

Frances Flowers Seed Guide

thank you for planting seeds! planting seeds and growing food & flowers is an expression of hope and revolution! many seeds I share are homegrown, many seeds are purchased in bulk from trusted sources. I will never intentionally share seeds that are genetically engineered or modified. some of my homegrown seeds originate from Certified Organic seed stock, however I am not a Certified Organic grower and therefore will not be labeling the seeds as so. you can trust that I grow all my seeds using only organic elements - coco coir, spent mushroom blocks, worm castings, compost, fish emulsion, etc. each seed comes with its own story and preferred conditions for successful germination and full expression. I have found the most joy in working with seeds because it invites me to journey with the plant through its whole life cycle, from seed to seed. I wish you endless joy and curiosity!

Best Practices

all seeds need moisture and warmth to germinate. some seeds are happily planted directly in the Earth, others preferred to be seeded in a small planter or cell tray and then transplanted after expressing their first true leaves. if the seeds have a preference, I will note that in their description.

Considerations

planting seeds and having a garden is no small thing! one must approach the garden like a practice - with attention, reverence, and humility. sometimes your seeds won't start and your plants will die...that is okay...forgive yourself for your failures and mistakes in advance. garden with grace. free yourself from the pressure of being a successful gardener and let your garden be a living laboratory and extension of yourself. there are suggested planting times for each seed, but I encourage you to experiment with the seasonality of things and see what happens - you might be surprised!

Seed Saving

save the seeds from the plants that do exceptionally well, taste especially good, and express themselves in a way that you really enjoy. adapt them to your yard, your taste, and your gardening practices. learn the difference between self-pollinating plants and plants that require being acted on by an outside force (bugs, bats, the breeze) for pollination. know that plants of the same species will cross with one another. I don't want seed saving to sound too complex, because it's not, but there are some fundamental truths that must be kept in mind when saving seeds to be "true to type". all seeds need to be dried completely before storing. keep seeds out of sunlight, high temperatures, and moist environments. keep seeds in dry dark environments...but don't forget about them!

FLOWERS

Alyssum

a delicate and reliable white flower often used in containers or as a border.

Plant: anytime there isn't risk of frost or temperatures above 100F... or do!

Calendula

if there ever was a perfect flower, it would be calendula. perfectly round, yellow and orange perky flower faces that can be harvested and used as medicine for skincare and inflammation. a vigorous self-seeder! seeds saved and replanted many times in many Arizona gardens.

Plant: anytime there isn't risk of frost or temperatures above 100F... or do!

Cosmos, Mixed colors

pink, white, orange. seeds saved and replanted many times in many Arizona gardens.

Plant: anytime there isn't risk of frost or temperatures above 100F... or do!

Hollyhock, Mixed colors

a gorgeous variety of colors - deep purple, maroon, pink, red, white. seeds saved from my neighbors garden. biennial

Plant: Aug - Feb

Marigold

your classic yellow-ey orange happy marigold flower. seeds have been saved and replanted many times from many Arizona gardens.

Plant: anytime there isn't risk of frost or temperatures above 100F... or do!

Poppy, Red

a tall fabulous poppy. seeds saved from my mom's garden in Michigan, grown out and saved in my Arizona farmyard

Plant: anytime there isn't risk of frost or temperatures above 100F... or do!

Snapdragons, Mixed colors

white, yellow, red, pink, purple. Seeds saved from my Michigan farm so they may be sensitive to Arizona's heat and sun in the summer months. 2022

Plant: October - April

Sunflower, Black Eyed Susan - *rudbeckia hirta*

many yellow flower heads grow on their own stalks. flower head grows up to 5 inches across, with lots of ray flowers, deeply veined and slightly toothed on the tip.

Plant: August - May

Sunflower, Mammoth - *helianthus annuus*

a big headed happy sunflower variety

Plant: anytime there isn't risk of frost or temperatures above 100F... or do!

Tobacco, Virginia - *nicotiana tobacum*

a stunning pollinator. imagine that you are planting a human adult in your garden because that is about how much space it will take up - up to 7ft tall! produces gorgeous pink flowers that the hummingbirds love to visit. leaves can be harvested and cured to be used in ceremony, as an offering, or natural dye. very small seeds, plant with care. seeds saved from my Michigan farm. 2022

Plant: anytime there isn't risk of frost or temperatures above 100F... or do!

Tobacco, Tree - *nicotiana glauca*

a desert shrub that can grow up to 20ft tall! produces sweet little yellow flowers. seeds saved from a friends garden in Maricopa, AZ. 2023

Plant: anytime there isn't risk of frost or temperatures above 100F... or do!

Zinnia, California Giant - *zinnia elegans*

a tall mixed color variety perfect for cut flower bouquets

Plant: anytime there isn't risk of frost

Zinnia, Mixed colors

colorful and sassy! my favorite flowers for cut flower bouquets. one of the few plants that will grow in the Arizona summer. quick to germinate! seeds saved and replanted many times in many Arizona gardens.

Plant: anytime there isn't risk of frost

HERBS

Basil, Italian Large Leaf - *ocimum basilicum*

cold tolerant variety from Italy. tolerates the cold and the heat

Plant: anytime there isn't risk of frost or temperatures above 100F... or do!

Cilantro - *coriandrum sativum*

let some of your cilantro go to seed and use it as coriander! cilantro is often very slow to germinate. plant every couple of weeks to ensure a constant bounty!

Plant: Sep - April

Moringa - *moringa oleifera*

THE MIRACLE TREE! will grow up to 8ft in 1 year. the entire tree is edible and insanely nutrient dense. I add the leaves and flowers to salads, stir frys, smoothies, and pesto. bees love the flowers as much as I do! will produce large seed pods that need to dry on the tree before harvesting. Moringa is very heat and drought tolerant, do not over water. prune the tree down before risk of frost so you can protect it from cold temperatures by covering it with a bed sheet. seeds saved and replanted many times in many Arizona gardens. 2023

Plant: anytime there isn't risk of frost or temperatures above 100F... or do!

Red Clover - *trifolium pratense*

traditionally used to remedy soil in between crop rotations. clover is a legume - it takes atmospheric nitrogen and deposits it into the soil as plant-available nitrogen. clover will fill in the empty spaces in your garden and perk up with intense scarlett blooms that can be harvested and used medicine. seeds saved from my Michigan farm. 2022

Plant: anytime there isn't risk of frost or temperatures above 100F... or do!

Parsley - *petroselinum crispum*

chimichurri, tabouli, herb butter, marinade, garnish! an herb garden staple.

Plant: Sep - March

SQUASH & PUMPKIN & FRIENDS**Cucumber, Armenian - *cucumis melo v. flexuosus***

long sweet cucumbers, productive all summer! does not like the cold

Plant: direct seed. Jan - June

Loofah

easily one of the most exciting plants to grow. loofah is an annual vining plant in the Cucurbitaceae (cucumber) family. loofah does require a trellis. produces gorgeous yellow flowers that the bees love. once pollinated, the flowers grow into edible cucumbers. you can harvest them when they're young and small (4inches) or let them grow huge to use as a SPONGE! let the fruits grow large on the vine. harvest once the fruit skin dries and turns brown. loofah is a vigorous seed producer, so be sure to save them! soak the fruit in water and peel the skin off. cut

into pieces, or leave whole, and use the sponge in the shower and kitchen sink. compost the skins and sponge.

Plant: direct seed. Feb - Sep

Winter Squash, Acorn - *cucurbita pepo*

seeds saved from squash planted with seeds received at a seed swap. produces your classic small versatile Acorn Squash. 2022

Plant: direct seed. July - August, Feb - April

Winter Squash, Butternut - *cucurbita moschata*

seeds saved from a store bought butternut squash that readily germinated in an in-garden vermicomposting bin and produced delicious, medium sized, squash all summer long. heat tolerant. 2023

Plant: direct seed. July - August, Feb - April

Pumpkin, *cucurbita pepo*

seeds saved from Crooked Sky Organic Farms field pumpkin. 2022

Plant: direct seed. June - August, Feb - April

GREENS & VEGETABLES

Arugula, Rocket - *eruca vesicaria*

wonderful, peppery, distinct flavor. Cold-tolerant and easy to grow

Asian Spinach, Tatsoi - *brassica rapa var. Narinosa*

MY FAVORITE GREEN!!! delicious raw and cooked! plant every 2 weeks for continuous harvest

Plant: Aug - April

Broccoli, Waltham 29 - *brassica oleracea v. italica*

a medium sized head that sends out lots of side shoots

Plant: start indoors Aug - March

Cabbage, Golden Acre - *brassica oleracea v. capitata*

sweet, and reliable cabbage

Plant: start indoors Aug - March

Cabbage, Pak Choi - *Brassica rapa subsp. Chinensis*

deeeelicious in asian style soups, stir fries, and salads. a smell tender green

Plant: Aug - April

Collards, Morris - *brassica oleracea*

large, dark green, tender, and delicious green leaves

Plant: Aug - March

Kale - *brassica oleracea*

your classic green leaf hearty kale! seed saved from my Michigan garden - doesn't have heat tolerance...it will bolt! plant every 2 weeks for continuous harvest

Plant: Sep - April

Swiss Chard, Ruby Red - *beta vulgaris*

a gorgeous leafy green with brilliant deep pink stalks and veins. I love to eat swiss chard cooked into soup, sauteed in stir fries and blended in my banana smoothies. my mature swiss chard produced all summer long with minimal shade

Plant: Sep - May

Lettuce, Forellenschluss - *lactuca sativa*

an old Austrian heirloom! Forellenschluss means speckled like a trout. a gorgeous, pink speckled romaine lettuce

Plant: Aug - May

Spinach, Bloomsdale - *spinacia oleracea*

a popular heirloom variety. plant every 2 weeks for continuous harvest

Plant: Aug - April

ROOT VEGETABLES

Beets, Red Ace - *beta vulgaris*

sweet and tender red beet

Plant: Sep - March

Carrot, Red Cored Chantenay - *daucus carota subsp. sativus*

great flavor, beautiful rich orange color, stores easily

Plant: Aug - April

Radish, French Breakfast - *raphanus sativus*

mild, peppery, and sweet!

Plant: anytime there isn't risk of frost or temperatures above 100F... or do!

BEANS & PEAS

Bean, Anasazi, *phaseolus vulgaris*

maroon and white edible dry bean with a sweet and nutty flavor

Plant: after last risk of frost

Bean, Scarlet Runner, *phaseolus coccineus*

large pods are edible as as green bean or the pods can be left for dry beans

Plant: after last risk of frost

Peas, Sugar Ann - *pisum sativum*

edible peas and pods! the vines are short (2' or so) and don't need to be supported

Plant: Oct - March