, flat, stringless beans with bright green colour. Will produce until frost. This is the best pole bean we have found for northern gardeners— reliable even in cool summers.



		
VARIETY	6A aka "Mimosa Sunshine"	
CROP	Potato, <i>Solanum tuberosum</i>	
SEED GROWER	Duane Falk and Vita Gaike, Mimosa Breeding and Research Hillsburgh, Ontario	
NOTES:	<p>Selected for taste, yellow flash, smaller plants ideal for mechanical weeding and hilling, early maturity, scab resistance, and all-around cooking quality.</p> <p>This is an unregistered potato variety grown here for research purposes.</p>	



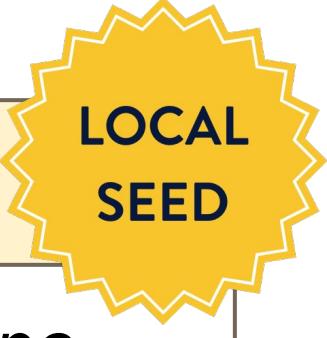
VARIETY	“Orchard Hill Rose”	
CROP	Potato, <i>Solanum tuberosum</i>	
SEED GROWER	Orchard Hill Farm, Sparta, Ontario	
NOTES:	<p>Delicious purple-pink potato bred by Ken Laing for leafhopper resistance and great taste.</p> <p>This is an unregistered potato variety grown here for research purposes.</p>	





VARIETY	Intersectionality Hulless Acorn
CROP	Squash, <i>Cucurbita pepo</i>
SEED GROWER	Fruition Seeds, Finger Lakes of New York
NOTES	<p>Each lusciously sweet acorn squash is filled with delectably hulless confectionary-style seeds, packed with protein &amp; fondly called pepitas.</p> <p>The best of both worlds! An Early maturing plant on a compact bush thriving in gardens and raised beds.</p> <p>From a selection out of a accession from the USDA which came from Oved Shifriss, a plant breeder in New Jersey.</p>



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



VARIETY	Butternut Early Remix	
CROP	Squash, <i>Cucurbita moschata</i>	
SEED GROWER	Hawthorn Farm Organic Seeds	
NOTES	<p>In 2005, Andrew and Sarah at Adaptive Seeds started growing every early butternut variety they could find, including Nutterbutter, Hunter F1, Butterbush, Early Butternut F1, Butterfly F1, and more, allowing them to cross freely. They have been selecting for early ripening and 2-4 lb fruit with a classic butternut shape.</p> <p>Because there were so many parents in this genepool, this variety can be easily adapted to different regions. Kim and Aaron have been growing this out at Hawthorn for about a decade and adapting it to their short season gardens!</p>	



VARIETY	Lofthouse Landrace	
CROP	Squash, <i>Cucurbita moschata</i>	
SEED GROWER	Hawthorn Farm Organic Seeds	
NOTES	<p>A genetically diverse landrace population of winter squash developed by Joseph Lofthouse in Utah and now grown by Hawthorn Farm in Ontario. This landrace population is the result of allowing a large planting of many different varieties of <i>Cucurbita moschata</i> to grow together and cross pollinate. Seed was saved from those that ripened early and had dry, dark orange (nutritious) flesh. There are all kinds of shapes and sizes and most of them ripen to that butternut tan colour. They all taste great and ripen early. We think this is a squash for the future. A squash that has a broad genetic base that will be able to respond to climatic pressure.</p>	

VARIETY	Dr. Wyche's	
CROP	Tomatillo, <i>Physalis philadelphica</i>	
SEED GROWER	Seeds of Diversity Canada	
NOTES	A yellow tomatillo developed by the late Dr. John Wyche in Hugo, Oklahoma. He ran a circus called Cole Brothers Circus and is said to have fertilized his extensive gardens with elephant manure! It was popularized by Suzanne Ashworth (author of the great seed-saving book Seed to Seed) through Seed Savers Exchange. Dr. Wyche's productive plants bear 1-2 inch yellow fruit with more sweetness than the average tomatillo.	



VARIETY	Lucid Baby Mix	
CROP	<i>Tomato, Solanum lycopersicum</i>	
SEED GROWER	Kitchen Table Seed House, Wolfe Island, Ontario	
NOTES	This mix came out of selections of off-types we noticed the first year we grew Brad Gates' Lucid Gem tomatoes. We like the result of the mixed population more than any singular line that has come out of this mix and so we decided to release it for you all try too. A range of sizes from small to large cherries with also a range of colours, bicolors and flavours from mild to very sweet! All are very productive and hold well on the plants.	



VARIETY	Lil Red and Black	
CROP	Tomato, <i>Solanum lycopersicum</i>	
SEED GROWER	Vita Gaike, Mimosa Breeding and Research Hillsburgh, Ontario	
NOTES	A dwarf selection from dwarf red cherry x Indigo black tomato. It is F5 and fairly uniform. Plants are dwarf and have a very thick, strong stem, but they are indeterminate, so just keep growing and can get up to 2m tall! They produce a cherry-size fruit that is nearly black and gets a bit of red showing through when fully ripe. They start bearing early and so produce a lot of fruit over the season. Good tomato flavour and are not too sweet.	





VARIETY	Golden Cherry
CROP	Tomato, <i>Solanum lycopersicum</i>
SEED GROWER	Hawthorn Farm Organic Seed, Palmerston, Ontario
NOTES	<p>These little golden-orange tomatoes are a favourite of Kim Delaney's of Hawthorn Farm. It is the best tasting cherry tomato she's ever grown! A bit more orangey-red than the name suggests, this prolific cherry tomato is one that Kim would love growers to know about.</p>

VARIETY	Opopeo	POTENTIAL for REGIONAL ADAPTATION
CROP	Grain Amaranth, <i>Amaranthus hybridus</i>	
SEED GROWER	Annapolis Seeds, Nova Scotia	
NOTES	<p>Gorgeous red flower heads loaded with white seeds. Excellent variety for grain production, yet also visually stunning for decorative use. Like all amaranth varieties, young leaves can be eaten as a spinach substitute.</p> <p>Heirloom from Opopeo, Mexico, grown and selected for at Yonder Hill Farm in Nova Scotia. This variety performed well and was an overall favourites among the growers during the Grain Amaranth Trials as part of EFAO's Farmer Led Research Program.</p>	

VARIETY	Grain Amaranth	
CROP	Grain Amaranth, <i>Amaranthus hypochondriacus</i>	
SEED GROWER	Offered by Richter's Herbs, Goodwood, Ontario (grown by a supplier in the Midwest)	
NOTES	Grain amaranth that was part of the 2020, 2021 and 2022 Grain Amaranth Trials as part of the Farmer Led Research Program. Though not preferred overall due to the appearance of off-types in the seed, this variety came out on top in flavour and yield! This has lead some farmers to want to select this variety for our region.	



VARIETY	Atitlan Dorado or Guatemalan Gold	
CROP	Grain Amaranth, <i>Amaranthus cruentus</i>	
SEED GROWER	Rony Lec for Hawthorn Farm Organic Seeds, Palmerston, Ontario	
NOTES	Selected for its high yields and overall performance by Rony Eleazar Lec Ajcot from seed he and his community have been growing for millenia in Guatemala. Plants can be grown for their leaves, which give off a pleasant, nutty flavour when cooked, and seeds can be popped in a heated pan. This variety was a favourite during the Grain Amaranth Trials as part of the Farmer Led Research Program	