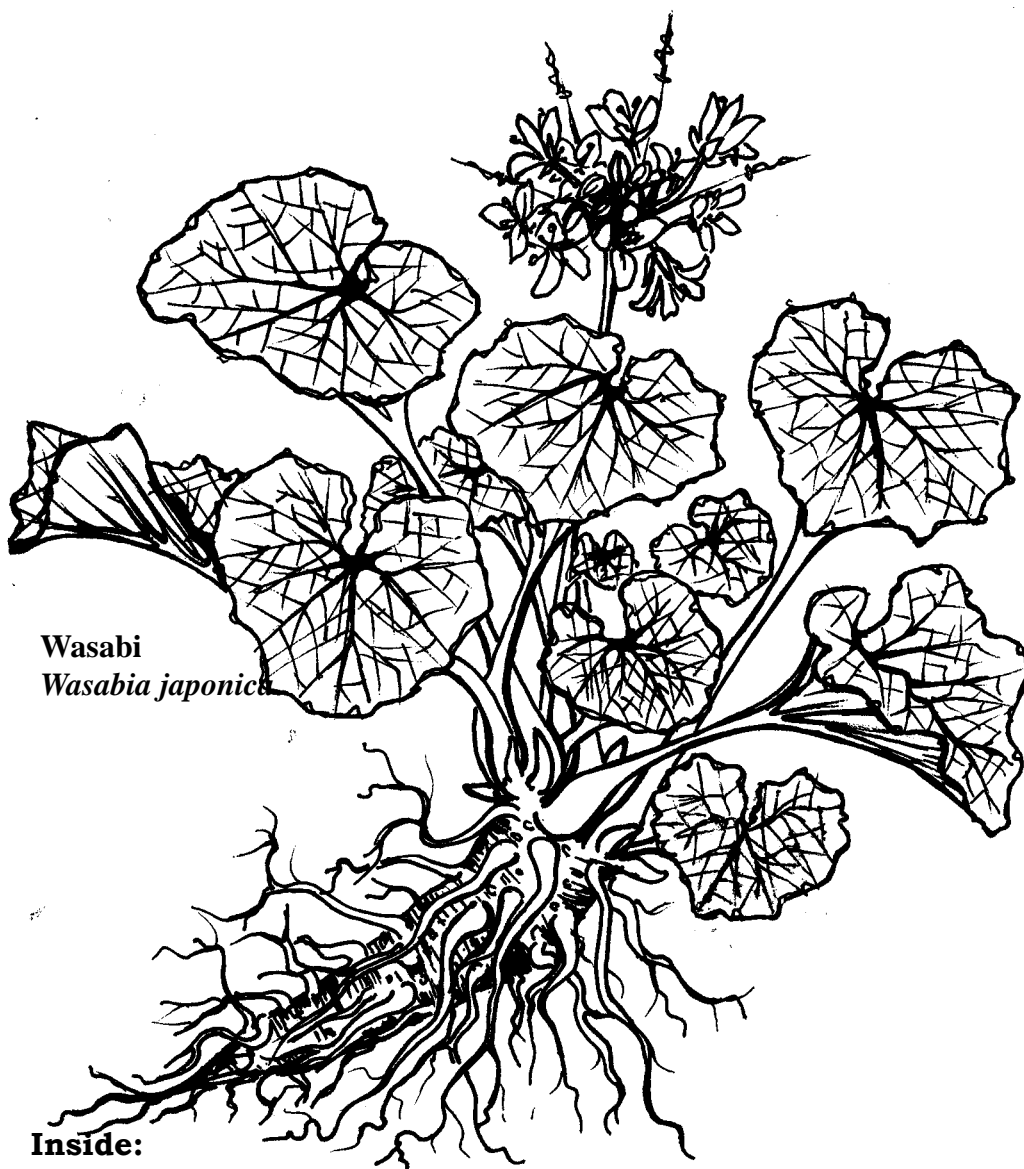




Plant it in the Fall!
Fall/Winter
2011/12 Catalog



Wasabi
Wasabia japonica

Inside:

Quality Fall-Sown Organic Seeds

Vegetable Seeds

Medicinal Herb Seeds

Cover Crop Seeds

Rare and Unusual Seeds

FALL PLANT & ROOT SALE

Seed Cleaning Screens, Tincture Presses,

Books, Herbal Extracts, and . . .

We invite you to Rootstock!

Horizon Herbs Plant it in the Fall! Catalog 2011

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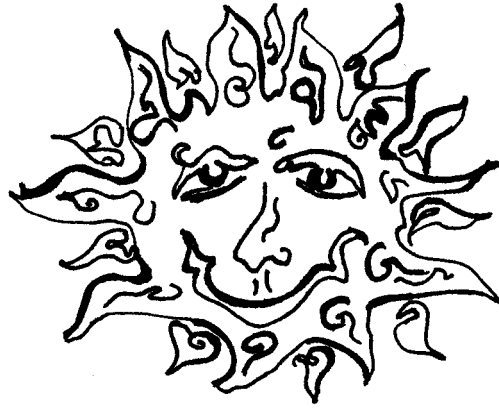
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Catalog written by Richard A. “Richo” Cech ©Copyright 2011 Richard A. Cech
Art Director & Illustrations Sena Cech, ©Copyright 2011 Sena Cech
We welcome our new artist, Naia, age 4. Thank you for your Cheesie drawings!



Dear Seeders,

Nature smiled on us this year. The spring was long, wet and gratifyingly free of frost. Early seed harvests, including Dandelion, Chamomile, Mandrake, Rosemary and Chirimen Hakusai Cabbage were healthy and abundant. Thankfully, the apple trees, despite their daily soaking, blossomed and set fruit without incident. Once the sun finally peeped through, the fields first glistened, then drained, and we hastened to mow and incorporate a mighty mosaic of overgrown cover crops into the dark soil, where earthworms lurked and reeled, ready for a rich meal. The soil truly warmed up in the first week of June (a week earlier than last year), and without losing a beat we planted our summer seed crops. Soon, we found ourselves cultivating around the turgid stalks of myriad seedlings and teenage transplants, fingers right where we like them, in the warm earth.

We took great joy in caring for the plants at this stage, first cultivating with our fingers, then spreading thick layers of compost around each plant. We hilled up the soil to bolster the stems against the wind, humming a little tune, there in the sun, the sun which shone, and soon dried the land. Solstice saw us furiously cobbling together our irrigation system, because now the plants were crying out for water! Then, in the last weekend of June, a stiff wind blew in from the coast, dark clouds roiled, and that night a completely unseasonal two inches of nitrogen rich rain soaked everything down. The plants lifted their leaves in joy, and the roses went for an entirely new blossoming cycle, hundreds of fragrant blooms cascading around the doorways of the seed house and coloring the landscape with the kind of goodness that only roses can bring, evoking a sigh from the heart, ahhhh!

As always, this catalog provides you, our loyal gardening friends, with our **FALL PLANT SALE** of certified organic potted medicinal herbs and permaculture perennials, nicely discounted. Check the **LIVE ROOTS** section for fall planted medicinals of the forest. One of the reasons we are issuing this catalog earlier than usual is to give you time to plant seeds of **FALL AND WINTER VEGETABLES**, which have been carefully chosen to provide you with an inexpensive way to feed your body and nourish the foundations of your good health. Finally, we give you the **HERB SEEDS** that are best planted in the fall to grow a significant and highly sought after subset of valuable medicinal herbs.

In these times of rising food prices we need to know how to load our tables with rich abundance grown right here at home. In these times of expensive and toxic health care, we need to know how to grow our own medicines. Herbal medicines can be used to maintain health in a way that is preventive, nontoxic, effective and inexpensive. This, my friends, is the way through. I give you all my blessings in engaging this empowering and earth friendly lifestyle!

Love, Richo

TERMS OF BUSINESS

Our seeds and plants are GMO-free, untreated, open-pollinated, and packed with love! All seeds and plants provided by Horizon Herbs are meant for the public good and shall remain in the public domain. No patents or genetic engineering allowed.

Seed Packets Guarantee: Our catalog provides specific directions on good ways to germinate medicinal herb seeds. Your success is important to us. If the seeds are planted in a reasonable environment and don't germinate, then we will replace the packet (one-time replacement only, offer valid for one year after purchase).

Bulk Seed Purchases, Plants, Rootstock: Because of our lack of control over cultivation practices and weather conditions, we are not able to give any guarantee on bulk seed sales (ie. gram, 10 grams, 100 grams, and pounds), plants, or rootstock. Therefore, we will not replace bulk seeds, plants, or rootstock or give cash refunds. We are not responsible for losses incurred through the failure of any crop derived from our seeds, plants, or rootstock.

Seeds Backorder Policy: Many seeds are viable for a short period only and are best delivered in season. If these are ordered out of season, they will be backordered and delivered from the new crop. Credit cards will not be billed until the seeds are actually sent and no additional shipping will be charged. For best results, sow seeds immediately upon receipt.

Substitutions: Occasionally, we may have changed out the variety or species of a particular genus, because of our preferences and the unpredictability of nature. In that case, we will make a substitution in your order with the good intention that you will be happy with what you receive.

“Noxious Weeds:” We will not knowingly supply any seeds or plants to areas where they are prohibited as “noxious weeds” by local, state or federal law. For instance, the designation “Saint John’s Wort, CA no” means Saint John’s Wort seeds or plants will not be distributed to the state of California, where the plant is listed as a “noxious weed.”

Toxic Seeds and Plants: Some of the seeds, plants, and rootstock offered in this catalog are toxic if taken internally at sufficient dosage or if applied externally to the skin or mucous membranes. We have endeavored to label such seeds accordingly. Therefore, keep seeds in their labeled packaging until planting. Take appropriate precautions to plant toxic plants in a place away from children and animals. We are offering these seeds, plants, and rootstock for propagation purposes and are not liable for any adverse effects resulting from contact with seeds, plants, or rootstock obtained from us.

Self-Medication: Although all cultures on earth use plant-derived medicaments, we cannot recommend self-medication with plant products. Rather, we offer medicinal information in the context of historical usage and from personal experience, augmented by our studies of current research. Please seek the help of a health professional for medical problems.

Pricing: Our intent is for the printing of our most recent catalog to establish prices, as well as changes in the number of seeds per packet. In order to allow for unforeseen circumstances, prices and packet seed counts are subject to change without notice.

Shipping Charges: You may figure your shipping charges according to the basic shipping charts. If you are having difficulty figuring out your shipping, please contact us. Please leave us your e-mail and phone number so we can contact you if there's any shipping adjustment needed. Shipping charges are subject to change without notice.

Shipping Errors: Please look your order over carefully and let us know if there are any problems. We will be happy to rectify within 30 days of receipt.

Seed Packet Style: To conserve resources and keep your costs down, retail seed orders from the catalog are in plain packets (not full color). Full color store line seed packets are considered to be a different product.

We will lean over backwards to help out our fellow gardeners, but if for some reason this causes us to *fall* over backwards (ie. we are no longer helping, we cannot meet expectations), then we do reserve the right to refuse service to anyone.

Horizon Herbs is a certified organic farm and organic processor. All organic seeds are certified by Oregon Tilth and comply with organic production and handling standards established by the USDA National Organic Program under CFR Part 205.

Cert.# OR-OTCO-CO-94-00318;

Oregon Seeds Dealer License # 73180;

Oregon Nursery License # 73179;

USDA General Permit # GP-2760.

Catalog written by Richard A. “Richo” Cech, © 2011 Richard A. Cech,

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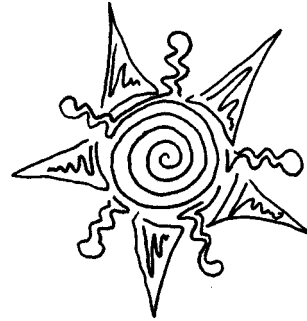
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WHAT'S NEW

Ideally, the medicinal landscape is like an earth mosaic composed of annuals, herbaceous perennials, and trees. Annuals are planted in cultivated ground (high energy input to prepare and maintain), represent the early stages of plant succession, and offer generous returns in terms of production of organic matter, medicine, and food. Herbaceous perennials require less human effort to maintain and may readily naturalize. They represent the intermediate stages of plant succession, generally coexisting well with perennial grasses. For instance, Elecampane can live for decades, and will self-seed in prime locations where it contributes medicinal roots, flowers of great beauty, and nectar to support the pollinators that are so crucial to the health of the land. Trees represent the climax of succession, protecting the soil, smaller plants, and rendering the whole ecology more stable and resilient. Growing together, plants that comprise the early, intermediate, and mature stages of succession make up the diverse landscape that buffers disturbances and helps maintain long term productivity. Given the erratic weather we are now experiencing, it would appear that creating diverse medicinal gardens is becoming increasingly relevant!



In support of this diversity, we here at Horizon Herbs have always delighted in making new offerings, highlighted in the pages of this catalog with the symbol <<NEW FOR 2012>>. Please treat yourselves to the benefits of new species! SNOWDOWN is a generous collection of fall planted vegetable seeds that we think you will really love to grow and eat. In the VEGETABLE SEED SECTION we're offering 9 new vegetables, 100% organically certified and open-pollinated. We've been having a blast making potting soil (one of our gardening friends said he wanted to EAT it!?) This soil has been used to nourish some really great NEW PLANTS, including the fantastic antiparasitic and immunotonic plant *Andrographis paniculata*. We had great success with the powerful Angelica, Giant Purple. Perhaps my favorite is a choice medicinal and culinary perennial called Savory of Crete. On the odder side, we offer up 2 closely related vines, both used in external treatment of skin maladies, one an elegant woody climber with dragon-scale-like leaves known as Moonseed, the other a more delicate creeper known as *Stephania japonica*. Finally, in response to your many requests, we're offering for the first time plants of true Wasabi.

To your health! Richo

Certifications, Abbreviations, Conversions, Formulas, and Purity:

Organic. Horizon Herbs, LLC is a certified organic farm and certified organic processor. When you see the word "Organic" in this catalog, it means the plant, seed, or rootstock is **Certified Organically Grown** by Oregon Tilth, in compliance with organic production and handling standards established by the USDA National Organic Program under CFR Part 205. We are serious about nurturing the soil, avoiding chemicals, and respecting life.

Formula for converting °F (Fahrenheit) to °C (Celsius): $(°F-32) \times .5555 = °C$

g = gram. There are 28.4 g in an ounce. There are 454 g in a pound.

pkt = packet **germ** = germination

Toxic. Please take our notes on contraindications and toxicity (**in bold**) seriously. Reader is referred to page 2: Toxic Seeds and Plants; Self-Medication.

Low-dose botanical. Traditionally, internal use of the plant is restricted to very low dosage—long-term use or excessive dosage may prove harmful.

PA's. Pyrrolizidine Alkaloids (PA's) are present in the tissue of this plant. Long-term internal dosage and use during pregnancy not recommended.

Fresh or cold-stored seeds are washed with pure well water & packed in coir (coconut fiber).

Dried seeds are hand-rubbed, sorted through graduated stainless steel screens and further purified with wind-winnowing and . . . breath.

HERB PHARM LIQUID HERBAL EXTRACTS

Herb Pharm makes brilliant herbal extracts. They start with Horizon Herbs seeds, grow the plants on their own organically certified farm, and finish the tinctures at their state-of-the-art facility here in Williams, Oregon. We offer them at a discount.

Liquid Herbal Extract	1 oz	4 oz	Liquid Herbal Extract	1 oz	4 oz
Extract of Anise	\$10.17	\$38.67	Extract of Marshmallow	\$10.17	\$38.67
Extract of Arnica	\$11.12	\$42.28	Extract of Milk Thistle	\$11.12	\$42.28
Extract of Artemisia annua	\$11.12	\$42.28	Extract of Motherwort	\$10.17	\$38.67
Extract of Ashwagandha	\$10.45	\$39.71	Extract of Mullein	\$10.64	\$40.47
Extract of Astragalus	\$10.64	\$40.47	Extract of Myrrh	\$10.17	\$38.67
Extract of Black Cohosh	\$10.64	\$40.47	Extract of Nettle	\$10.45	\$39.71
Extract of Black Walnut	\$10.93	\$41.52	Extract of Oat Seed	\$10.17	\$38.67
Extract of Bloodroot	\$10.17	\$38.67	Extract of Oregon Grape	\$10.17	\$38.67
Extract of Blue Cohosh	\$10.64	\$40.47	Extract of Passionflower	\$10.17	\$38.67
Extract of Blue Vervain	\$10.17	\$38.67	Peppermint Spirits	\$10.64	\$40.47
Extract of Boneset	\$10.17	\$38.67	Extract of Prickly Ash	\$10.45	\$39.71
Extract of Bugleweed	\$10.17	\$38.67	Extract of Red Root	\$10.45	\$39.71
Extract of Burdock	\$10.17	\$38.67	Extract of Rosemary	\$10.17	\$38.67
Extr. Cactus Grandiflorus	\$11.40	\$43.32	Extr. of Saint John's Wort	\$10.64	\$40.47
Extract of Calendula	\$10.17	\$38.67	Extr. of Shepherd's Purse	\$10.45	\$39.71
Calendula Succus	\$10.74	\$40.76	Extract of Skullcap	\$10.64	\$40.47
Extr. of California Poppy	\$10.64	\$40.47	Extract of Spilanthes	\$10.74	\$40.76
Extract of Cascara Sagrada	\$10.17	\$38.67	Extract of Valerian	\$10.64	\$40.47
Extract of Catnip	\$10.17	\$38.67	Extract of Wild Yam	\$10.64	\$40.47
Extract of Cat's Claw	\$10.64	\$40.47	Extract of Willow Bark	\$10.17	\$38.67
Extract of Cayenne	\$10.17	\$38.67			
Extract of Celandine	\$10.45	\$39.71	Compounds	1 oz	4 oz
Extract of Chaparral	\$10.17	\$38.67	Adrenal Support Tonic	\$11.12	\$42.28
Extract of Chickweed	\$10.17	\$38.67	Brain & Memory Tonic	\$11.12	\$42.28
Extract of Comfrey	\$11.21	\$42.56	Echinacea-Goldenseal	\$11.31	\$42.94
Extract of Damiana	\$10.17	\$38.67	Healthy Heart Tonic	\$11.31	\$42.94
Extract of Dandelion	\$10.17	\$38.67	Healthy Liver Tonic	\$11.12	\$42.28
Extract of Echinacea	\$10.64	\$40.47	Healthy Veins Tonic	\$11.12	\$42.28
Super Echinacea (extract)	\$12.16	\$46.17	Propolis-Echinacea Throat Spray	\$11.12	
Extr. of Black Elderberry	\$11.12	\$42.28	Relaxing Sleep Tonic	\$11.12	\$42.28
Extract of Elecampane	\$10.17	\$38.67	Soothing Oak & Ivy	\$11.31	\$42.94
Extract of Eleuthero	\$11.21	\$42.56			
Extract of Feverfew	\$10.64	\$40.47	Herbal Oils	1oz	4 oz
Extract of Gentian	\$10.45	\$39.71	Oil of Arnica	\$11.12	\$42.28
Extract of Ginger	\$10.64	\$40.47	Oil of Calendula	\$10.93	\$41.52
Extract of Goldenrod	\$10.17	\$38.67	Oil of Saint John's Wort	\$10.64	\$40.47
Extract of Goldenseal	\$13.30	\$50.54	Oil of Tea Tree	\$13.30	\$50.54
Extract of Gotu Kola	\$10.64	\$40.47	Trauma Oil	\$11.21	\$42.56
Extract of Hawthorn	\$10.64	\$40.47			
Extract of Hops	\$10.17	\$38.67	Herbal Ed's Salve® 26 g tin	\$9.40	
Extract of Horse Chestnut	\$11.12	\$42.28	<i>Contains a potent blend of herbal oils:</i>		
Extract of Horseradish	\$10.17	\$38.67	<i>Comfrey, Saint John's Wort, Calendula,</i>		
Extract of Juniper	\$10.17	\$38.67	<i>Mullein, Chickweed, Plantain—powerful!</i>		
Pharma Kava Kava	\$13.76	\$52.35	Therapeutic Herb Manual	\$4.95	
Extract of Lavender	\$10.17	\$38.67	<i>Guide for using Liquid Herbal Extracts</i>		
Extract of Lemon Balm	\$10.17	\$38.67	<i>We at Horizon Herbs are plant people—not licensed doctors. We do not give health advice. Please seek help from a qualified health practitioner for any health problems.</i>		
Extract of Licorice	\$10.64	\$40.47			
Extract of Lobelia	\$11.12	\$42.28			
Extract of Lomatium	\$10.64	\$40.47			

More than this list available! Check www.horizonherbs.com or call us: (541) 846-6704.

Horizon Herbs Tincture Presses

“In over three decades in the herb industry, I have had the opportunity to press out thousands of herbal extracts, using all kinds and sizes of tincture presses. The Horizon Herbs Tincture Presses are manufactured to our exact specifications, and among all I’ve tested, they rule the roost. Outfitted with a powerful 6-ton, fast-action bottle jack, these presses do best what you need a press to do most—squeeze out every last drop!”—Richo

Both Models Feature:

- Heavy steel construction with powder-coated finish
- All stainless herb contact surfaces, including custom piston and pressing pans
- Fast-action 6-ton hydraulic jack
- Automatic spring-loaded return
- Included FREE: 2 heavy-duty pressing bags, extra hose, and the book “Making Plant Medicine” by Richo Cech

“Half-Gallon Tincture Press” specifications:

- Measures 11 inches wide x 27 inches high x 7 inches deep
- Weighs 50 pounds
- Processes smallest batches to up to 1/2 gallon per pressing.
- Normal turn-around time 10 minutes per pressing.
- Easily presses out 3 gallons of tincture per hour.

“Half-Gallon Tincture Press” \$780.00 (+ actual shipping)

“Gallon Tincture Press” specifications:

- Measures 13 inches wide x 29 inches high x 7 inches deep
- Weighs 60 pounds. Features heavy duty stainless steel pans and steel pressing blocks.
- Processes smallest batches to up to 1 gallon or more per pressing. Normal turn-around time 10 minutes per pressing. Easily presses out 6 gallons of finished tincture per hour.



Check our demo for how to operate the press at:
<http://vimeo.com/12953268>

Make the “Half-Gallon Press” be your choice if you macerate in 1 gallon containers. Make the “Gallon Press” be your choice if you macerate in 5 gallon containers. Both of these presses produce a very high quality tincture or juice, as some of the most beneficial ingredients come out only under high pressure. These presses also do a great job pressing carrots, berries, and grapes. All ingredients must be thoroughly ground up before pressing.

“Gallon Tincture Press” \$960.00 (+ actual shipping charges)

**Press Accessories: Pressing Bag 1/2 gallon: \$8.00, 1 gallon: \$12.00
Replacement Hose \$4.00/each (works on either press)**

HORIZON HERBS BOOKSTORE

This is a selection of the books that we find most useful in our own library for reference, mind expansion and inspiration..

“Adventures in Zanzibar” DVD

Stories, plants, and witch doctoring on the Zanzibar archipelago, all based on a lecture by Richo, augmented by his photos taken during sojourns on the islands of Unguja and Pemba. Quality entertainment worth having!
\$15.00/DVD (105 minutes)

“A Modern Herbal” by Maude Grieve

(2 volumes) This is the anchor reference for herbs used in Western Herbalism—comprehensive and full of plant descriptions, actions and indications, recipes and entertaining historical accounts. Grieve’s English country woman’s personality shines through in this classic work. Black-and-white plate illus.
\$35.90 (2 volumes, 888 pages, soft cover)

“Chinese Herbal Medicine”

Third Edition, by Dan Bensky

This is the standard reference on Chinese materia medica, delving into 473 medicinal substances in great detail. Classified according to the properties of the herbs, this book elucidates the names, mechanisms of action, specific indications, combinations, preparations, cautions and contraindications, and dosage. Botanical line drawings of great clarity. All students of TCM need this.
\$130.00 (1,311 pages, hard cover)

“The Eclectic Materia Medica, Pharmacology and Therapeutics” by H.W. Felter, MD

First published in 1922, this book is a singularly articulate *tour-de-force* of American herbs and herbalism, containing much the same information as the 2 volume set known as “King’s Dispensatory.” Arranged by herb name, “The Eclectic Materia Medica” gives a thorough rendering of constituents, preparations, indications, dosages, actions, and therapy. Felter’s style is crisp and erudite. This book was written back when doctors believed that people were imbued with a “vital force” and when “medicines” and “drugs” were both words that referred to plants.
\$95.00 (Hardbound, 743 pages)

“Herbal Pearls, Traditional Chinese Folk Wisdom” by Miao Wen-wei, Yue Chong-xi and Steven Foster

This is a delightful collection of 53 herbal folk stories from China, expertly and entertainingly rendered, with introductory comments by the inimitable Steven Foster. Many of the stories have to do with how various herbs were discovered and named, or how the medicinal activities were originally elucidated. Enchanting bedtime reading for kids and adults alike.
Discounted price \$19.95- \$14.95!
(168 pages, soft cover)

“Herbal Prescriptions after 50”

by David Hoffman

This is a practical guide to using herbal medicines in addressing the health care needs of people aged over fifty. Hoffman has always had a most simple and clear way of explaining the actions of herbs and the indications for their use. This book is really the best reference available on the subject.
\$24.95 (335 pages, soft cover, not illustrated)

“Invasive Plant Medicine”

by Timothy Lee Scott

According to the author, “The plants considered “invasive” today were brought here and spread around with the help of people, and were cherished for food, medicine, ornament, soil-enhancement, and scientific curiosity. Over time though, these plants have “escaped” into the wilds and have found an ecological niche, in dynamic equilibrium, amongst the different species within the landscape.” Says Richo, “This book transforms negativity into medicine!”
\$19.95 (348 pages, color inserts, maps)

“Medical Herbalism, The Science and Practice of Herbal Medicine”

by David Hoffman

This is an advanced textbook for herbal practitioners, giving an understandable and in-depth teaching on the chemistry of plants, a balanced look at safety issues, specific formulas according to body systems, and a 150 herb strong materia medica..
\$60.00 (Hardbound, 666 pages)

“Medicinal Plants of the Desert and Canyon West” by Michael Moore

This book covers many heretofore unknown and largely unused plants of the American Southwest, with characteristically witty descriptions and stories, in a rough, rambling, and engaging style. Distribution maps, line drawings, and color plates.
\$13.95 (184 pages, soft cover)

“Medicinal Plants of the Mountain West” by Michael Moore

This rewrite of the original classic is a thorough revisiting of the subject matter in an expanded and spiffed-up format. Ready wit and insight produced this worthy classic.
\$24.95 (351 pages, soft cover, line drawings, distribution maps, and color plates)

“Medicinal Plants of the Pacific West” by Michael Moore

In this beautifully rendered compendium, our mentor treated every herb equally, from the lowly Hedge Nettle to the towering Redwood. Copious glossaries. Line drawings and color plates.
\$22.50 (358 pages, soft cover)

First grow the herbs, then make the medicine from the garden.



“The Medicinal Herb Grower—A Guide for Cultivating Plants that Heal, vol. 1”
by Richo Cech, illustrated by Sena Cech
“Richo and I are fortunate in having a diversity of medicinal plants growing in our backyards. The world is fortunate in that Richo has distilled his years of growing experience in this excellent new book. A very different book—no bibliographic echoes, all good personal gardening and nature first hand. this book is a pleasure to read, and a treasure of valuable cultural information.

—Jim Duke, PhD

“The most definitive herb grower’s guide on the planet, a book that breathes with aliveness, humor, and how to really do it!” — Christopher Hobbs, L.Ac.

Part 1: Principles of Natural Gardening Techniques includes: Observation in Nature; Creating Plant Habitat; Benefits of Diversity; Rules of Green Thumb
Part 2: Practices of Natural Gardening Techniques: Growth Cycles of Plants; Preparing the Ground; Potting Soil; Planting Seeds; Greenhouse, Shadehouse; Making Cuttings; Caring for Plants + Seed Production; Herb Processing & Harvesting.

\$19.95 (176 pp, soft cover)

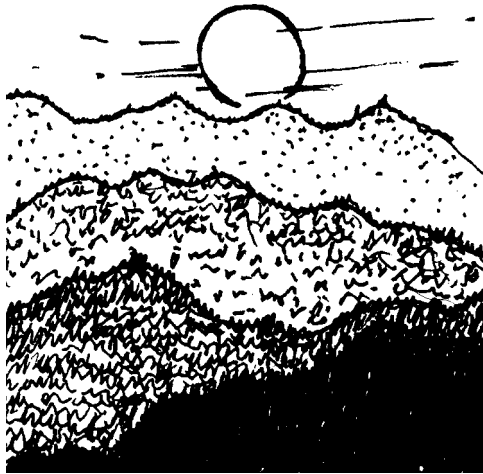
“Making Plant Medicine” by Richo Cech
 illustrated by Sena Cech

Originally published in the year 2000, “Making Plant Medicine” has become a preferred herbal reference, used by medicine makers of all descriptions, having found its way into kitchens, herbal laboratories, and herb schools across the continent. The formulary includes such important favorites as: Arnica; Astragalus; Holy Basil—Tulsi; Burdock; Calendula; Dandelion; Echinacea; Elecampane; Gentian; Goldenseal; Hawthorn; Ma-huang; Jiao-gu-lan; Lobelia; Nettles; Sage; Stevia; and Saint John’s Wort. May the copy you purchase soon be anointed with the happy splatter of homemade herbal remedies.

Part 1: Medicine Making includes: Drying & processing herbs; Tinctures made the easy way; Math of tincturing; Vinegar extracts, Glycerites, Teas, Herbal Oils, Salves, Poultices, and more

Part 2: A Gardener’s Formulary includes: 116 herbs that can be cultivated in North America—parts used, formulas, practical uses, dosages, and an overview of alternate species.

\$19.95 (296 pages, soft cover)



“Medicinal Plants of the Southern Appalachians” by Patricia K. Howell

When it comes to regional herbals, there’s been a gap as wide as Cumberland waiting for a good book to fill it up—and this is it! Ever wonder about the local uses of Devil’s Walking Stick, Indian Pipe, or Rabbit Tobacco? This book will let you in on these secrets, and more. Highly recommended.

\$19.95 (262 pages, soft cover)

“Peterson Guide to Eastern/Central US Medicinal Plants” by Steven Foster and James Duke

This is the unparalleled field identification and quick-reference for plants found east of the Rockies. The Peterson guides are so arranged that if you know the color of the flowers, you’re likely to quickly find the plant in this book. My copy is sweat-stained and thoroughly thumbed. Many color plates. **\$19.00** (366 pages, soft cover)

“Peterson Guide to Western US Medicinal Plants” by Steven Foster and Christopher Hobbs

Best reference for the identification and medicinality of a large array of plants of the West. We feel a close connection to this book, since Christopher took some of the photos in the botanical gardens here at Horizon Herbs.

500 species and 600 color plates.
\$22.00 (442 pages, flexicover)

“Rosemary Gladstar’s Herbal Recipes for Vibrant Health” by Rosemary Gladstar

This is Rosemary’s herbal centerpiece, drawing from a lifetime’s experience with herbs—as colorful, light, and juicy as she herself. This book is chock full of herbal recipes to help you practice the art of food as medicine, medicine as food!

\$16.95 (400 pages, soft cover)

OM SHANTI SHANTI OM

“Tulasi Devi, Goddess of Devotion” by Sarvaga and Gunavati

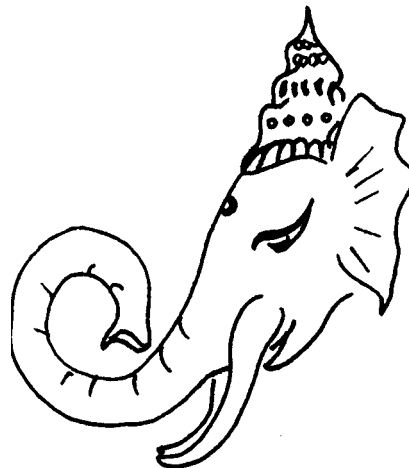
Tulasi means “The Incomparable One,” Holy Basil (*Ocimum sanctum*). Worshipped as an embodiment of the Divine Mother on Earth, the plant gives its roots, stems, leaves, and flowers for purifying and healing our bodies. Her spiritual essence helps us to recognize the Divine within all Nature. This little book is a complete primer on Tulsi, including much information on the plant, what it is, how it is used, how to grow it, and how to use Holy Basil in ritual and worship. This is a spiritual book, offered up to Amma, and contains the 108 sacred names of Tulsi. We respect it greatly. Your purchase of this book will help support Amma’s vast network of humanitarian services which include disaster relief and feeding the hungry.

\$7.00 (160 pages, soft cover)

“Rasayana, Ayurvedic Herbs for Longevity and Rejuvenation” by Dr. H.S. Puri

In Ayurveda, the herbs that “delay old age, increase mental acuity, generate power, vital energy, eyesight, impart intelligence, memory, aid proper digestion and clear complexion are known as “Rasayana.” To me, this is the most exciting book now available on herbs from India. The plants are precisely described, the illustrations are stunning, and the text is practical and useful—a huge step in clarifying the mysteries of Ayurveda. Here you will excellent write-ups on plants available through in this catalog: Amla, Asafetida, Ashwagandha, Bala, Brahmi, Costus, Eclipta, Elephant Creeper, Neem, Shatavari and Tulsi. We bow to you, Dr. Puri—a stellar achievement!

\$95.00 (352 pages, hard cover)



Stainless Steel and Cedar Seed Cleaning Screens



Set of 8 precision stainless steel screens mounted in frames of Port Orford Cedar. Each screen is 1 foot square and 3 inches deep. Handmade, these are extremely tough and they smell excellently of Cedar.

Specifically designed for sorting and cleaning a diverse array of types and sizes of seeds, they graduate from 4 strands per inch (i.e. 1/4 inch opening) down to 40 strands per inch (extremely fine). The graduated sizes assist in separating viable seed from

inferior seed and cleaning seeds of chaff and dust. They will work equally well on medicinal herb seeds, flower seeds, and vegetable seeds. The screens are also useful for removing stems from dried culinary or medicinal herbs and for grinding dried leafy herbs into the appropriate sizes (e.g. stemless tea cut, coarse grind for tincturing, or powder for encapsulation). These screens are only available as a set and function best as a set—once you start to use them, you'll see what we mean, and you'll be glad you have them all.

Set of 8 graduated screens/\$189.50 + \$30.00 shipping (continental US).

Bio-Tags. Flexible tags, 6 inch long by 3/4 inch wide, are designed to be pushed in next to your planting for temporary labeling purposes (very good for marking rows of seedlings or potted plants). The tags look like white plastic, but are made from corn and soybeans—will harmlessly biodegrade into the soil in about 1 year (help, I'm melting!). These are easily and legibly writeable on one side (pen or pencil).

Bio-Tags: 100 tags/\$8.00; \$70.00/1,000 tags

Impress-O-Tags. Just write on the 1 inch x 3.5 inch metal tag with any ballpoint pen, pencil, or stylus on either or both sides. The wire fasteners are enclosed. Will not rust or deteriorate with age, remaining readable indefinitely.

Impress-O-Tags: 1 box/\$12.50 (100 tags); 10 boxes or more: \$11.00/box

Neem Oil Soap. What we imagined was going to be a potent medicinal soap actually turned out to be a premier all-purpose bath or hand soap with medicinal applicability. Formulated by Richo and handmade by Bunny's Bath, this gentle yet potent bar has proven its excellence. The soap is made of organic Sunflower seed oil, contains fragrantly circulation-stimulating oil of Rosemary, and is preserved with a water extract of Rosemary. The active ingredient is the fixed oil of the Neem seed, introduced in a special process whereby the oil is not saponified. Neem oil has been shown to be antifungal to athlete's foot; helps clear acne; antiparasitic to headlice and fleas.

Big 5 oz bar \$4.00 each, 10 bars \$37.50

Sweetgrass Braids. Made by First Nations People from Saskatchewan, these are hand-braided from wild Sweetgrass (*Heirachloe odorata*). The Sweetgrass that grows up north is of highest quality, emitting an aroma like new-mown hay in Elysian fields. The braids are pleasantly green-colored, measure 32 inches long and weigh about 1 oz. each.

\$5.00/braid, \$30/7 braids

Amazon Incense Palo Santo (*Bursera graveolens*)

Split pieces of windfall holy wood from the Peruvian Amazon are delightfully aromatic. Simply light the stick, blow out, and it smoulders for some time—imparting its excellent aroma to everything in the vicinity and helping calm and soothe the spirit. The pieces in this earth-friendly cellophane bag are about 4 inches long and may be split again and again to stretch the medicine.

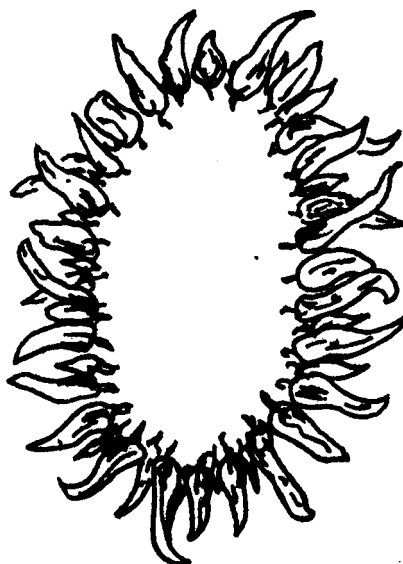
\$4.50/1 oz. bag;

\$29.90/lb (consisting of pieces ~20 g each.)



DRIED HERBS & SPICES

Dried Red Peppers, Organic
 Consisting mainly of Cayenne, this is a mix of whole peppers, part peppers and skins left over from de-seeding. Yum. Grind and sprinkle for a hot experience.
30 g bag (1 oz) \$4.50



Dried Rosemary Leaf, Organic
 Rosemary grew particularly well this year, given the overall cooler-than-normal conditions, and we harvested a bumper crop of dried leaf that we've prepared by hand and love to share with you.
50 g bag (1.8 oz) \$4.50 each

☞ DRIED ORGANIC INDIA HERBS ☞

These good herbs are all ground up and ready to use (according to the practice of Ayurveda and the rules of prudence, of course!), mixing in drinks, tea making, encapsulation, pill making, oil infusion or tincturing. By my nose, and tastebuds, and trials, they are really good stuff!

- Tulsi Tea (*Ocimum sanctum*) leaves, tea cut, Organic \$25.00/lb**
- Amalaki (*Phyllanthus emblica*) fruit, powdered, Organic \$18.00/lb**
- Ashwagandha (*Withania somnifera*) root, powdered, Organic \$23.00/lb**
- Gotu Kola (*Centella asiatica*) leaves, powdered, Organic \$23.00/lb**
- Neem (*Azadirachta indica*) leaf, powdered, Organic \$25.00/lb**
- Shatavari (*Asparagus racemosus*) root, powdered, Organic \$23.00/lb**
- Triphala (Amla, Bibhitaki and Haritaki) formula, Organic \$16.00/lb**
- Turmeric (*Curcuma longa*) root, powdered, Organic \$23.00/lb**

☞ SPICES☞

These spices are grown by hand on a small, mixed crop, spice plantation in the midst of the jungles of Pemba (the greenest island of the Spice Islands of Zanzibar), hand picked and cured in the sun. The spices are not certified organically grown, but are of highest quality, and we've personally verified that no chemicals or fertilizers were used in their planting, growing, processing, or storage. Recent spices of highest quality offered at a very reasonable price (plus shipping—choose "Seeds").

- Black Pepper (*Piper nigrum*) whole peppercorns, dried 50 g/pkt \$4.50**
- Cinnamon (*Cinnamomum zeylanicum*) bark, whole, dried . . . 50 g/pkt \$4.50**
- Cardamom (*Elettaria cardamomum*) pods, green, dried 50 g/pkt \$4.50**
- Cloves (*Eugenia aromatica*) whole, dried 50 g/pkt \$4.50**
- Ginger (*Zingiber officinalis*) Tea Cut, dried 50 g/pkt \$4.50**
- Vanilla (*Vanilla planifolia*) extraction grade, dried pods 20 g/pkt \$6.50**

**From the makers of HOEDOWN,
here comes ——— SNOWDOWN!**

**SNOWDOWN SEED COLLECTION <<NEW FOR 2012>>
100% Certified Organically Grown
Fall-sown Vegetable Seeds
Vacuum packed to last and last**

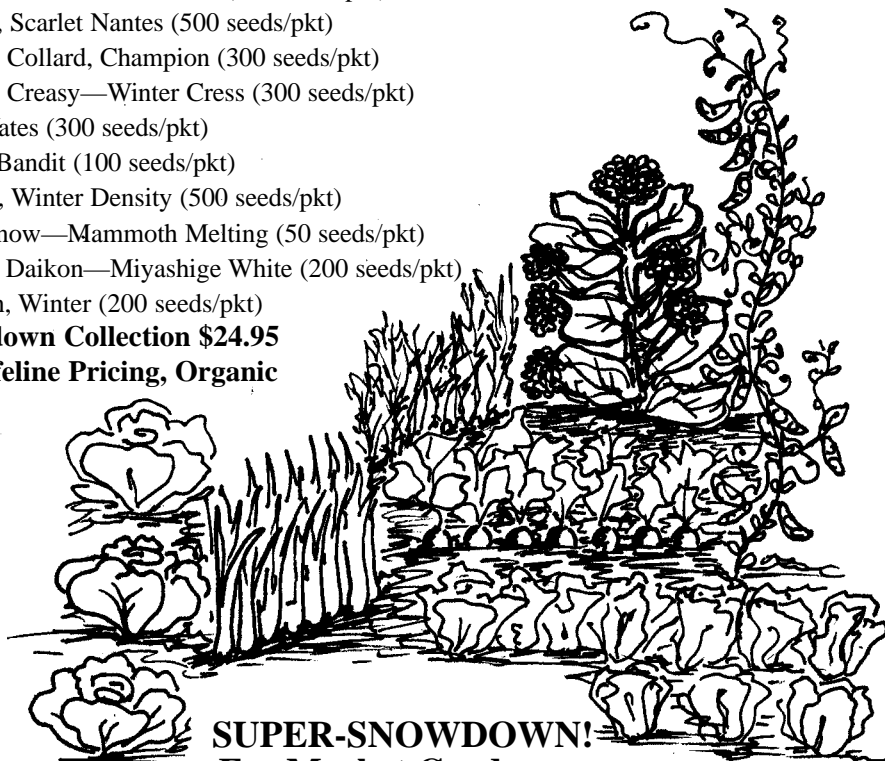
Our desire to get the highest nutrient value plants into your bodies motivates us to introduce SNOWDOWN. We want to supply you with the seeds you need to keep nutrient-rich vegetables on the table from late summer and into the winter. Economically prudent and in terms of health—priceless! More info on these vegetable seeds starts on page 17.

SNOWDOWN consists of 1 packet each of:

- Beet, Touchstone Gold (100 seeds/pkt)
- Broccoli, Green Sprouting (300 seeds/pkt)
- Cabbage, Chirimen Hakusai (300 seeds/pkt)
- Carrots, Scarlet Nantes (500 seeds/pkt)
- Greens, Collard, Champion (300 seeds/pkt)
- Greens, Creasy—Winter Cress (300 seeds/pkt)
- Kale, Vates (300 seeds/pkt)
- Leeks, Bandit (100 seeds/pkt)
- Lettuce, Winter Density (500 seeds/pkt)
- Peas, Snow—Mammoth Melting (50 seeds/pkt)
- Radish, Daikon—Miyashige White (200 seeds/pkt)
- Spinach, Winter (200 seeds/pkt)

Snowdown Collection \$24.95

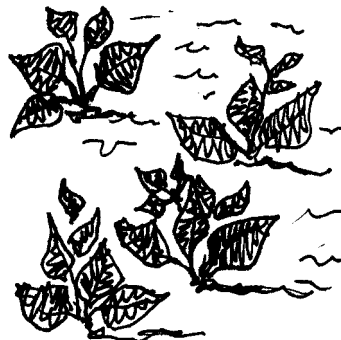
—Lifeline Pricing, Organic



**SUPER-SNOWDOWN!
For Market Gardeners
(or Really Big Families)**

- Beet, Touchstone Gold (10 g = ~ 700 seeds)
- Broccoli, Green Sprouting (10 g = ~ 3,000 seeds)
- Cabbage, Chirimen Hakusai (10 g = ~ 3,000 seeds)
- Carrots, Scarlet Nantes (10 g = ~ 4,750 seeds)
- Greens, Collard, Champion (10 g = ~ 3,000 seeds)
- Greens, Creasy, Winter Cress (10 g = ~ 6,000 seeds)
- Kale, Vates (10 g = ~ 3,000 seeds)
- Leeks, Bandit (3 g = ~ 1,000 seeds)
- Lettuce, Winter Density (10 g = ~ 10,000 seeds)
- Peas, Snow, Mammoth Melting (100 g = ~ 500 seeds)
- Radish, Daikon, Miyashige White (10 g = ~ 800 seeds)
- Spinach, Winter (10g = ~ 800 seeds)

Super-Snowdown Collection \$128.95, Organic (price shown is a discount)

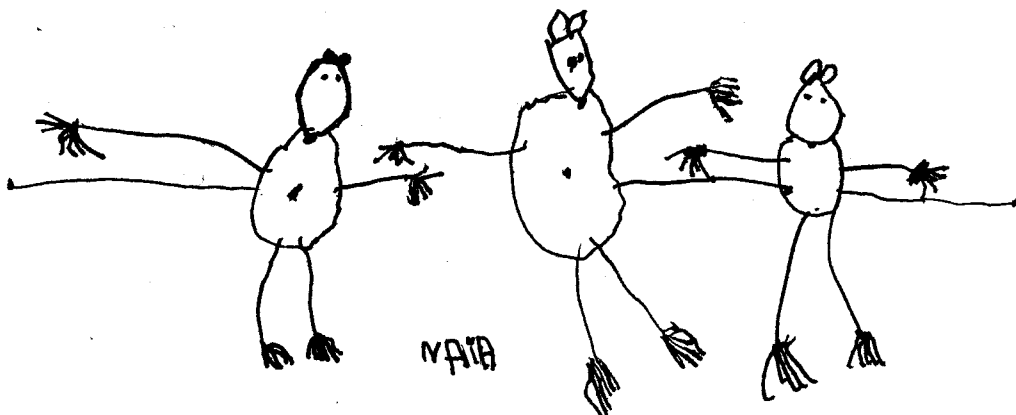


Strictly Medicinal® SEED COLLECTIONS

Lifeline Medicinal Herb Garden—Organic

The motivation behind this Lifeline Garden is to offer home gardeners the seminal foundation for a diverse medicinal herb garden that will contribute to every aspect of health and well-being. Inside—18 *Strictly Medicinal*® seed packets, 1 each of: Astragalus; Burdock, Gobo; Calendula, Mixed; Chamomile, German; Echinacea purpurea; Elecampane; Evening Primrose; Flax, Brown; Lemon Balm; Marshmallow; Motherwort, Official; Nettles; Pepper, Cayenne; Sage, Garden; Valerian, Official; Tulsi, Kapoor (Holy Basil); Wood Betony; Yarrow.

18 pkts/\$29.95—Lifeline Pricing, Organic



Kidzerbs®: A Kid's Guide to Growing Medicinal Plants.

Garden kit includes: "Kidzerbs" book by Sena Cech, 12 Organic Seed packets: Basil, Borage, Calendula, California Poppy, Catnip, Chamomile, Fennel, Feverfew, Flax, Johnny-Jump-Up, Lemon Balm, Love-in-the-Mist, and 12 wooden row markers.

Kidzerbs: \$19.95

Old World Medicinal—Herbs from the Cauldron *Properly used and in the hands of a true healer, these heroic plants can ease pain and banish suffering.*

1 pkt. each of: Aconite, Monkshood; Belladonna; Datura, Jimson Weed; Henbane (substitution Scopolia in CA); Mandrake, Official (*Mandragora officinalis*); Poppy, Zahir.

6 pkts/\$24.95 TOXIC

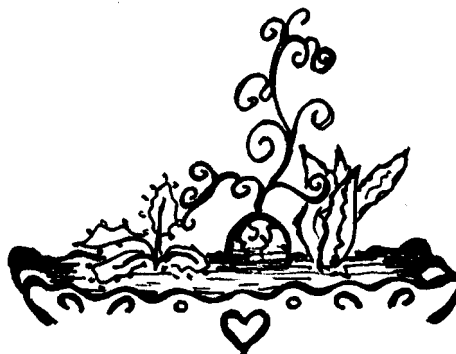
"New York City Window" Houseplant Collection

Folks often request a medicinal plant that will do well "indoors," by which they generally mean on a windowsill inside the house. Well, here we have compiled three plants that do very well indeed in just these conditions, and we propose to send them to you, or to your chosen recipient, as a threesome. These can be potted up to gallons and will thrive even when you are gone on vacation and cannot water them. They are quite entertaining and always full of surprises.

Life Plant (*Bryophyllum pinnatum*),

Cape Aloe (*Aloe ferox*),

Bowiea (*Bowiea volubilis*)



New York City Window: \$19.50/3 plants—Special price, Organic

LIVE ROOTS, BULBS AND TUBERS



Planting dormant, live roots in the fall is simply the best way to get these much sought after plants established in your gardens. Far from lying asleep in the soil, the fall-planted rhizomes soon begin to “dig in” to their new home, sending out feeder roots and gaining *a sense of place*. By the time spring rolls around, your fall-planted live roots are ready to shoot up, leaf out, flower, and fruit from an established and nicely acclimatized foundation. (See page 22 for more information on growing roots.) Since it is easier for us to ship durable, dormant roots packed in coir instead of shipping delicate forest species as plants in pots, we move the savings on to everyone in the form of reduced prices. Highly recommended! We begin shipping in September, continuing through to December 1. Although we are well-stocked, your early order assures availability.

Black Cohosh*Cimicifuga racemosa*

This is the most universally adaptable of all the Appalachian medicinals. We receive ongoing reports from gardening friends all over the United States who have been hugely successful in cultivating this plant from our vigorous, weighty rootstock. A showy favorite on the shady border, striking compound leaves give rise to tall, white flowering racemes to 5 feet. The tincture of fresh root is proestrogenic, antidepressant, pain-relieving, sedative, peripheral vasodilating, antispasmodic, and anti-inflammatory, customarily used to control the infamous “hot flashes” of menopause. High market demand.

50 seeds/pkt \$3.95, Organic

Orders received prior to Sept. will be back-ordered and delivered from the new harvest.

\$5.00/dormant root

\$27/6 dormant roots

\$75.00/20 dormant roots, Organic

Bloodroot*Sanguinaria canadensis*

The early spring flowers are pure white, arising from the blood-red rhizomes prior to the unfurling of the fleshy, palmate leaves. When transplanting, place the rhizome at the soil surface, buried only about halfway in, making sure the rootlets are covered with soil. Then cover with mulch. After several years the Bloodroot will naturalize and self-seed, increasing greatly in size and producing many progeny. The sap of the plant contains the alkaloid sanguinarine; an expectorant and anticancer agent.

Low-dose botanical.

100 seeds/pkt \$9.95, Organic

\$5.00/dormant root, Organic

Blue Cohosh*Caulophyllum thalictroides*

A shy plant, these nonetheless will exhibit great vigor. We have received numerous reports of success, including flowering and fruiting within a year of transplant. The dried root is a classic herb for increasing force of contractions during labor—a special ally.

10 seeds/pkt \$9.95, Organic

\$5.00/dormant root,

\$27.00/6 dormant roots,

\$75.00/20 dormant roots, Organic

Bowiea*Bowiea volubilis*

(Igibisila, Gifisila, Umagaqana, Knoklim Olp)

Protect from frost. Native to the eastern parts of South Africa, this fascinating bulb prefers to be partially buried, so that its luminous green orb may be appreciated. Gives rise to convoluted, smooth stems that climb on other plants, on strings, on stakes or on the curtains. Does well in low light situation, and if given an occasional sip of water will surprise you with its tenacity and vibrance. Do not eat.

10 seeds/pkt \$2.95, Organic

\$5.00/bulb, Organic

Butterbur*Petasites palmatus*

(Petasites, W. Coltsfoot)

Family: Aster (*Asteraceae*)

Herbaceous perennial. Native to the western US. Hardy to -20° F. The plant bears luxurious, umbrella-shaped leaves. Medicinally, small amounts of the leaf or root are used to treat spasmodic cough or deep-seated pain. Contains **PAs**. Plant prefers partial shade and moist garden soils or streamside habitat.

\$3.00/live root, Organic

Calamus *Acorus calamus*
(Sweet Flag, Rights What'sWrong Herb)Family: Arum (*Araceae*)

Perennial monocot—a water plant. Hardy to -30° F. Bitter and aromatic rhizome is a premier digestive herb, also used to clarify mind. Plant prefers partial shade and ever-moist garden soils and may be planted in pots, along waterways or in shallow water. Calamus filters and clarifies mucky water, and is used in bioremediation for cleaning up graywater or polluted water. Nestle cutting roots down, bud up, into moist soil.

200 seeds/pkt \$2.95**\$4.50/live root, Organic****Camas, Blue** *Camassia quamash*

Herbaceous perennial; bulbous. Native to the NW. Major foodstuff of the Native Americans. Prefers full sun and moist garden soil or meadowland that is moist in the spring and dries out in the summer. Plant bulbs in fall for flowers in spring. Flowers on long racemes, deep blue-violet.

50 seeds/pkt \$3.95**\$6.95/g (~250 seeds),****\$20.85/10 g (~2,500 seeds)****\$104.25/100 g (~25,000 seeds)****\$7.95/6 bulbs****\$20.00/20 bulbs, Organic****Celandine** *Chelidonium majus*Family: Poppy (*Papaveraceae*)

Herbaceous perennial, self-seeding. Native to Europe and temperate Asia. Hardy to -15° F. Acrid, yellow-orange latex, most concentrated in root, used topically against warts. A penetrating alterative ingredient in hand and foot baths for treating debilitating disease. **Low dose botanical.** Plant prefers fast-draining soil but plenty of water, shade to part sun, and grows fastest during the cool weather of early spring and fall.

50 seeds/pkt \$3.95**\$9.95/g (~500 seeds), Organic****\$5.00/root, Organic****COMFREY**

Fast-growing medicinal, veterinary, and permaculture herb extraordinaire. The roots and leaves contain the valuable cell-proliferant allantoin. Contains **PAs**. Besides making salve from the dried root, the leaves make a great free livestock feed that contains up to 30% protein. We give them to goats and rabbits to cure scours. Used for making biodynamic tea for plants—organic, farm-derived, and vegetarian. Permaculturalists plant Comfrey around fruit trees to build soil and bring up valuable nutrients. Plant comfrey roots anytime in rich, well-drained soil, water well, and you will soon have the plant—forever.

Comfrey, Russian Bocking 14 Cultivar *Symphytum X uplandicum*

Sterile hybrid very robust and fast-growing. This variety preferred by permaculturalists.

\$2.00/rooted cutting,**\$10.00/6 rooted cuttings,****\$30.00/20 rooted cuttings, Organic****Comfrey, True** *Symphytum officinale*

The native land race from Europe, sporting richly colored reddish purple flowers. An abundant seeder, this taxon is preferred by herbalists and rare plant enthusiasts. These are choice roots we grew from seed.

10 seeds/pkt \$3.95, Organic***\$7.20/plant, \$17.55/3 plants, Organic****\$3.50/live root, Organic****Ginseng, American** . . *Panax quinquefolius*

Sexual and digestive tonic and adaptogen. Rake back forest mulch and plant seeds singly about 1 inch deep in soil, then replace mulch over the top. Emergence is in the spring. Thin to at least 12 inches apart.

\$22.50/oz (~350 seeds)**Goldenseal** *Hydrastis canadensis*

We are fortunate to have had a very good year on Goldenseal and will move the quality and well-sized roots on to you. Premier astringent and tonic agent for treating any and all afflictions of the mucous membranes, including colds, sore throat, sinusitis, and conjunctivitis. Very big in the herb trade.

50 seeds/pkt \$9.95**\$39.85/10 g (~500 seeds), Organic**

New crop goldenseal seed currently available. No international sales (CITES regulated)

\$3.50/dormant root (3-year or older)**\$19.50/6 dormant roots,****\$53.00/20 dormant roots****\$200.00/100 dormant roots, Organic****Lily, Tiger (bulblets)** *Lilium tigrinum*

(Bai-he, Chinese Tiger Lily)

Herbaceous perennial. Native to China and Japan. Large, ornate, pendulous flowers with showy stamens. Reproductive and calming medicine. Bulbs are edible. Push bulblets “tip up” into mellow potting soil or garden bed to a depth of 2 to 3 inches. Plant prefers part shade. Space 1 foot apart. Flowers to 2 to 3 feet.

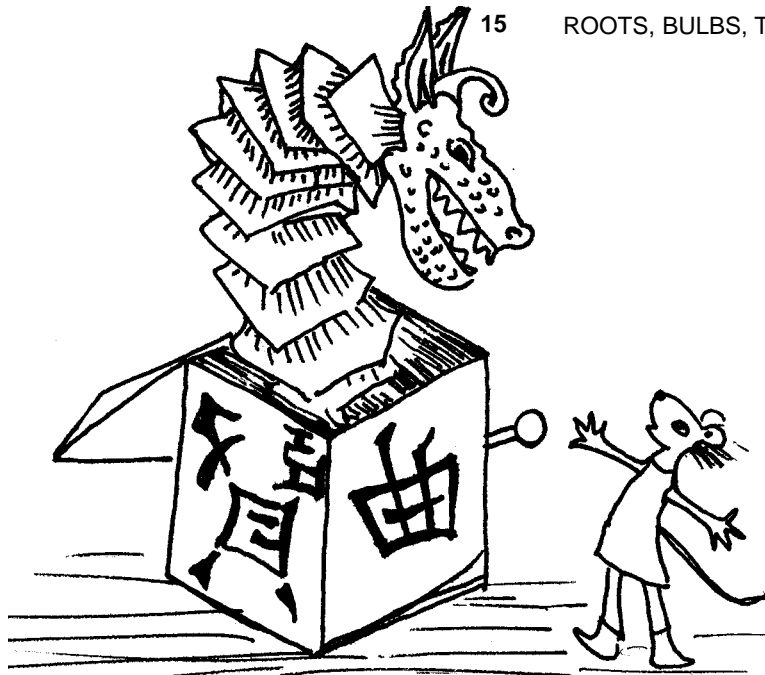
20 fresh aerial bulblets/\$7.95, Organic**Mayapple, American** *Podophyllum peltatum*

Colony-forming plant has an umbrella-like, palmate leaf and bears a waxy, white flower of delightful fragrance. The Mayapple patch is a showy landscape feature and will withstand full sun. The dried root is used as an anticarcinogenic and liver stimulant.

Low-dose botanical.**\$4.50/dormant root, Organic****Saffron, Holy** *Crocus sativus*

Source of the enticingly delicious spice “Saffron.” Plant immediately on receipt for emergence in the fall. Usually flowers the following year. Plant bulbs “tip up” in well-drained soil, 3 inches deep and 6 inches apart. Plant prefers even watering and sun to part shade. Does excellently in pots. The spice consists of the dried flower stigma.

\$9.95/6 bulbs**\$25.00/20 bulbs**



Stoneroot *Collinsonia canadensis*
Sturdy, handsome, broad-leaved plant bears bright panicles of yellow flowers that smell like lemons. Tincture of the fresh, stone-hard root helps shrink varicosities—general vascular tonic of great utility.
\$5.00/dormant root, Organic

Twinleaf *Jeffersonia diphylla*
Family: Barberry (*Berberidaceae*)
This forest beauty has paired, plate-like leaves that are succulently green, and a large, perfectly white flower. The root is an acrid expectorant, making a workable wash for treating sore gums or herpes lesions. Sow seed immediately on receipt in cool, moist shade. Germ is in spring. Plant roots 1 foot apart, in moist, rich forest loam, in the shade.
30 seeds/pkt, \$3.95, Organic
\$6.50/dormant root, Organic

Valerian *Valeriana officinalis*
Family: Valerian (*Valerianaceae*)
Valerian can be a bit tricky from seed, but these live roots are easy to get growing. Plant roots down, with crown just peeping through the soil, in regular garden soil or fast draining soil in full sun to part shade and water well. The aerial parts will soon start to show. In the early spring, the flowering stalks rise up from the crown, and the roots shrink to almost nothing. Meanwhile, the flower emits heady perfume, visited night and day by myriad pollinators that buzz about, knocking into each other, then clinging to the flower, enraptured by her spell. See our book "Making Plant Medicine" for exacting directions on digging and using Valerian root in herbal medicine, but in truth a whiff of the flowers is sufficient to experience her somnolence!
100 seeds/pkt \$2.95,
\$9.95/g (~1,200 seeds), Organic
\$3.00/root, Organic

Virginia Snakeroot *Aristolochia serpentaria*
Rare woodland herbaceous perennial self-supportive vine. Butterfly attractor with an extremely aromatic, terebinthe root. Probably best not taken internally, the plant is nonetheless a valuable historical oddity. Sow seed in the fall for germination in late spring. Keep flats cool and shaded.
15 seeds/pkt \$9.95, Organic
\$15.00/3-year-old live root, Organic

Wild Yam, American *quaternata*
. *Dioscorea quaternata*
Native to the Eastern American hardwood forests. Hardy to -10° F. Dried root is antispasmodic to smooth muscle of uterus and GI tract. Sow in fall for germination in the spring. Plant prefers partial shade. Space 1 foot apart. Trellis.
20 seeds/pkt \$4.95, Organic
\$5.00/dormant root
\$27.00/6 dormant roots,
\$75.00/20 dormant roots, Organic

Wild Yam, Chinese . . . *Dioscorea batatas*
Perennial vine. In the humid evenings and mornings, the ball-like, cream-colored flowers exude a rich Cinnamon fragrance. Both the weighty, smooth underground tubers and the small, potato-like aerial tubers are edible—a delicious nutrient tonic. Also, an herbal treatment for nerve pain, bed-wetting, spermatorrhea, irritable bowel, and diarrhea. Plant tubers about an inch deep in pots or directly in a rich hill in the garden. Easy. Provide trellis.
6 aerial tubers/\$3.95,
\$10.00/20 aerial tubers, Organic
Orders received prior to Oct. will be back-ordered and delivered from the new harvest.

Wild Yam, Japanese . *Dioscorea japonica*
Perennial vine with elegant, heart-shaped leaves, deliciously edible tubers. Trellis.
3 aerial tubers/\$5.95
\$13.00/20 aerial tubers, Organic

Plant it in the Fall! COVER CROPS SECTION

Feeding Soil = Feeding Family

Alfalfa *Medicago sativa*
Perennial cover crop, best for fertile soils, home garden. All zones. Sprouts provide a rich source of dietary chlorophyll. Excellent for shelterbelts. Fixes 200 lbs nitrogen per acre, yields up to 10 tons of organic matter per acre, and effectively sequesters subsurface minerals by way of its deeply delving root system. Inoculate with rhizobium inoculant and sow early fall or spring. Broadcast, rake in, and keep moist. Use 1 lb per 1,000 sq. feet.

500 seeds/pkt \$2.95,
\$6.25/100 g (~170,000 seeds),
\$12.00/lb (~2,040,000 seeds),
3 lbs+/\$9.00/lb, Organic

Beans, Fava *Vicia faba*
(Broad Windsor)

Extremely vigorous legume that may be mixed with Peas, Vetch, or Oats for cover-cropping or may be grown by itself. Reaching from 3 to 6 feet tall, with thick stems and leaves, Fava Beans give superior yield of soil-building carbon (biomass) and also fix 150 lbs of nitrogen per acre. Sow in fall or spring at the rate of 2 lbs per 1,000 square feet or 8 lbs per acre.

5.00/lb, Organic

Buckwheat (for spring, summer or fall)

Excellent biomass and nectar producing cover crop for warm soils. Great choice for protecting bare soil from the sun, working well on both fertile and depleted soils. Buckwheat sequesters soil phosphorus and solubilizes for use by other plants, an excellent all around companion plant that can readily be sown between rows of other crops. Sow 2 lbs per 1,000 square feet; 30 lbs per acre. Grows to 2 feet tall.

\$5.00/lb, Organic

CLOVER:

Lush, nitrogen-fixing cover crops. Broadcast on newly-tilled ground in spring, summer, or fall. Clovers are the best choice for forcing out unwanted weed species. Their activity is three-fold—they loosen subsoil with their roots, fix nitrogen in the soil, and dispel disease in the human body.

Clover, Crimson . . . *Trifolium incarnatum*
Annual. Those living in warmer climates do well to sow in fall, while in areas with winter temperatures below 5° F, then spring or summer planting is preferred. Excellent choice for undersowing to corn or other annual crops, forcing out weeds and nourishing the soil. Bears myriads of truly luxurious, upright blossoms; quickly produces a monotypic stand that fixes 150 lbs of pure nitrogen per acre.

500 seeds/pkt \$2.95,
\$12.00/100 g (~100,000 seeds),
\$22.00/lb (~454,000 seeds), Organic

Clover, Medium Red . . *Trifolium pratense*
Native to temperate Europe and Asia. Hardy to -40° F. The tea thins the blood and helps dispel toxins from the system. Used as a cover crop, Red Clover fixes 140 lbs of nitrogen per acre, while the roots break up hardpan and oxygenate the soil. Flowers yield a yellow dye. Average germ 3 days. Sow 1 lb/2,000 sq. feet; 10 lbs/acre.

500 seeds/pkt \$2.95,
\$6.00/100 g (~140,000 seeds),
\$11.00/lb (~636,000 seeds),
3 to 24 lb: \$8/lb, Organic

For planting. Pre-inoculated with rhizobium.

Clover and Poppies Mix (for all seasons)

A beautiful mix of: Clover, Red; Clover, Crimson; Poppy, California; and Poppy, Flanders. Pre-inoculated. Sow anytime for an ongoing display. Sow 100 g per 500 square feet; 1 lb per 2,000 square feet; 10 lbs per acre. Grows 1 to 2 feet tall.

\$13.00/100 g
\$24.00/lb, Organic

Fenugreek . . *Trigonella foenum-graecum*
Annual. Native to the Mediterranean and winter hardy to -10° F. Aromatic foliage bearing white flowers with distinctive blue markings. Breaks up heavy clay soils—contributes nitrogen and organic matter. Direct-seed late summer, fall, or early spring. Germinates in cold soils. Sow 1 lb per 1000 square feet; 35 lbs per acre.

200 seeds/pkt \$2.95,
\$10.25/100 g,
\$22.00/lb, Organic

Planting, sprouting or extraction quality.

Oats (for winter)

Sow 3 lbs per 1,000 square feet; 45 lbs per acre. Grows to 5 feet tall.

5g/pkt \$2.95,
\$5.00/lb, Organic

Oats and Peas Mix (for winter)

The standard for a symbiotic cover crop that may be sown fall or spring. The oats grow tall to support the peas and the peas fix nitrogen for the oats. Sow 3 lbs per 1,000 square feet; 45 lbs per acre. Grows to 5 feet tall.

\$5.00/lb, Organic

Rye, Winter *Secale cereal*
This is the oldest domesticated crop, with archaeological evidence dating back to the Paleolithic. As a modern cover crop, it is an effective plant for covering the garden beds after harvest, seeded in before the ground freezes. Scatter seed on prepared ground, rake in, tamp, and keep moist until germination. Unlike most politicians, Rye does well in any soil, rich or poor. Like many potters, it prospers in clay, and improves the soil by increasing carbon content. Provides excellent winter forage for chickens and ruminants. Will keep the garden soil covered and protected through the winter. In the spring, mow the grass, then turn the soil again, incorporating the carbon. Sow 2 lbs per 1,000 sq ft.

\$5.00/lb, Organic

HORIZON HERBS VEGETABLE SEEDS
Seeds of Sustenance
For Fall and Winter Eating



Standard fall vegetable culture: Because vegetables have been tamed by long human association, most of them respond favorably to the same general cultivation scenario: sun, soil, and rain. First, amend your garden soil by incorporating cover crops and organic compost or worm castings. Then, prepare a fine seedbed by raking out the clumps, making the beds about 4 feet wide with 2 foot paths in between. To plant seeds, make a furrow across the surface of the bed, sprinkle in the seeds, cover them with soil and tamp down securely. Summer-sown seeds are best planted about twice as deep as spring-sown seeds. Try to keep the bed evenly moist until germ. If the soil surface dries out in the hot sun, you will be glad you planted the seeds deeply! Once the seeds germinate and the seedlings have sized up a bit, thin them to the desired spacing, leaving the largest and most robust individuals and pulling out the smaller individuals (and the weeds). Give your plants plenty of room to grow! Cultivate often around the vegetables, using a hoe or better yet, your fingers. Water only in the morning, evening, or night. Water deeply twice a week, more if the sun is particularly fierce, less if there is rain. The following vegetables have been chosen because they are fast maturing, cold-resistant, and store well. Many of them taste sweeter after frost. Once temperatures begin to dip, you can extend the season by mulching heavily, providing a floating row cover or by enclosing the plants in a cloche. Happy winter salads!

BEET:

Family: Goosefoot (*Chenopodiaceae*)
 Biennial. 55 to 60 days to maturity. Sow July-Sept., 1/2 to 1 inch deep. Germ in 7 to 14 days. Thin to 3 to 4 inches apart. The roots are delicious, and the dark green leaves are equally edible. Beets are high in phosphorous, magnesium and iron—good blood builders. Beets contain the molecule betaine, which helps improve digestibility of fats and proteins.

Beet, Detroit Dark Red . . . *Beta vulgaris*
 Pronto quickly produces large, deep burgundy, 4-inch flattened globes.
50 seeds/pkt \$2.45, Organic

Beet, Touchstone Gold . . . *Beta vulgaris*
 <<NEW FOR 2012>>

High germ rates even in warm soils. Greens are mild-flavored. Sweet, yellow-fleshed, uniform, round roots retain golden color when cooked. Excellent storage beet.

100 seeds/pkt \$2.45,
\$14.85/10 g (~700 seeds), Organic

BROCCOLI:

Family: Mustard (*Brassicaceae*)
 Annual. 50 to 60 days to maturity. Sow July-Sept., 1/2 to 1 inch deep. Germ in 3 to 10 days. Thin to 18 inches apart. A nutrient-dense food high in Vitamins A, C, K, B6, and E. Source of anticancer glucosinolates that help dissolve precancerous cells. Broccoli helps the liver to detoxify the blood.

Broccoli, Green Sprouting
 *Brassica oleracea italica*
 (De Cicco)

We love this plant because of the long harvest window—after the main head is cut, many more meals may be had by way of multiple “Broccolinis” that quickly appear. Perfect for stir-fry.

300 seeds/pkt \$2.45
\$12.25/10 g (~3,000 seeds), Organic

Broccoli, Oregon Longneck
 *Brassica oleracea*

This local selection makes large heads on a long neck—well above slug level.

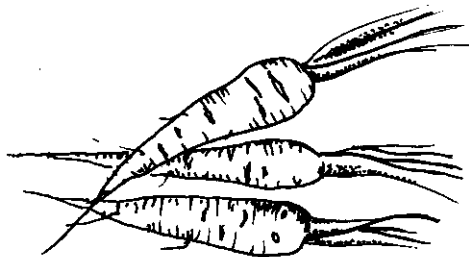
100 seeds/pkt \$2.45, Organic

Rapini, Early Fall . . . *Brassica rapa rapa*
Annual. 45 days to maturity. Rapini produce tender, edible leaves that give rise to buddy shoots resembling miniature broccoli. They are perfectly sized for stir-fry. Excellent choice for containerized growing or small gardens. Thin to 4 inches apart.

100 seeds/pkt \$2.45, Organic
Cabbage, Chirimen Hakusai

. *Brassica rapa*
Family: Mustard (*Brassicaceae*)
Biennial or overwintering annual. 50 days to maturity. Sow Aug-Sept., 1/2 to 1 inch deep. Germ in 5 to 7 days. Thin to 12 inches apart. Loose-leaf Chinese Cabbage, one of the oldest of Cabbage cultivars still extant, featuring light green, heavily savoyed leaves that are tender and excellent in salad or cookery. A visitor, standing before our long row of Chirimen Hakusai, literally said "May I stick my face in that?" Rich in fiber, protein, thiamin, niacin, vitamins K,A,C,E,B and Calcium, Cabbage is a medicinal food of many layers. Leaves traditionally used for poulticing, to pull out obstructions, mend infirmities, and alleviate pain. A famous example was French Herbalist Maurice Messegue who treated then German Chancellor Adenauer with Cabbage leaves applied to the shoulder. Incorporating Cabbage, both raw and cooked, into the diet will help prevent and alleviate ulcers. Consuming Cabbage also helps prevent damage from free radicals, a major cause of both revolutions and Alzheimer's disease. Another Horizon Herbs organic conversion.

300 seeds/pkt \$2.45
\$12.85/10 g (~3,000 seeds), Organic



Carrot, Scarlet Nantes
. *Daucus carota sativus*
<<NEW FOR 2012>>

Family: Carrot (*Apiaceae*)
Biennial. 65 to 75 days to maturity. Sow July-Aug., 1/4 to 1/2 inch deep. Germ in 10 to 21 days. Thin to 12 inches apart. Carrots are loaded with minerals, beneficial enzymes, fiber, Vitamins A, C, K and potassium, which counteracts the blood pressure effects of excessive dietary sodium. Source of the antioxidant molecule falcarinol. Scarlet Nantes is a high amino acid type, nearly coreless and possessed of good old-time carrot taste. The carrots measure 6 to 8 inches long and are good keepers.

500 seeds/pkt \$2.45,
\$12.85/10 g (~4,750 seeds), Organic

GREENS:

The truth is simple. Making dark green leafy vegetables a part of your daily diet is the single most important thing you can do to protect yourself from cancer.

Arugula, Domestic *Eruca sativa*
(Roquette)

Family: Mustard (*Brassicaceae*)
Biennial. 30 days to salad. Deeply cut leaves are a spicy, gourmet treat, excellent in salads or stir-fried with olive oil. Standard vegetable culture. Sow in successions, spring or fall. Thin to 3 inches apart.

200 seeds/pkt \$2.45, Organic

Greens, Collard, Champion
. *Brassica oleracea acephala*
<<NEW FOR 2012>>

Family: Mustard (*Brassicaceae*)
Biennial. 60 to 80 days to maturity. Sow July-Aug., 1/2 to 1 inch deep. Germ in 3 to 10 days. Thin to 18 inches apart. Rich in Vitamins K, A, C and manganese. Champion makes long-standing, waxy, dark blue-green leaves with white veination. Non-heading. They are mild eating, and get sweeter after frost.

200 seeds/pkt \$2.45
\$12.85/10 g (~3,000 seeds)

Greens, Creasy *Barbarea verna*
(Winter Cress)

Family: Mustard (*Brassicaceae*)
Biennial or overwintering annual. 50 days to maturity. Sow Aug-Oct., 1/2 to 1 inch deep. Germ in 3 to 5 days. Thin to 6 inches apart. Native to southern and eastern US, England, and Germany. Deeply divided, glossy, dark green leaves. Rich in Vit A, C, calcium, and iron. High in anticancer isothiocyanates. You put a mess of greens in a pot with a little water and cook over slow heat, along with beans or meat, and then you eat it all at once, with cornbread. Or, for the raw foodist in us all, bring salad dressing out to the patch, then pick and dip and eat it naked.

100 seeds/pkt \$2.45
\$12.85/10 g (~6,000 seeds), Organic

Greens, Cooking Mixed

Mixed cooking greens consist of Golden Chard, Detroit Red Beets, Spinach, Mustard, Dinosaur Kale, and Vates Kale. Direct seed in the garden, use containers, or extend the season with the cloche. Scatter seed, water in, and get ready for greens, pronto, planto.

Big 3 g packet \$3.95, Organic

Greens, Salad Mixed

Mixed salad greens consist of Red Lettuce, Buttercrunch Lettuce, Oakleaf Lettuce, Arugula (Roquette) and Mizuna. Direct seed in the garden, use containers, or extend the season with the cloche. Scatter seed, water in, and get ready for salad pronto, planto.

Big 3 g packet \$3.95, Organic



Kale, Vates *Brassica napus*
 <<NEW FOR 2012>>

Family: Mustard (*Brassicaceae*)
 Biennial or overwintering annual. 40 to 50 days to maturity. Sow Aug.-Sept., 1/2 to 1 inch deep. Germ in 5 to 10 days. Thin to 6 inches apart. Rich in Vit A, C, K, B6, calcium, and magnesium. Vitamin and nutrient absorption is enhanced by steaming lightly or stir-frying with olive oil as opposed to eating raw. High fiber content helps move toxins out of the body. Probably the best vegetable to eat for prevention of postmenopausal osteoporosis. Vates is blue-green, curly, compact, resists yellowing, and is good for baby greens, with excellent flavor, texture and loft.

300 seeds/pkt \$2.45
\$8.85/10 g (~3,000 seeds),
\$28.25/100 g (~30,000 seeds), Organic

Shungiku . . . *Chrysanthemum coronarium*
 (Chop Suey Greens)

Family: Aster (*Asteraceae*)
 Annual. 40 days to maturity. Native to Eurasia. This is a cultivated strain originally from China. Young, green plant is delicious in salad mixes or as a steamed vegetable. Shungiku is high in vitamins and very good for alkalizing the blood. Standard vegetable culture. Sow in successions—fall or spring. Germ is fast even in cold soils. Prefers cool weather for best taste. Thin to 4 inches apart.

100 seeds/pkt \$2.95, Organic

Spinach, Winter *Spinacea oleracea*
 <<NEW FOR 2012>>

Family: Goosefoot (*Chenopodiaceae*)
 Annual. 50 to 60 days to maturity. Sow Aug.-Sept., 1/2 to 1 inch deep. Germ in 6 to 12 days. Soil temp must be below 85° F for efficient germ. Thin to 3 inches apart. One of the most nutrient dense foods, rich in Vitamins K, C, A, E, B6, thiamine, riboflavin, folate, magnesium, potassium and a wide array of other micronutrients. Consumption of Spinach is tantamount to taking a vitamin pill, and is a heck of a lot more bioavailable to our digestion. Contains antioxidant flavonoids that protect against breast, stomach, ovarian and prostate cancer. Consuming Spinach improves brainfunction and slows aging.

200 seeds/pkt \$2.45, Organic
\$6.85/10 g (~800 seeds)
\$22.25/100 g (~8,000 seeds)

Leeks, Bandit *Allium porum*
 <<NEW FOR 2012>>

Family: Onion (*Alliaceae*)
 Biennial. 100 days to maturity. Sow Sept., 1/2 inch deep. Germ in 5 to 10 days. Thin to 10 inches apart and keep hilling up around plants as they grow, in order to blanch the stems. Leeks are an excellent source of dietary fiber, folic acid, Vitamins C, B6, manganese and iron. They contain isothiocyanates that help enhance immunity, lower cholesterol, and reduce the likelihood of contracting cancer. Bandit is a cold hardy winter leek, with blue-green leaves and a thick, white base. These may be maintained in the garden all winter long by hilling up and mulching. They make an incomparable winter soup, boiled down on the back of the woodstove in a big pot with potatoes, mushrooms and love.

100 seeds/pkt \$2.45
\$9.85/3 g (~1,000 seeds), Organic

LETTUCE:

Family: Aster (*Asteraceae*)
 Annual or overwintering annual. Sow Aug to Oct., 1/4 to 1/2 inch deep. Germ in 5 to 10 days. Thin to 1 foot apart. Lettuce seed will not germinate at temperatures exceeding 85° F, and truly, the plant grows best in the cool months, surviving to as low as 20° F. Besides making the finest, crunchy salads, Lettuce is rich in life-giving chlorophyll and Vitamin K, A, B1, B2, C and folic acid. The ultimate weight loss food. The plant also contains anti-oxidant flavonoids and varying quantities of the bitter, white, sedative latex known as lactucarium.

Lettuce, Grand Rapids Red

..... *Lactuca sativa*
 55 days. Preferred dark red type for baby salads or a dense, gorgeous crown.

100 seeds/pkt \$2.45, Organic

Lettuce, Green Buttercrunch . . . *L. sativa*

40 days. Soft yet crunchy, almost as filling as bread, a leaf type bibb engendering consistent culinary acclaim.

500 seeds/pkt \$2.45,
\$16.85/10 g (~10,000 seeds) Organic

Lettuce, Green Oak *Lactuca sativa*

40 days. Probably the easiest Lettuce to grow, a favorite for children's gardens. Softly luscious summer salads.

500 seeds/pkt \$2.45,
\$16.85/10 g (~10,000 seeds), Organic



Lettuce, Wild *Lactuca virosa*
(Lettuce Opium)

Native to Europe. Hardy to 10° F. Black-seeded with high yield of lactucarium—mildly sedative, antitussive and analgesic. As a salad green, excellent in the winter and very early spring. Beyond then, inedible in salads, but loaded with harvestable latex. Flowers yellow to 8 feet.

100 seeds/pkt \$3.95,
\$23.85/10 g (~2,800 seeds), Organic

Lettuce, Winter Density . . *Lactuca sativa*
(Winter Romaine) <<NEW FOR 2012>>
55 days. Romaine is the most nutrient dense of all lettuce cultivars. Winter Density makes a rounded head, lifted high on the stem to limit sand lugging. Heat and frost tolerant. Softly crunchy, if that is possible.

500 seeds/pkt \$2.45,
\$14.85/10 g (~10,000 seeds), Organic

END OF LETTUCE

Pea, Snow, Mammoth Melting
. *Pisum sativum*
<<NEW FOR 2012>>

Family: Legume (*Fabaceae*)
Annual. 65 days to maturity. Sow Sept.–Oct., 1/2 to 1 inch deep. Germ in 3 to 8 days. Thin to 2 inches apart. Peas are rich in fiber, iron, manganese and Vitamins C and K. Peas are diuretic (they make you pee), and help tonify the kidneys, which in turn helps lower blood pressure. Mammoth melting Peas are fusarium wilt resistant and are suitable for fall culture. They vine to 6 feet, producing myriads of large white flowers that give way to 4 to 5 inch long, flattened pods, sweet and crunchy, pods and all, for garden snacking, and scrumptious when stir-fried in the wok.

50 seeds/pkt \$2.45
\$12.85/100 g (~500 seeds), Organic

Radish, Daikon—Miyashege White
. *Raphanus sativus*
<<NEW FOR 2012>>

Family: Mustard (*Brassicaceae*)
Biennial or overwintering annual. 60 to 65 days to maturity. Sow Aug–Oct., 1/2 to 1 inch deep. Germ in 3 to 6 days. Thin to 4 inches apart, and watch out, individual roots can weigh from 2 to 6 lbs each! Daikon is a true fall crop, and does well only when planted in the fall. Roots may be consumed from fall until spring. Daikon’s digestive enzymes assist in the assimilation of oils and fats. For those suffering from excessive mucous discharge, phlegm, or oily skin, eating Daikon will help clear things up.

Including Daikon in the diet helps dissolve precancerous cells. Miyashege White is crisp and mild when sliced fresh and dipped—also excellent stir-fried or pickled.

200 seeds/pkt \$2.45
\$6.85/10 g (~800 seeds), Organic



SNOWDOWN VEGETABLE SEED COLLECTIONsee page 11: **\$24.95**

Watercress *Nasturtium officinale*
Perennial water plant hardy to -10° F. Native to temperate regions of the world. Grows fast in cold soils or in cold water. The leaves are a gourmet salad ingredient, crunchy and pungent. In olden days, Native Americans would pick a kettle full of Watercress and reduce it over a slow fire to a concentrate that purged the toxins like nothing else. In the fall or early spring, sow seed in pots by sprinkling generously, barely covering, tamping securely and keeping ever-moist until germination, which takes 7 to 10 days. After the plants are sufficiently large to withstand transplant, set them in at the edge of pond or waterway and they will take off from there. Another option is to simply press the seeds into the mud at the edge of a waterway, in which case more seed will be required. Watercress may also be grown in a regular garden bed in the part shade, misted twice daily. Very similar cultural requirements to Wasabi, which see.

200 seeds/pkt \$2.45,
\$5.95/g (~2,000 seeds)
\$17.85/10 g (~20,000 seeds)

Wasabi *Wasabia japonica*
Family: Mustard (*Brassicaceae*)

See cover illustration
Hardy to 10° F. Herbaceous perennial native to mountain streams of Japan. This is the true Wasabi (much Wasabi served with sushi is counterfeit) that provides the inspirationally sinus opening experience. The paste is made by finely grating the hot, green, fresh root. Plant prefers part shade and cool running water, such as the edge of a spring in the forest. Lacking this, one can prepare a shaded garden bed and mist the plants twice daily. That’s what we do. This pre-stratified seed is best planted immediately upon receipt, in cool, moist, shade. Germ in spring.

10 seeds/pkt \$7.95, Organic
Sorry, no international sales and no replacements or refunds on Wasabi seeds
***\$9.00/plant, Organic**

SOWING MEDICINAL HERB SEEDS IN THE FALL



Why plant medicinal herb seeds in the fall? We estimate that 50% of temperate species germinate most reliably when planted using standard technique in a warm greenhouse or spring garden. But the remaining 50% do best sown in cool soils of fall or very early spring (and this catalog focuses largely on seeds of this sort). Of these, some germinate relatively quickly in the fall (e.g. Poppies and Shepherd's Purse) and overwinter as a small rosette, flowering usually in the spring of the next year. Others simply *must* be sown in the fall in order to achieve germination in the spring (e.g. Goldenseal, Ginseng, Yellow Gentian and Wasabi).

Learning to plant with the seasons can be a real process of trial and error. In our book "**The Medicinal Herb Grower**" we tell stories about some of the ways this can be more reliably accomplished, sharing many of our techniques for building plant habitat. Readers are now getting back to us with success stories of their own, germinating and working up viable plantings of Ashitaba, Gentian, Maca, Wasabi, Rhodiola, Eleuthero, etc. Come join the club! Let's plant diversity and rehabilitate the Earth!

How does one go about sowing seeds in the fall? I think a lot of folks get stuck right there. In a few short sentences, I'm hoping to orient you to some of the horticultural techniques that will help lead to your success in this arena.

Potting soil: Purchase good quality organic potting soil by the bag from your local nursery or mix your own. A general recipe for potting soil is: 2 parts pumice or perlite; 2 parts hydrated coir or peat moss; 2 parts finished organic compost or well-rotted manure; 1/2 part coarse, sharp sand; a sprinkling of kelp, rock phosphate, and ground limestone (to provide minerals and micronutrients). Mix well.

Pots: Use large pots—gallons or bigger. Place outdoors in a partly sunny position (east or west exposure is good). Set the pots into a window box, in a row right up next to the house, or on tables inside the unheated greenhouse or especially in the shadehouse. Pots left outdoors can be secured against falling over and insulated from the cold by piling sand, soil, gravel, or mulch up around them. Fill the pots with potting soil, firmly compressed, within an inch or so of the lip. Place or sprinkle the seeds on the surface of the potting soil, barely cover with more potting soil, and tamp in securely. Then, using weed-seed-free mulch, such as: hydrated coir, fine bark mulch, well-rotted leaves, or well-rotted sawdust, spread an even layer of mulch over the seeds and tamp again. Use a very thin layer of mulch for small seeds and a correspondingly thicker layer of mulch for large seeds. If rodents are a problem in your area, you may wish to cover the pots with window screens, to keep the little burrowing varmints out. Label the pots with indelible labels, such as Impress-o-Tags (*see* page 9 of this catalog). Water

the pots if they begin to dry out, but otherwise leave them alone and let the elements work on the seeds. Seed coats will soften, tiny embryos will stir and swell, and the sunny new face of a germinating seedling will, in time, pop up.

Flats: Use deep flats—at least 4 inches deep. Proceed with planting as per the pot method, above, but now you will be able to plant your seeds in rows. You can sow up to 5 species in a flat. Sort your seeds according to size, putting large seeds in one flat and small seeds in another. It also makes sense to sort according to expected germination times, with fall germinators (e.g. *Pulsatilla*) in one flat, spring germinators (e.g. Elderberry) in another, and multi-cycle-germinators (e.g. *Uva ursi*) in another. Label each row carefully.

Outdoor nursery bed technique: Delegate a special raised bed for propagation—best to use one that is partly shaded and a bit out of the way. Prepare a fine seedbed by deeply forking and raking the soil. Fertilization is not needed. Make a shallow furrow with your finger, place or sprinkle the seed, barely cover with soil, tamp in securely, then cover with a thin mulch and firm everything down again. Sow the seeds the short way across the bed. Make the rows about 6 inches apart. As you plant, mark each row with a stake driven in securely at the head of the row, and label the stake with an Impress-o-Tag.

Then what? Once the seeds germinate, it makes sense to thin them to 1 or 2 inches apart, to give them room to grow. Select for vigor—keep the most vigorous seedlings and thin out the puny ones. Once the seedlings develop their second set of true leaves, they may be transplanted individually into pots or into the garden.

Direct seeding: Sowing seeds directly in rows or in beds in the garden or in the field can be a great way to save on time and resources, but usually requires more seed than controlled plantings (you'll be jumping for grams). Care must be taken to keep the planting weed-free. For long-germinating seeds (e.g. *Echinacea angustifolia*) this may mean covering the rows or the bed with a thin layer of weed-seed-free mulch. Mark the planting with a stake and an Impress-o-Tag. Keep watering, weeding, and thinning until an even stand is established.

Check the individual entries in this catalog for the best sowing times and when to expect germination. Small differences in when and how the seeds are sown can have a bearing on when and how well the seedlings emerge, so careful record-keeping (write the sowing date on the Impress-o-Tag or keep a garden log or calendar) will help you fine-tune your technique over the years. For instance, it took me 10 years to understand the reproduction biology of Job's Tears, Wild (*Onosmodium virginianum*). Hopefully, you will make your discoveries a bit faster than that!

Forest Roots: Use natural shade or shadecloth to create cool shade gardens. Build up rich, moist beds—the ideal home for forest medicinals. In the woods, clear away brush and debris to make cushy planting spots near large rocks, trees, rotting stumps, or logs. Roots of forest-dependent medicinals are best planted in rich soil where there is already a natural mulch of leaf mould. Push a spade deeply into the soil, pull back on the handle to open a deep hole, dangle the roots down in, then pull out the spade and close the soil back up around the root, filling all air pockets, leaving the buds pointing up, just under the surface. Water in, then cover copiously with leaf mulch or rotted sawdust. Emergence will be in the spring.

HORIZON HERBS
Plant it in the fall!
MEDICINAL SEEDS & PLANTS FOR PRACTICAL USE
Seeds of Medicine



Agrimony *Agrimonia eupatoria*
 Family: *Rosaceae*
 Herbaceous perennial. Native to temperate northern hemisphere. All zones. Handsome, classic herb has a marked hemostatic effect, kills tapeworm, and is used as a douche to control *Trichomonas*. Plant prefers full sun, average soil. Sow in fall or early spring. Slow to germ. Flowers yellow to 3 feet.

25 seeds/pkt \$2.95,
\$11.85/10 g (~250 seeds), Organic

Alfalfasee COVER CROP SECTION

Alkanet, Oriental *Alkanna orientalis*
 Family: Borage (*Boraginaceae*)

Herbaceous perennial hardy to all zones. Soft, forgiving, citrus-scented leaves give rise to dense, mounding, self-mulching tops studded with long-lasting, deeply golden yellow flowers. Flowering herb yields healing mucilage. Preliminary tests show strong activity against staphylococcus. Incredibly nice bedding plant. Plants prefer full sun and dry soils. Sow in fall or spring.

30 seeds/pkt \$2.95,
\$7.95/g (~200 seeds), Organic

Alum Root *Heuchera richardsonii*
 With palmately lobed leaves and pretty white coral bells on long petioles, a gorgeous addition to the rockery or shade garden. Root powerfully astringent. Fine specimens. Sow seeds in spring.

300 seeds/pkt \$2.95,
***\$7.20/ plant, \$17.55/3 plants, Organic**

Andrographis *Andrographis paniculata*
 <<NEW FOR 2012>

Long-season self-seeding annual matures in 160 days, although the plant may be harvested for leaf anytime. Excellent in potted culture or a full sun position in the garden. Currently in vogue for treating Lyme disease, the herb has been long used as a bitter and a stimulant to the immune system. Scarify seed and sow in spring.

100 seeds/pkt \$3.95,
\$7.95/g (~700 seeds)
\$23.85/10 g (~7,000 seeds)

***\$9.00/ plant, Organic**

ANGELICA:

Family: Carrot (*Apiaceae*)

Angelica defines the apothecary garden—deep green, turgid foliage, bountiful and assertive, protective of the soil and other plants, aromatic and medicinally active, both as seed and as root. All temperate zones. Plant prefers part shade to full sun; rich, moist, poorly drained soil. Sow in fall or very early spring. Press these light-dependent germinators into surface of soil and keep moist. Germ in 3 weeks and ongoing. Moist, cool soils in sun to part shade preferred for germination.

Angelica, Giant Purple . *A. atropurpurea*
 Biennial. Native to Eastern US. This is the most impressive of all American Angelicas. The giant leaves, purple stems and enormous, white flowered umbels are absolutely regal. Plant 2 feet apart. Flowers to 12 feet.

100 seeds/pkt \$2.95
\$11.85/10 g (~2,000 seeds), Organic

***\$7.20/ plant, \$17.55/3 plants, Organic**

Angelica, Official . *Angelica archangelica*
 Biennial. Native to temperate Europe, Siberia, and the Himalayan Mountains. Cultivated worldwide. Bitter aromatic, antimicrobial, and carminative. Flowers yellow-green in the second year to a height of 3 feet. (If you don't specify, this is the one we will send you.)

100 seeds/pkt \$2.95,
\$11.85/10 g (~2,000 seeds), Organic

***\$7.20/ plant, \$17.55/3 plants, Organic**

Angelica, Shining *Angelica arguta*
 (Mountain Angelica)

Perennial native to Western US and Canada and hardy to 0° F. Medicinally interchangeable with the official species, the plant does well in shade with moist soils. Long-lived blossoms shine out from the dark. Sow seed on surface and keep cool, shaded and moist.

50 seeds/pkt \$2.95
Orders prior to mid-Sept. will be back-ordered and delivered from the new harvest

Spring sown seeds are available at horizonherbs.com or by calling (541) 846-6704.

Ashitaba *Angelica keiskei koidzumi*
(Tomorrow's Leaf, Hachijo-sou)
Native to Hachijojima island in Japan and hardy to 20° F. This is the preferred green stem variety. Ashitaba is unique among Angelicas due to its edibility and the presence of both B₁₂ and the flavonoids known as "chalcones." A general tonic, also specifically treats gastric disorders, hepatitis, cancer, anemia, and chronic fatigue. Munch the fresh stalks. They are a bit like celery and way yummy. You can also dry the aerial parts, including leaves, and make a tea. There is an almost immediate sense of well-being after ingesting this plant, and it's healing energy seems to go right to the area of the body that most needs help. Plant prefers moist, fertile soil in sun or part shade. Give 30 days cold, moist refrigeration, then plant in warm soil, with germ in 15 days.

20 seeds/pkt \$9.95, Organic
***\$9.00/plant, \$24.30/3 plants**, Organic

Dang-gui *Angelica sinensis*
(Dong-quai, Tang-kuei)
Biennial. Native to East Asia and cultivated in the high, cold mountains of China. The smokily aromatic root of this plant is a premier female tonic. Plant prefers cool, moist, sandy, rich soil. Flowers rusty green to 3 feet.

100 seeds/pkt \$7.95,
Orders received prior to Nov/ will be back-ordered and delivered from the new harvest.

***\$7.20/ plant, \$17.55/3 plants**, Organic

END OF ANGELICA SECTION

Anise, Official *Pimpinella anisum*
Family: Carrot (*Apiaceae*)
Winter-sown annual. Native to the Mediterranean, Asia Minor, and Egypt—introduced into Europe during ancient times. The sweet and spicy seed is a universal flavoring agent, emmenagogue, and galactagogue. Plant prefers full sun, plenty of water during germ and growth, and a dry period for ripening the seed. Old seed that I threw out in January germinated during the winter rains, the plants growing through the winter and reaching maturity in July. Flowers to about 2 feet tall.

100 seeds/pkt \$2.95,
\$11.85/10 g (~3,000 seeds),
\$59.25/100 g (~30,000 seeds), Organic

Arnica chamissonis . . *Arnica chamissonis*
(Meadow Arnica)
Easiest to grow of all Arnica species, with medicinal attributes equal to Arnica montana. One of the more important herbs for any apothecary garden, overwinters nicely under deep mulch. Sow seeds in spring.

50 seeds/pkt \$2.95, Organic
***\$7.20/ plant, \$17.55/3 plants**, Organic

ARTEMISIA:

Family: Aster (*Asteraceae*)
An extremely diverse and active family of medicinals, these are highly attractive in the garden, actively collected by officinados, cherished by medicine makers, always potent, but in excessive dosage **potentially toxic**. Plants prefer full sun and dryish soils. Sow in fall or early spring. Light-dependent germinators. Mix very tiny seed with sand before sprinkling on surface and tamping in, so that the seedlings do not crowd. Drought tolerant and allelopathic. Most *Artemisias* are stolonaceous (creep underground) and will soon produce a robust patch unless kept contained in pots.

ARTEMISIA SET (1 seed packet each of the following *Artemisa* seed species)

7 pkts/\$14.90
Price shown is a discount.
Not available to SD or WA states.

Artemisia annua
(Sweet Annie, Qing-hao)
Annual. 100 days to harvest of leaf and flowers. Pervasively and pleasantly aromatic foliage. Antimalarial, vermifugal, and anticancer. There is currently a huge world demand for this herb. Not stolonaceous, but will readily self-seed. Space plants 1 foot apart. Grows 4 to 5 feet tall.

200 seeds/pkt \$2.95,
\$5.95/g (~57,000 seeds)
\$17.85/10 g (~570,000 seeds), Organic

Mugwort, Common . . *Artemisia vulgaris*
Herbaceous perennial. All temperate zones. The herb is used to make moxa, burned over acupuncture points to quicken the blood. Dream-inducer. Plant 2 feet apart. Flowers to 5 feet.

300 seeds/pkt \$2.95, Organic

Mugwort, Western *Artemisia ludoviciana*
(White Sagebrush)
Herbaceous perennial native to western and central US and Canada. All temperate zones. Variable, patch-forming plant with soft, striking, aromatic foliage of silvery-white. Used by the Native Americans and much valued by local herbalists in the form of tea, spice, poultice, or snuff. The plant is astringent, deodorant, and very friendly to the touch, used in treating eczema, spider bite, stomachache, and menstrual woes. Plant prefers full sun to part shade and dry, depleted soils.

200 seeds/pkt \$2.95

Sagebrush *Artemisia tridentata*
Woody perennial bush. Native to western US and Canada. All temperate zones. Soft, silvery, gray-green and aromatic, an excellent smudge. Purifying fumigant and spiritual adjuvant. Plant prefers dry, sandy slopes in full sun. Dry soils. Flowers yellow to 8 feet.

200 seeds/pkt \$2.95



Wormwood, Absinthe *A. absinthium*
Woody perennial. Native to Europe, Siberia, Kashmir, and the Mediterranean. All zones. This is a strikingly large, silvery-green, soft, and mellow plant for the medicinal landscape. Classic. Vermifugal.
200 seeds/pkt \$2.95, Organic
Not for sale to SD, WA state

Wormwood, Redstem *Artemisia scoparia*
(Yin-chen)
Biennial with wide native distribution in N. Africa, temperate and tropical Asia, and throughout most of Europe. All zones. One of the Chinese herbs that drain dampness, this fragrant herb is used in treating jaundice and is hepatoprotective. Inhibits staphylococcus and streptococcus and deserves more attention as a potential ally in treating the staph epidemic.
200 seeds/pkt \$3.95, Organic

Yomogi *Artemisia princeps*
(Japanese Mugwort, Kui-hao, Ssuk)
Herbaceous perennial native to Japan. Wide, bright green leaves with a white and downy underside, the sign of a good moxa plant. Excellent smudging plant used as a cold-hardy substitute for White Sage, producing a smooth and cooling smoke that purifies the air and dispels negativity. A flavorful herb, the dried leaves used in small amounts to flavor mochi, soups, and rice. Plant prefers full sun to part shade and fast draining soil. Does well in pots.
500 seeds/pkt \$2.95

END OF ARTEMISIA

Ashwagandha *Withania somnifera*
Perennial anabolic in the nightshade family. Root increases overall energy and sexual prowess. Sow seed in spring.
100 seeds/pkt \$3.95,
\$6.95/g (~1,000 seeds)
\$20.85/10 g (~10,000 seeds), Organic

ASHWAGANDHA root, powdered,
\$23.00/lb, Organic

Balloonflower . *Platycodon grandiflorum*
(Jie-geng)
Family: Bellflower (*Campanulaceae*)
Herbaceous perennial. Native to China and Japan. Hardy to -35° F. The unopened flower is a striking blue-purple balloon. The bittersweet, Ginseng-like root helps thin and eliminate phlegm. Prefers full sun and well-drained soil. Sow in fall, midwinter, or early spring in outdoor nursery bed or cold-condition 6 weeks. Plant 1 foot apart. Flowers from 30 to 40 inches tall.
50 seeds/pkt \$2.95, Organic

Barbat Skullcap *see SKULLCAP*

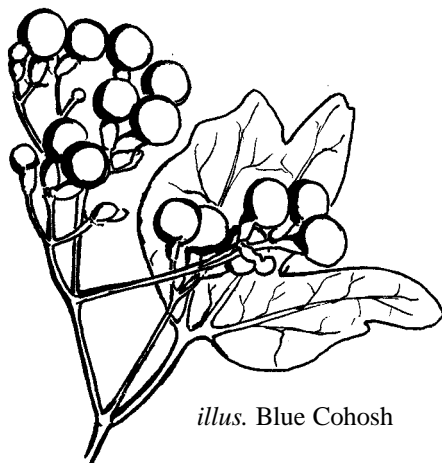
Beach Silvertop *Glehnia littoralis*
(Sha-shen, American Silvertop)
Family: Carrot (*Apiaceae*)
Perennial halophyte native to beaches of the Pacific Northwest and East Asia. The low-lying rosette of turgid and shiny green leaves is attached to a deeply seated taproot giving rise to showy flowers that become a distinctive cauliflower-like head of deeply grooved seeds, pleasantly aromatic. In Traditional Chinese Medicine (TCM), the root is used for tonifying the yin in treatment of dry, unproductive cough, similar to the way we use Osha in Traditional Western Medicine (TWM). The herb strengthens and moistens the lungs, kills pathogens. Sow in fall or spring. Plant prefers full sun and sandy soils. Barely cover seed and keep moist, cool, and in the light until germination, which is relatively easy and straightforward—much the same as for Angelica.
10 seeds/pkt \$2.95

Bear Grass *see LILY*

Bergamot, Lavender . *Monarda fistulosa*
Herbaceous perennial makes excellent tea, a showy cut flower loved by children and bees. Sow in spring.
50 seeds/pkt \$2.95, Organic
***\$7.20/ plant, \$17.55/3 plants**, Organic

Bergamot, Red *Monarda didyma*
(Bee Balm, Oswego Tea)
Herbaceous perennial is one of the most beloved of all native American plants, used in treating colds, indigestion, crabbiness. Sow in spring.
50 seeds/pkt \$3.95, Organic
***\$7.20/ plant, \$17.55/3 plants**, Organic

Bistort *Polygonum bistorta*
Family: Buckwheat (*Polygonaceae*)
Perennial. Native to Europe, Asia, and eastern US. Classic medicinal herb, a gentle and effective astringent. The young leaves are edible and may also be used as a poultice to heal and allay pain. Prefers full sun, regular garden soil. Multicycle germinator. Sow in fall or early spring. Space 1 foot apart. Flowers cream-colored to 18 inches.
30 seeds/\$3.95
***\$7.20/ plant, \$17.55/3 plants**, Organic



illus. Blue Cohosh

Bittersweet, Climbing *Celastrus scandens*
Family: Bittersweet (*Celastraceae*)

Perennial, deciduous, dioecious, woody, vining climber native to eastern and central US and Canada. All zones. Bears clusters of distinctive, bright red fruits that are much esteemed by flower arrangers and are a food source for wildlife. The root is a folk remedy for cancer and a liver stimulant. Plant prefers part to full shade and deep, loamy soil; trellis. Sow seed in fall or early spring. Grow out in pots for a year before transplanting.

20 seeds/pkt \$2.95
\$11.85/10 g (~600 seeds),
\$59.25/100 g (~6,000 seeds)

Black Cohosh*Cimicifuga racemosa*
.syn. *Actaea racemosa*
Family: Crowfoot (*Ranunculaceae*)

Herbaceous perennial. Native to the eastern US hardwood forest. Striking foliage and tall, white racemes to 5 feet. The tincture of fresh root is proestrogenic, antidepressant, pain-relieving, sedative, peripheral vasodilating, antispasmodic, and anti-inflammatory, customarily used to control the infamous "hot flashes" of menopause. Prefers the partial shade and rich soil of the forest or shade garden. Space plants 2 feet apart. Sow seed in fall to germ in spring, or stratify at least 2 weeks warm, then 2 weeks cold, then expect germ as the ground warms again.

50 seeds/pkt \$3.95, Organic
Orders received prior to mid-Sep will be back-ordered and delivered from the new harvest.

\$5.00/dormant root
\$27/6 roots
\$75.00/20 roots, Organic

Blessed Thistlesee THISTLE

Bloodroot*Sanguinaria canadensis*
(Red Puccoon, Indian Paint, Tetterwort)
Family: Poppy (*Papaveraceae*)

Herbaceous perennial. Native to the moist woodlands of Eastern US and Canada. Hardy to -30° F. The sap of the plant, especially abundant in the rhizome (the root), is bright red and loaded with the alkaloid sanguinarine; an expectorant and anticancer agent. **Low-dose botanical.** Prefers moist,

humusy soil and shade. Plant in the summer or fall in a forest bed or shade garden for emergence after 1 or 2 vernal cycles. Flowers white to 6 inches.

100 seeds/pkt \$9.95
\$5.00/dormant root, Organic

Blue Cohosh .*Caulophyllum thalictroides*
Family: Barberry (*Berberidaceae*)

Herbaceous perennial. Native to the eastern US hardwood forest. Hardy to -30° F. Exquisite, 3-lobed, light green leaves and purple berries. Used to facilitate difficult births. Plant likes rich, composty soil in forest or shade garden. Space plants 1 to 2 feet apart. Grows 2 to 3 feet. Seeds are fresh, cold-stored and are best planted immediately on receipt in cool, moist shade. 2-phase germinator makes a root the first winter and aerial parts the second spring. Dependable.

10 seeds/pkt \$9.95, Organic
\$5.00/dormant root,
\$27.00/6 roots,
\$75.00/20 roots, Organic

Blue Flag Iris*Iris versicolor*

Water-loving native to the lowlands and swamps and of Eastern US. Blossoms brilliant violet-blue variegated with yellow and white, interspersed with purple veins. Low dose botanical used for clearing the liver. Surface sow fall to early spring, keep cool and moist until germ.

50 seeds/pkt \$3.95, Organic
***\$7.20/ plant, \$17.55/3 plants**, Organic

Boneset*Eupatorium perfoliatum*
Family: Aster (*Asteraceae*)

Herbaceous perennial. Native to southern and eastern US. Hardy to -30° F. Tea or tincture treats colds and flu. Prefers full sun, much water. Short-lived seed. Light-dependent germ. Sow in fall or spring. Germ in 1 to 2 weeks. Ongoing germ. Transplant to 2 feet apart. Flowers to 4 feet.

300 seeds/pkt \$2.95, Organic
***\$7.20/ plant, \$17.55/3 plants**, Organic

Borage*Borago officinalis*
Family: Borage (*Boraginaceae*)

Annual. Native to the Mediterranean. 80 days to maturity. Children love to eat the nodding, blue and purple flowers that gladden the heart. Direct-seed fall or spring. Flowers 2 to 3 feet.

50 seeds/pkt \$2.95,
\$8.85/10 g (~1,400 seeds)
\$44.25/100 g (~14,000 seeds), Organic

Bowman's Root*Gillenia trifoliata*
(Indian Physic, Wild Ipecac)
Family: Rose (*Rosaceae*)

Herbaceous perennial. Native to the deciduous forests of southeast Canada through southern US. Hardy to -20° F. Plant prefers moist, fertile soils and shade.

20 seeds/pkt \$3.95, Organic
***\$7.20/plant, \$17.55/3 plants**, Organic

Brahmi *Bacopa monniera*
Creeping succulent native to India. Protect from frost. Excellent in potted culture. Fresh leaf sharpens mind and stimulates memory. Prefers warm, moist, humid shade.
***\$7.20/plant, \$17.55/3 plants, Organic**

Bugle *Ajuga reptans*
Excellent deep blue-flowered medicinal ground cover for shade to part sun, used as a lawn substitute or under trees ranging from Oak to Redwood. An herb of great repute, a gentle and reliable astringent on par with Self Heal, used both internally and externally. Sow seed in spring.
20 seeds/pkt \$2.95, Organic

***\$7.20/plant, \$17.55/3 plants, Organic**

Bugleweed, American *Lycopus americanus*
Musky aromatic plant with deeply divided leaves and whorled flowering racemes. Prefers moist soils, sun or shade. Treats hyperthyroidism and Grave's disease. Sow seeds in spring.

100 seeds/pkt \$2.95, Organic

***\$7.20/plant, Organic**

Butterbur *Petasites palmatus*
Family: Aster (*Asteraceae*)

Herbaceous perennial. Native to the western US. Hardy to -20° F. The plant bears luxurious, umbrella-shaped leaves. Medicinally, small amounts of the leaf or root are used to treat spasmodic cough or deep-seated pain. Contains **PA**s. Plant prefers partial shade and moist garden soils or streamside habitat.

\$3.00/live root, Organic

Calamus *Acorus calamus*
(Sweet Flag, Rights What's Wrong Herb)
Family: Arum (*Araceae*)

Perennial monocot—a water plant. Hardy to -30° F. Bitter and aromatic rhizome is a premier digestive herb, also used to clarify mind. Plant prefers partial shade and ever-moist garden soils and may be planted in pots, along waterways or in shallow water. Sow seeds in spring. Nestle cutting roots down, bud up, into moist soil

200 seeds/pkt \$2.95,

\$4.50/live root, Organic

California Poppy *see* POPPY

Camas, Blue *Camassia quamash*
Herbaceous perennial; bulbous. Native to the NW. Major foodstuff of the Native Americans. Prefers full sun and moist garden soil or meadowland that is moist in the spring and dries out in the summer. Plant bulbs in fall for flowers in spring. Flowers on long racemes, deep blue-violet.

50 seeds/pkt \$3.95

\$6.95/g (~250 seeds),

\$20.85/10 g (~2,500 seeds)

\$104.25/100 g (~25,000 seeds)

\$7.95/6 bulbs

\$20.00/20 bulbs, Organic

Cardinal Flower *see* LOBELIA

Celandine *Chelidonium majus*
Family: Poppy (*Papaveraceae*)

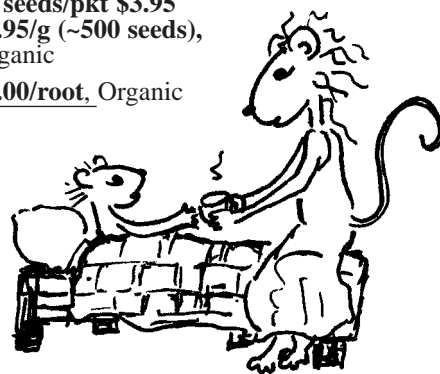
Herbaceous perennial, self-seeding. Native to Europe and temperate Asia. Hardy to -15° F. Acrid, yellow-orange latex, most concentrated in root, used topically against warts. A penetrating alterative ingredient in hand and foot baths for treating debilitating disease. **Low dose botanical.** Plant prefers fast-draining soil but plenty of water, shade to part sun, and grows fastest during the cool weather of early spring and fall.

50 seeds/pkt \$3.95

\$9.95/g (~500 seeds),

Organic

\$5.00/root, Organic



CHAMOMILE:

Family: Aster (*Asteraceae*)

The gently sedative and decidedly delicious tea that is calming to the stomach and improves digestion. Plants prefer full sun and regular garden soil. Short-lived seed. Sow in fall, midwinter, or very early spring.

CHAMOMILE SET (1 seed packet each of the 3 species following.)

\$6.90/3 pkts Price shown is a discount.

Chamomile, Dyer's ... *Anthemis tinctoria*
(Golden Marguerite)

Hardy perennial to 16 inches, native to Europe. Large, lemon-yellow daisies used to dye wool and as a salutary tea.

100 seeds/pkt \$2.95, Organic

Chamomile, German *Matricaria recutita*

Annual, self-seeding. Native to Europe, Iran, and Afghanistan. 80 days to maturity. Cultivated everywhere. This is the delightfully aromatic Chamomile of tea fame. Flowers yellow, with white rays, to 2 feet.

500 seeds/pkt \$1.95—Lifeline Pricing

\$5.95/g (~7,500 seeds),

\$17.85/10 g (~75,000 seeds), Organic

Chamomile, Roman *Chamaemelum nobile*

Perennial ground cover. Native to southern and western Europe, and the Mediterranean. Hardy to -10° F. Mix fine seed with sand and broadcast on prepared ground early spring, or (more reliably) start in flats and transplant seedlings out on 6 inch centers. Plants grow and interlock to form a tough carpet, which can be mown occasionally. Sweet dreams.

500 seeds/pkt \$2.95,

\$7.95/g (~7,000 seeds),

\$23.85/10 g (~70,000 seeds), Organic

END OF CHAMOMILE

Chickweed, Yunnan *Stellaria yunnanensis*
(Qian-zheng-wang-xian-cao)
Tuberous perennial native to Southwestern China, hardy to 20° F. Rare. The roots of this wild Chinese medicinal are best cooked in soup—being both tasty and tonic. Sow seed just below surface in early spring, tamp, and keep moist until germ. Flowers to 2 feet,
30 seeds/pkt \$3.95, Organic

***\$7.20/plant, Organic**

Chicory, Forage*Cichorium intybus*
Family: Aster (*Asteraceae*)
Taprooted perennial with edible greens and roots dried and used as a coffee substitute. Native to Europe and one of the oldest cultivated crops. All zones. Superior forage for cattle, horses, goats, containing up to 30% protein. Sow in fall or spring, at 100 g per 1,000 square feet
\$14.00/100 g



Cilantro*Coriandrum sativum*
(Corriander)
Family: Carrot (*Apiaceae*)
Annual. Native to the Mediterranean shores. 60 days to maturity. The herb and seeds are stimulant, aromatic, carminative, and chelators of heavy metals. Direct-seed in early spring. Average germ time 13 days. Thin to 6 inches apart. Flowers from 1 to 3 feet.
100 seeds/pkt \$2.95,
\$8.85/10 g (~1,000 seeds), Organic

CLEAVERS:

Family: Madder (*Rubiaceae*)
Creeping plants with clinging leaves that do well in shade or sun.

Cleavers*Galium aparine*
Annual. Native to fields, woods, and waste places of Europe and the US. 90 days to maturity. The juice of the fresh herb is a premier lymphatic tonic and spring cleanser. Prefers regular garden or forest soil. Sow in fall or early spring. Space 1 foot apart. Flowers tiny, white and star-like. Clings and crawls to 6 feet.
50 seeds/pkt \$2.95
\$17.85/10 g (~2,500 seeds), Organic

Madder*Rubia tinctorum*
Climbing evergreen perennial native to the Mediterranean and southern Europe. Hardy to -5° F. The plant is a classic element of the Medieval garden, completely unique, wend-

ing its way along the ground or draping on fence or trellis. Madder root contains the anthraquinone pigment alizarin, a fine red dye. Treats urinary gravel, dropsy, amenorrhea, and jaundice. Sow in warm soil with germ in 2 weeks—easy and rewarding. Plant prefers very well-drained soil, full sun, and is quite drought tolerant.

20 seeds/pkt \$3.95, Organic

***\$7.20/plant, \$17.55/3 plants, Organic**

Our Lady's Bedstraw*Galium verum*
Herbaceous perennial. Native to the British Isles, Europe, Asia, and Mesopotamia. Hardy to -25° F. Used as a clean and aromatic stuffing for mattresses, a curdling and coloring agent for cheesemaking, and a lymphatic and urinary tonic. Red dye-plant. Plant prefers dry and sunny locations. Space 6 inches apart. Flowers creamy yellow, growing 1 to 3 feet tall.

200 seeds/pkt \$2.95

***\$7.20/plant, \$17.55/3 plants, Organic**

Sweet Woodruff*Galium odoratum*
(Woodderowffe)
Herbaceous perennial. Native to Europe, Siberia, and North Africa. Hardy to -20° F. This is a classic strewing herb, used during the Middle Ages to purify the church, the dining hall, or the bedroom with its coumarin-rich fragrance. Plant prefers rich forest soil or shade garden. Sow the seeds outdoors in the fall, midwinter, or very early spring, with germ as the ground warms up. Space 1 foot apart. Flowers white to 1 foot.
30 seeds/pkt \$2.95

END OF CLEAVERS

Cloversee COVER CROP SECTION

Codonopsis*Codonopsis pilosula*
(Poor Man's Ginseng)
Fleshy, Ginseng-like root gives rise to a gentle vine adorned with dangling bellflowers. The root nourishes while the plant charms. Unlike many vining plants that prefer a trellis, this one likes to grow on other plants (e.g. a stem of Blue Vervain, a stalk of grass). Unlike many other vines, Codonopsis will do no harm, but coexists in a friendly manner, festooning the support plant with showy bellflowers.
100 seeds/pkt \$3.95, Organic

***\$7.20/plant, \$17.55/3 plants, Organic**

Columbine, Wild Form
.*Aguilegia canadensis*
Family: Crowfoot (*Ranunculaceae*)
Herbaceous perennial forest dweller. Native to southern Canada and throughout the US. Hardy to -40° F. The plant was used by Native Peoples as an stringent gargle for treating sore mouth or throat. Seeds rubbed into hair to control lice. **Low-dose botanical.** Plant prefers shade, loamy soils. Scatter seed in prepared beds in woods or shade garden in fall or early spring. Transplant or thin to 1 foot apart. Grows from 1 to 2 feet tall.
50 seeds/pkt \$2.95, Organic

**COMFREY:**

Family: Borage (*Boraginaceae*)

Herbaceous perennial native to Europe and hardy to -15° F. Multi-purpose healing, permaculture and animal food plant. We offer 2 types: 1) the true, fertile, original, and exquisite *Symphytum officinalis* and 2) the extremely useful, robust, and fast-growing Russian bocking 14 cultivar (*Symphytum X uplandicum*). The roots and leaves of both types contain the cell-proliferant allantoin. Salve speeds healing quite noticeably. Both types contain **PAs**. Both types are good ingredients for compost piles, compost tea, food and/or medicine for livestock, and medicine for humans. Used medicinally in the form of poultice, salve, tincture and tea. Comfrey prefers moist, but well-drained, fertile soils; full sun to part shade, and usually does not grow well in pots. *This plant gives every gardener a green thumb.*

Comfrey, Russian Bocking 14 Cultivar (rooted cuttings only)

Symphytum x uplandicum
This is the Comfrey our family (including our animals) has relied upon for over 20 years. (Also the only hybrid plant listed in this catalog.)

\$2.00/root cutting,
\$10.00/6 root cuttings,
\$30.00/20 root cuttings, Organic
Delivered year 'round

Comfrey, True . . . *Symphytum officinalis*

True Comfrey is the original medicinal herb as detailed in all the ancient literature. Flowers vivid purple, dangling. In cool soils of fall or early spring, sow the large, shiny seeds just under the surface and tamp in securely. Germ within 30 days. If the soil is very warm, or if planting in a greenhouse, give the seed 30 days cold, moist conditioning by putting in moist medium in a plastic bag in the fridge, not the freezer, and then sow in warm conditions. Seed pre-treated in this manner will germ in 10 days.

10 seeds/pkt \$3.95, Organic
***\$7.20/plant, \$17.55/3 plants, Organic**
\$3.50/live root, Organic

Compass Plant . . . *Silphium laciniatum*

Family: Aster (*Asteraceae*)
Herbaceous perennial prairie plant native to the US. Hardy to -40° F. Rare. The stems are heavy, thick, hairy, and green—glistening with antitussive gum. Flowers large, sun-like, on a large and showy, multi-stemmed plant. Likes full sun and regular

garden soil. Sow in fall or early spring, in a flat or pots, and transplant. Space 2 feet apart. Grows to 10 feet.

20 seeds/pkt \$2.95, Organic

Costus *Saussurea costus*
Rare and CITES listed plant of the lower Himalayas, black flowered, magnificent. As an essential oil, imparts an oriental fragrance. Very high end perfumery.
***\$10.00/plant, Organic**

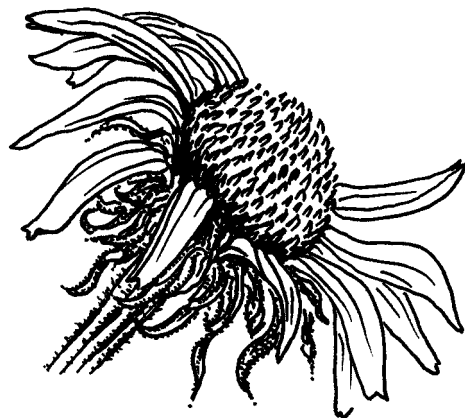
Cowslip *Primula veris*
Family: Evening Primrose (*Primulaceae*)

Herbaceous perennial. Native to Britain. The flowers are sedative and pain-relieving, used in homeopathy, tinctures, teas, face washes, and in winemaking. Sow seed in fall, midwinter, or very early spring. Thin or transplant to 6 inches. Flowers yellow, showy, to 1 foot.

100 seeds/pkt \$2.95, Organic
***\$5.25/plant, Organic**

Dang-gui *see ANGELICA*

Dan Shen *see SAGE*

**ECHINACEA:**

Family: Aster (*Asteraceae*)

We are actively growing in isolation all the native types in their original form—the native land races. Hardiness: check the native ranges to make the best choice of which specie(s) to grow. Echinacea prefers full sun, well-drained soil, and regular watering. All species will give some germination in 2 to 3 weeks if planted in a warm (not too hot!) greenhouse and watered gently. A period of cold, moist conditioning (stratification) will often improve germination rate. Thin or transplant to between 6 inches and 2 feet apart. Alternatively, sow seed directly in the garden or field in the fall or early spring. Barely cover the seed and tamp in. Keep weeded and thin to desired spacing. This takes a lot of focus, but can be the best way to start Echinacea.

ECHINACEA SET (1 seed packet each of the *Echinacea* species following.)
\$24.90/9 pkts Price shown is a discount.

*Plants ship September through November Up to 6 plants marked with * ship prio for \$14.90!*

Echinacea angustifolia

(Narrow-leaved Coneflower)

Herbaceous perennial. Native to the limestone hills, plains, and mountains of the western US and Canada. The correct identity of our *E. angustifolia* has been confirmed both botanically and chemically. Give 30 days cold-conditioning. Provide excellent drainage. Space plants 6 inches apart. Flowers to 2 feet tall.

100 seeds/pkt \$2.95, Organic

***\$7.95/plant**, Organic

Echinacea atrorubens

(Reflexed Coneflower)

Herbaceous perennial. Rare endemic species of eastern Oklahoma and eastern Kansas. Unusual medicinal in need of cultivation and protection. Flowers variable, lavender to dark purple, with ray flowers strongly reflexed downward. Rounded profile. Cold-condition 30 days. Thin or transplant to 1 to 2 feet apart. Flowers 2 to 4 feet tall.

50 seeds/pkt \$3.95

Echinacea laevigata

(Smooth Purple Coneflower)

Herbaceous perennial native to the Southern Appalachians. Similar to *E. purpurea*, but the leaves remain low on the rosette, are very smooth and elongated, and the flowers are somewhat smaller and very late maturing. *E. laevigata* is a federally listed endangered species, with the total wild population probably less than 10,000 individuals. Plant prefers full sun to part shade and rich soils.

20 seeds/pkt \$3.95, Organic

***\$7.20/ plant, \$17.55/3 plants**, Organic

Echinacea pallida

(Pale-purple Coneflower)

Herbaceous perennial. Native to the central plains states, from Arkansas and Oklahoma north to Nebraska and Minnesota. This is a tall, taprooted plant bearing beautiful composite flowers with drooping ray flowers and white pollen. Cold-condition 30 days. Thin or transplant to 1 to 2 feet. Flowers to 3 to 4 feet.

100 seeds/pkt \$2.95,

\$11.85/10 g (~2,100 seeds), Organic

***\$7.20/ plant, \$17.55/3 plants**, Organic

Echinacea paradoxa

(Yellow Coneflower)

Herbaceous perennial. Native to the Ozarks. The paradox is, that this "Purple Coneflower" is yellow! The plant is rare. Cold-condition seeds for 2 months. Space 1 to 2 feet apart. Flowers yellow to 3 feet tall.

100 seeds/pkt \$3.95,

\$17.85/10 g (~2,100 seeds), Organic

***\$7.20/ plant, \$17.55/3 plants**, Organic

Echinacea purpurea

(Purple Coneflower)

Herbaceous perennial. Originally native to the midwest. Easily cultivated. Our strain was derived from a rare, wild collection and has not been intentionally modified or hybridized in any way from the original source. This species adapts to a wide array of growing conditions. No cold-conditioning needed. Plant 1 to 2 feet apart. Flowers purple, to 3 to 4 feet.

200 seeds/pkt \$1.95—Lifeline Pricing

\$6.85/10 g (~2,100 seeds)

\$34.25/100 g (~21,000 seeds),

\$96.00/lb (~96,000 seeds), Organic

***\$7.20/ plant, \$17.55/3 plants**, Organic

Echinacea sanguinea

(Sanguin Purple Coneflower)

Herbaceous perennial. The most southerly ranging of all *Echinacea* species, *E. sanguinea* grows in acidic, sandy soils in the open fields and pine woods of the West Gulf Coastal Plain. This species is similar to *E. pallida*, with long, thin ray flowers that occur on slender, swaying stems. The disk corolla and seeds of *Echinacea sanguinea* are characteristically blood red in color.

20 seeds/pkt \$3.95, Organic

***\$7.20/ plant, \$17.55/3 plants**, Organic

Echinacea simulata

(Glade Purple Coneflower)

Herbaceous perennial, native to south central Missouri east through Tennessee and northern Georgia. Drooping ray flowers range from pink to magenta and emit a fragrant perfume. These make incredible cut flowers and the taproots of *E. simulata* are strong medicine. Sow seed in fall, as this seed is probably the most highly dormant of all the *Echinacea* species.

100 seeds/pkt \$2.95

Echinacea tennesseensis

(Tennessee Purple Coneflower)

Herbaceous perennial. Rare, endemic species native to Tennessee. Deep purple, upwardly reflexed ray flowers are exceptional. Excellently medicinal in all parts of the plant. Cold-condition 2 months. Thin or transplant to 1 foot apart. Flowers dark purple, to 2 feet.

100 seeds/pkt \$3.95,

\$11.85/10 g (~2,500 seeds)

\$59.25/100 g (~25,000 seeds), Organic

***\$7.20/ plant, \$17.55/3 plants**, Organic

END OF ECHINACEA

Elecampane *Inula helenium*

An old herbalist's herb of choice when it comes to treating deep-seated upper respiratory infections. Brilliant yellow flowers on a multiple branched, boldly upright plant. Root dug fall of second year. Sow in spring.

100 seeds/pkt \$1.95 —Lifeline Pricing

\$4.95/g (~400 seeds)

\$14.85/10 g (~4,000 seeds), Organic

***\$7.20/plant, \$17.55/3 plants**, Organic

Evening Primrose *Oenothera biennis*

Family: Evening Primrose (*Primulaceae*)
Biennial. Native to Europe and North America. All zones. This herb is very drought-tolerant, bravely producing bloom after yellow, mucilaginous bloom evening to morning. Flowers and seeds used in salads and salad dressings. Very good woman's herb. High in essential fatty acids. Plant prefers full sun and withstands poor and dry soils. Light-dependent germinator. Sow in fall or spring. Space 1 to 2 feet apart. Flowers to 3 to 6 feet.

200 seeds/pkt \$1.95—Lifeline Pricing

\$5.95/g (~2,300 seeds),

\$17.85/10 g (~23,000 seeds)

\$89.25/100 g (~230,000 seeds), Organic

Flax, Blue Perennial *Linum perenne lewisii*

Family: Flax (*Linaceae*)
Herbaceous perennial wildflower native to Europe and the western US, hardy to -20° F. The plant makes a multistemmed clump that is quite drought resistant and competes well with grasses, blooming from new buds each day, the pastel blue flowers bedecking the fine lines of the plant. The stems make a good string, which was used by Native Americans in sewing, basketry, and net making. The seeds are **TOXIC** if ingested raw (they contain cyanide), but are rendered harmless and tasty by cooking. Cold pressing the seeds yields a valuable oil lubricant (linseed oil). Tea or tincture of the green plant is anti-inflammatory to arthritis. Plant prefers full sun and does well in diverse soils, including alkaline and clay. Sow seed in late fall to early spring.

500 seeds/pkt \$2.95

Galangal, Greater *Alpinia galangal*

Ginger-like plant forms the redolent rhizome that defines Thai soup. Good for you.

***\$13.50/plant, \$35.10/3 plants**, Organic

Galangal, Lesser *Alpinia officinarum*

Cinnamoney rhizome that burns infection out of the body like a hot poker dipped in mulled cider. A truly great herb, spicy and warming, to be used in the treatment of infectious disease.

***\$9.00/plant, \$24.30/3 plants**, Organic

Gentian, Yellow *Gentiana lutea*

Family: Gentian (*Gentianaceae*)

Herbaceous perennial. Native to the mountain meadows of central and southern Europe and Asia Minor. Rare. Yellow Gentian is the purest of bitter agents. The flowers are rich yellow, the herbage is succulent, and the root is the premier official bitter tonic, which is utilized for making various aperitifs and the famous Swedish Bitters. Prefers rich, shallow, moist soil in partial shade. Sow in fall, winter, or very early spring. Space 6 inches apart. Flowers 3 to 4 feet. A very good year on these, we urge your best efforts, they are worth it!

100 seeds/pkt \$3.95, Organic

Geranium—Attar of Roses

. *Pelargonium capitatum*
Protect from frost. Plant exudes sensual and calming fragrance. One of our finest plants. Opens heart chakra and calms spirit. Plant seeds in spring.

20 seeds/pkt \$3.95

\$9.00/plant, \$24.30/3 plants, Organic

Geranium, Wild . . . *Geranium maculatum*

(Spotted Cranesbill)

Family: Geranium (*Geraniaceae*)

Clump-forming woodland perennial native to Eastern and Central United States. Hardy to -40° F. Bearing showy, lilac flowers in the spring, this is also one of our purest astringent herbs. The dried root is employed in treating dysentery, diarrhea, and infant cholera. Plant prefers moist, woodland soils or regular garden conditions. Sow in fall for germ in the spring. Challenging to grow, confirmed germ, no replacement or refund.

30 seeds/pkt \$3.95, Organic

\$9.00/plant, Organic

Geranium, Umcka *Pelargonium sidoides*

<<NEW FOR 2012>>

Evergreen mounding perennial native to South Africa and hardy to 25° F. Plant does well in pots, very gentle plant, with downy, soft leaves that smell great and making tall stems with flowers of maroon, almost black. Fleshy root is a Zulu remedy for treating upper respiratory infections and sinusitis. Sun, very fast-draining soil. Sow in spring.

30 seeds/pkt \$3.95

\$9.00/plant, Organic

German Chamomile . . .see CHAMOMILE**Ginger, Butterfly** *Hedychium coronarium*

Preferring moist or boggy soils in full sun, the plant is hardy to 20° F and also does very well in pots. White flowers emit fragrance of Gardenia. Flowers and root used in high end perfumery and as an anti-inflammatory.

***\$9.00/plant, \$24.30/3 plants**, Organic

Ginseng, American . *Panax quinquefolius*

Family: Ginseng (*Araliaceae*)

Woodland herbaceous perennial. Native to the central and eastern hardwood forests of America. Sexual and digestive tonic and adaptogen. Sow in fall in well-drained, deep, loamy beds under the dappled shade of hardwoods (Ginseng loves to associate with Sugar Maple) or in artificially shaded beds (70% shade). Soil pH 6 to 7 preferred. Rake away leaf mulch, sow about 1/2 inch deep in the mineral soil and then rake the leaves back over the planting spot once again. Avoid straw mulch. Provide at least 1 foot spacing so there is good air movement. The plants must never sit in water or mucky ground. It is actually possible to grow Ginseng seed or roots in pots if you use good loam soil, mulch, and avoid overwatering.

1 oz conditioned sd/pkt \$22.50 (~350 sds)

Ginseng seed available fresh September through December.

Goldenseal *Hydrastis canadensis*
Family: Crowfoot (*Ranunculaceae*)

Woodland herbaceous perennial. Native to the central and eastern hardwood forests of America. Premier astringent and tonic agent for treating any and all afflictions of the mucous membranes, including sinusitis and conjunctivitis. Plant prefers open hardwood forest environment or shade garden. Seed must experience winter dormancy to germinate and develop normally. Sow outdoors in pots, flats, or prepared beds in shadehouse, shade garden or forest. Plant in good loamy soil. Make furrows 1/2 inch deep and 6 inches apart. Sprinkle in the seeds to 1 inch spacing and cover. Keep cool, moist and shaded until germ, which is in the spring. Allow seedlings to grow at close spacing for 2 seasons, then in the fall of second year transplant the "nuggets" to 6 inches apart.

50 seeds/pkt \$9.95
\$39.85/10 g (~500 seeds), Organic
New crop goldenseal seed currently available. No international sales (CITES regulated)

\$3.50/dormant root (3-year or older)
\$19.50/6 dormant roots,
\$53.00/20 dormant roots
\$200.00/100 dormant roots, Organic
Goldenseal roots are delivered in the fall.

Gotu Kola *Hydrocotyl asiatica*
Family: Carrot (*Apiaceae*)

Tropical perennial that can be grown as an annual in temperate gardens. Pantropical distribution. The light green and succulent leaves make a delicious energy-boosting addition to summer salads. This is a classic Ayurvedic herb that increases mental clarity and longevity. Plants prefer warmth, nitrogen, good drainage, regular watering, a little shade, and lots of space to spread. Sow seed anytime in the greenhouse, with slow and sporadic germination over a period of 6 months. Challenging to grow, confirmed germination, no replacement or refund.

50 seeds/pkt \$4.95, Organic
***\$7.20/plant, \$17.55/3 plants,** Organic

GOTU KOLA leaves, powdered,
\$23.00/lb, Organic

Helichrysum *Helichrysum italicum*
Perennial, drought-tolerant plant makes a rounded bush crowned by bright yellow buttons that smell like curry. Source of a high end essential oil that is used like Arnica in aromatherapy and also diluted and applied to skin.

100 seeds/pkt \$3.95, Organic
***\$10.00/plant,** Organic

Holy Basil *see* Tulsi

Hollyhock, Breitenbush *Alcea rosea*
Herbaceous perennial native to China provides large, blowsy, multicolored blossoms. Plant in fast draining soil.

***\$7.20/plant,** Organic

Horehound, White . . *Marrubium vulgare*

Herbaceous perennial native to the American SW. Tea or decoction may be boiled down and sugar or honey added to make cough medicine that really works. Plant prefers full sun and fast draining, nutrient depleted soils. Sow seeds in spring.

50 seeds/pkt \$2.95, Organic
***\$7.20/plant,** Organic

Hypoxis, African Star

. *Hypoxis hemerocallidiae*
<<NEW FOR 2012>>Probably the most significant of all South American "Muti," a remedy used for treating HIV. Plant does very well in pots or in a frost-free garden in the full sun. Seed exhibits strong dormancy. Fire treatment, alternating periods of cold and warm, wet and dry, will awaken them. Sow fall or spring.

20 seeds/pkt \$4.95, Organic

Hyssop, Official *Hyssopus officinalis*

The quintessential Mediterranean plant, giving off earthy fragrance from both leaf and the excruciatingly beautiful blue flowering raceme, the stuff of pleasant dreams for bumblebee and cold sufferer alike. Sow seeds in spring,

100 seeds/pkt \$2.95
\$4.95/g (~1,100 seeds)
\$14.85/10 g (~11,000 seeds), Organic

***\$7.20/plant, \$17.55/3 plants,** Organic

Indian Physic *see* Bowman's Root

Indigo, Blue *Baptisia australis*

Riotously vigorous bushes with blue-green leaves give rise to juicy, blue-purple sweet-pea-like flowers in May. As a drought tolerant and extremely tough landscape plant, these are unbeatable. Immune-enhancing root. Scarify and sow seeds in spring.

50 seeds/pkt \$2.95
\$11.85/10 g (~800 seeds)
\$59.25/100 g (~8,000 seeds), Organic

***\$7.20, \$17.55/3 plants,** Organic

Jewelweed, Orange . . *Impatiens capensis*

Family: Touch-Me-Not (*Balsaminaceae*)
Annual, native to the eastern and southern US. Grows 2 to 4 feet. Flowers orchid-like, spurred and orange. The fresh plant is truly the best treatment available for Poison Oak and Poison Ivy. Sow directly outdoors in fall or early spring. Prefers moist ground, sun or shade. Space plants 6 inches apart. Grows 2 to 4 feet.

20 seeds/pkt \$3.95, Organic
Orders received prior to mid-Sep will be back-ordered and delivered from the new harvest

Jiao-gu-lan . . *Gynostemma pentaphyllum*

Delicate vines creep and drape, tendriling out and gently offering their leaves, clustered flowers, and little green ball-like fruits. Plant prefers very fast draining but nitrogen-rich soil. The leaves are loaded with adaptogenic compounds 4 times stronger than Ginseng. Dry leaves and make tea.

***\$9.00/plant,** Organic

KIDZERBS GARDEN KIT AND SEED COLLECTIONsee page 12: **\$19.95****Kiss-Me-Over-the-Garden-Gate**

.*Polygonum orientale*
(Shui-hong-hua-zi, Prince's Feather)

Family: Buckwheat (*Polygonaceae*)

Annual. Native to China. Marvelous, towering, gigantic plant bearing long rose-pink clusters of flowers that droop down. In China, the root is used for treating hepatitis. Direct-seed in fall or early spring, or give 3 weeks cold-conditioning. Plant in hills 6 feet apart. Intermittent, ongoing germ. Flowers 6 to 9 feet tall.

50 seeds/pkt \$2.95,

\$8.85/10 g (~1,000 sds), Organic

Lady's Mantle*Alchemilla vulgaris*

Family: Rose (*Rosaceae*)

Perennial ground cover. Native to Europe, temperate Asia, and North America. Hardy to -30° F. Good choice for alpine gardens. Richly-scalloped, deep-green leaves funnel and collect dewdrops that magnify and glisten in the morning light. Tea useful for treating PMS or menopausal-type mood swings, and in fact in every way it has an affinity for women. Plant prefers partial shade to full sun; moisture. Short-lived seed. Light-dependent germinator. Sow in fall or early spring. Oscillating temperatures preferred. Germ in 15 to 22 days. Plant 1 foot apart. Flowers yellow to 1 foot.

100 seeds/pkt \$3.95, Organic

***\$7.20/plant, \$17.55/3 plants, Organic**

Larkspur*Consolida orientalis*

Family: Crowfoot (*Ranunculaceae*)

TOXIC

Annual. Native to temperate zones in Europe, Asia, and America. Blue flowers are excellent for cutting. Seed decoction used for treating head and body lice. Prefers full sun, normal garden soil, and regular watering. Strew seed on soil in fall or early spring and tamp in. Flowers to 4 feet.

100 seeds/pkt \$2.95

\$11.85/10 g (~6,000 seeds), Organic

LAVENDER:

Family: Mint (*Lamiaceae*)

Hardiness: Generally hardy to -20° F.

Lavenders are among the most delightful of the woody perennials. They spark memory and nourish the higher spirit. We offer only heirloom, open-pollinated varieties that produce the best quality of essential oils. Lavender prefers a moderate supply of nutrients, calcium, and a well-drained soil. Mulch with sand. A 2-week period of moist, cold-conditioning prior to sowing in a warm place will improve germ. Naturally low germ rates—expect anywhere from 5 to 30 plants from 100 seeds.

LAVENDER SET

(1 seed packet each of the *Lavandula* species following)

\$14.90/6 pkts

Price shown is a discount

Lavender, Broadleaf . *Lavandula latifolia*
(Spike Lavender)

Native to the mountains of France and Spain. Highly desired landscape and medicinal plant. Long, tall, and lithe. Plant 1 to 2 feet apart. Flowers light violet-blue to 4 feet.

50 seeds/pkt \$2.95, Organic

Lavender, Czech

.*Lavandula angustifolia krajova*
(Country Lavender)

Large cultivar from Northern Europe, with flowers representing many shades of blue. High essential oil content, long-lived, and very cold-tolerant. Excellent aroma. Deeply satisfying. Flowers 3 feet high.

100 seeds/pkt \$2.95, Organic

***\$7.20/plant, \$17.55/3 plants, Organic**

Lavender, English . . *L. angustifolia vera*

Native to Southern Europe. Exceptionally graceful heirloom variety. This is the species plant (*vera* means true) from which many hybrid Lavenders were produced. The original has become increasingly difficult to find. But we found it, and we grow it here, and find that it is the best of all Lavenders, and wonder now why anyone ever tried to "improve" it. Space plants 3 to 4 feet apart. Flowers from 2 to 3 feet tall.

100 seeds/pkt \$2.95, Organic

***\$7.20/plant, \$17.55/3 plants, Organic**

Lavender, French . . . *Lavandula stoechas*
("Spanish Lavender")

The densely-packed, short spikes are tufted with purple, petal-like bracts. They look to me like tiny sails set to the wind. Expect high germ rates. Space 1 to 2 feet apart. Flowers dark purple to 2 feet.

100 seeds/pkt \$3.95, Organic

***\$7.20/plant, Organic**

Lavender, Hidcote *L. angustifolia hidcote*

Dwarf, with gray-green foliage and flowers of intense, coral blue. Northern hardy, good for small gardens or pots, delightful aroma.

50 seeds/pkt \$3.95,

***\$9.00/plant, \$24.30/3 plants, Organic**

Lavender, Munstead*L. angustifolia*

Compact, northern-hardy strain bearing thick racemes of blue flowers. Poster-child of the landscaping industry.

100 seeds/pkt \$2.95,

\$7.95/g (~280 seeds)

\$23.85/10 g (~2,800 seeds), Organic

***\$7.20/plant, \$17.55/3 plants, Organic**

END OF LAVENDER

Lemon Balm*Melissa officinalis*

One of the better tonic nervines. If used regularly, many herbalists believe this herb will extend the lifespan. Sow seeds in spring.

100 sds/pkt \$1.95—Lifeline Pricing,

Organic

***\$7.20/plant, \$17.55/3 plants, Organic**

*Plants ship September through November Up to 6 plants marked with * ship prio for \$14.90!*

Lemongrass*Cymbopogon flexuosus*
Sturdy starts are ready to plant or eat on receipt! An excellent addition to any soup. Sow seeds in spring.

50 seeds/pkt \$3.95

***\$7.20/plant, \$17.55/3 plants, Organic**

Leopard Flower . . .*Belamcanda chinensis* (She-gan)

Family: Iris (*Iridaceae*)

Herbaceous perennial hardy to -15° F. Native to China and Japan. Produces masses of exotic golden-orange flowers. The dried root is used in TCM for treating respiratory infection. Sow fall to early spring.

20 seeds/pkt \$2.95,

\$11.85/10 g (~400 seeds), Organic

***\$7.20/plant, Organic**

Licorice, Chinese . . .*Glycyrrhiza uralensis*
Native to Siberia and China. This is a true, sweet variety—a synergiser for many formulas in TCM. Hardy to -10° F. Space plants 3 to 4 feet apart. Flowers blue to 5 feet. If you do not specify, this is the Licorice we will send. Scarify and sow seed in spring.

50 seeds/pkt \$2.95

***\$7.20/plant, \$17.55/3 plants, Organic**

Licorice, Official . . .*Glycyrrhiza glabra*
Native to the Mediterranean. True, sweet variety. Hardy to 20° F. Produces the pencil-thin Licorice roots of commerce. Scarify and sow seed in spring.

30 seeds/pkt \$3.95

***\$7.20/plant, \$17.55/3 plants, Organic**

LIFELINE MEDICINAL HERB GARDEN .see page 12: **\$29.95/18 seed packets**

LILIES:

Family: Lily (*Liliaceae*)

Perennial, sweetly aromatic flowers, the seeds of which generally require warm/cold/warm stratification and long germination periods. Sow in fall or early spring in rich potting soil and keep moist and in the shade. Do not discard prematurely!

Bear Grass*Xerophyllum tenax*
Perennial, fire-resistant plant hardy to -20° F. Native to Western US and Canada, where it grows from just above sea level to alpine. Resembles a bunchgrass, flowering in a creamy white raceme up to 5 feet tall. Native basket- and hat-making material, also used in Native American medicine to stop bleeding and heal wounds. Grow out in a gallon pot for a year before transplanting.

50 seeds/pkt \$2.95

Lily, Panther*Lilium pardilinum*
Native to Coastal CA and OR, enchanting in the moist shade and conifer-derived soils.

50 seeds/pkt \$2.95

Lily-of-the-Valley . . .*Convallaria majalis*
Rhizomatous perennial flower of shade garden or deep woods. Native to Europe. The bell-like, waxy-white flowers emit a beautiful perfume. **Low doses** of the plant have a strengthening effect on the heart muscle. The plant prefers a rich, sandy, acid loam. Seeds are dark-dependent, 2-phase germinators. Sow in fall. Space 6 inches. Flowers to 12 inches.

30 seeds/pkt \$3.95

Lily, Tiger*Lilium tigrinum*
(Bai-he, Chinese Tiger Lily)

Herbaceous perennial. Native to China and Japan. Large, ornate, pendulous flowers with showy stamens. Reproductive and calming medicine. Bulbs are edible. Push bulblets into surface of mellow potting soil in summer or fall in shade garden or shaded flats—good results are almost assured, quick and easy. Good in pots. Plant prefers part shade. Space 1 foot apart. Flowers to 3 feet.

20 aerial bulblets/\$7.95, Organic

END OF LILIES

LOBELIA:

Family: Lobelia (*Lobeliaceae*)

All bear exquisite flowers and have medicinal applications as described in the individual entries. **Excessive internal dosage may prove nauseating or emetic.** Lobelias prefer part to full sun, rich, moist soil, much water. Short-lived seed. Light-dependent germinators. Sow seed in spring or fall. Average germ time in warm soils is 1 to 3 weeks.

LOBELIA SET (1 seed packet each of the *Lobelia* species following.)

\$4.90/3 pkts

Price shown is a discount.

Cardinal Flower*Lobelia cardinalis*
Herbaceous perennial. Native to eastern, southern, and central US. Used by the Cherokee, Iroquois, and Pawnee for diverse purposes, from snuffing the cold infusion to cure nosebleed, to making a love charm of the roots. The bright scarlet flowers attract many hummingbirds. Space plants 1 foot apart. Flowers long-lived, 3 to 4 feet.

100 seeds/pkt \$2.95, Organic

Lobelia, Great Blue . . .*Lobelia siphilitica*
Herbaceous perennial. Rivals in its beauty the most pampered of hybrids, yet it is a long-lived, native American perennial. Among the Fox, the finely-chopped roots were shared and eaten by a couple to avert divorce and renew love. Space plants 2 feet apart. Flowers vibrant light blue to 2 feet.

100 seeds/pkt \$2.95, Organic

Lobelia, Official *Lobelia inflata*
(Indian Tobacco)

Overwintering annual or annual. Native to the central, southern, and eastern US. Diminutive plant with white flowers spotted with light-blue that give way to the characteristic "inflated" seedpods. Lobelia is an indispensable antispasmodic. A liquid extract of the seed is commonly used and can cause the expulsion of mucous from sinuses and bronchi. If you don't specify which Lobelia you want, we'll send you this one. Remember, this is a **low dose botanical** that can be quite helpful when properly prepared. Need a good recipe? Check our book "Making Plant Medicine."

1,000 seeds/pkt \$2.95,
\$5.95/g (~18,000 seeds),
\$17.85/10 g (~180,000 seeds),
\$89.25/100 g (~1,800,000) seeds, Organic
Planting or extraction quality.

END OF LOBELIA

Lomatium dissectum

Family: Carrot (*Apiaceae*)

Wild, celery-like herbaceous perennial native to the Great Basin and other drylands of the West. This is our most important indigenous, antiviral herb from the American Pacific Northwest. The root is the part used. In nature, Lomatium grows on sunny slopes in rocky soil. Sow in outdoor nursery bed in the fall or midwinter. Expect germination in cold soil in spring. Naturally low germ rate. Plant 1 foot apart. Grows to 3 feet tall.

30 seeds/pkt \$3.95
\$11.85/10 g (~400 seeds)

Lovage *Levisticum officinalis*

Family: Carrot (*Apiaceae*)

Herbaceous perennial hardy to -40° F. An agreeable seasoning and easily grown substitute for Dang-gui. The plant is aromatic, stimulating and proestrogenic. Prefers sun to part shade and moist garden soil. Sow seed in fall or spring.

100 seeds/pkt \$2.95,
\$11.85/10 g, Organic

***\$7.20/plant, \$17.55/3 plants,** Organic

Love-in-the-Mist *Nigella damascena*
(Nigella, Neon)

Family: Crowfoot (*Ranunculaceae*)

Self-seeding annual. 90 days to flowers. A cultivar selected here at Horizon Herbs. Flowers bright purple, highly frilled giving way to papery, bicolored pods. The seeds are perfumey and good on cookies. Anthelmintic, anti-inflammatory. Strew seeds on prepared seedbed in fall or early spring. Plant prefers sun to part shade and dryish soils.

50 seeds/pkt \$2.95,
\$7.95/g (~400 seeds),
\$23.85/10 g (~4,000 seeds), Organic

**MACA:**

Family: Mustard (*Brassicaceae*)

Biennial, radish-like, rosette-forming plants native to the high Peruvian Puna. Highly regarded fertility enhancer and aphrodisiac, the plant has been used since time immemorial. Hardy in all temperate zones and at elevation in the tropics. Plant prefers full sun and fast-draining soil. Scatter seed, barely cover with soil, tamp thoroughly, water evenly, and expect germ in 4 to 6 days. In warm winter areas, an overwintering crop is often possible. Sow in fall, then harvest in spring before the plant goes to flower. Maca grows best in cool soils. A quick crop of small but potent roots may be pulled off almost anywhere by sowing in cool soil in fall or early spring, thinning to 3 inches apart and providing a side dressing of organic compost.

Maca, Red *Lepidium peruvianum*

High elevation, fast-growing cultivar gives quick yield, tubers loaded with protein. Red Maca has a reputation for potency.

100 seeds/pkt \$4.95
\$14.95/g (~1,000 seeds),

Maca, Yellow *Lepidium peruvianum*

Select cultivar grows well at low elevation, giving high yields of firm, yellow roots.

100 seeds/pkt \$3.95,
\$11.95/g (~1,000 seeds),

END OF MACA

Madder *Rubia tinctorum*

This is one of the most joy-filled plants I know, asserting itself flawlessly in barren landscape and giving forth juicy, black fruits. Always photogenic; always with personality. Sow seeds in spring.

20 seeds/pkt \$3.95, Organic
***\$7.20/plant, \$17.55/3 plants,** Organic

Spring sown seeds are available at horizonherbs.com or by calling (541) 846-6704.

Maralroot *Leuzea carthamoides*
Herbaceous perennial. Native to Siberia. All temperate zones. The root is an easy-to-grow source of functional and safe adaptogenic power. Plant prefers sun, well-drained soils, elevation. Sow in fall or early spring.
30 seeds/pkt \$3.95, Organic

Masterwort *Peucedanum ostruthium*
Family: *Apiacea* <<NEW FOR 2012>>
Herbaceous perennial native to Southern Europe. Hardy to -20° F, flowering to 4 feet. The plant prefers to grow in moist soil in the full sun to part shade. A medicinal herb of great antiquity, the dried roots were utilized during the Middle Ages for treating a wide range of maladies including gross flatulence, stoppage of urine, menstrual complaints and migraine. Masterwort root lends a unique flavor and enhances inebriation of homebrewed beer, and is also used in homeopathy. Aerial parts contain furocoumarins and may cause photosensitive dermatitis in predisposed individuals. Sow seed in fall for germination in the spring. Light dependent germinator—half cover or barely cover and keep in outdoor conditions until germination, which occurs in the cool soils of early spring. Transplant or thin to 1 foot apart.
30 seeds/pkt \$3.95

Marshmallow *Althaea officinalis*
From the forgiving fuzziness of its cooling foliage, to the gooey mucilage of its demulcent roots, this plant is designed to assuage the ills of man, woman, and child. Give moist soil and a partly sunny exposure. Scarify seed and plant in spring.
100 seeds/pkt \$1.95—Lifeline Pricing Organic
***\$7.20/plant, \$17.55/3 plants, Organic**

Mayapple, American
. *Podophyllum peltatum*
Family: *Barberry (Berberidaceae)*
Colony-forming plant with umbrella-like, palmate leaves bearing waxy flowers of delightful fragrance. Plants prefer poorly drained, sodden soil. **Low-dose botanical.** Anticarcinogenic and liver stimulant. This plant is quite interesting, easy to grow and will thrive in part sun or shade.
\$4.50/dormant root, Organic
Mayapple roots are delivered in the fall.

Mayapple, Himalayan
. *Podophyllum hexandrum*
Rare source of podophyllotoxin. This is a world class botanical specimen, very different looking from American Mayapple, something entirely unique!
***\$13.50/plant, Organic**

Meadowsweet *Spirea ulmaria*
Prefers moist soil and part sun. Gobs of cream-colored flower sprays in July, the honeyed aroma attracts bees and human worshippers. Sow seeds in spring.
200 seeds/pkt \$2.95, Organic
***\$7.20/plant, \$17.55/3 plants, Organic**

Milk Thistle *see THISTLE*

Mint, Chinese *Mentha haplocalyx* (Bo-he) <<NEW FOR 2012>>
Herbaceous perennial native to China. Excellent deep flavor reminiscent of Spearmint. One of the best mints we've ever tasted. Used in TCM to release the exterior, a cooling cough, fever, red eyes.
***\$7.20/plant, \$17.55/3 plants, Organic**

Mint, Chocolate *Mentha piperita*
Herbaceous perennial with chocolate colored leaves and scrumptious taste—the best selection ever of *piperita*.
***\$7.20/plant, \$17.55/3 plants, Organic**

Mint, Mayan *Lippia dulcis*
Perennial. Protect from frost. As sweet as Stevia, the plant makes good tea. Showy when grown in pots, a display of purple leaves studded with upright flowering cones.
50 seeds/pkt \$3.95, Organic
***\$7.20/plant, \$17.55/3 plants, Organic**

Peppermint *Mentha piperita*
Plant likes moist soils, and grows in the sun, start your sprinkler, and have some fun. Smooth, green leaves, tastes great. Sow seeds in spring.
100 seeds/pkt \$2.95
***\$7.20/plant, \$17.55/3 plants, Organic**

Spearmint *Mentha piperita*
Consistent bright green, finely toothed leaves flowering lilac to 2 feet. Sow seeds in spring.
100 seeds/pkt \$2.95, Organic
***\$7.20/plant, \$17.55/3 plants, Organic**

Money Plant *Lunaria biennis*
Family: *Mustard (Brassicaceae)*
Biennial or overwintering annual. Native to Europe. The seedpods are perfect, satiny “coins” that sandwich the weighty seeds. The leaves were once employed for treating gout. Growing this plant brings prosperity. Cold stratify 30 days or sow in fall or very early spring. Cold soil germinator.
10 seeds/pkt \$2.95, Organic

Moonseed *Menispermum canadense*
Woody vine native to eastern hardwood forests, sporting overlapping leaves like the scales of a dragon. External application against subcutaneous cysts. Quite rare.
***\$9.00/plant, Organic**

Mormon Tea, Green *Ephedra viridis*
Give full sun and fast-draining soil (raised beds are ideal) and you will be rewarded with a long-lived landscape icon and lots of tea. Sow seeds in spring.
30 seeds/pkt \$2.95
***\$7.20/plant, \$17.55/3 plants, Organic**

Motherwort, Official . *Leonurus cardiaca*
Definitive herb of old herbalism, crucial to any well-stocked apothecary, stately and prettily flowered. Sow seeds in spring.
200 seeds/pkt \$1.95—Lifeline Pricing, Organic
***\$7.20/plant, \$17.55/3 plants, Organic**

**MULLEIN:**

Family: Figwort (*Scrophulariaceae*)

Mulleins tolerate poor, gravelly soil and fierce sun, but occasional watering and fertile soils can produce monumental individuals. They are hardy to all zones. Sow in fall or spring. Light-dependent germinator. Strew on surface and pack down hard.

Mullein, Common . . . *Verbascum thapsus*
Biennial. Native to central and southern Europe, west Asia. Superior leaf used medicinally for moistening mucous membranes—a great soothing agent for the throat, bronchi, and lungs. Plant 1 foot apart. Flowers yellow, from 3 to 7 feet.

400 seeds/pkt \$2.95, Organic

Not for sale to SD, WA state

Mullein, Greek . . . *Verbascum olympicum*
Biennial, sometimes perennial. Native to Greece. Best Mullein species for flower production, as it produces many flowers at once that adhere loosely to the candelabrum. Plant 2 feet apart. Flowers yellow to 5 feet. If you do not give preference, this is the Mullein we will send you.

100 seeds/pkt \$2.95,

\$5.95/g (~8,800 seeds),

\$17.85/10 g (~88,000 seeds), Organic

Murnong *Microseris lanceolata*
Taprooted herbaceous perennial foodstuff native to Australia. Fresh roots sliced and grilled or stir-fried, or in native style, roasted in pits. Milky latex similar to Dandelion. Sow seeds in spring.

10 seeds/pkt \$3.95, Organic

***\$7.20/plant**, Organic

Myrrh, Garden *Myrrhis odorata*
(Sweet Cicily, Sweet Chervil)

Family: Carrot (*Apiaceae*)

Herbaceous perennial. Native to Europe and Asia. The plant exudes the odor of Anise from its ferny leaves, beautiful, white terminal umbels and deeply-grooved, resinous seeds. A pleasant, nutritive, and blood-cleansing medicine. Plant prefers rich garden soil, part to full shade. Sow in fall for germ in spring. Space 2 feet apart. Flowers white, 2 to 4 feet tall.

20 seeds/pkt \$2.95, Organic

Nettle, Stinging *Urtica dioica*

Family: Nettle (*Urticaceae*)

Herbaceous, dioecious perennial. Native to temperate climates worldwide. All zones. Premier spring tonic and best terrestrial plant source of micronutrients and minerals. Plants will prosper in fertile soil, moist shade, or sun. Sow in fall or very early spring for germ in spring. Grows to 4 feet.

200 seeds/pkt \$2.95,

\$9.95/g (~3,500 seeds)

\$29.85/10 g (~35,000 seeds), Organic

***\$7.20/plant**, Organic

Oats *Avena sativa*

(Organic Cayuse Oats)

Family: Grass (*Poaceae*)

Overwintering annual. All zones. The fresh, green seed calms the nerves, antiaddiction. Sow in fall or spring.

5 g pkt/\$2.95

\$5.00/lb, Organic

see alsoCOVER CROPS SECTION

Oca, Mixed Colors *Oxalis tuberosa*

One of the tastiest of all Andean tubers—choice. Matures in the late fall.

***\$7.20/plant, \$17.55/3 plants**, Organic

Oregano, Greek . *Origanum heracleoticum*

A classic spice easy to grow, harvest and prepare. Once you have it, you will use it! Sow seeds in spring.

100 seeds/pkt \$2.95, Organic

***\$7.20/plant, \$17.55/3 plants**, Organic

Oregano, Wild *Origanum vulgare*

Bright red flowers are gorgeous midsummer. Sow seeds in spring.

300 seeds/pkt \$2.95, Organic

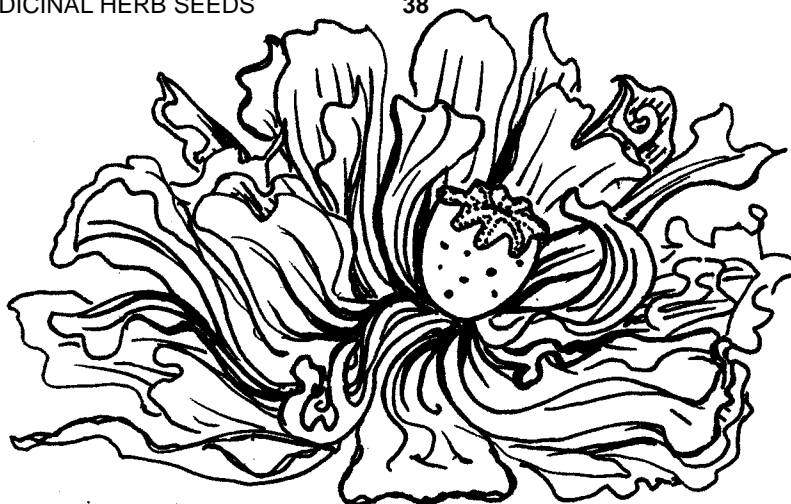
***\$7.20/plant, \$17.55/3 plants**, Organic

Palmarosa *Cymbopogon martinii*

Similar to Lemongrass but with a fragrance of Rose, indicative of its geraniol content.

***\$7.20/plant**, Organic

Pansy, Heartsease *see* VIOLET



Passionflower, Official
 *Passiflora incarnata*
 Plant prefers a very sunny and dry location. Nonetheless, produces masses of bright green, turgid leaves on a flexible vine. Flowers large, complex, purple and white. Much desired. Sow seeds fall or spring.
20 seeds/pkt \$3.95, Organic
***\$9.00/plant, \$24.30/3 plants**, Organic

Patchouli, Java*Pogostemon heyenanus*
 Plant prefers warm shade and plenty of water. Given this, produces wild flowers of pink and lavender. Mostly grown for its outrageous flowers, this one does not have a scent—to get that, check True Patchouli, below. Sow seeds in spring.
100 seeds/pkt \$4.95
***\$7.20/plant, \$17.55/3 plants**, Organic

Patchouli, True*Pogostemon patchouli*
 Tropical perennial thrives in warm shade and does well in potted culture. Needs frequent watering and occasional cutting back. Redolent with the pervasive fragrance of true patchouli oil. Sow seeds in spring. A little tip. If you are vacillating on whether or not to companion with this plant this winter, I'd go for it. We may not list it in the spring.
100 seeds/pkt \$4.95
***\$7.20/plant, \$17.55/3 plants**, Organic

Penstemon, Large-flowered
 *Penstemon grandiflorus*
 <<NEW FOR 2012>>
 Herbaceous perennial native to the midwestern prairies and quite rare. Large, shiny, lavender flowers with blueish tints. Dakota, Kiowa and Pawnee medicine for treating chest pains, stomach ache, chills and fevers. Plant prefers full sun, and fast-draining soil.
30 seeds/pkt \$2.95, Organic
***\$7.20/plant**, Organic

Plantain, Che-qian*Plantago asiatica*
 Perennial edible Plantain. This Chinese type is a bit more spinach-ey and less astringent than others. Sow seeds in spring.
100 seeds/pkt \$2.45, Organic
***\$7.20/plant, \$17.55/3 plants**, Organic

POPPY:
 Family: Poppy (*Papaveraceae*)
 Swift-growing plants bear outrageous flowers and have all been used in medicine due to the presence of pain-relieving alkaloids. All temperate zones. Must be sown in cold soils! We usually recommend late fall sowing in the western states and early spring sowing in the east. Press into surface.

Poppy, California *Eschscholzia californica*
 Herbaceous perennial, self-seeding. Native to California, Oregon, and the southwestern US. Yellow and orange flowers. Tincture of fresh herb calms, alleviates pain.
500 seeds/pkt \$2.95,
\$6.85/10 g (~9,000 seeds)
\$22.25/100 g (~90,000 seeds)
\$68.00/lb (~408,000 seeds)

Poppy, Flanders *Papaver rhoeas*
 (Corn Poppy, Shirley Poppy)
 Annual. Native to Europe and temperate Asia. Bright red. All parts of this plant contain the nonaddictive alkaloid rheadine. The general activity is soporific (inducing a deep sleep). Flowers to 32 inches.
300 seeds/pkt \$2.95,
\$5.95/g (~7,000 seeds),
\$17.85/10 g (~70,000 seeds), Organic

See also POPPY in the RARE, HISTORICAL & ODDITIES SECTION

Pulsatilla *Anemone pulsatilla*
 (Wind Flower, Pasque Flower)
 Family: Crowfoot (*Ranunculaceae*)
 Herbaceous perennial. Native to Europe. Hardy to -5° F. The plant is diminutive, but brazen—sending up large, showy purple flowers that bedeck the early spring garden. Low doses of the fresh plant tincture are used to calm nervous disorders associated with menopause, PMS, or insomnia. **Low-dose botanical.** Plant prefers to grow in the full sun among rocks or in average garden soil. Short-lived seed. Sow in fall or spring. Germ in shade, 30 to 40 days. Plant 1 foot apart. Flowers to 18 inches.
30 seeds/pkt \$3.95, Organic

Purple Coneflowersee ECHINACEA

Ramie, White *Bohmeria nivea*
A rare accession, this is truly a comely plant, source of soft, durable fibre that has been used since pharaonic Egypt.

\$13.50/plant, \$35.10/3 plants, Organic

Rattlesnake Master *Eryngium yuccifolium*
Cohabitates well with grasses, will naturalize in sun if water is plentiful. Handsome, tiered growth with showy capitulae. Sow seeds in spring.

50 seeds/pkt \$2.95, Organic

***\$7.20/plant, \$17.55/3 plants**, Organic

Rehmannia *Rehmannia glutinosa*
True Sheng-di-huang with the typical rubbery roots giving rise to oversize, blood-throated, flaring trumpets.

***\$9.00/plant, \$24.30/3 plants**, Organic

Rosemary *Rosmarinus officinalis*
This strain of upright Rosemary has proven to be among the most cold tolerant. Seed production this year was exceptional. Seed requires cool soils (55 to 60° F) for germ. Sow in fall or early spring. Sprinkle generously, barely cover and keep evenly moist. Germ in 2 to 3 weeks. Grow out in gallons for a year before transplanting to landscape.

100 seeds/pkt \$2.95, Organic

***\$15.00/plant (Tuscan Blue)**, Organic

Rosemary Dried Leaves, Whole

Pure fall harvested leaf, dried and removed from stem. Excellent color, aroma, flavor.

50 g bag (1.7 oz) \$4.50 each, Organic

Rhubarb, Alexander . *Rheum alexandrae*
(Chinese Glasshouse Plant)

Native to Yunnan and Tibet, an alternate source of Da-huang. Translucent cream colored bracts rise up scale-like on the flowering stalk, protecting plant from sun. Stalk base iridescent red becoming lime green at the tip. Leaves shiny, turgid. Sow in spring.

10 seeds/pkt \$3.95

***\$7.20/plant, \$17.55/3 plants**, Organic

Rue *Ruta graveolens*
Incredibly useful landscape plant with long-lived yellow flowers giving way to fruits like tiny green oranges. Popular in Medieval times, said to ward off evil contagion, bring financial success. Sow in spring.

100 seeds/pkt \$2.95

\$4.95/g (~500 seeds), Organic

***\$7.20/plant, \$17.55/3 plants**, Organic

Saffron, Holy (bulbs) *Crocus sativus*
Perennial bulbous herb. Native to Southern Europe, Asia Minor, and Iran. Hardy to -10° F. Blooming in October, the flowers are deep purple, cupping the long orange-red stigmas—the spice. Plant prefers rich, sandy, well-drained soil in the part shade or sun. Plant 3 inches deep and 6 inches apart.

\$9.95/6 bulbs

\$25.00/20 bulbs

Saffron bulbs available August to October, otherwise backordered and delivered in season.

Sage, Dan-shen miltiorrhiza
. *Salvia miltiorrhiza*

With roots of blood red resembling the vascular system of the human leg, this plant is a major vascular tonic and antistroke medicine, a major, major herb in TCM. This is the official species.

30 seeds/pkt \$3.95, Organic

***\$7.20/plant**, Organic

Sage, Garden *Salvia officinalis*

For such a heat-loving plant, it sure puts off a show in the early spring before things get hot. The flowering display alone is worth it, but the plant is also a multipurpose culinary and medicinal—widely used, much appreciated. Sow seeds in spring.

100 seeds/pkt \$1.95—Lifeline Pricing

Organic

***\$7.20/plant, \$17.55/3 plants**, Organic

Sage, Kashmir *Salvia hians*

Herbaceous perennial giving rise to long racemes of large, deep-throated flowers in second year. The roots are red, and this is a secondary source of herbal material for Dan-shen. Very showy, and with a fruity fragrance. Sow seeds in the spring.

10 seeds/pkt \$2.95, Organic

***\$7.20/plant**, Organic



Sage, White *Salvia apiana*

Wody perennial. The premier smudging plant, bringing prayers on high, scouring the garden of negativity by its majestic presence. Organically grown dried white sage leaf is a highly valued as a trade item. Sow seeds in spring.

100 seeds/pkt \$2.95

\$17.85/10 g (~7,000 seeds), Organic

***\$7.95/potted plant**, Organic

White Sage Wand

Seven leading clusters are harvested from our peace loving organic plants, partially dried, then bundled and tied, then allowed to fully dry. Each wand measures about 8 inches long, weighing about 2 ounces

\$9.50 each, Organic

Savory of Crete *Satureja thymbra*
 <<NEW FOR 2012>>

Low-lying, mounding woody perennial. Whorls of pink flowers May and June. The finest new Mediterranean herb in our collection, source of pleasant spice, potent essential oil. Another Savory? Bring it on!

30 seeds/pkt \$2.95

***\$7.95/plant, Organic**

Savory, Winter *Satureja montana*

There's nothing better than Savory all year 'round. Spice on a perennial woody bush. Sow seeds in spring.

100 seeds/pkt \$2.95, Organic

***\$7.20/plant, \$17.55/3 plants, Organic**

Schisandra *Schisandra chinensis*
 (Wu-wei-zi)

Family: Magnolia (*Magnoliaceae*)
 Perennial dioecious woody vine. Native to Manchuria, Malaysia, Korea, northeastern China, and Japan. Hardy to -20° F. The fragrant pink or white flowers give way to bright red fruit that droops down in clusters from the vine. Aphrodisiac and immune-enhancing. Soak dried berries overnight and remove seed before planting. Plant outdoors in fall or early spring or give 2 weeks cold-conditioning. Train on a trellis. Likes shade and is not very heat-tolerant. Challenging to grow, confirmed germination, no replacement or refund.

20 seeds/pkt \$3.95 (in dried berries)

\$11.85/10 g (~200 seeds in dried berries)

\$59.25/100 g (~2,000 sds in dried berries)

Self Heal *Prunella vulgaris*

Creeper does best in moist soils, shade or sun. Flowers in spring to midsummer, corn-cob-like, purple, demure. Dried flowers made into tea treats canker sores—best ever treatment. Sow seeds in spring.

50 seeds/pkt \$2.95, Organic

***\$7.20/potted plant, Organic**

Senega Snakeroot *Polygala senega*
 Family: Milkwort (*Polygalaceae*)

Herbaceous perennial to 1 foot. Native to the prairies of eastern North America. Stimulating expectorant for treating pneumonia. Moist woodlands. Sow in summer, fall, midwinter, or very early spring for germ in the spring. Space 6 inches apart.

30 seeds/pkt \$3.95

Sha-shen *see* Beach Silvertop

Shatavari *Asparagus racemosus*

In Ayurveda, the tuberous roots of this perennial, hooked, climbing Asparagus are the #1 women's tonic. A rare find in the US. Nicely developed tubers on these year-old-plus plants in fat pots.

\$15.00/potted plant, Organic

SHATAVARI root, powdered
\$23.00/lb, Organic

Shepherd's Purse *Capsella bursa-pastoris*
 Family: Mustard (*Brassicaceae*)

Annual or overwintering annual. Native to Europe and Asia. All zones. Hemostatic agent used to stem excess menstrual bleeding or post-partum hemorrhage. The plants grow well in heavily-manured soil, and they grow best during the cool months. Sow in summer or fall. This is a good example of a plant (and not a very unusual one, at that) which does best if planted according to natural cycles. Sown in the summer or fall (which is when the seeds normally fall from the parent plant), Shepherd's Purse germinates and starts growing as a basal rosette. The rosette then overwinters, and the plant expands mightily come spring, sending up its multiple stalks with dangling purses that are soon to be filled with the tiny golden coins of its seeds. Thin to 6 inches apart.

300 seeds/pkt \$2.95, Organic

SKULLCAP:

Family: Mint (*Lamiaceae*)

A diverse genus of plants that find their way into barefoot medicine wherever they occur worldwide. Sow fall or early spring.

SKULLCAP SET (1 seed packet each of the *Scutellaria* species following.)

\$6.90/3 pkts

Price shown is a discount.

Skullcap, Baical . . . *Scutellaria baicalensis*
 (Huang-qin)

Herbaceous perennial to 12 inches. Native to Mongolia, Siberia, and China. Hardy to -20° F. The purple flowers are like schools of dolphin breaking through green waves in a summer sea. Dried root has antibacterial, antiviral, tranquilizing, and fever-reducing effects. A dependable treatment for contagious diseases including dysentery. Plant prefers full sun and dry soils and makes best medicine when grown in same. Space 12 inches apart.

50 seeds/pkt \$2.95,

\$9.95/g (~600 seeds), Organic

***\$7.20/plant, \$17.55/3 plants, Organic**

Skullcap, Barbat . . . *Scutellaria barbata*
 (Ban-zhi-lian)

Herbaceous perennial. Native to SE China. Hardy to -20° F. Flowers large and sky blue. The herb clears heat, dispels toxicity, invigorates the blood—used in treating cancerous tumors. Plant prefers sun to shade and moist, but well-drained, soil.

100 seeds/pkt \$2.95, Organic

***\$7.20/plant, \$17.55/3 plants, Organic**

Skullcap, Official . . *Scutellaria lateriflora*
 (Mad Dog Skullcap)

Herbaceous perennial. Native to US. Hardy to -40° F. Nervine tonic. Plant prefers fertile soil, partial shade or full sun, and plenty of water. Thin to 6 inches apart. Flowers blue, 2 to 4 feet tall.

100 seeds/pkt \$2.95, Organic

***\$7.20/plant, \$17.55/3 plants, Organic**

**Solomon's Seal, Giant** *Polygonatum biflorum* var. *commutatum*

Herbaceous perennial forest dweller distinguished from look-alikes by its huge size and flowers drooping in pairs from the leaf axils that occur below the sweeping arm of the plant.

We use this plant as an anti-inflammatory, and folk uses do include joint pain/arthritis. True Solomon's Seal grows at the ground surface and prefers open woodlands, especially in association with rock outcroppings. Root restriction is relished. Sow this cold-stored seed in cool, moist, shady conditions. Germ may take 2 vernal cycles.

20 seeds/pkt \$4.95**\$7.95/plant, Organic****Spikenard, California** . *Aralia californica*Family: Ginseng (*Araliaceae*)This is the largest herbaceous member of the Ginseng family indigenous to America. Native to the Pacific Northwest. Grows to 10 feet. Spikenard root is an antitussive, *partus preparatour*, adaptogen, mildly stimulating like Eleuthero, and also a sexual tonic like American Ginseng. Plant prefers water, gravelly soil, and shade. Sow in fall for dependable germination in the spring.**50 seeds/pkt \$3.95, Organic****Sha-shen**see Beach Silvertop**Stephania vine***Stephania japonica*

(Qian-jin-teng, Thousand Gold Medal Vine)

Herbaceous perennial vine native to Japan and perfectly cold hardy. In the herbalscape, a gentle climber with beautiful leaves. A specific for treating Lyme disease.

\$9.00/plant, Organic*Stevia***Stevia rebaudiana*

A very sweet herb indeed, leaves dried, powdered by rubbing through a screen or whirring in a coffee grinder, and used to sweeten beverages, smoothies, and baked goods. Rates 0 on the glycemic index. But on our "plants index" these rate 10 for size and healthiness. Sow seed in spring.

25 seeds/pkt \$4.95, Organic***\$7.20/plant, \$17.55/3 plants, Organic****Stoneroot***Collinsonia canadensis*Family: Mint (*Lamiaceae*)

Herbaceous perennial. Native to rich woods in the eastern, central, and southern states. Hardy to -30° F. Features impressive ovate leaves and eventually sets terminal panicles of bright yellow flowers, which smell like lemon. Vascular tonic shrinks varicosities. Plant prefers moist woods or partially shaded garden.

\$5.00/dormant root, Organic**Sweetgrass***Heirachloe odorata*

Perennial grass native to the north country. Prefers full sun to part shade and moist soil that is free of other grasses. Sorry, no, we don't carry Sweetgrass seed, as we haven't ourselves had luck getting it to germinate.

\$7.20/plant, \$17.55/3 plants, Organic*Sweetgrass Braids**

Made in Saskatchewan by First Nations Peoples from wild Sweetgrass. Weighing over an ounce each and about 32 inches long, the braids smell coumarin-rich, like Elysian fields. Burned or simply placed in the room, supports prayer, purification.

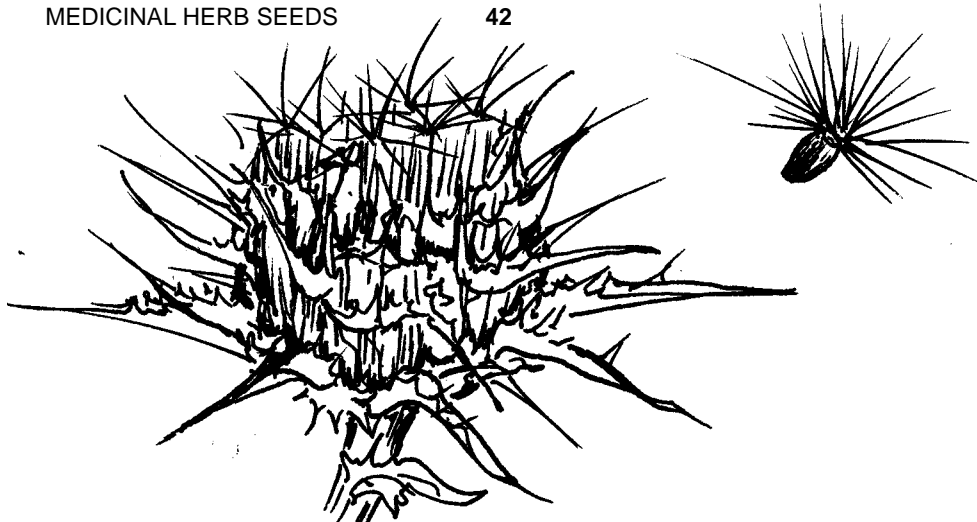
\$5.00 each, 7 braids \$30.00**Sweet Annie**see ARTEMISIA**Sweet Woodruff**see CLEAVERS**Tang-kuei**see ANGELICA**Tansy***Tanacetum vulgare*Family: Aster (*Asteraceae*)

Flowers like golden buttons. This balsamic herb is sprinkled on the floors after sweeping, lending its agreeable fragrance and prohibiting flies—which detest it. Sow in fall to early spring. Self-seeds vigorously.

100 seeds/pkt \$2.95, Organic*Not for sale to SD, WA state.***Tarragon, Mexican***Tagates lucida*

Plant prefers full sun and dryish soils, overwinters down to about 10° F. Culinary spice, cold cure, and smokeable euphoric all in one. Sow seeds in spring

100 seeds/pkt \$3.95***\$7.95/plant, Organic***Plants ship September through November Up to 6 plants marked with * ship prio for \$14.90!*



THISTLE:

Family: Aster (*Asteraceae*)
Big earth protectors and variously edible or medicinal. All zones.

Thistle, Blessed*Cnicus benedictus*
Annual or overwintering annual. Native to the Mediterranean basin and Asia Minor. Downy and barely prickly. Tea stimulates appetite. Plant prefers full sun and regular garden soil. Direct seed any time from fall to late spring.

30 seeds/pkt \$2.95, Organic

Thistle, Carlina*Carlina acaulis*
Biennial. Native to Europe. Hardy to -30° F. This is the legendary mounding Thistle, a cure for pestilence.

50 seeds/pkt \$2.95

Thistle, Milk*Silybum marianum*
Overwintering annual. Native to the Mediterranean. Giant, shiny-leaved plant with white variegations and towering, purple-flowered Thistles. Unique hepato-protective agent. Dosage of ground seed is 1 tablespoon up to 3 times daily. Direct-seed in the late summer or early spring. Space the plants 3 feet apart. Flowers to 6 feet.

100 seeds/pkt \$2.95

Not for sale to WA state.

END OF THISTLE.

Thyme, Creeping*Thymus serpyllum*
Short, creeping, colorful and aromatic groundcover for rockery, steps, groundcover or full sun landscaping. Sow in spring.

100 seeds/pkt \$3.95

***\$7.20/plant, \$17.55/3 plants, Organic**

Thyme, English Broadleaf*T. vulgaris*
Perfect mound-shaped plants. Potent spice.

100 seeds/pkt \$2.95,

\$7.95/g (~4,000 seeds), Organic

***\$7.20/plant, \$17.55/3 plants, Organic**

Thyme, German Winter .*Thymus vulgaris*
Best variety for cold weather areas, a standard culinary and medicinal hardy to -20° F. Sow seeds in spring.

50 seeds/pkt \$2.95

***\$7.20/plant, \$17.55/3 plants, Organic**

Thyme, Mastic*Thymus mastichina*
Camphor-rich leaves have a stimulating aroma. Unusual ball-like flowers cover the entire plant in summer. A collector's item. Sow seeds in spring.

100 seeds/pkt \$2.95, Organic

***\$9.00/plant, \$24.30/3 plants, Organic**

Thyme, Spanish*Thymus zygis*
Primary source of essential oil of Thyme, a hot spice and a very tough plant on the landscape. Sow seeds in spring.

100 seeds/pkt \$2.95, Organic

***\$7.20/plant, \$17.55/3 plants, Organic**

Trillium, Red*Trillium erectum*
Family: Lily (*Liliaceae*)

Long-lived herbaceous perennial. Native to the eastern US and Canada. Hardy to -30° F. The nodding, dark purple flowers of Beth Root beckon from the darkest parts of the forest. The tea of the root is a native remedy to bring on labor. Sow in moist, rich, shady beds in the fall or early spring. Cold-stored seed. Trillium is a 2-phase germinator, emerging aerially in second spring. Allow to grow at close spacing for a summer or 2, then transplant to 6-inch spacing. Flowers red from 6 to 16 inches.

50 seeds/pkt \$9.95, Organic

Orders received prior to Sept. will be back-ordered and delivered from the new harvest.

Tulsi, Krishna Purple (Holy Basil)

.*Ocimum sanctum*
Perennial bush basil with dark purple leaves. Protect from frost. Powerfully medicinal adaptogen. Graceful. Will adapt to pots and please with its spirit. Keep somewhat dry and in bright light. Sow seeds in spring.

OM SHANTI OM

50 seeds/pkt \$2.95

***\$7.20/plant, \$17.55/3 plants, Organic**

TULSI TEA leaves, tea cut,
\$25.00/lb, Organic

Twinleaf *Jeffersonia diphylla*
Family: Barberry (*Berberidaceae*)

Herbaceous perennial forest dweller native to the eastern US and hardy to -20° F. This beauty has paired, plate-like leaves that are succulently green, and a large, perfectly white flower that gives way to a seedpod that resembles, on drying, a tiny elfen pipe. The root is an acrid expectorant, making a workable wash for treating sore gums or herpes lesions. Sow this moist, cold stored seed immediately on receipt in a flat in the shade house or in the shade garden or woodlands. Germination is in the spring, and the seedlings are quite delicate, so allow to grow in place for at least another year before transplanting out to 1 foot spacing.

30 seeds/pkt \$3.95, Organic

\$6.50/dormant root, Organic

Unicorn, False *Chamaelirium luteum*
(Helonias Root, Star Grub Root)

Family: Lily (*Liliaceae*)

Herbaceous dioecious perennial. Native to the central and eastern hardwood forests of North America. Hardy to -30° F. Rare. The flowers occur in long spikes that curve and dip like graceful fairy wands. Most famous of all uterine tonics. Sow seeds in acid soil in the fall, midwinter, or very early spring. Use outdoor nursery bed technique or sow in flats left outdoors or in an unheated greenhouse. Space 6 inches apart. Flowers cream.

30 seeds/pkt \$4.95

Unicorn, True *Aletris farinosa*
Family: Lily (*Liliaceae*)

Perennial. Native to southeastern US. Hardy to 0° F. Rare. Important vanishing medicinal, a uterine tonic of great repute. Urn-shaped flowers, white. Plant prefers sun and moist, sandy, acid soils. Press small seed into surface of sandy soil in fall or spring. Thin or transplant to 6 inches apart.

500 seeds/pkt \$3.95

Uva Ursi *Arctostaphylos uva-ursi*
(Bearberry)

Family: Heath (*Ericaceae*)

Spreading perennial evergreen ground cover. Circumpolar. All temperate zones. The herb covers entire hillsides as a drought-tolerant and glossy-leaved ground cover. Smokeable. Tea or tincture treats mild urinary infections. Plant prefers acid soils, full sun. Scarify vigorously. Fire-dependent germinator or multicycle-germinator. Sow in fall, spring, or summer. Space plants 1 foot apart. Challenging to grow, confirmed germination, no replacement or refund.

30 seeds/pkt \$2.95

***\$7.20/plant, \$17.55/3 plants**, Organic

Valerian, Official . . . *Valeriana officinalis*

Probably the strongest cerebral sedative known to herbalist, Valerian puts one to sleep. All parts of the plant are active, but it is the fresh roots that are most commonly used. Sow seeds in the early spring. Our "live roots" are robust starters consisting of the budded crown and a cluster of spreading rootlets. Nestle the rootlets into well-drained soil and leave the crown poking up barely above the surface, water in, and watch the magic happen.

100 seeds/pkt \$2.95,

\$9.95/g (~1,200 seeds), Organic

***\$3.00/Live Root**, Organic

Vervain, Blue *Verbena hastata*

Bitter medicine to placate colds and fevers. Traditionally used as an offering to the garden spirits, or to put in alcoholic spirits (home brews). Give seeds 2 weeks cold, moist conditioning or sow in cold soils of fall or early spring.

200 seeds/pkt \$2.95

\$5.95/g (~2,400 seeds), Organic

***\$7.20/plant, \$17.55/3 plants**, Organic

Vetiver *Vetiveria zizanoides*

Hardy to 20° F. Tough, grasslike plant used to stabilize soils and sand dunes. Highly aromatic roots used in perfumery and incense. Excellent in pots. Give a full sun position and very fast draining soil.

***\$13.50/plant, \$35.10/3 plants**, Organic

VIOLET:

Family: Violet (*Violaceae*)

The use of Violets in medicine is a disappearing art, and worthy of reconsideration. Ranging from treatment of cough to cancer, the effects are gentle, unique, and pervasive. Plants form slow-spreading colonies in moist shade to part sun. Barely cover small seed and keep moist.

Violet, Blue Butterfly *Viola sororia*

Bright blue flowers garland this creeper that will form a lovely mat in the moist shade.

***\$7.20/plant, \$17.55/3 plants**, Organic

Violet, Heartsease *Viola tricolor*

(Johnny-Jump-Up, Heartsease Pansy)

Annual, self-seeding. 60 days to maturity. Deep velvety blue, purple, and yellow flowers. Traditionally used to treat allergies of children. Germination in 16 days.

100 seeds/pkt \$2.95,

\$5.95/g (~1,200 seeds)

\$17.85/10 g (~12,000 seeds), Organic

Violet, Sweet *Viola odorata*

Perennial. Native to Eurasia. Hardy to 0° F. The flowers are wonderfully scented—much used in perfumery. May be made into a pleasant cough syrup. Sweet Violet is a traditional treatment for oral cancers. Plant prefers shade garden or woodland. Fall-planted seed germinates in the spring.

50 seeds/pkt \$3.95, Organic

***\$7.20/plant, \$17.55/3 plants**, Organic



Wasabi *Wasabia japonica*

Family: Mustard (*Brassicaceae*)

See cover illustration

Hardy to 10° F. Herbaceous perennial native to mountain streams of Japan. This is the true Wasabi (much Wasabi served with sushi is counterfeit) that provides the inspirationally sinus opening experience. The paste is made by finely grating the hot, green, fresh root. Plant prefers part shade and cool running water, such as the edge of a spring in the forest. Lacking this, one can prepare a shaded garden bed and mist the plants twice daily. That's what we do. This pre-stratified seed is best planted immediately upon receipt, in cool, moist, shade. Germ in spring.

10 seeds/pkt \$7.95, Organic

Sorry, no international sales and no replacements or refunds on Wasabi seeds

***\$9.00/plant, Organic**

Wild Yam, American *quaternata*

. *Dioscorea quaternata*
(Fourleaf Yam)

Native to the Eastern American hardwood forests. Hardy to -10° F. Long used in TWM, the plant is medicinally interchangeable with *D. villosa*. Fourleaf Yam is a thick-stemmed, self-supportive squatter, sometimes climber, which makes ascending whorls of large leaves and gives high yields of the knuckled rhizome.

20 seeds/pkt \$4.95, Organic

\$5.00/dormant root

\$27.00/6 dormant roots,

\$75.00/20 dormant roots, Organic

Wild Yam, Chinese . . . *Dioscorea batatas*

Perennial vine. In the humid evenings and mornings, the ball-like, cream-colored flowers exude a rich Cinnamon fragrance. Both the weighty, smooth underground tubers and the small, potato-like aerial tubers are edible—a delicious nutrient tonic. Also, an herbal treatment for nerve pain, bed-wetting, spermatorrhea, irritable bowel, and diarrhea. Plant tubers about an inch deep in pots or directly in a rich hill in the garden. Easy. Provide trellis.

6 aerial tubers/\$3.95,

\$10.00/20 aerial tubers, Organic

Orders received prior to Oct. will be back-ordered and delivered from the new harvest.

Wild Yam, Japanese . . *Dioscorea japonica*
Perennial vine with elegant heart-shaped leaves, deliciously edible roots (slice and pan fry), and edible aerial tubers. We had an excellent season on these. The tubers are heavily noded and will give very agreeable results in standard greenhouse culture.

3 aerial tubers/\$5.95

\$13.00/20 aerial tubers, Organic

Wood Betony *Stachys officinalis*

This plant loves an open garden situation, and will reward the grower with its long-lived purple flowers that occur on upright racemes. Excellent tea against addictions, will stabilize the spirit and sedate. Sow seeds in spring.

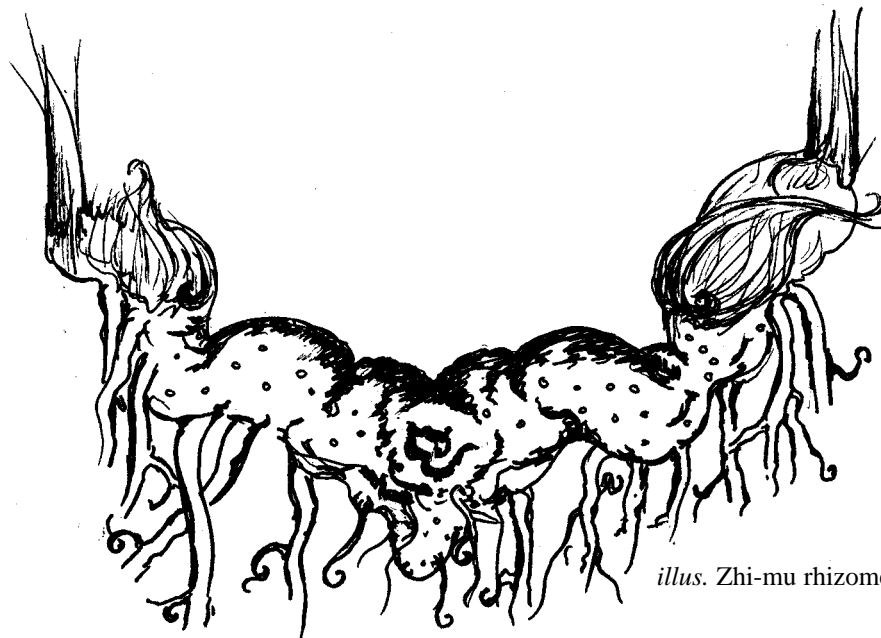
100 seeds/pkt \$2.95

\$5.95/g (~900 seeds)

\$17.85/10 g (~9,000 seeds), Organic

***\$7.20/plant, \$17.55/3 plants, Organic**





illus. Zhi-mu rhizome

Woad *Isatis tinctoria*
(Da-qing-ye, Isatis)

Family: Mustard (*Crucifereae*)

Biennial. Native to southeastern Europe and west Asia. Volunteers freely. This is Dyer's Woad, which makes a natural blue dye. Antiviral—used in treating hepatitis. Average to poor soils, sun. Sow in fall or spring.

25 seeds/pkt \$2.95,

\$8.85/10 g (~600 seeds)

\$44.25/100 g (~6,000 seeds), Organic

Not for sale to CA, OR or WA states.

Wormwood see ARTEMISIA

Yellow Dock *Rumex crispus*
Family: Buckwheat (*Polygonaceae*)

Herbaceous perennial. Native to Europe and north Asia. Hardy to -20° F. Gentle laxative and a good source of iron. Plant prefers partial shade to sun, moist ground. Sow in the fall or spring. Part germ in a few weeks, and ongoing germ for years. Flowers rusty-red.

300 seeds/pkt \$2.95

Yerba del Lobo *Helenium hoopesii*

Native to the mountains of the Pacific Northwest, this clumping plant produces a fine florific display. Plant prefers full sun or part shade and ever-moist soils. Good drainage not needed. The flowers of Yerba del Lobo are used as an anti-inflammatory, very much like its little cousin, Arnica. Sow seeds in spring.

100 seeds/pkt \$3.95

***\$7.20/plant, Organic**

Yerba Mansa *Anemopsis californica*
(Yerba del Manso, Lizard Tail)

Creeping herbaceous perennial. Native to the Southwestern US and California. Hardy to -10° F. With its pure white coneflowers and thick, rubbery leaves, a patch of these can be breathtakingly beautiful. They love to grow around watering holes in the desert, and they clean up agricultural sumps in the Central Valley. Leaves and especially root are powerfully antimicrobial. Seed takes up to 3 months to germinate, and sometimes planting in the fall softens it for germ in the spring.

100 seeds/pkt \$3.95

***\$7.95/plant, Organic**

Yomogi see ARTEMISIA

Zaatar *Origanum syriacum*

Strongly aromatic, pungent and delicious, the dried herb is mixed with salt, sesame, garlic and olive oil for dipping bread. Plant does great in pots and standard garden culture, but needs protection from hard frost if overwintering is desired. Sow in spring

100 seeds/pkt \$3.95

***\$7.20/plant, \$17.55/3 plants, Organic**

Zhi-mu *Anemarrhena asphodeloides*

Family: Lily (*Liliaceae*)

Evergreen monocot rhizomatous perennial. Native to China and Japan. All zones. One of the Chinese herbs that "drains fire," the rhizome is used in treating fevers, cough, and oral ulcers. Cooling and antiseptic. Flowers night-scented, very fragrant. Plant prefers moist soils and dappled shade. Sow in fall or early spring for germination in the spring. Plants are well-established, mature individuals. Flowers to 18 inches.

30 seeds/pkt \$2.95

\$11.85/10 g (~1,100 seeds)

***\$9.00/plant, Organic**

**HORIZON HERBS SEEDS AND PLANTS OF
Rare, Unusual, Obscure, Historical, Dye, Cacti, Permaculture,
Strewing and Sweeping, Odd and Wonderful Herbs.**



ACONITE:

Family: Crowfoot (*Ranunculaceae*)
Herbaceous perennials with deeply divided leaves and radiantly blue flowers. One of the major “drugs of antiquity.” Plants prefer semishade, rich soil, and regular watering. Short-lived, cold-stored seed. Sow seeds in summer, fall, midwinter, or early spring to germ as the soil warms up in the spring. All parts of these plants are **TOXIC** unless properly prepared.

Aconite, Chinese . . . *Aconitum carmichaeli* (Fu-zi)

Native to China. Bears extraordinary light blue flowers shaped like schools of heavy-jawed fish of the coral reef. The processed root is used for warming the internal fire, improving circulation, and tonifying the kidneys.

50 seeds/pkt \$2.95, Organic

Aconite, Monkshood . . . *Aconitum napellus* (Wolfsbane)

Native to central Europe. Dark blue to purple, hood-shaped flowers protect profusely productive nectaries, giving way to graceful, upright follicles. Absolutely stunning!

50 seeds/pkt \$3.95

Aloe, Cape *Aloe ferox*

One of the better indoor companion plants for winter—graceful and indestructible. Sow seeds in greenhouse or sow in spring.

50 seeds/pkt \$3.95

***\$7.20/ plant, \$17.55/3 plants, Organic**

ASAFETIDA:

Family: Carrot (*Apiaceae*)
Giants, bearing tiered umbels on upright stems with ferny leaves. Hardy to 0° F. Plants prefer full sun, elevation, poor to average soil, and water. Large seed. Sow in fall or early spring for germ in spring. Direct-seed, outdoor nursery bed technique, or unheated greenhouse. Space plants 3 feet apart. Yellow flowers.

Asafetida *Ferula assa-foetida* (Hing, A-wei, Food-of-the-Gods)

Herbaceous perennial, native to the high plains of Iran and Afghanistan. Rare and redolent; a giant steeped in tradition. Roots yield an oleo-gum-resin used as an expectorant, antispasmodic, and spice. Flowers to 7 feet.

10 seeds/pkt \$5.95, Organic

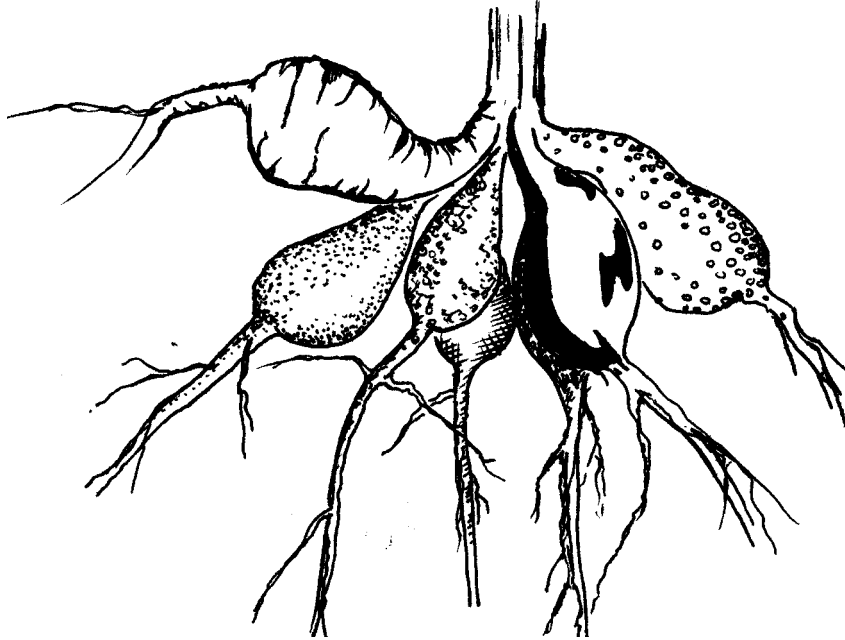
Giant Anise Fennel *Ferula communis*

Biennial or triennial. Native to northern Africa. The circumference at the base of the dark red, flowering stalk of one plant measured 9 inches, and the plant itself flowered to over 10 feet. Attracts beneficial insects. Source plant for an aromatic gum—ammoniac of Morocco. **Don't eat the leaves.**

20 seeds/pkt \$2.95

\$14.85/10 g (~500 seeds), Organic

END OF ASAFETIDA



Asphodel *Asphodelus ramosus*
Ancient, Aloe-like plant forms a dense rosette. Sends up a flowering stalk in early spring, much like a red hot poker, but colored white, with striped buds that spring open, starlike. The acrid tuber (above) is a low-dose botanical, an anti-inflammatory and alterative. Sun to part shade. Sow seeds in fall for dependable germ in the spring

10 seeds/pkt \$3.95

***7.20/plant, Organic**

Bearsfoot *Polymnia uvedalia*
Family: Aster (*Asteraceae*)

Perennial. Native to eastern US and hardy to -10° F. The stems bear opposite, 3-lobed leaves that resemble the foot print of a bear—flowers bright yellow and black. The resinous root is a traditional salve-making ingredient. Prefers full sun or partial shade, very moist soils. Sow in fall or early spring and fire treat. Cold hardy. Grows from 3 to 6 feet, eventually producing a giant clump.

20 seeds/pkt \$3.95,

\$14.85/10 g (~200 seeds) Organic

BELLADONNA:

Family: Nightshade (*Solanacea*) **TOXIC**
Herbaceous perennials hardy to approx. -10° F. A grouping of insidiously charming show-plants with nodding, bell-shaped flowers. All parts of the plant contain the very serious alkaloids atropine and scopolamine that are mydriatic (dilates the pupil of the eye), narcotic, antispasmodic and (if taken in high dosage) **potentially toxic**. Medicinally, the plant is used as a sedative and muscle relaxant, also to prevent motion sickness, being antispasmodic to smooth muscle tissue. Plant prefers partial to full shade, average fertility, moist soil. Sow in fall or early spring. Slow and ongoing germ for up to 6 weeks. Through careful cultivation, we have endeavored to conserve the remaining world species.

Belladonna, Caucasus . *Atropa caucasica*
Native to the Caucasus. Similar to the official species in stature and flower form. A prodigious display. Purple stemmed.

50 seeds/pkt \$3.95, Organic

Belladonna, Official . . *Atropa belladonna*

Native to Central and Southern Europe. Used in homeopathy and also in traditional herbalism, mainly in the form of the infused oil of dried leaf and root, applied externally.

100 seeds/pkt \$3.95, Organic

Belladonna, Turkmenistan

. *Atropa komarovii*

(Turkmenistan Nightshade)

Native to the Kopet-dag mountains of Turkmenistan. Flowers yellow, veined with violet. Plant thrives in rich, moist soil in dappled shade. A very comely specimen.

50 seeds/pkt \$3.95, Organic

Belladonna, Vedic *Atropa acuminata*

Native to the Himalayas, from Kashmir to Baluchistan. Low-growing and drought-resistant species is probably the best choice for gardens lacking moist soil or shade. Entire plant is shot through with intense purple veination. Flowers bell-shaped, purple, large, giving way to berries, curiously elongated, shiny and jet black.

50 seeds/pkt \$3.95, Organic

***10.00/plant, Organic**

Scopalia *Scopolia carniolica*

(Russian Belladonna, Japanese Belladonna)
Native to Northern Europe and Asia. Highly decorative low-lying plant (to 18 inches tall) with hanging flowers of dull red, giving way to Henbane-like capsules. **Low-dose botanical** treats spasm and seasickness.

30 seeds/pkt \$3.95



Bleeding Heart, Pacific *Dicentra formosa*
 <<IT'S BACK!>>

Herbaceous perennial forest dweller native to the Pacific Northwest. Does well in shade garden, woodlands, or pots. With its finely dissected, bluish-green foliage and rose colored, heart-shaped flowers, this plant draws the eye and may well bring a sigh. Large clumps located near trees or rocks will spread luxuriously. The fresh roots of Bleeding Heart were used by native peoples for treating toothache and as a vermifuge, but this is a **low dose botanical** at best, as substantive dosages will be unpleasantly acrid. The plant prefers moist, acid soils and part shade. Sow seeds in the fall or very early spring for germ in cool soils of spring.
30 seeds/pkt \$2.95

Bowiea *Bowiea volubilis*
 Excellent potted plant for windowsill, solarium or greenhouse. Always doing something surprising, they are very entertaining. Sow in spring
10 seeds/pkt \$2.95, Organic
***\$5.00/bulb**, Organic

Cactus Grandiflorus
 *Selenicereus grandiflorus*
 These make fast-growing house plants, requiring minimal sun, soil, and water. Flowers intoxicatingly fragrant—huge, white, frilled. The tincture is a low-dose botanical used to tonify the heart muscle, improve its strength, and regulate the heart beat. Cultivation directions included.
***\$10.00/cutting**, Organic

Chacruna *Psychotria viridis*
 Protect from frost. One of the main plants used in the Ayahuasca preparation. These Coffee family plants do fine in a light window, with minimal watering, and will sometimes even flower in winter. A very good buy right now—year-old seedlings.
10 seeds/pkt \$9.95, Organic
***\$13.50/ plant**, Organic

Chameleon Plant *Houttoynia cordata*
 Creeping perennial native to China. Source of Yu-xing-cao used to treat infections of lung and urinary tract, also an anticancer herb. In culinary arts, used to make a tasty fish sauce. Illustration above.
***\$7.20/plant, \$17.55/3 plants**, Organic

Datura, Moonflower *Datura innoxia*
 Perennial with oversize flowers, narcotically night scented, moon white. Plants thrive in a sunny, dry spot outdoors or in pots. Keep dry. Sow in spring.
20 seeds/pkt \$3.95, Organic
***\$9.00/ plant, \$24.30/3 plants**, Organic

FOXGLOVE:
 Family: Figwort (*Scrophulariaceae*)
 Showy biennials with breathtaking flowers do best in forest or shade garden. Sow in the fall or early spring. Light-dependent germinators.

Foxglove, Grecian *Digitalis lanata*
 (Woolly Foxglove) **TOXIC**
 Biennial. Native to south-eastern Europe. Hardy to -40° F. This is the Foxglove species most widely used for production of cardiac glycosides (digitoxin). Flowers cup-shaped with a prominent lip, light purple with dark purple veins. Plant prefers full sun and dry soils. Space plants 1 to 2 feet apart. Flowers to 2 to 3 feet tall.
100 seeds/pkt \$2.95, Organic
***\$7.20/ plant**, Organic

Foxglove, Wild Oregon *Digitalis purpurea*
TOXIC
 Biennial. Hardy to -30° F. This is the classic Foxglove found in discriminating gardens and in the wild on sparsely wooded slopes in sun or part shade. Requires very few nutrients to grow well. Flowers trumpet-shaped, lipped, deep pink to purple, interior spotted with darker purple and white. Space plants 1 to 2 feet apart. Grows up to 5 feet tall.
300 seeds/pkt \$2.95
\$5.95/g (~1,600 seeds),
\$29.85/10g (~16,000 seeds), Organic

Hellebore, Black *Helleborus niger*
(Christmas Rose)

Family: Crowfoot (*Ranunculaceae*)

Evergreen perennial native to Central Europe and hardy to -40°F. Deeply lobed leaves produce large flowers fall and winter. Low dose botanical or homeopathic remedy used for treatment of headache, psychic abnormality and spasm. Ritualistic totem used in necromancy to render invisibility. Plant prefers deep, moist soil and a partly sunny to shady position. Sow in fall for germination in the spring. Cold-stored seed from recent harvest.

20 seeds/pkt \$3.95, Organic

***\$7.20/plant, \$17.55/3 plants**, Organic

Hoodia *Rubia tinctorum*

Succulent perennial herb native to SW Africa and suitable for potted culture. Plant looks like a Cactus, needs Cactus soil and growing conditions, but is a Milkweed Peculiar. Harmless appetite suppressant. Sow seeds in warm greenhouse or under lights. .

5 seeds/pkt \$5.95

***\$20.00/plant, small (2-3 inches)**, Organic

***\$30.00/plant, top size (4-5 inches, multiple arms, very nice)**, Organic

Job's Tears, Wild *Onosmodium virginianum*
(Virginia Marbleseed)

Family: Borage (*Boraginaceae*)

Herbaceous perennial. Native to the Gulf states and on up the Atlantic seaboard to southern New England, but now nearly extirpated. The plant bears light yellow, tubular flowers arranged in scorpioid inflorescences. Strong diuretic and tonic. Homeopathic. Plant prefers full sun, dryish and sandy soil, but humid atmospheric conditions. Sow seed in fall for germ in spring. 1 to 2 ft tall.

10 seeds/pkt \$7.95, Organic

Life Plant *Bryophyllum pinnatum*

(Air Plant, *Balangbang*, *Mpovupovu Ziwa*, *Siempre viva*, Mother of Thousands)

A curious upright succulent in the Stonecrop family (*Crassulaceae*) that is a true house plant, thriving on the windowsill, unphased by occasional neglect. These are fascinating. You can pin a leaf to the wall and it will send out a whole matrix of roots, looking for a particle of soil to grab onto. Then you can take the leaf down and just lay it on the surface of soil in a pot and it will send up plants all along the margins! We collected mother leaves from the island of Pemba in the Zanzibar archipelago. Cooling poultice against inflammatory conditions such as bee sting, sunburn, or aggravated swellings.

***\$7.20/plant, \$17.55/3 plants**, Organic

Madder *Rubia tinctorum*

This is one of the funnest plants I know, asserting itself flawlessly in barren landscape and giving forth juicy, black fruits. Always photogenic; always with personality. Red roots medicinal and dyestuff.

20 seeds/pkt \$3.95, Organic

***\$7.20/plant, \$17.55/3 plants**, Organic

Ma-huang *Ephedra sinensis*

A reasonable choice for potting up on the windowsill. Use Cactus mix. Will also thrive outdoors in full sun and very fast draining soil. Sow seeds in spring.

50 seeds/pkt \$3.95

***\$7.20/plant, \$17.55/3 plants**, Organic

MANDRAKE:

Family: Nightshade (*Solanaceae*) **TOXIC**

Herbaceous perennials. The ancients used Mandrake root as a fertility herb, an aphrodisiac, a magical totem, a general anesthetic, and as a medicinal to relieve pain or promote sleep. It was also known to cause strange delirium and madness. The leaves are harmless and cooling when used as a poultice. The root is a low-dose botanical that should be approached with caution.

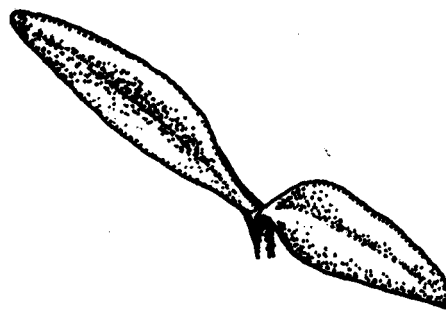
Mandrake, Autumn

. *Mandragora autumnalis*

Native to Southern Europe. Hardy to 5° F. Flowers purple to 12 inches tall, giving way to fruits of yellow and orange. Use standard greenhouse technique. Germination usually occurs within 3 months.

13 seeds/pkt \$9.95

\$39.00/100 seeds



Mandrake, Official *Mandragora officinalis*

Herbaceous perennial native to southeastern Europe and the Mediterranean. Hardy to 5° F. Rare. The plant begins its vegetative cycle in the midwinter, flowers in the early spring, fruits and goes quickly dormant in the summer. Sow seeds as soon as possible after receipt. Sow in fast-draining, alkaline mix, about 1/2 inch deep, tamp securely, keep warm and water regularly. Grow seedlings out in pots for a couple of years, then transplant—keep crowns in perfect drainage. Flowers green-white to 6 inches, giving way to yellow, apple-like fruits.

13 seeds/pkt \$14.95, Organic

Fresh, cold-stored seed from the new harvest. We will be sending that out as long as it lasts for you to sow as soon as possible after receipt. Once the fresh seed runs out, we will be shipping dried seed, also from the new harvest. (Only dried seed is available internationally.)

NEW YORK WINDOW HOUSEPLANT COLLECTIONsee page 12: **\$19.50**

OLD WORLD MEDICINAL SEED COLLECTIONsee page 12: **\$19.95**

**POPPY:**

Family: Poppy (*Papaveraceae*)

Swift-growing plants bear outrageous flowers and have all been used in medicine due to the presence of pain-relieving alkaloids. All temperate zones. Must be sown in cool soils. Direct-seed in fall or early spring. Press into surface. Grows rapidly in nitrogen-rich, moist soils. Prefers to flower in dry, hot conditions.

POPPY SET (1 seed packet each of Black, California, Flanders, Greek Red, Peshawar, Turkish Red, Yellow-Horned & Zahir)

8 pkts/\$19.90

Price shown is a discount.

Poppy, Black

. . . *Papaver somniferum var paeoniflorum*
Annual or overwintering annual. Large, upright plants to 4 feet tall produce multiple flower pods like the necks of so many swans. The entire blossoming and capsule-forming cycle proceeds slowly over the space of a few weeks, providing an extended flowering show—much longer florific period than we've seen with the other "somniaferums." The buds slowly split, revealing the dark purple flowers that rise upright at maturity, heavily ruffled pom-poms the size of a large fist giving way to heady pods. Easily one of our most significant listings, we believe the seed to be particularly nice.

100 seeds/pkt \$2.95, Organic

Poppy, California *Eschscholzia californica*
Herbaceous perennial, self-seeding. Native to California, Oregon, and the southwestern US. Very resilient and tough yellow or orange flowers. Tincture of fresh herb, especially root and seed capsule, works well for calming and alleviating pain.

500 seeds/pkt \$2.95,

\$6.85/10 g (~9,000 seeds)

\$22.25/100 g (~90,000 seeds)

\$68.00/lb (~408,000 seeds)

Poppy, Flanders *Papaver rhoeas*
(Corn Poppy, Shirley Poppy)

Annual. Native to Europe, and temperate Asia. Bright red. All parts of this plant contain the nonaddictive alkaloid rheadine. The general activity is soporific (inducing a deep sleep). Flowers to 32 inches.

300 seeds/pkt \$2.95,

\$5.95/g (~3,000 seeds)

\$17.85/10 g (~30,000 seeds) Organic

Poppy, Greek Red *Papaver dubium*
Annual, native to Greece. Bears vivid scarlet and black flowers.

100 seeds/pkt \$2.95

Poppy, Peshawar

. *Papaver somniferum var. album*
(Persian White Poppy)

Annual or overwintering annual. A very fast crop. Produces a compact plant with beautiful white flowers and an elongated pod loaded with white seeds.

100 seeds/pkt \$2.95,

\$6.95/g (~2,000 seeds),

\$20.85/10 g (~20,000 seeds),

\$104.25/100 g (~200,000 seeds)

\$290.00/lb (~908,000 seeds), Organic

Poppy, Turkish Red *Papaver somniferum*
<<NEW FOR 2012>>

Annual or overwintering annual. The flower is deep red with a dark basal spot—not frilly. These tend to produce multiple stalks per plant, with bright and showy flowers that last about 3 times as long as a standard "somniaferum" that give way to the medium sized, very round pods.

100 seeds/pkt \$2.95

\$6.95/g (~2,000 seeds),

\$20.85/10 g (~20,000 seeds)

Poppy, Woodland *Stylophorum diphyllum*
(Wood Poppy, Poppywort)

Herbaceous perennial forest dweller native to eastern US. The plant produces a soft mat of forgiving, palmate leaves that give rampant rise to yellow, cuplike flowers. The flowers begin to appear in midspring and last well into the summer, especially if given adequate moisture. Like Yellow-Horned Poppy, *Stylophorum* is a source of the anti-tussive alkaloid glaucine. Sow seed in fall or early spring on surface of soil in shade garden or woodland, with germ come spring.

30 seeds/pkt \$3.95, Organic

Poppy, Yellow-Horned . . *Glaucium flavum*

Biennial or perennial herb. Native to the Mediterranean basin. Silver foliage, 3-inch-wide, golden blooms, and foot-long ornamental seedpods. Source of the anti-tussive alkaloid glaucine.

100 seeds/pkt \$2.95,

\$7.95/g, (~1,000 seeds),

\$23.85/10 g (~10,000 seeds), Organic

Poppy, Zahir *Papaver somniferum*

Annual or overwintering annual. Deep lavender flowers, dark basal spot, giant pods. We've grown almost every conceivable variety of "somniaferum" and truly believe this is the best all-around choice. The flowers are breathtaking, the pods are round and tremendous, and the seed is fat, blue, and tasty.

300 seeds/pkt \$2.95,

\$6.95/g (~2,000 seeds),

\$20.85/10 g (~20,000 seeds),

\$104.25/100 g (~200,000 seeds)

\$290.00/lb (~908,000 seeds), Organic

Scopolia *see* BELLADONNA



Stavesacre *Delphinium staphisagria*
Family: Crowfoot (*Ranunculaceae*)

Biennial native to Europe and the Mediterranean. The plant produces in the first year a basal rosette of deeply divided, shiny, naturally variegated leaves that are quite showy, and then runs to flower in the spring of the second year, producing masses of light purple inflorescences that are quite delightful to the eye. The seed of this plant is a low-dose botanical that is usually used externally (for control of headlice or other vermin-related itches) or internally in homeopathic doses—overdose can be **poisonous**. The entire plant, and especially the seeds, contain very serious diterpene alkaloids. Plant prefers full sun and moist soils, and will thrive in regular garden soil and tends to volunteer even in roadsides and waste places. Sow in cool soil in fall or early spring.

50 seeds/pkt \$3.95,
\$17.85/10 g (~1,400 seeds), Organic

Sweet Grass *Heirachloe odorata*

Plant in a raised bed in full sun with plentiful water, keep other grasses away, and you will soon have a patch of tall Sweetgrass that can be plucked and woven into braids. Develops its coumarin-rich essence upon drying.

***\$7.20/plant, \$17.55/3 plants**, Organic

\$5.00/braid, \$30/7 braids

(weight ~1 oz , length ~32" inches)

Virginia Snakeroot *Aristolochia serpentaria*

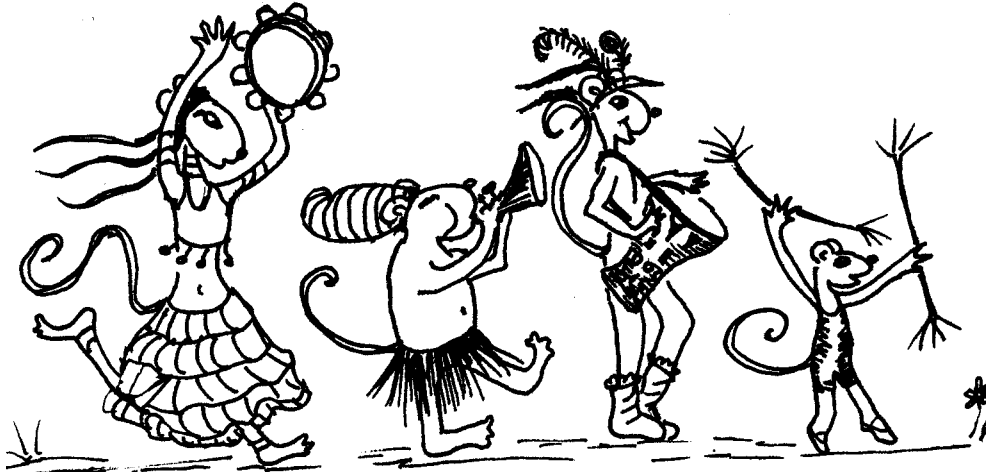
Rare woodland herbaceous perennial self-supportive vine. Butterfly attractor with an extremely aromatic, terebinthe root. Probably best not taken internally, the plant is nonetheless a valuable historical oddity. Sow seed in the fall for germination in late spring. Keep flats cool and shaded. Winter freezing OK.

15 seeds/pkt \$9.95, Organic

\$15.00/3-year-old live root, Organic

Spring sown seeds are available at horizonherbs.com or by calling (541) 846-6704.

HORIZON HERBS SEEDS AND PLANTS OF *Medicinal Trees, Shrubs and Woody Vines*



Banana, Golden Lotus *Musella lasiocarpa*
Protect from frost. Native to SE Asia. This is a preferred cultivar obtained originally in Yunnan. It is a Yunnana banana, but it does not make ornamental fruit. Rather, it makes a crown-like flower that is quite sensational. Plant prefers evermoist soil with a high nitrogen/carbon content. Thrives in a half barrel. This is a very fast grower in the greenhouse, outdoors during the summer or in CA, FL, etc. Flowers golden to 5 feet tall.
\$30.00/plant, Organic

Burning Bush *Dictamnus purpureus*
Family: Rue (*Rutaceae*)
Herbaceous perennial. Native to southern and temperate Europe, Siberia, and northern China. Slow-growing plant produces lemon-scented flowers in handsome, pyramidal spikes that emit flammable puffs of essential oil on hot summer evenings. Tea of the dried root bark or leaves calms the stomach. Sow in fall or early spring in cold greenhouse or outdoor nursery. Space 3 feet apart, grows to 4 feet.
***\$15.00/plant, Organic**

Butcher's Broom *Ruscus aculeatus*
Family: Lily (*Liliaceae*)
Evergreen, dioecious perennial shrub to 3 feet. Native to central Europe and the Mediterranean basin. Tough, erect stems with distinctive, bright red berries. Treats jaundice and gravel. Prefers dry shade to part sun. Sow in fall or in spring, with germ. In ensuing cycles—very slow germ.

10 seeds/pkt \$5.95
\$20.00/shrub, Organic

Carob *Ceratonia siliqua*
Source of tea oil used in cooking, pharmacy, and industry, with characteristics very similar to olive oil. Grow out in pots for at least a year before transplanting to landscape. Nick seed, soak and sow warm.

7 seeds/pkt \$3.95
\$16.00/tree, Organic

Cascara Sagrada . . . *Rhamnus purshiana*
(Chitum, Chittam, "Shit-em," Sacred Bark)
Family: Buckthorn (*Rhamnaceae*)
Deciduous tree hardy to -30° F. Native to the Pacific Northwest and the Rockies. The cured bark is one of the most efficient laxatives known. Fresh seed packed in coir, sow immediately upon receipt.

10 seeds/pkt \$4.95, Organic
\$9.00/tree, Organic

Cedar, Incense . . . *Calocedrus decurrens*
Evergreen perennial native to western US. Tree prefers a cool, shaded location. Produces soft, aromatic wood, terebinth fronds for smudging. One of my most potent memories of first entering Southern Oregon culture was chanting in the sweat lodge ceremony where my bare, respectful feet rested on the cool fronds of this holy conifer. All my relations.

***\$9.00/tree, \$24.30/3 trees, Organic**

Cedar of Lebanon *Cedrus libani*
<<NEW FOR 2012>>

Evergreen coniferous tree native to the Mediterranean and capable of reaching a height of 130 feet. Mentioned 75 times in The Bible. The strong and aromatic wood of this stately tree has been extensively used in construction, providing masts for Phoenician ships, framework for the Pharonic tombs and King Solomon's Temple in Jerusalem. The bark was used medicinally for treating leprosy, and the heartwood is distilled to make an expensive and healing essential oil. Tree prefers full sun to part shade and is highly adaptable, growing in various soils. One large individual that we planted on our farm in the early days was nearly consumed by goats, but bounced back (we used comfrey poultices) and is now over 100 feet tall, with an impressive spread of branches. This tree is good energy no matter where it grows or how it is used. We are glad to offer it up!

***\$9.00/tree, \$24.30/3 trees**



Chaste Tree *Vitex agnus-castus*
Shrub to small tree, redolent with the characteristic, exotic aroma. Good choice for full sun and dry exposure. Seeds regulate hormones and support breast health.

100 seeds/pkt \$2.95, Organic

\$9.00/tree, \$24.30/3 trees, Organic

Coleus forskohlii *Coleus forskohlii*
Protect from frost. Excellent in pots. Beautiful hedgerow plant with long racemes of dark blue, growing to 4 feet tall, easily trimmed to shape. The root extract is used for treating asthma, allergies, cancer, depression, psoriasis, hypertension and/or obesity. *\$15.00/shrub, \$39.00/3 shrubs, Organic

Cramp Bark *Viburnum opulus*
Making decorative, snowball-like flowers in the spring and brightly colored leaves in the fall, this gorgeous plant is used extensively in landscaping. The stem bark is one of the best herbs for easing uterine cramps. Seed is fresh, undried and cold-stored, available starting August until supplies run out. Sow 10 seeds per gallon pot, 2 inches deep, mulch, and keep cool, moist and in the shade until germination, which dependably occurs in the early spring of the second year.

20 seeds/pkt \$4.95, Organic

\$9.00/shrub, \$24.30/3 shrubs

Curry-Leaf Tree *Murraya koenigii*
("Black Neem")

Family: Rue (*Rutaceae*)

Tropical to subtropical deciduous tree to 18 feet, native to Southern India. Protect from frost. The pinnate leaves are handsome, as are the small, white, fragrant flowers that give way to clusters of black berries. The Curry Tree leaves are used as spiritual offerings and lend their unique taste and aroma to Indian cuisine. Medicinally, the leaves are employed as an antinauseant and stomachic. Plant prefers sun to part shade and rich, moist (but well-drained) soil. Sow seed about 3/4 inch deep and keep warm and in the light. Germ in 3 to 6 weeks, faster with bottom heat.

10 seeds/pkt \$9.95

Available fresh for a short time only starting in September, this short-lived seed ought to be planted immediately upon receipt. If your order arrives out of season, we will hold it and deliver only from the new harvest.

***\$9.00/tree, \$24.30/3 trees**, Organic

Desert Willow *Chilopsis linearis*
Excellent choice for landscaping in the desert SW. Large, trumpet-shaped flowers emit intoxicating aromas. Full sun, fast-draining soils. Sow seed in spring or in warm greenhouse.

30 seeds/pkt \$2.95

\$20.00/tree, Organic

Devil's Club *Oplopanax horridum*
Family: Ginseng (*Araliaceae*)

Perennial rhizomatous shrub. Native to the Pacific Northwest. Awesomely spiny plant. A general adaptogen (similar to American Ginseng and Eleutherococcus). Anti-diabetic. Much-employed ritualistic herb, used in sweats and on vision quest. Provide a moist, cool, and shady environment. Sow in the fall or early spring. Germinates in cold soils. Space plants 3 feet apart. Grows to 10 feet tall. Flowers green. Challenging to grow, confirmed germination, no replacement or refund.

13 double-seeded berries/pkt \$3.95

ELDERBERRY:

Family: Honeysuckle (*Caprifoliaceae*)

Perennial, deciduous, multistemmed bushes to small trees, Native to temperate zones worldwide and hardy to -30° F. Branches used in magico-religious ceremony. Excellent for treating the flu or common cold in the form of tincture, glycerite, jam, wine, or cordial (avoid eating the seeds). Elderberries prefer moist, rich soil and grow best as an understory to taller trees. We offer dried berries from the new crop. The seed remains viable for about 3 years if stored in the dried berry. When you are ready to plant, soak the berries overnight, then when they are soft, smash them and remove the seeds. Sow moist seeds immediately in flats left in the shadehouse, shade garden, or in moist, cool woods. Seedlings do not appear until the spring to early summer. Seedling trees need to be grown out in gallon pots for a year before transplanting to landscape.

Elderberry, Black *Sambucus nigra*
Wild form native to Europe. Probably the most dependable type for making the antiviral medicines. Germinates spring.

100 seeds in dried berries \$4.95, Organic

Elderberry, Blue *Sambucus caerulea*

Wild form native to Pacific Northwest. Deliciously edible berries are a favorite of herbalist and bird alike. (Humans shouldn't eat the seeds). Germ summer.

100 seeds in dried berries/pkt \$4.95

Elderberry, Red *Sambucus racemosa*

Wild form native to Pacific Northwest. Excellent wildlife habitat and landscape plant, very tough, very comely, makes drooping clusters of red berries in spring. Earliest germinator of all.

100 seeds/pkt \$4.95

***\$9.00/tree, \$24.30/3 trees**, Organic

*Plants ship September through November Up to 6 plants marked with * ship prio for \$14.90!*

Eleuthero . . . *Eleutherococcus senticosus*
(Ci-wu-jia, "Siberian Ginseng")

Family: Ginseng (*Araliaceae*)
Woody perennial with spiny or not spiny stem and clusters of blue-black berries. Native to North Korea, northern China, and Siberia. Hardy to -40° F, but not very heat-tolerant. Classic adaptogen. The root helps you adapt to stress. Plant prefers shade, moist soils. Sow in flats left in the shade-house, shade garden, or in moist, cool woods. Fresh seed from our own farm is delivered stratified and in moist medium, giving quicker and more dependable germination than dried seed. Space 2 to 3 feet apart. Flowers to 12 feet. Challenging to grow, confirmed germination, no replacement or refund.

20 fresh seeds/pkt \$9.95, Organic
or 150 dried seeds/\$9.95, Conventional
Your order (within the US) will be held until November, so we can send you the fresh seeds. (Only dried seed is available internationally.)

Empress Tree *Paulownia tomentosa*
Deciduous tree native to China. Hardy to -15° F, this is a full-sized tree that can reach 90 feet at maturity. One of the most impressively elephant-ear leaved trees you can grow, and wow are they easy to grow! Huge clusters of violet flowers in early spring, followed by the shade producing leaves. We coppice these trees to produce straight, light-weight poles perfect for trellising peas or beans. The poles reach 15 feet in a single season. Renewed interest in this beneficial permaculture tree, one of the most effective carbon sinks on the planet, has catapulted sales, but we still have some prime individuals remaining. They can be planted immediately to the landscape. Sow in spring.

200 seeds/pkt \$2.95, Organic
\$9.00/tree, \$24.30/3 trees, Organic

Eucalyptus, Tasmanian Blue Gum

. *Eucalyptus globulus*
The most cold tolerant of the Eucalypti, main species used for producing the essential oil. Fast growing.

100 seeds/pkt \$3.95
\$20.00/tree, Organic

Ginkgo *Ginkgo biloba*
(Bai-guo)

Family: Ginkgo (*Ginkgoaceae*)
Perennial, deciduous, dioecious tree. Native to eastern China. Hardy to -40°F. Ginkgo figures strongly in legend and lore of China. Ginkgo is resilient, adaptable, and cold hardy. We provide moist, cold-stored seed. Plant 1 inch deep. Germ begins at 33 days after planting. Typical germ is 40%.

20 seeds/pkt \$9.95
***\$9.00/seedling, Organic**

Golden Rain Tree *Koelrueteria paniculata*
A great deal on a stately landscape beauty.
***\$7.95/tree, \$19.50/3 trees, Organic**

Grape, Sweet Wild *Vitis riparia*
Family: Grape (*Vitaceae*)
(River Bank Grape)

Vining perennial hardy to -40°F. Native to the US. Fruits are very round and about half the size of a domesticated grape. These are best harvested in the late season. Excellent eaten fresh, pressed into a flavorfully strong juice or wine, or dried into raisins. Plant prefers part sun and trellis, and of course likes to grow near rivers and streams. Sow this fresh, prestratified seed in the fall, winter, or early spring for spring germ.

30 fresh seeds/pkt \$5.95
Orders received prior to mid Sept. will be back-ordered and delivered from the new harvest.

\$20.00/vine, top size, Organic

Hawthorn, Wild Form

. *Crataegus monogyna*
Family: Rose (*Rosaceae*)
Deciduous thorny bush to small tree. Native to Europe, now widely distributed. All temperate zones. Hawthorn berries or the leaf and flower are the most effective, broadscale, and gentle heart medicine known to herbalist. Sow very hard seeds in the spring, summer, or fall for germination the following spring. Sow in pots, flats, or outdoor nursery bed. Seedlings are vigorous and grow about 12 inches in the first year. Tough landrace from the West Coast with white flowers and large, single-stoned fruits.

20 seeds/pkt \$3.95,
\$14.85/10 g (~150 seeds), Organic
\$9.00/tree, \$24.30/3 trees, Organic

Dried Hawthorn Berries

Bright red and fully ripe Hawthorn berries hand picked just after the first frost and slow-dried in the traditional manner.

100 g bag (3.5 oz) \$6.00 each

Orders received prior to Oct. will be back-ordered and delivered from the new harvest.

Henna *Lawsonia inermis*

Works well in potted culture, greenhouse, or frost-free zones. Vigorous and drought tolerant evergreen loved by those that love their hair. These trees are prime and will not stay in stock for long! Sow seed in spring.

50 seeds/pkt \$3.95
\$13.50/tree, Organic

He-shou-wu *Polygonum multiflorum*

Vigorous herbaceous vine needs a trellis. Over time, creates brick red, football shaped tubers underground, the stuff of legends, said to cement teeth back into the aged jaw, turn white hair back to black, and raise the mast on a drydocked ship.

***\$9.00/vine, \$24.30/3 vines, Organic**

Jatropha, Biodiesel *Jatropha curcas*

Tropical woody perennial shrub or small tree to 20 feet. Protect from frost. Give fast draining soil, sun. Seeds contain up to 40% extractable oil that will run engines. Diverse medicinal plant for external use.

\$13.50/tree, Organic

JUNIPER:

Family: Cypress (*Cupressaceae*)
Evergreen bushes to small trees. Juniper berries (cones, actually) are a very effective urinary antiseptic. Common Juniper berries are official, Red Cedar Juniper berries are a secondary source. These are **low-dose botanicals**. Multicycle germinator. These are reliable germinators, but slow—do not prematurely discard the flats!

Juniper, Common . . . *Juniperus communis*
Native to Europe, Asia, and North America. All zones. Official species. Juniper makes a good bush or tree for landscaping and is particularly well-suited for desert and high altitude gardens.

50 seeds/pkt \$2.95, Organic

Juniper, Red Cedar *Juniperus virginiana*
(Eastern Red Cedar, Pencil Cedar)

Native to the eastern states. All zones. One of the first trees to repopulate burned or abused land, this is a handsome earth healer that produces long-lasting, aromatic wood, handshake-friendly leaves that are burned for offerings, and scads of berries (cones) that are a secondary source of the urinary antiseptic Juniper berry medicine. Tree is both drought and cold tolerant. Sow seed anytime and patience is necessary—multi-cycle germinator.

20 seeds/pkt \$2.95, Organic

END OF JUNIPER

Ku-shen *Sophora flavescens*
Family: Pea (*Fabaceae*)

Evergreen perennial shrub to 5 feet, native to China and Japan, hardy to -30° F. Ours are still herbaceous after 3 years, rising in the spring from a permanent root and flowering soon thereafter. The dried root of this handsome N fixer is one of the Chinese herbs that clears heat, having a bitter and cold nature, used for jaundice, diarrhea, vaginal discharge, and sores. Plant prefers full sun and is not picky about soil. Scarify and soak seed overnight and sow fall to early spring. Work up seedlings in pots until they are big enough to plant outdoors.

50 seeds/pkt \$2.95

Linden, American *Tilia americana*
Deciduous tree to 70 feet. Handsome, rounded crown, good for city street or wildlife. Source of “lime flower tea” which has a sweet taste, honeyed fragrance, treats hypertension.

\$9.00/tree, \$24.30/3 trees, Organic

Manzanita *Arctostaphylos manzanita*
Family: Heath (*Ericaceae*)

Evergreen shrub to small tree, native to the western US and hardy to -10° F. Excellent habitat shrub for small birds, providing protection and food. In herbal medicine, leaves are made into a powerful astringent. Scarify seed vigorously and plant in the fall for germ in the spring or subsequent cycles.

20 seeds/pkt \$3.95

Mimosa *Albizia julibrissin*
Dainty and bejeweled hardwood is a gorgeous landscape tree. Yields the bark known in TCM as “Collective Happiness” because it nourishes the heart and calms the spirit. We rewarded ourselves and the landscape by planting 2 of these beauties out this spring. Sow seeds in spring.

10 seeds/pkt \$2.95

\$16.00/tree, Organic

Neem *Azadirachta indica*
Family: Mahogany (*Meliaceae*)

Evergreen or briefly deciduous, broad-leaved tree. Native to India and south Asia. This handsome, extremely drought-tolerant tree is probably the most multipurpose medicinal of all tropical trees—every part is used—insecticidal, anthelmintic, antiviral, antiseptic, and deodorant. If all else fails, chew Neem leaves. Tree prefers full sun and warm, well-drained soils. Sow seed $\frac{3}{4}$ inch deep. Germinates in 3 or 4 weeks. Trees will withstand short-term exposure to as low as 23° F, but protect from frost. Flowers bisexual—sweet-scented, colored cream.

***\$16.00/tree, Organic**

NEEM leaf, powdered,

\$25.00/lb, Organic

New Jersey Tea . . . *Ceanothus americanus*
(Red Root)

Family: Buckthorn (*Rhamnaceae*)

Perennial woody shrub. Hardy to -20° F. Native to the Eastern US. This is the official species. Extremely tough, drought-tolerant and cold-hardy, with showy, white, aromatic flowers in the spring. Excellent permaculture plant and nitrogen fixer, requiring little care once established. Tasty, non-caffeinated substitute for black tea. Well-known and highly respected astringent and lymphatic. Scarify seed and sow in fall or early spring.

50 seeds/pkt \$2.95

Orange, Bitter *Poncirus trifoliata*
(Chinese Citron)

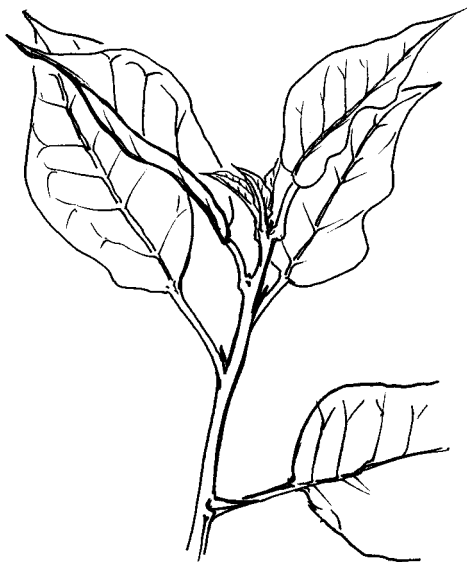
Small fruit tree, cold tolerant to -20° F. Used as understock for growing preferred citrus varieties. Makes golfball-sized fruits, the peel of which is an aromatic digestive and laxative. Plant prefers full sun, well-drained soil.

\$20.00/tree, Organic

Oregon Grape, Tall . *Mahonia aquifolium*
Family: Barberry (*Berberidaceae*)

Evergreen woody perennial with Holly-like, shiny leaves, to 6 feet. Native to the Pacific Northwest and hardy to -15° F. Golden yellow flowers in spring give way to clusters of blue-purple grapes. The stoloniferous roots are loaded with bright yellow berberine and the leaves contain unique flavonoids that enhance the antibacterial activity of the plant. Plant prefers full sun to part shade and will tolerate most soils, including clay. Deer-proof. Sow outdoors in fall or early spring. Transplant to 4 feet apart.

30 seeds/pkt \$5.95 (fresh, undried seed)



Osage Orange *Maclura pomifera*
(Bow-Wood, Hedgeapple)

Family: Mulberry (*Moraceae*)

Deciduous, dioecious tree to 60 feet, perfectly cold hardy. Native to south-central North America. The brainlike, bright green fruit of this dense and thorny tree has a long-lived reputation of repelling spiders and other insects. **Avoid getting white sap in eyes.** Major hedgerow component, wildlife shelter—strange and oddly beautiful. Personal favorite. Tree withstands wide range of soil types and rainfall. Sow in fall or early spring for germination after the ground warms up. Long germ times and intermittent, ongoing germ normal. Seedlings quickly transplant and root in.

30 seeds/pkt \$2.95

\$14.85/10 g (~275 seeds)

Pagoda Tree *Sophora japonica*
(Scholar Tree, Huai-mi)

Deciduous tree to 60 feet tall, native to the dry plains of Western China and hardy to -15° F. The weeping form and lustrous, pinnate leaves that cast only a light shade and the long clusters of fragrant, creamy blossoms make this a preferred tree for planting around shrines, in parks, and on city streets. In TCM, one of the herbs that helps regulate the blood. The flowers are also extracted to yield a yellow dye. This ancient tree is tolerant of diverse soils and climates, but the roots do require good drainage. Sow in fall or spring. Nick, drop in very hot water, and soak overnight before planting. Easy and rewarding germinator. Excellent in pots.

30 seeds/pkt \$2.95

Palm, Desert Fan . . . *Washingtonia filifera*
Protect from frost. Excellent choice for landscaping in S. CA or potted culture anywhere, brought in for the winter.

\$16.00/tree, Organic

Pawpaw *Asimina triloba*

Family: Custard Apple (*Annonaceae*)

Perennial deciduous tree, hardy to -20° F. Native to central and southern US. America's largest edible fruit, the banana-like Pawpaw looks like an escape from the tropical rainforest. The Pawpaw fruit, tasting like banana custard, is a sedative and laxative medicine. Tree prefers rich, well-drained, slightly acid soil and shade. Moist, cold-stored seed. Sow in fall or spring. Grows 10 to 25 feet tall.

10 seeds/pkt \$5.95

Seeds will be delivered from new crop only, available starting October, 2011. Orders received prior to then will be backordered.

Peony, Tree *Paeonia suffruticosa*
(Mu-dan-pi, Moutan Peony)

Family: Crowfoot (*Ranunculaceae*)

Woody perennial from from 3 to 6 feet tall. Large, handsome, dark-green, deeply-lobed leaves bearing huge, heaven-scented flowers. Hardy to -30° F, but not very heat-tolerant. White Phoenix is the Tree Peony cultivar most popularly used for medicine, producing multiple, strong, tuberous roots. Space 6 feet apart.

\$15.00/plant, Organic

PERSIMMON

Family: Ebony (*Ebenaceae*)

Strikingly handsome trees with spreading crowns that bear hanging clusters of aromatic, nectar-laden flowers in the spring giving way to peculiar fruits that are extremely astringent when unripe and sweet when ripe.

Persimmon, Lotus *Diospyros lotus*
(Date Plum)

Deciduous, dioecious tree to 30 feet, hardy to -20° F. Native to China. The fruit is harvested after the first frost and is deliciously edible. Dried fruits taste like dates. Seed used in TCM as a sedative. Plant prefers full sun and fast-draining soil. Seed is moist and pre-conditioned and will germ within 6 months. Work up in deep pots to accommodate the taproot, then transplant to landscape in the second year.

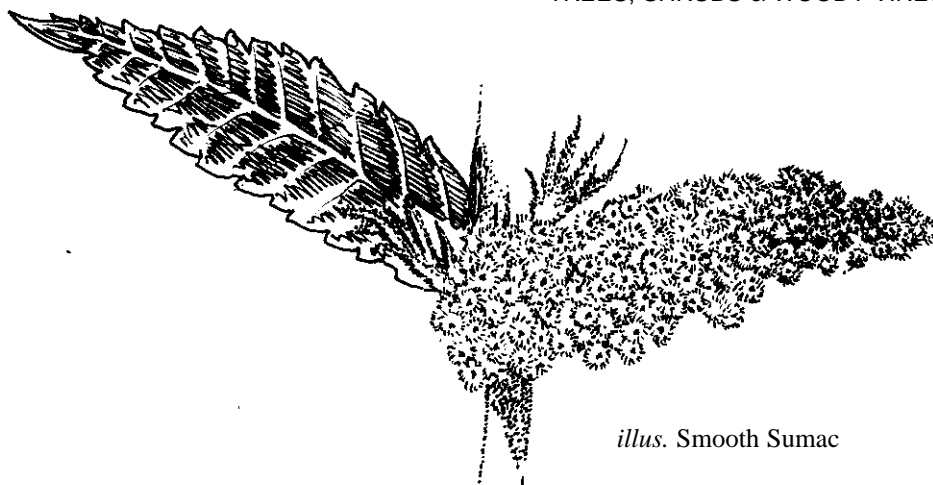
20 seeds/pkt \$3.95

Persimmon, Wild Form
. *Diospyros virginiana*
(Common Persimmon)

Deciduous tree to 50 feet, hardy to -25° F. Native to N. America (eastern and gulf coasts, midwest). Smooth bark and comely form. Astringent tea of inner bark is a folk remedy for sore throat, thrush, and to tonify digestive tract. Hemostatic. Fruits plum-like, extremely tannic until they soften with first frosts, then good to eat. Prefers sun to part shade, good garden soil, and water. Sow in fall or early spring. Seeds from our own farm are preconditioned and delivered in moist medium (a big plus over dried seed).

10 seeds/pkt \$5.95, Organic

Seeds will be delivered from new crop only, available starting December, 2011. Orders received prior to then will be backordered.



illus. Smooth Sumac

Spice Bush *Lindera benzoin*
Family: Laurel (*Lauraceae*)

Perennial deciduous bush to 12 feet. Native to Appalachia. Hardy to -30° F. Shrub bears glossy green leaves and waxy, spicy-smelling berries. The bark and small twigs make an aromatic tea used for colds. Plant prefers part shade and moist, rich, loamy soils. Sow in the fall or spring. Fresh, cold-stored seed is an easy germinator. Keep in gallons-sized pots for at least a year before planting out.

30 seeds/pkt \$7.95

Seeds will be delivered from new crop only, available mid-September. Orders received prior to that time will be backordered.

Sumac, Smooth *Rhus glabra*
Family: Cashew (*Anacardiaceae*)

Small deciduous tree to 15 feet. All zones. Deep-red, fall colors and erect, cone-like clusters of fruit. We find these to be unparalleled shelterbelt trees, with a low profile for wind and visual blockage, pretty, and extremely low maintenance. The fruit is covered with a fuzzy layer of malic and ascorbic acid, very high in vitamin C. Scarify, sow fall or early spring.

100 seeds/pkt \$2.95,**\$8.85/10 g (~1,200 seeds), Organic****\$13.50/tree, Organic****Tea, Chinese** *Camellia sinensis*

Source of both green tea and black tea, a preferred cultivar from Yunnan. Glossy-leaved plant flowers white in winter or early spring. Prefers partial shade, acid soils, protection from drying winds. Pot the seedlings up to gallons on receipt and leave in potted culture or grow out in pots for a year before transplanting to landscape.

\$9.00/seedling, \$24.30/3, Organic*Willow, Desert** see Desert Willow**Willow, Weeping** *Salix babylonica*

Classic fast-growing tree with fountaining form for yard or pondside. Source of pain relieving salicin as well as harmless growth hormones used in organic gardening.

\$9.00/tree, \$24.30/3 trees, Organic**Wisteria, Japanese** . . . *Wisteria floribunda*

Deciduous woody climber native to Japan and hardy to -30° F. Root galls are an anti-tumor medicine in TCM. Vines make good rope, strong enough for bridges. Plant prefers a warm, sunny exposure and relishes root constriction. Good choice for large pots or half barrels. Trellis. Incredibly beautiful and aromatic flowers in spring. **Toxic seeds.** Sow seeds in spring by nicking, soaking overnight and sowing warm.

10 seeds/pkt \$2.95***\$9.00/vine, \$24.30/3 vines, Organic****Witch Hazel** *Hamamelis virginiana*
Family: Witch Hazel (*Hamamelidaceae*)

Perennial shrub or small tree to 15 feet. Native to the Missouri Ozarks. Hardy to -20° F. The leaves make an astringent and hemostatic wash for wounds and varicosities. Tree prefers sandy or rocky soil, partial shade to full sun. Sow in sandy soil in fall or early spring.

20 seeds/pkt \$3.95, Organic**\$9.00/tree, Organic****Yopo** *Anadenanthera sp*

Protect from frost. Tropical hardwood tree. Seeds stacked in long pods source of aboriginal psychoactive snuff. Feathery leaves—Mimosa-like. Does well in pots. Sow seeds in very warm soil. Rapid germ.

20 seeds/pkt \$4.95***\$9.00/tree, \$24.30/3 trees, Organic****Yucca, Soapweed** *Yucca glauca*

Pointy-leaved monocot native to the Rocky Mountain states and hardy to -30° F. Plant prefers full sun and dry, rocky soils, grows slowly, bears creamy flowers. Traditionally, stems pounded and puliticed to relieve inflammations. Antiarthritic. Sow seeds in spring, barely below surface, tamp and keep evenly moist. They will grow.

20 seeds/pkt \$2.95***\$13.50/plant, Organic**

ORDERING BY MAIL, PHONE, FAX, OR ONLINE:

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e-mail for customer service, order info: hhcustserv@horizonherbs.com

Business Hours 7:00 am - 5:00 pm, Monday - Friday (Pacific time).

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Your e-mail address gives us a way to contact you if we have any questions about your order. Also, we are sending out a quarterly e-mail newsletter. We don't give out your e-mail address to others.

Backorder Policy

- Many seeds are viable for a short period only and are best delivered in season.
- If these seeds are ordered out of season, they will be backordered and delivered from the new crop.
- Credit cards will not be billed until the seeds are actually sent, and no additional shipping will be charged.
- For best results, sow these seeds immediately upon receipt.

Shipping Information for Live Roots & Plants

- Fall plants and roots are shipped from September through the end of November.
- Orders for plants/roots received in December will be delivered the next season.
- Ordering early helps assure availability. Supply of any given species subject to the success of our crops and weather conditions. We aim to please.
- Prepayment is necessary to reserve your plants/roots. Send check, money order, or credit card number. (Credit card will be charged when we ship your order.)

For Shipping Charts, please turn the page.

Order forms following, Seeds, Books and Things order form - page 61.

Plants and Roots order form - page 63, or you may use the green insert.

BASIC SHIPPING & HANDLING CHARTS

Please figure your shipping and handling charges according to these basic charts. If your order doesn't fit these charts (too heavy or too high of dollar amount) you may give us a call at (541) 846-6704 for a shipping quote. Or, easier yet, if you are paying by credit card, simply check the "figure my shipping for me" box on the order form and we'll assess the appropriate shipping and handling fees for you.



SHIPPING WITHIN THE US:

Orders with Seeds ONLY (US):

Up to \$15: ... + \$2.90
 \$15.01-\$30: ...+ \$4.20
 \$30.01-\$45: ...+ \$5.50
 \$45.01-\$60: ...+ \$6.80
 \$60.01-\$90: ...+ \$9.40
 \$90.01-\$120: +\$12.00
 \$120.01-\$150: \$14.60
 \$150.01-\$180: \$17.20
 \$180.01+: \$19.90

Pounds of seeds (US):

1 lb: ... + \$9.90
 2-3 lbs: \$14.90
 4-5 lbs: \$17.90
 5 lbs+: Actual

Books ONLY (US):

Can go Media Mail—
 Slower (~2 weeks),
 but thriftier (1/2 cost):
 Up to \$30:+ \$5.95
 \$30.01-\$60: ...+ \$7.45
 \$60.01-\$90: ...+ \$8.95
 \$90.01-\$120: +\$10.45
 \$120.01-\$150: \$11.95
 \$150.01-\$180: \$13.45
 \$180.01+: Actual ship

Books & Things (US):

Up to \$8.99: \$7.90
 \$9.00-\$15: ...+ \$9.90
 \$15.00-\$30: + \$11.90
 \$30.01-\$60: + \$14.90
 \$60.01-\$90: + \$17.90
 \$90.01-\$120: +\$20.90
 \$120.01-\$150: \$23.90
 \$150.01-\$180: \$26.90
 \$180.01+: Actual ship

Extracts shipping US ONLY (not able to ship extracts internationally):

1 to 2 1-oz. bottles or 1 4-oz. bottle: \$7.90; 3 to 4 1-oz. bottles or 2 4-oz. bottles: \$11.90
 Orders under \$120: \$14.90; Orders of \$120.01-\$180: \$19.90; Over \$180: Actual shipping.

Seed-Cleaning Screens shipping: Continental US via UPS ground: \$30.00; Actual ship Prio Mail to HI&AK—Please call (541) 846-6704 or e-mail hhcustserv@horizonherbs.com.

Tincture Press shipping: Continental US via UPS ground; HI & AK, via Priority Mail, Actual shipping; Please call (541) 846-6704 or e-mail hhcustserv@horizonherbs.com.

SHIPPING TO CANADA (Please specify "Payable in US dollars."):

Seeds to Canada:

Up to \$15: + (add) \$3.90
 \$15.01 to \$30: + \$6.30
 \$30.01 to \$45: + \$8.25
 \$45.01 to \$60: + \$10.20
 \$60.01 to \$90: + \$14.10
 \$90.01 to \$120: + \$18.00
 \$120.01 to \$150: + \$21.90
 \$150.01 to \$180: + \$25.80
 Over \$180: + \$29.85

Pounds of seeds to Canada:

1 lb:.....add \$14.85
 2 lbs to 3 lbs: add \$22.35
 4 lbs to 5 lbs: add \$26.85
 5+ lbs: Actual Shipping

Books & Things (Canada):

Up to \$8.99: + \$11.85
 \$9.00 to \$15: + \$14.85
 \$15.01 to \$30: ... + \$17.85
 \$30.01 to \$60: ... + \$22.35
 \$60.01 to \$90: ... + \$26.85
 \$90.01 to \$120: + \$31.35
 \$120.01 to \$150: + \$35.85
 \$150.01 to \$180: + \$39.85
 Over \$180: Actual shipping

Seed-Cleaning Screens & Tincture Press shipping to Canada or Internationally:

Actual ship via Priority Mail: Call (541) 846-6704 or e-mail hhcustserv@horizonherbs.com.

SHIPPING INTERNATIONALLY via Prio mail (Please specify "Payable in US dollars."):

Seeds Internationally:

Up to \$15.00: + (add) \$5.80
 \$15.01 to \$30.00: . + \$8.40
 \$30.01 to \$45.00: + \$11.00
 \$45.01 to \$60.00: + \$13.60
 \$60.01 to \$90.00: + \$18.80
 \$90.01 to \$120.00: + \$24.00
 \$120.01 - \$150.00: + \$29.20
 \$150.01 - \$180.00: + \$34.40
 Over \$180.00: + \$39.80

Things Internationally:

Up to \$8.99: + \$15.80
 \$9.00 to \$15: + \$19.80
 \$15.01 to \$30.00: + \$23.80
 \$30.01 to \$60.00: + \$29.80
 \$60.01 to \$90.00: + \$35.40
 \$90.01 - \$120.00: + \$41.80
 \$120.01 - \$150.00: +\$47.80
 \$150.01 - \$180.00: +\$53.80
 Over \$180: Actual shipping



**PLANTS & TREES, BULBS & ROOTS
SHIPPING & HANDLING CHARTS**

We are working very hard to maximize your shipping dollars by customizing your plants shipping to the size of the plants! We are plant advocates and make sure there is enough soil in the pot to nurture healthy roots!

Please note your least expensive shipping option—up to 6 * (starred) plants will go anywhere in the US via Priority Mail for only \$14.90!

We aim to ship plants on Monday or Tuesday to arrive by Friday.

Plants shipping season is from September through the end of November.

Plants/Trees shipped via Priority Mail (US ONLY):

Up to 6 Plants/Trees* (size *).....+ (add) \$14.90 (standard flat rate box)

Up to 8 Plants/Trees* (size *).....+ \$19.90 (large flat rate box)

“Up to” means up to and including.

For plants that are too large to fit in a flat rate Priority Mail box, we charge “actual shipping” via UPS Ground to Middle and Neighboring States and UPS 3-Day to Eastern States.

Use the charts below to figure your shipping charge. If your plant order goes “off the charts,” either because the chart doesn’t extend to your large order amount or because the plants you ordered are too heavy or too large, then we will phone or e-mail you to let you know what shipping charge to expect. Sturdy packaging and fast shipping are a good investment in great plants!

Basic Shipping for Plants/Trees shipped UPS within the continental US:

Eastern States via 3-Day:	Middle States—Ground	Neighboring—Ground
\$15 & under: + (add) \$29.90	\$15.00 & under: + \$19.90	\$15.00 & under: + \$14.90
\$15.01 to \$30: + \$39.60	\$15.01 - \$30:.... + \$26.35	\$15.01 - \$30:.... + \$18.60
\$30.01 to \$45: + \$46.10	\$30.01 - \$60: ... + \$29.60	\$30.01 - \$60: ... + \$21.95
\$45.01 to \$60: + \$52.40	\$60.01 - \$90: ... + \$37.40	\$60.01 - \$90: ... + \$28.25
\$60.01 to \$75: + \$59.40	\$90.01 - \$120: + \$44.90	\$90.01 - \$120: + \$37.40
\$75.01 to \$90: + \$66.05	\$120.01 - \$150: + \$51.75	\$120.01 - \$150: + \$43.95
\$90.01 to \$105: + \$76.65	\$150.01 - \$180: + \$58.40	\$150.01 - \$180: + \$50.60
\$105.01 to \$120: + \$85.90	\$180.01 - \$210: + \$64.90	\$180.01 - \$210: + \$57.25
\$120.01 to \$135: + \$94.40	\$210.01 - \$240: + \$71.60	\$210.01 - \$240: + \$65.85
\$135.01 to \$150: + \$103.50	\$240.01 - \$270: + \$80.40	\$240.01 - \$270: + \$72.70
\$150.01 to \$165: + \$112.25	\$270.01 - \$300: + \$87.05	\$270.01 - \$300: + \$79.30
\$165.01 to \$180: + \$121.20	(Larger orders actual.)	(Larger orders actual.)
(Larger orders actual shipping.)	AR, IA, KS, MN, MO,	AZ, CA, CO, ID, MT,
AK, AL, CT, DE, FL, GA,	ND, NE, NM, OK, SD,	NV, OR, UT, WA, WY
HI, IL, IN, KY, LA, MA,	TX	
MD, ME, MI, MS, NC, NH,		
NJ, NY, OH, PA, RI, SC, TN,		
VA, VT, WI, WV		

Hawaii and Alaska larger orders of Plants/Trees are shipped Priority Mail for the same charges as “Eastern States,” above. (We do not ship plants internationally.)

Basic Shipping Comfrey/Valerian/Celandine/Petasites roots

1 to 6 Roots, please add \$9.90; **7 to 20 Roots**, add \$14.90; **21 to 60 Roots**, add \$19.90; **61 or more Roots**—Actual Shipping. (We do not ship roots internationally.)

Basic Shipping for Wild Yam, Japanese Tubers (US ONLY)

1 to 6 Tubers, add \$6.90; **7 or more**, add \$9.90



Join us for a unique experience in the majestic old growth forests of Oregon. Wander the emerald woods by day to learn wilderness skills, plant identification, home herbalism, urban farming, do it yourself sustainability, and more from the country's most dynamic teachers and experts. Then as the moon glows, enjoy herbal brew under the towering trees or stomp your feet to strumming banjos, singing fiddles, and ecstatic rhythms drumming into the starry night sky. Rooststalk is an extraordinary celebration of skill sharing, plant folklore, artistic expression, scientific wonder, and spirited community.

Featured speakers include: Richo Cech, Cascade Anderson Geller, Matthew Wood, Kathi Keville, Jim McDonald, Julie Bailey, Doug Elliott, Wren Davidson, 7Song, Deborah Frances, Shawn Donville, Heron Brae, Alexis Durham, Howie Brounstein, Rob Miller, Ann Harman, John Gallagher, Steven Yeager, Daniel Vitalis, Jude Hobbs, Sharol Tilgner, Tobias Policha, EagleSong, KP Khalsa, William Sullican, Erika Beyer, Liisa Korpela, Tobias Schock, Ernest Callenback, MaryJane Butters, Yaakov Levine, Heiko Koester, and more . . .

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