



Sacred earth seeds are grown in the Bitou river valley, in the Garden Route, in the Western Cape of South Africa.

These seeds are grown within a diverse permaculture garden, hand tended with love, patience and appreciation, throughout their changing forms in the cycle from seed to seed.

Seed saving is a passion and commitment that has inspired us to grow our gardens as living seed banks, honouring and continuing the work of our forefathers and the natural cycles. Our intention for growing these seeds is that they may be sown far and wide, grown by many gardeners and that the seed may continue to be multiplied and passed on.

Seeds are rich in people and places, they are living links in time and place, infused in culture, history, mystery and life, they are alive, and waiting, for the living environment, the conditions and the gardeners to begin their journey, from seed to seed, in the cycle of life.

We hope that you find something within our collection to enjoy growing in your garden and we encourage you to begin saving your own seeds, from which you will receive the rewards of your seed adapting to your local environment, the fulfillment of a self seeding and self-sustaining garden and the joy of having surplus to share.

For more information please contact Philippa

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All seed varieties are R20 per packet

Postage options:

Ordinary registered SA postage: R43

Speed services R87

Postnet or Aramex: R100

Seed Catalogue May 2018

Mammoth Dill *Anethum graveolens*

Fern like, blue green herb. Leaves and flowers are edible, and mature seeds are used as a pickling spice. An easy to grow annual, and will reseed easily. Cool season annual.



Borage *Borago officinalis*

Cool season annual. Edible leaves and flowers. Excellent soil conditioner. Valuable medicinal plant.

Borage plants give a profusion of beautiful blue star shaped edible flowers, throughout spring to early summer which hum with visiting bees!

German Chamomile *Matricaria recutita*

Cool season annual. Medicinal chamomile. Sow in late summer/autumn. Grows steadily throughout the winter and flowers a profusion of beautiful daisy like flowers throughout spring and early summer.

Santos Coriander *Coriandrum sativum*

An annual herb with aromatic leaves. This variety of coriander is slower to bolt as the season warms. Edible leaf and seed as a spice

Calendula *Calendula officinalis*

Easy to grown, heart warming Calendula. Favours sunny positions. Hardy and rewarding. Edible flowers. Medicinal plant highly valued for skin healing properties as well as many others. Beautiful orange flowers.

Ashwaganda *Withania Somnifera*

Also known as Indian ginseng and winter cherry. Ashwaganda is a perennial, medicinal plant. Indigenous to South Africa, Asia and Europe and well used in Ayurvedic medicine. Adaptogen, tonic, anti-inflammatory, antibiotic.

Sweet basil *Ocimum basilicum*

Well loved annual basil, with its spicy fragrance and flavour. Sow in spring and early summer.

Celery *Apium graveolens*

Traditional stalk celery. Rich in minerals, vitamins, enzymes and antioxidants.

Tarahumara Chia *Salvia tiliaefolia*

This annual plant is a traditional food crop of the Chumash people indigenous to Southern California, as well as for the Tarahumara people of Mexico. Still used for long distance running by the Tarahumarans, it is said that if the seed is mixed with water to make a gel, one tablespoon can sustain a person's energy level for 24 hours.

In Mexico, seeds are roasted, ground and added to water, forming a gel

Now promoted as a super food for stamina, endurance, and omega 3 fatty acids

It is an attractive garden plant, with tall and vibrant blue flower spikes.

Be careful where you plant it as it readily selfseeds itself and takes up space. Sow in spring/early summer.

**Crimson breadseed poppy *Papaver somniferum***

Crimson red poppy with a purple heart. Breadseed poppy. Medicinal opium poppy. Highly favoured pollen for bees. Cool season annual. Sow in late summer/autumn, flowers in spring/early summer.

True Siberian Kale *Brassica Napus*

Large, frilly blue/green leaves. Fast growing and prolific. Frost resistant and slow to bolt. Kale is the most nutritious of the brassica family. High in antioxidants. Can be eaten finely sliced in salads, or in soups, stews and stir fries, and used in all raw dehydrated delights.

True Siberian Kale will not cross pollinate with any other Kale species.

Peruvian Amaranth *Amaranthus*

A beautiful variety of amaranth. Bushy and tall growing with green leaves, bearing a beautiful plume of masses of small pink flowers.

Amaranth is a highly nutritious food plant. This variety of amaranth has both edible grain and leaves. The amaranth seed is high in protein, and contains respectable amounts of lysine and methionine, and essential amino acids that are not frequently found in grains. It is high in fibre and contains calcium, iron, potassium, phosphorus and vitamin A and C.

The grain can be cooked as a cereal, ground into flour, popped like popcorn, sprouted or toasted!

The seeds can be cooked with other whole grains, added to stir-fry or to soups and stews.

New Zealand Spinach *Tetragonia tetragonioides*

Very hardy, ground covering spinach. Succulent leaves. Good food source in times of drought or winter rainfall areas for summer spinach.

Nasturtium *Tropaeolum Majus*

Easy to grow cool season annual. Edible flowers, leaves and seeds. Excellent groundcover plant.

Nasturtium leaves have a high concentration of Vitamin C and are also a natural antibiotic

Red Cos lettuce *Lactuca sativa*

A deep red-bronze Romaine lettuce with green centres. Will form a cone shaped head when mature.



Green Cos lettuce *Lactuca sativa*

A sturdy light green, large leafed Romaine lettuce, that forms a cone shaped head when mature.



Rubin lettuce *Lactuca sativa*

A bronze leafed lettuce spread from a green heart, lightly ruffled.

Nevada lettuce *Lactuca sativa*

Crisp, crinkly, green leaves that form an upright spiral and head. Said to be able to resist tip burn, bottom rot and bolting.

Mixed lettuce *Lactuca sativa*

A colorful variety of approximately 5 lettuces varieties.

Cow pea *Vigna unguiculata*

Warm season runner bean. Prolific grower, spreading over a wide area. Very hardy. Excellent groundcover and biomass. Beautiful lilac flowers. Beans can be eaten young as green bean, podded as a mature green bean and eaten like peas, and cooked as a dry bean. High yielding over small area. Forage for animals. I highly recommend this for easy abundance in your kitchen stores.

Golden runner bean

Prolific runner bean. Short green beans with golden seeds. Good for eating young immature pods as green beans, shelled, and stored as a cooking bean.

Leeks *Allium ampeloprasum*

Easy to grow, soup satisfying leeks!

Cape Gooseberry *Physalis peruviana*

Hardy and giving is the Cape Gooseberry. Delicious golden orange fruits held inside papery lanterns!. Lovely fresh, dried, in jams, and baking. Grows happily in most parts of the country. Bears bountifully. Easy re-seeder. Perennial.



African horned cucumber/Kalahari

Cucumber/Kiwano melon *Cucumis metuliferu*

Heirloom African cucumbers, also known as Jelly Melon or African horned cucumber.

An easy growing, hardy cucumber, resistant to fruit fly. Vines can scramble successfully as a ground cover, or climb up a trellis.

Prolific bearer of large, oblong, spiny fruits, filled with bright green jelly and seeds, with a delicious fruity flavour.

Fruits blush with orange when fully ripe.

Good storer through the winter.

Warm season annual, sow in spring/early summer.

Yellow pear tomato *Lycopersicon esculentum*

Bright yellow, pear shaped tomatoes, which give a bountiful harvest and continue late in the season. Lovely for garden snacking and salads. Indeterminate vines. Warm season annual, sow in spring/early summer

Orange brandywine tomato *Lycopersicon esculentum*

Beautiful, flavoursome, large tomato. Sow in spring.

Mexican yellow cherry tomato *Lycopersicon esculentum*

Delicious and prolific, big yellow cherry tomatoes. Sow in spring/early summer.

Mini Roma tomato *Lycopersicon esculentum*

Beautiful, firm and flavourfull, elongated tomatoes. Sow in spring/early summer.

"Tomatini" Little cherry tomato *Lycopersicon esculentum*

Little red cherry tomatoes, Easy reseeder. Scrambling vines. Continues to bear into cool season. Sow in spring and summer.

Delightfilled orange tomato *Lycopersicon esculentum*

Beautiful medium sized tomato, golden orange and filled with delight. Sow in spring/early summer.