



2022 Seed Catalogue

Thanks to our partners...

The CBRL Seed Library is funded by the NS Department of Communities, Culture and Heritage, with planning and educational support by Seeds of Diversity, Cape Breton.



With generous support from the Community Access and Food Literacy Fund and the Food Smart Fund (both courtesy of the Nova Scotia Department of Communities Culture and Heritage), the CBRL Seed Library is back for 2022. All seeds are free and available to anyone in the Cape Breton Regional Municipality and Victoria County who has a Cape Breton Regional Library Card. Each household may fill or take a pre-filled packet of up to 10 different seed varieties at the Baddeck Library, Glace Bay Library, Ingonish Library, Louisbourg Library, McConnell Library, New Waterford Library, and North Sydney Library.

Seeds for the 2022 Seed Library were sourced from:

- [Halifax Seed](#)
- [William Dam Seeds](#)
- [Seeds of Diversity](#), Cape Breton
- All Green Organic Farm, Little Bras d'Or

About Heritage Seeds

Heritage seeds are open-pollinated varieties (not hybrids) that have been bred true from saved seeds for at least 50 years and often much longer. Heritage varieties evolved over time making use of both natural and human selection to develop plants that thrive in local conditions, have great taste and often offer superior nutritional content. They include Heirloom varieties that have been passed down through generations within families.

BEANS

Beans: Beans are high in fibre, iron and essential minerals and form a complete protein when eaten with grains. Easy to grow, beans also benefit your garden by converting nitrogen from the air into a form usable by plants.

Growing Tips: Plant beans in well-drained soil after all danger of frost has passed. Sow seeds 2.5cm (1") deep, 4 cm (1 ½") apart, in rows 50cm (20") apart. For a continual harvest of fresh beans, plant new rows every 10 days until mid-July. An application of Garden Legume Inoculant will offer increased yields. Avoid contact with bean plants when they are damp to prevent the spread of fungal diseases (Halifax Seed, 2021).



Top Notch Golden Wax Bean

This bush bean has creamy yellow pods that are 14cm (5 ½") long, flat, straight and stringless. The 38-45cm (15-18") high plants offer a heavy yield of tender, tasty beans. Suitable for containers.

Seed Source: Halifax Seed; Photo Credit: Halifax Seed



Improved Tendergreen Bean

High-yielding plants produce 15cm (6") long, round, dark green beans that are tender and stringless. Resistant to Bean Mosaic Virus, this variety is delicious fresh, frozen or canned.

Seed Source: Halifax Seed; Photo Credit: Halifax Seed



Horochuk Bean (Heritage)

This bean was brought to Cape Breton from Ukraine around 1906 by the Horochuk family. It is a vigorous pole bean, producing a heavy crop of yellow European style slicing beans. Must have a trellis or other support. Plant directly in ground in June. Seed depth 5cm (2"), with 15cm (6") between plants. Install a sturdy trellis before you plant your pole beans.

Seed Source: Seeds of Diversity Cape Breton



Iannetti Bean (Heritage)

This bean was brought to Cape Breton from Brittoli, Italy, around 1902 by the Iannetti family. It is a vigorous pole bean, producing a heavy crop of green European-style slicing beans. Must have a trellis or other support. Plant directly in ground in June. Seed depth 5cm (2"), with 15cm (6") between plants. Install a sturdy trellis before you plant your pole beans.

Seed Source: Seeds of Diversity Cape Breton

COMPANION FLOWERS



Borage (attracts pollinators / edible)

An easy to grow annual with large fuzzy leaves that have a cucumber flavour. The blue flowers can be used to add colour and taste to drinks and salads. Borage deters hornworm and cabbage worms, and is particularly useful planted near tomatoes and strawberries. Plant directly in ground after last frost. Seed depth 0.5-1 cm (1/4"-1/2").

Seed Source: William Dam Seeds; Photo Credit: Wikimedia Commons



Phacelia (attracts pollinators)

Phacelia, also called Purple Tansy or Lacy Phacelia, is native to North America and is widely used to attract bees and beneficial insects and to condition soil. It has hairy toothed leaves and light purple flowers. It tolerates cold temperatures well and keeps blooming into the fall to provide a source of high-quality nectar and pollen for bees. Needs darkness to germinate, so cover seeds well with 0.5cm (1/4") of soil.

Seed Source: William Dam Seeds; Photo Credit: Wikimedia Commons



Nasturtium – Alaska Mix (Heritage, edible)

Foliage and flowers are edible and often tossed in salads to add a peppery flavour. A natural companion in the vegetable garden, nasturtiums trap and discourage harmful insects. A mix of vibrant red, orange, gold, peach and apricot flowers grow above the 30cm (12") high foliage. Unique bright green and white marbled leaves.

Seed Source: Halifax Seed; Photo Credit: Halifax Seed

CUCUMBERS

Cucumber: Cucumbers thrive in warm humid weather. Their cool and juicy fruit is extremely refreshing and may be enjoyed sliced fresh, tossed in salads or preserved as pickles. As cucumbers mature relatively quickly, they are an ideal crop for cool gardens.

Growing Tips: Sow seeds indoors in peat pots and set out in sunny location when all danger of frost has passed and the soil has warmed to 18 to 21°C (65 to 70°F). To prevent transplant shock do not disturb the roots when transplanting. A layer of landscape fabric around the roots will encourage larger yields by suppressing weed growth and conserving soil heat and moisture. If seeding directly outdoors, sow seeds 4 cm (1 ½"-2") apart, planting them about 0.5 to 1 cm (¼" – ½") deep. In small gardens conserve space by growing cucumbers vertically on a trellis (Halifax Seed, 2021).



Mid-East Cucumber, Mercury F-1 (Pickling/Slicing)

This Beit Alpha type cucumber is popular in the Middle East. Exceptionally early and productive. High yields of slender mini cucumbers. Outstanding sweetness, crisp flesh and shiny dark green colour. Strong semi-vining plants. Immature fruits 10-15cm (4-6") are great for pickling; fruits grow to 20cm (8") for slicing.

Seed Source: William Dam Seeds; Photo Credit: William Dam Seeds



Straight 8 Cucumber (Slicing)

Produces a bounty of dark green 18-20cm (7-8") long cucumbers that are tolerant to Cucumber Mosaic Virus. Trellis support an option.

Seed Source: Halifax Seed; Photo Credit: Halifax Seed

KALE

Kale: Kale is a cold weather vegetable whose flavour actually improves with the onset of winter! The leaves are rich in Vitamins A and C, potassium, iron and protein. Successive sowings from April through July will ensure a supply of healthy greens long after all others have succumbed to the cold (Halifax Seed, 2021).

Growing Tips: Start indoors April – May or direct sow May – June, Full – Part sun, plant height 12", plant width 24", 30-55 days to maturity. Suitable for containers.



Vates Green Ruffled Kale

A green ruffled leaf that is great for baby greens. Vates has a nice medium dark green leaf with just enough curl to give loft in baby green mixes.

Seed Source: William Dam Seeds, Photo credit: William Dam Seeds



Organic Red Russian Kale

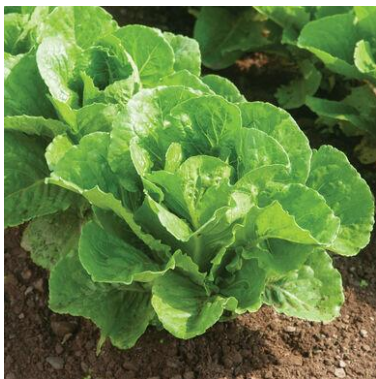
Kale can be planted three to five weeks prior to your area's projected last frost date in the spring. It also can be planted in the late summer roughly six to eight weeks before your first fall frost. Seeds should germinate in 7-10 days. Sow 3-4 seeds 5mm (1/4") deep in each spot you where a plant is to grow. Thin to the strongest plant. Space 45-60cm (18-24") apart in rows 75-90cm (30-36") apart.

Seed Source: All Green Organic Farm, Little Bras D'Or; Photo credit: All Green Organic Farm

LETTUCE

Lettuce: Lettuce is one of the easiest vegetables to grow and does exceptionally well in our cool Maritime climate! To enjoy garden fresh salads from late spring to the end of autumn, plant several varieties and continue to sow seed every few weeks.

Growing Tips: Lettuce is very hardy and may be planted as soon as the ground can be worked in early spring. Seed may also be sown indoors 4 to 5 weeks prior to planting. If direct seeding, sow seeds about 2cm (1") apart, 3-5mm (1/8"- 1/4") deep, spacing the rows 30-45cm (12-28") apart (Halifax Seed, 2021).



Parris Island Cos Lettuce (Heritage)

Popular dark green strain of Cos lettuce (Romaine type). 25-30cm (10-12") heads of slightly savoyed, dark green leaves with creamy white hearts. Popular for baby leaf. Best for spring and fall growing. Tolerant to tip-burn and mosaic, medium resistance to bolting. 66-70 days.

Seed Source: William Dam Seeds; Photo Credit: Johnny's Selected Seeds



Grand Rapids Leaf Lettuce

A popular variety for early outdoor planting, or cold frames with medium-green, curly leaves and good taste. For spring and fall culture. Tip-burn resistant. 45 days.

Seed Source: William Dam Seeds; Photo Credit: Wikimedia Commons

PEAS

Peas: Peas have a high protein content and are a significant source of Vitamins.

Growing Tips: A cool weather crop that should be planted in early spring as soon as the garden has thawed and the soil is workable. Sow seeds 1-2cm (½"-1") apart in 10-15cm (4-6") wide double rows that are spaced 60cm (24") apart. Place a support trellis between the rows and do not thin the emerging seedlings. Fertilize at planting time with a fertilizer high in phosphorous and potassium (Halifax Seed, 2021).



Little Marvel Peas (Heritage)

Shelling pea, bush type. An old (1934) All American Selections winner. This favourite has delicious sweet peas and is perfect for the home garden. Dwarf vines grow 45cm (18") tall and produce deep green 7.5cm (3") long pods that are tightly packed with 7-8 sweet, tender peas. Great fresh or for freezing. Suitable for containers. Direct sow May-June,

Full – Part sun. 63 days.

Seed Source: Halifax Seed; Photo Credit: Halifax Seed



Cascadia Peas

Edible pod, bush type. Very sweet, round, plump pods that withstand summer heat. Larger and more vigorous, and tends to produce a larger plump pod with sweeter taste, than other summer types. Cascadia produces 3" medium-green pods on strong 24-28" plants. Support optional. Direct sow in early spring, Full—Part sun. 68 days.

Seed Source: William Dam Seeds, Photo Credit: CC Grow



Grey Sugar Dwarf Snow Pea (Heritage)

Edible pod, Climbing type. This old-time favorite edible-pod snow pea has purple flowers. Though called Dwarf, the vines grow 5-6' tall, so will definitely need support (fence or trellis). They produce 6-7cm (2 ½"-3") flat pods that are pale green, sweet and stringless. Tasty fresh, sauteed or frozen. Direct sow May—June, Full—Part sun. 60 days.

Seed Source: Halifax Seed; Photo Credit: Halifax Seed

RADISH

Radish: Radishes are a fast-growing cool weather crop with brightly coloured roots packed with iron and potassium. As they are so quick to grow, radishes are often used in the garden as a row marker for slower germinating crops.

Growing Tips: Sow seed directly outside as soon as the soil can be worked in early spring. For a continual harvest, re-seed every 7 to 10 days throughout the growing season, planting seeds about 2cm (1") apart, 6 mm (¼") deep in rows spaced 30cm (12") apart. Thin the seedlings to 4cm (1.5") (Halifax Seed, 2021).



Cherry Belle Radish (Heritage)

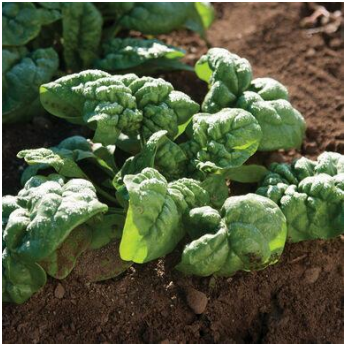
One of the most popular radish varieties. Excels in early spring and fall and is good for cold frame growing. The globe to round-shaped roots have scarlet red skin and tasty white flesh. The tops grow 8cm (3") tall. Direct sow periodically all season for continued harvest. Full – Part sun, 21-26 days.

Seed Source: William Dam Seeds; Photo Credit: Halifax Seed

SPINACH

Spinach: A hardy crop, spinach thrives in the cool weather of spring and autumn. Spinach is an excellent source of Vitamins A and C, iron, potassium, protein and dietary fiber.

Growing tips: Spinach germinates best in cool soil. Plant the seed as soon as the ground can be worked in early spring. A soil pH of 6.5 to 7.4 is ideal. Fall crops may be seeded in late July through August. Plant seeds 2cm (1") apart, 6mm (¼") deep in rows spaced 30-45cm (12-18") apart. Once the seedlings have emerged, thin them to 8cm (3"). Harvest spinach early as plants will bolt (Halifax Seed, 2021).



Bloomsdale Dark Green Spinach (Heritage)

This old standard home garden variety from the early 19th century produces heavy yields of glossy, dark green, blistered leaves in a prostrate growth habit. Likes cool weather so plant in spring and early fall - it can overwinter with a minimum of cover. Direct sow in Full sun. Suitable for containers. 50 days.

Seed Source: William Dam Seeds; Photo Credit: <https://www.johnnyseeds.com>

SQUASH

Squash: There are two main types of squash. Summer squash grow on bush vines, have thin tender skin and are best eaten when still immature. They can be enjoyed in many ways, such as stir-fried, sautéed or barbecued. Winter squash grow on vigorous vines and are left on the plants to mature. Their skins are thick, hard and inedible, but allow them to be stored for long periods of time.

Growing Tips: Acorn squash are winter squash that thrive in well-drained soil that has been enriched with compost. Plant seed directly in the garden once all risk of frost has passed and the soil has warmed to 21°C. May be grown in rows with the seed planted 2cm ($\frac{3}{4}$ " - 1") deep and 8-10 cm (3 to 4") apart. Rows should be spaced 180cm (72") apart and the seedlings thinned to 45 to 60cm (18-24") once they have sprouted and are growing well. To plant in hills, sow 5 to 6 seeds per hill, thinning to 3 seedlings/mound. Space 180cm (72") apart. Harvest before the heavy frosts by cutting the vine 15cm (6") from the fruit (Halifax Seed, 2021).



Table Queen Acorn Squash (Heritage)

This traditional acorn squash bears a generous harvest of dark green, grooved acorn-shaped fruits that measure approximately 13x10cm (4x5"). The medium thick flesh is pale orange, dry and sweet with a distinct flavour. Direct sow mid May - mid June. Full sun. 80 days.

Seed Source: Halifax Seed and William Dam Seeds, Photo Credit: Halifax Seed



Burgess Buttercup Squash

This popular winter squash has dark green fruits with golden orange, stringless flesh and a sweet, rich flavour. It typically produces 10-12 fruits per plant, on sprawling vines that can reach up to 4.5m (15') in length. Fruits are 3-5 lbs each and store well. Start indoors in May or direct sow in June, Full sun, plant height 30-90cm (1-3'). 50-100 days.

Seed Source: Halifax Seed; Photo Credit: Halifax Seed



Waltham Butternut Squash

Uniform 4-5 lb fruits have smooth, tan skin and delicious, smooth textured orange flesh that is excellent when baked or in soups. Stores well. Start indoors in May or direct sow in June, Full sun. Plant height 30-90cm (1-3'), on vines ranging from 1.8-4.5m (6-15'). 100 days.

Seed Source: Halifax Seed; Photo Credit: Halifax Seed



Black Beauty Zucchini (Heritage)

The dark green fruits of this versatile, delicious **summer squash** are borne on open bush-type plants, making them very easy to harvest. Flesh is light green in colour and delicately flavoured. Harvest the cylindrical fruits young for optimum tenderness.

Seed Source: Halifax Seed; Photo Credit: Halifax Seed

TOMATO

Tomatoes: Native to the Americas, the tomato is an excellent source of Vitamin C, iron and protein. In Northern gardens, it is important to grow varieties which ripen before the autumn frosts.

Growing Tips: Sow seeds indoors 6 to 8 weeks prior to the last spring frost. A soil temperature around 24°C will help encourage quick germination. Ensure that seedlings receive plenty of light to prevent them from becoming tall and leggy. To harden off the plants, set them outside during the day, bringing them back indoors at night when the temperature drops. Tomatoes love rich soil, so work generous amount of well-rotted manure or compost, and some garden lime to help prevent rot, into the soil before planting. Once all risk of frost has passed, plant the transplants in containers or in the garden, deep enough to cover the base of the stem if leggy, and spacing them 60-90cm (24-36") apart (Halifax Seed, 2021).



Candyland Hybrid Currant Tomato

Candyland produces a very high yield of tiny 1.5cm (½") red fruit with a very sweet flavour burst that are great for salads or snacking. It is easy to grow and produces earlier than other sprawling open pollinated currant tomatoes. Branched trusses are accessible for yielding more usable fruit with less damage while picking. Requires support. 62 days.

Seed Source: William Dam Seeds; Photo credit: www.gardensalive.com



Rideau Cherry Tomato

From a collection of cherry tomato seeds from the national seed bank sent to Michelle Smith of Seeds of Diversity in Cape Breton for cataloguing and typing. This cherry tomato was outstanding, being crack resistant even in our damp fall weather, and deliciously sweet as a cherry tomato should be. An indeterminate variety that does well when allowed to sprawl but can be staked.

Seed Source: Seeds of Diversity; Photo credit: Colour Paradise Greenhouses



Scotia Tomato

A Maritime tradition, Scotia offers very early globe-shaped fruits that are medium-sized, smooth, firm and upon maturity turn deep red with slightly green shoulders. This dependable crop, a favorite ingredient for green tomato relish, is borne heavily on strong, determinate plants.

Source: Halifax Seed; Photo credit: Halifax Seed



Sprint Tomato

A very early, cold-tolerant tomato, with a bright, fresh taste. Originally developed by Johnny's Selected Seeds thirty years ago, it is no longer commercially available but has been preserved by a group of Cape Breton enthusiasts. Will keep setting fruit until killed by frost, even when the weather gets a bit cool. A semi-determinate, potato leaf variety that does well when allowed to sprawl but can be staked.

Seed Source: Seeds of Diversity; Photo credit: Seeds of Diversity.