



SOW LOCAL SEEDS
Homegrown Heirlooms

Plant Sale

per pot - 3.99

6 pack - 20.99
(3.50 per cell)

+ tax

- heirloom and NS bred varieties
- started from seed in Jeddore, NS
- eco-friendly and recycled pots

Tomato - Cherry

Blueberries: Small fruits ripen from indigo-purple to bright red. Sweet and juicy. Indeterminate.

Gardener's Sweetheart: Harvest delicious heart-shaped red fruits by the truss load. Farm favourite. Bred in Maine. Indeterminate.

Orange Hat: Orange fruits on 10in tall plants with dark green foliage. Indoor and container friendly. Micro.

Rosella: Tiny fruits the size of currants. A chefs favourite for flavour. Smoky deep rose in colour. High yields. Indeterminate.

Sweet Candy Icicle: Teardrop shaped fruits with pink and yellow striping. Sweet saladettes. Indeterminate.

Yellow Pear: Deep yellow pear shaped fruits in clusters on the vine. Snacking and salads. Indeterminate.

Whippersnapper: Rosy red fruits on sprawling branches. Compact growth, perfect for containers. Sweet!

Tomato - Slicer

Cherokee Purple: Large beefsteaks with deep purple pink colour and superb sweet flavours. Indeterminate.

Marglobe: Round red 5-7oz fruits. An old-time favourite for disease tolerance. Determinate.

Scotia: Extra early red fruits. High yields on bushy, disease tolerant plants. Bred in NS.

Taxi: Lemon-yellow 4-6oz fruits on compact plants. Early to ripen for sweet snacking.

Wentzell: Rare pink brandywine beefsteak. Dense and meaty. Perfect for sandwiches. Early to ripen. Bred in NS. Indeterminate.

Worry: Red-Orange Beefsteaks with Gold Stripes and great flavour. Dwarf Plants. Bred in NS.

Tomato - Paste

San Marzano: Red sauce tomatoes with exceptional flavour. Indeterminate.

Ukrainian Purple Plum: 6oz red-purple fruits with big flavour and meaty flesh for sauces or fresh eating. Indeterminate.

Pepper - Sweet

Sweet Apple: Thick walled, juicy and sweet pimento pepper. Ripens from green to red on 2 ft tall plants that are tolerant of disease.

Violet Sparkle: 4in sweet peppers on compact plants. Ripens from cream with purple streaks to deep red when ready to eat.

Nomad: Sweet and crisp peppers ripen from yellow to red. Disease tolerant and productive plants that produce early. Bred in NS.

Atlantic Bell: Early, crisp and delicious bell peppers bred for North Eastern growing conditions.

Pepper - Hot

Early Jalapeno: Medium-hot fruits ripening from green to red. Early to fruit. High yields on compact plants.

Ring of Fire: 4-6in cayenne shaped chili peppers with a strong kick. Ripens green to red. "And it burns, burns, burns..."

Maria Nagy Transylvanian: Thick walled red chili pepper. Early and productive. Smooth burn with sweet and spicy flavours.

Tomatillo

Queen of Malinalco: Sweet, long, yellow fruits produced in abundance on disease tolerant plants. Salsa Verde - but yellow!

Ground Cherry

Tall Bearing: Golden berries with sweet tropical pineapple flavours with a tang. Berries keep well. Bred for upright growth.

Basil

Lemon Basil: A culinary favourite. Highly fragrant of lemon. Slight lemon taste. Delicate white flowers for bouquets.

Sweet Genovese: Green leaves with a strong basil flavour that keeps well when frozen or dried. Perfect for pesto.

Italian Large Leaf: Mild and sweet basil flavour. The preferred variety for tomato sauces. Slower to bolt.

Plant Care

These plants have been grown indoors and will need to be hardened off before you plant them outside.

Cowpots can be directly planted into your garden soil. See the CowPots sheet for details.

Warm weather crops shouldn't be planted out until after your last frost date. Ex: Tomatoes, Peppers, Tomatillos and Ground Cherries.

Cool weather crops can be planted out before your last frost date but will need to be hardened off prior to planting. Ex: Cilantro, lettuce and parsley.

Next year we'll have growing guides at www.sowlocalseeds.ca

This year, I recommend the Growers Library at www.johnnyseeds.com

"Seed Starting Dates" at www.halifaxseed.ca/downloads shows the ideal planting dates per crop type in Nova Scotia.

Happy Gardening!

Love,

Erika & the girls
@sowlocalseeds