

OPEN-POLLINATED ORGANIC AND BIODYNAMIC SEEDS

SEMENTES VIVAS

CATALOGUE 2020



Sowing seeds, sowing friends...

We give thanks and dedicate this catalogue and our work to all farmers, gardeners and customers who strive each day to make this world a better place.



DEAR FRIENDS OF ORGANIC AND BIODYNAMIC SEEDS

**Seeds are the beginning of much of what we eat and what we wear!
Seeds are the foundation of farming!**

We hope that you are going to be very pleased to discover many new varieties of vegetables, herbs and flowers in our catalogue 2020. They are all worthwhile growing, but we proudly would like to give one of them a special mention as it is the first traditional variety maintained by Living Seeds Sementes Vivas SA together with the grower: Pau Roxo da Quinta das Seis Marias you can discover on page 54.

We are confident that with all these new varieties you will be able to try new flavours and grow new ways. In times of a changing climate there are challenges for everybody in the garden and on the field. Biodiversity is a key to more resilient ecosystems. We incorporated some tips into the catalogue to help you create a more biodiverse garden.

Your feedback is important to us and your support. In case you want to become an active supporter please contact us to discuss in which way and give us your feedback or comments about varieties or products you would like to see available. You are at all times welcome to visit us in Idanha-a-Nova or Badajoz.

Let's keep on sowing good.

Wishing you a fantastic growing season in 2020 with our seeds.

On behalf of the team at Sementes Vivas

ABOUT US

Sementes Vivas is a 100% organic and biodynamic seed company, initially founded in July 2015 and based in Idanha-a-Nova, central Portugal, and since December 2017 in Badajoz, Extremadura, Spain. We produce, process and commercialise high quality, open-pollinated, organic and biodynamic seeds from vegetables, fruits, flowers, herbs, cereals and pseudo-cereals.

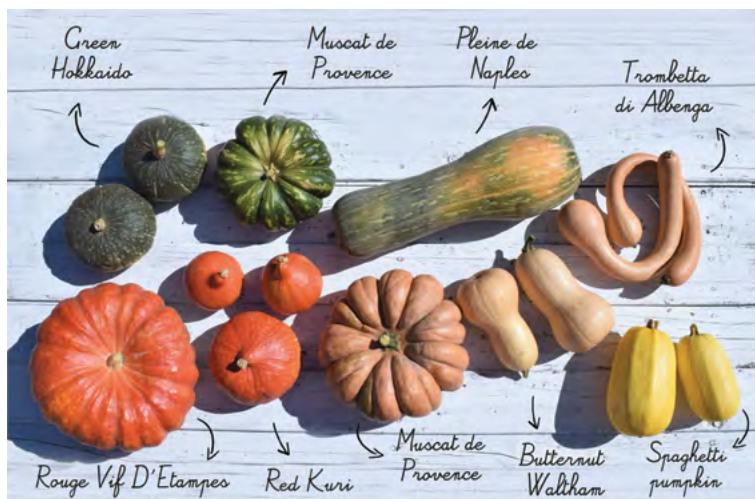
Our international team consists of 30 highly motivated and passionate people working across the organisation in farming, plant breeding, seed multiplication, training, processing, packaging, sales, marketing and administration.

Adapting local seeds to the Mediterranean climate and soil conditions is crucial to successful organic farming. In addition to around 30 external multiplier fields, we operate our own seed production site of 25 ha, according to the biodynamic standards of Demeter. Locations for seed growing are carefully chosen to provide the best climatic and soil conditions for multiplication. We work closely with municipalities, universities and other institutions, re-producing their traditional seeds in order to revive and reintroduce them to farming and to the market. The focus at Sementes Vivas is to produce seeds fit for the Mediterranean climate zones, as well as multiplying some special varieties for Northern European organic seed companies.

We offer a diverse range of modern and traditional quality proven varieties for professional growers as well as gardeners. Our 2020 catalogue contains 246 varieties.

Seeds can be ordered via the online shop:

www.sementesvivas.bio



OUR PUMPKIN SELECTION (PAGE 19-22)

BIODIVERSITY AND PRESERVATION OF LIVING HERITAGE

With the aim of regenerating Portugal's rich cultural biodiversity, Sementes Vivas is committed to the preservation and revitalization of the diversity of traditional and heritage varieties.

We are passionate about life and the preservation of biodiversity. Seeds are a reservoir of life and of the knowledge passed down through the generations that have endeavored to develop them and preserve them. When a seed disappears, biodiversity and an entire biological and cultural heritage are lost. It is precisely this wonderful heritage that we want to help recover and bring back to life. In cooperation with gardeners, farmers, civil society, municipalities, universities and other institutions, we are collecting local organic seeds, which we preserve, multiply and return to the community.

All of our seeds are open pollinated - seeds that we invite you to re-cultivate, reproduce, keep and share. We are against all forms of seed patents.

A BIODIVERSE GARDEN

Cornerstone of organic and biodynamic gardening and agriculture is biodiversity. If you incorporate a large number of diverse flowers and herbs in your garden this creates living spaces for beneficial insects and distracts pests from the vegetables that you would prefer to eat yourself.

We would like to share some of our tips and tricks which are easy to apply, and of which you will directly see the benefit for your garden.

LADYBUGS

Ladybugs are maybe the most famous beneficial insects. And you definitely want to attract ladybugs to your vegetable garden! Larvae of ladybugs eat aphids which you can find on most vegetable crops. The larvae eat more than 50 aphids per day! Having adult ladybugs in your garden has proven to reduce populations of pests. Adult ladybugs eat eggs, larvae and small insects, many of them major pests that can cause severe damage to your plantations.

To attract ladybugs, we especially recommend that you sow coriander (Page 77) and dill (Page 77) throughout the growing season to make sure their flowers are available during a large part of the year. Under these conditions it is just a question of time that you see the first ladybugs arrive.



LADYBUGS, AUXILIARY INSECTS LOOKING FOR FOOD IN THE COSMOS FLOWER.



FIELD OF MIXED COSMOS (PAGE 64) IN FULL BLOOM.



TAGETES FLOWERING. (PAGE 66)

TAGETES

Tagetes are one of the best summer flowers for a biodiverse garden. This heat loving plant will keep on flowering from the very first days of summer until the very last days of autumn. The roots kill nematodes present in the soil, whilst the flowers attract many bees and other insects. But tagetes achieves much more than this.

The strong smell of the tagetes attracts the spider mite to the tagetes keeping it away from your vegetables. At the same time the presence of the spider mite scares away the white fly from your tomatoes, peppers and aubergines. Both pests could end your growing season early if uncontrolled! Also, carrots and cabbages highly benefit from the presence of the amazing tagetes in terms of pest control. We cannot recommend this flower enough.

Attention: Leguminosas and tagetes tend not to be very good friends so we suggest keeping them separated.

ONIONS AND CARROTS

Carrots tend to suffer from the carrot fly, a little pest that leaves large dark spots and holes in your carrot. The maggots of the onion flies feed on the roots and bulbs of onions, making them inedible.

However, did you know that the carrot fly cannot stand the smell of the onion? And the onion fly absolutely hates carrots? By planting these two a bit closer together, you will have a big chance to reduce both plagues, a perfect solution!

THREE SISTERS

Native Americans used to plant together three crops that yield a nutritious and easy to store bounty. Instead of growing corn, bean and pumpkin separated from each other they found it to be much more productive to plant all three together. Native Americans planted climbing beans at the foot of the corn. The bean plants climb up the corn, fix nitrogen for the corn in the soil and give it support in heavy winds. Between the corn and beans, they would grow pumpkins, which with their extended foliage cover the soil keeping it cool and humid and keep weeds from coming up. Give it a try and you will be astounded by the results!

If you are a more experienced gardener, or live in the hotter drier parts of the country why not experiment with the same principle but other species? Replace corn with sunflowers, beans with cowpea and as for the pumpkins either choose heat adapted varieties such as Muscat de Provence pumpkin (Page 20) and Butternut pumpkin (Page 19) or try your luck with watermelons! The options are endless!

Our new flower mixtures are also designed to increase the biodiversity and function of the organic garden, check them out on page 67.

If you want to find out about more gardening tips and tricks there is more on our website!

INDEX

ABOUT US Page 3

BIODIVERSITY Page 4

**SOWING
CALENDAR** Page 8

FRUIT CROPS

Courgette Page 14

Cucumber Page 15

Eggplant Page 15

Melon Page 16

Muskmelon Page 17

Pepper Page 18

Physalis Page 19

Pumpkin Page 19

Sweet Corn Page 22

Sweet Pepper Page 22

Tomatillo Page 24

Tomato Page 24

Watermelon Page 31

LEGUMINOUS CROPS

Broad Bean Page 33

Chickpea Page 33

Dry Bean Page 34

Green Bean Page 34

Peas Page 37

LEAF AND BRASSICA CROPS

Asian Green Page 40

Broccoli Page 42

Brussels Sprouts Page 42

Cabbage Page 42

Cauliflower Page 44

Chard Page 44

Chicory Page 45

Corn Salad Page 45

Coza Page 46

Kohlrabi Page 47

Lettuce Page 47

Rocket Page 48

Spinach Page 49

ROOT CROPS

Beetroot Page 52

Bulb Fennel Page 53

Carrot Page 53

Leek Page 54

Onion Page 55

Parsnip Page 55

Radish Page 56

Root Parsley Page 57

Turnip Page 58

FLOWERS Page 60

HERBS Page 72

GREEN MANURES Page 82

**BEE, KEY
AUXILIARY INSECT
FOR POLLINATION
OF CABBAGES.
NO BEES, NO
SEEDS!**



SOWING CALENDAR

FRUIT CROPS	JAN	FEB	MAR	APR	MAY	JUNE	JUL	AUG	SEPT	OCT	NOV	DEC
Courgette												
Cucumber												
Eggplant												
Melon												
Pepper												
Pumpkin												
Tomato												
Watermelon												

LEGUMINOUS CROPS	JAN	FEB	MAR	APR	MAY	JUNE	JUL	AUG	SEPT	OCT	NOV	DEC
Broad Bean												
Dry Bean												
Green Bean												
Peas												

LEAF AND BRASSICA CROPS	JAN	FEB	MAR	APR	MAY	JUNE	JUL	AUG	SEPT	OCT	NOV	DEC
Asian Green												
Broccoli												
Cabbage												
Chard												
Lettuce												
Spinach												
Rocket												

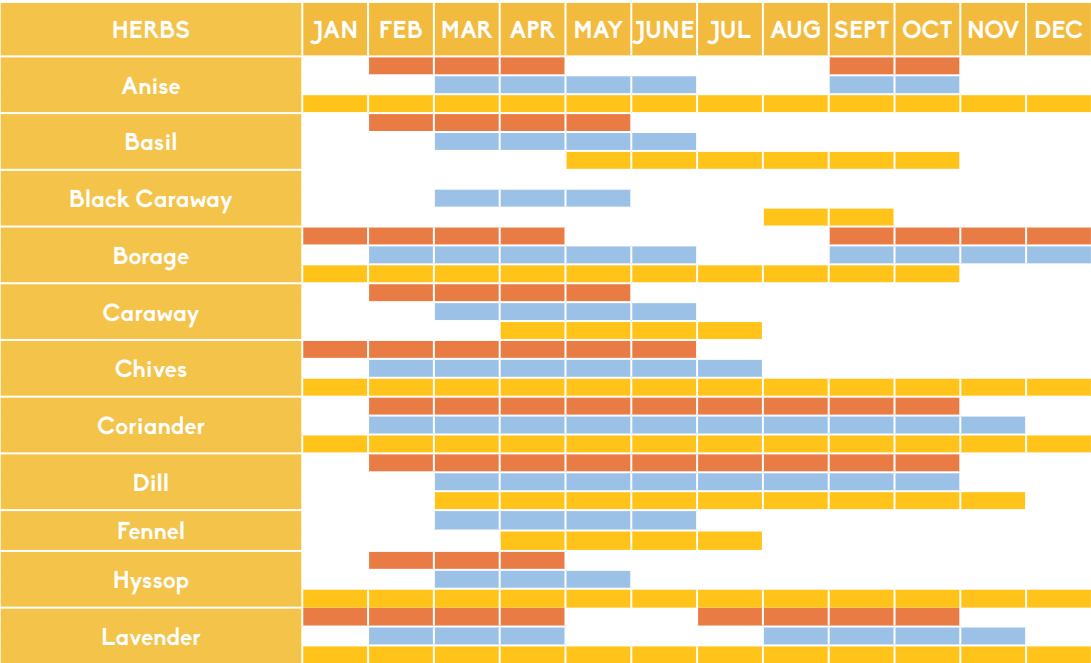
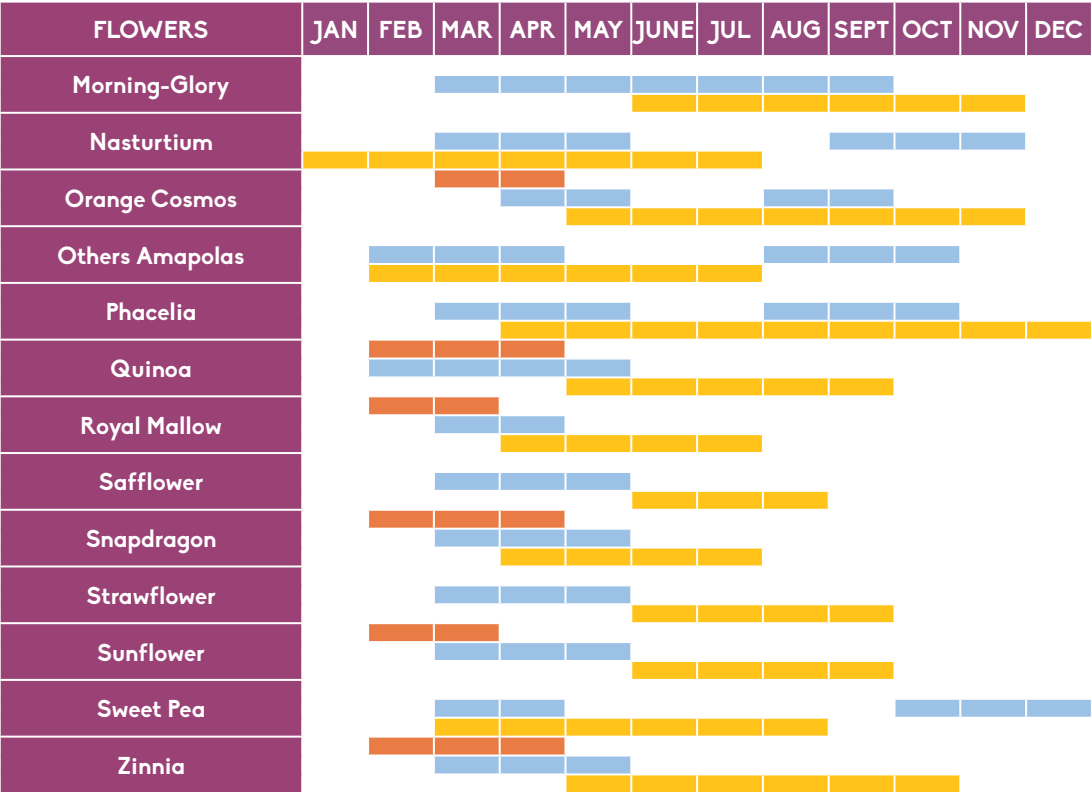
In pots sowing

Transplant/ Direct Sowing

Harvesting

JAN	FEB	MAR	APR	MAY	JUNE	JUL	AUG	SEPT	OCT	NOV	DEC	ROOT CROPS
												Beetroot
												Carrot
												Leek
												Onion
												Parsnip
												Radish
												Root Parsley
												Turnip

JAN	FEB	MAR	APR	MAY	JUNE	JUL	AUG	SEPT	OCT	NOV	DEC	FLOWERS
												African Daisy
												Amaranth
												Calendula
												Californian Poppy
												China Aster
												Common Mallow
												Cornflower
												Cosmos
												Cow Herb
												Crested Prickly Poppy
												Cucumberleaf Sunflower
												Echinacea
												Flower-Of-An-Hour
												Heartsease
												Hibiscus
												Love-In-The-Mist
												Marigold
												Mexican Sunflower



JAN	FEB	MAR	APR	MAY	JUNE	JUL	AUG	SEPT	OCT	NOV	DEC	HERBS
												Lemon Balm
												Marjoram
												Oregano
												Parsley
												Sage
												Summer Savory
												Thyme

In pots sowing

Transplant/ Direct
Sowing

Harvesting

EXPLANATORY NOTE

Dates provided in this calendar for direct sowing / in pots sowing/ transplanting and as well as for harvesting are only indicative and can vary for many reasons, such as: early/ late varieties; the diversity of edaphoclimatic conditions; cultivation conditions, such as frequency and amount of irrigation.

The sowing date "February to March" (e.g.) serves to indicate the ideal period for sowing. So, changing this time period for January to April (e.g.), is possible, although the results may not be as expected / desired.

FRUIT CROPS

planting tips:

Courgette

Productive crop, that loves to spread out, a few plants are enough to provide for a family. Best picked when still small for best flavour. Grows well in hotter and cooler climate. Sow a few weeks apart to have courgettes throughout the season.

Cucumber

Very productive culture, few plants give rise to numerous fruits. Wait to sow seeds or set out transplants until after all danger of frost has passed. Ensure regular water supply, especially around the time the plant is flowering and fruiting. Mulch, such as straw, helps to conserve moisture while blocking out weeds.

Eggplant

Eggplants are well adapted to heat and drought tolerant. They will germinate fastest when temperatures are between 21 and 30°C. Because they need warm soil, eggplants are usually started indoors 2 months before the last frost to get a head start.

Melon

Melon seeds will not germinate if the soil temperature is less than 21°C. It thrives with higher nighttime temperatures and lower daytime temperatures. Reduce the frequency of watering during the ripening phase, as excessive watering will decrease the sugar content of the fruit.

Pepper

Peppers prefer fertile soil and need regular water supply from planting to harvesting. Avoid planting in places where you've recently grown other members of the nightshade family, such as tomatoes, potatoes, or eggplants. In warmer regions, sow as early as possible (end of February), preferably in sheltered places, as the flowers fall with high day and night temperatures.

Pumpkin

Pumpkins are not difficult to grow – even in raised beds or containers. They thrive in warm weather, so don't plant outside until the weather has settled and there's no chance of frost. *C. Maxima* species are better suited to cooler climates, *C. Moschata* grows better in hot dry climates.

Tomatillo/Physalis

Easy cultivation, similar to that of tomatoes. Self-seed naturally by berries falling and staying on the ground during harvest. Grows well under some shade of other plants, especially in hot climates.

Tomato

Tomato grows well in all types of climates and conditions. Handles cooler temperatures but only plant outside after last frost. Water deeply and regularly while the fruits are developing. For low water input select smaller fruited varieties. Pruning not necessary for determinate varieties.

Sweet Corn

Corn doesn't transplant well, it's better to wait until all danger of frost is past and direct sow. Sow every 2 weeks to extend your harvest. Fertilized soils should be avoided as they will lead to a decrease in sugar content.

Watermelon

Heat adapted crop. If sowing outdoors wait until the soil temperature warms to at least 21°C. to avoid poor germination. Fruits don't ripen after they are picked, so harvest time is important. Thump it. If the watermelon sounds hollow, it's ripe.

Planting depth	Thousand seed weight	No. of plants per m²	Germination temperature	Distance	
3 cm	95-180 g	1	18-20 °C	1x1 m	Courgette
2 cm	20-25 g	2	23-26 °C	100x50 cm	Cucumber
0,5-1 cm	3-5 g	2-3	23-26 °C	75x50 cm	Eggplant
2-3 cm	25-50 g	2	23-26 °C	100x50 cm	Melon
0,5-1 cm	5-8 g	2-3	20-24 °C	75x50 cm	Pepper
2-3 cm	60-240 g	1-2	20 °C	100x50 cm	Pumpkin
0,5-1 cm	1-1,6 g	3	20-24 °C	70x50 cm	Tomatillo/Physalis
0,5-1 cm	2-4 g	2-3	20-24 °C	100x50 cm (outside) 70x50 cm (greenhouse)	Tomato
3-5 cm	100-300 g	6-10	18-20 °C	60x20 cm	Sweet Corn
2-3 cm	45-75 g	2	23-26 °C	100x50 cm	Watermelon

SOWING CALENDAR

- 
DIRECT SOWING


TRANSPLANTING
- 
IN POTS SOWING


HARVEST
- 
VARIETY ALSO SUITABLE FOR PROFESSIONAL USE
- 
VARIETY AVAILABLE ONLY ONLINE

COURGETTE



FR052



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



MAR TO JUN
FEB TO MAY

MAR TO JUN
JUN TO OCT

ALBERELLO / *Cucurbita pepo* L.

Delightful tasting courgette, gently curved, cylindrical and with a slightly marbled skin. Bush variety with generous and early growth.

COURGETTE



FR053



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



MAR TO JUN
FEB TO MAY

MAR TO JUN
JUN TO OCT

BLACK BEAUTY / *Cucurbita pepo* L.

These prolific courgettes produce beautiful dark-skinned fruits, delicious when harvested young. Harvesting the fruits on time stimulates fruit production.

COURGETTE



FR077



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



MAR TO JUN
FEB TO MAY

MAR TO JUN
JUN TO OCT

DI NIZZA / *Cucurbita pepo* L.

This is a delicious variety of French origin. A courgette that is easy and fast to grow, has a refreshing flavor and is rich in vitamin A. It produces green colored fruits and white pulp with a cylindrical / round shape which makes it ideal for filling.

COURGETTE



FR023



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



MAR TO JUN
FEB TO MAY

MAR TO JUN
MAY TO OCT

ZUBODA / *Cucurbita pepo* L.

Non-trailing with green, slightly marbled, long fruits with a small seed cavity. Start harvesting six weeks after planting. Early and good cropper.

MARKETMORE / *Cucumis sativus* L.

Well known, robust variety. Yields short thick cucumbers without bitterness.

CUCUMBER

FR062

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



MAR TO JUN
FEB TO APR

MAR TO MAY
JUN TO SEP

**TANJA** / *Cucumis sativus* L.

Good yielding, mixed flowering variety for open air cultivation (outdoor cucumber). The fruits are dark green when harvested young, slim around 20-25 cm long. Slightly prickly. Not bitter.

CUCUMBER

FR030



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



MAR TO JUN
FEB TO APR

MAR TO MAY
JUN TO SEP

**BLACK BEAUTY** / *Solanum melongena* L.

Classic and very productive eggplant variety with dark, big, wide shaped fruits. Variety well adapted to a hot and dry climate.

EGGPLANT

FR003

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



MAR TO JUN
FEB TO MAY

MAR TO JUN
JUN TO NOV

**LISTADA DE GANDIA** / *Solanum melongena* L.

Small aubergine, perfect for growing either in a pot or in the garden. These compact plants yield small (but delicious!) striped fruits, approximately 10 to 15cm long. 60 days from transplant to harvest. Grows well in both cool and hot climates.

EGGPLANT

FR046

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



MAR TO JUN
FEB TO MAY

MAR TO JUN
MAY TO NOV



EGGPLANT



FR054



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB TO MAY



MAR TO JUN
JUN TO NOV

TSAKONIKI / *Solanum melongena* L.

Beautiful violet and white striped aubergine. Produces long cylindrical fruits, with a delicious mild flavour, growing up to 22 cm. Generous and reliable growth.

EGGPLANT



FR075



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB TO MAY



MAR TO JUN
JUN TO NOV

VIOLETTA LUNGA 2 / *Solanum melongena* L.

Robust and very productive aubergine. Produces long elongated deep violet fruits, with prolonged growth. Delicious, firm fleshed and easy to peel.

EGGPLANT



FR005



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB TO MAY



MAR TO JUN
JUN TO NOV

WHITE EGG / *Solanum melongena* L.

Visually striking, white, egg shaped aubergine. Produces attractive white fruits which although they tend to be smaller, have a delicate flavour with a creamy white texture.

MELON



FR005



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



APR TO JUN
MAR TO MAY



APR TO JUN
JUN TO SEP

BRANCO DO RIBATEJO / *Cucumis melo* L.

The national favourite! This very productive traditional Portuguese variety produces oval shaped honey melons with sweet white flesh. Each fruit weighs around 3 to 4 kg.

MANUEL ANTÓNIO / *Cucumis melo* L.

A traditional Portuguese melon variety kept alive by the municipality of Alpiarça and notably by Sr. Manuel António. Melon with white pulp, fruits averaging 3-4 kg. They must be harvested at the right point of maturation - early picking stunts the sweetness and freshness. Savour the tradition!

FR019



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

**MELON**

APR TO JUN
MAR TO MAY

APR TO JUN
JUL TO SEP

**PELE DE SAPO** / *Cucumis melo* L.

Classic melon variety from Spain. Strong ground covering plants which yield sweet white fleshed melons good for storing. The green skinned ripe fruits weigh around 2 kg.

FR015



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

**MELON**

APR TO JUN
MAR TO MAY

APR TO JUN
JUL TO SEP

**TENDRAL NEGRO** / *Cucumis melo* L.

A green melon, traditionally from both Portugal and Spain. Also known as the Christmas melon since the fruits can be stored for a very long time and are consumed in winter. Melons should only be transplanted after the last frost and will need a full sun position.

FR057



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

**MELON**

APR TO JUN
MAR TO MAY

APR TO JUN
JUL TO SEP

**PETIT GRIS DE RENNES** / *Cucumis melo* L.

A small melon of the perfect size for a snack or dessert. French variety with a sweet orange flesh, good for storing.

FR014



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

**MUSKMELON**

APR TO JUN
MAR TO MAY

APR TO JUN
JUL TO SEP



MUSKMELON



FR060



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

RETATO DEGLI ORTOLANI / *Cucumis melo* L.

Tuscan heirloom melon. Meltingly sweet and fragrant, rich orange flesh with a golden rind. Very productive, medium size, best sown in warm conditions.

☀️ APR TO JUN
🌱 MAR TO MAY

☀️ APR TO JUN
🌱 JUL TO SEP



PEPPER



FR068

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

CORNO DI TORO GIALLO / *Capsicum annuum* L.

Radiant yellow long conical fruits. Strong growth with fruits between 17-20 cm, weighing up to 150 g. Ripens dark green to yellow. Shade is recommended.

☀️ FEB TO MAY

☀️ APR TO JUN
🌱 JUL TO SEP



PEPPER



FR069

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

CORNO DI TORO ROSSO / *Capsicum annuum* L.

Delicious sweet long red conical peppers. High yield of between 17-20 cm long fruits weighing up to 200 g. Ripens dark green to red. Shade is recommended.

☀️ FEB TO MAY

☀️ APR TO JUN
🌱 JUL TO SEP



PEPPER



FR025



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

DE CAYENNE / *Capsicum annuum* L.

Hot chilli pepper with 10-12 cm long, slim, green fruits. Ripens to red. About 60 cm high. Medium hot.

☀️ FEB TO MAY

☀️ APR TO JUN
🌱 JUL TO SEP



PADRÓN / *Capsicum annuum* L.

Old Spanish pepper variety from Galicia. Generous yield best picked when small with approximately 5 cm, bright to yellowish green. Elongated in shape, generally mild but known for occasionally being spicy! Customarily served fried in olive oil as tapas.

PEPPER



FR067



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB TO MAY



APR TO JUN

JUL TO SEP

PIQUILLO / *Capsicum annuum* L.

A Spanish variety from the region of Navarra, with conical fruits and a thick, smooth skin. The fruits are about 7 cm long and 50 to 60 g in weight. They have an intense red color and the inside is crunchy and juicy and its fruity flavor, slightly spicy and sweet. They are often found in preserves and used in tapas, but they are especially delicious grilled: they become tender as well as fleshy and the flavor acquires an unmistakable sweetness.

PEPPER



FR080

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB TO MAY



APR TO JUN

JUL TO SEP



Physalis peruviana L.

Vigorous growing shrub with bright yellow orange fruits. Provides sweet, sometimes mildly tart, berries. In warmer climates shrubs can survive over winter. Extra large fruited variety.

PHYSALIS



FR078

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



MAR TO APR



APR TO MAY

SEP TO NOV

BUTTERNUT WALTHAM / *Cucurbita moschata* Duchesne

A trailing kitchen squash with a remarkable pear shape. Fine nutty taste matures late and stores well. Weighing between 1,5-2 kg.

PUMPKIN



FR022

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



APR TO JUN

FEB TO APR



APR TO MAY

JUL TO OCT



PUMPKIN



FR064



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

GREEN HOKKAIDO / *Cucurbita maxima* Duchesne

Round, broad and green Hokkaido squash with yellow flesh with nutty flavour. Very suitable for all kinds of dishes and soups. The fruits weigh 1 to 1,5 kg and store well. High and early yielding. Best sown in early spring, in trays or directly in the soil. Best results in fertile soil.

APR TO JUN
FEB TO APR

MAR TO MAY
JUL TO OCT



PUMPKIN



FR084

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

JACK O'LANTERN / *Cucurbita pepo* L.

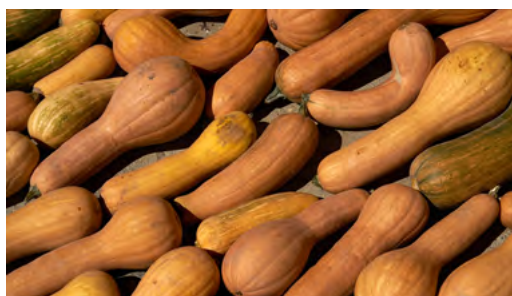
Classic pumpkin variety, very productive, perfect for making Halloween decorations. The fruits weigh about 3 kg. The colour of its skin turning orange is an indicator of the ideal time for harvest. It can be used in the kitchen in various ways and can be kept for about 4 months. Its cultivation cycle is about 100 days, requiring frequent watering for correct plant development.

APR TO JUN
FEB TO APR

MAR TO MAY
JUL TO OCT



PUMPKIN



FR010

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

LONGUE DE NICE / *Cucurbita moschata* Duchesne

French squash variety with long narrow fruits. Matte orange skin when mature with an intense orange flesh. The young, immature fruits can be eaten as courgettes. Delicious sweet flavour, good for roasting, stews and in soups. Can weigh up to 8 kg.

APR TO JUN
FEB TO APR

MAR TO MAY
JUL TO OCT



PUMPKIN



FR021



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

MUSCAT DE PROVENCE / *Cucurbita moschata* Duchesne

Trailing, vigorous variety with dark green, round and ribbed fruits which develop a yellow grey shimmer as they ripen. Orange/red fleshed fruits, weighing between 5-10 kg. Slow growing should not be harvested too early in Autumn. Thrives in warmer climates.

APR TO JUN
FEB TO APR

MAR TO MAY
JUL TO OCT



PLEINE DE NAPLES / *Cucurbita moschata* Duchesne

A sweet tasting squash, with excellent flavour. Produces green skinned fruits, with orange flesh and good storability. Can reach up to 80 cm in length and weigh up to 10 kg.

FR051



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



PUMPKIN



APR TO JUN
FEB TO APR

MAR TO MAY
JUL TO OCT

RED KURI / *Cucurbita maxima* Duchesne

Broad, round, orange Hokkaido squash with yellow flesh and nutty flavour. High yielding and stores well.

FR020



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



PUMPKIN



APR TO JUN
FEB TO APR

MAR TO MAY
JUL TO OCT

ROUGE VIF D'ETAMPES / *Cucurbita maxima* Duchesne

An heirloom variety of squash. Produces broad, flat orange/red fruits with vivid orange flesh. Excellent for roasting but also good in soups. On average, weighing between 5-25 kg. In Southern regions it ripens extremely early.

FR009

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



PUMPKIN



APR TO JUN
FEB TO APR

MAR TO MAY
JUL TO OCT

SWEET DUMPLING / *Cucurbita pepo* L.

Vigorous variety of pumpkin that produces small fruits of about 300 g in weight and 12 cm in diameter. These fruits have a white color with denounced dark green furrows, their pulp being orange. Its taste is very sweet and can be used in various dishes. This variety was used in the American continent as part of the three sisters, being grown together with corn and beans.

FR085



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



PUMPKIN



APR TO JUN
FEB TO APR

MAR TO MAY
JUL TO OCT



PUMPKIN



FR058

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



APR TO JUN
FEB TO APR

MAR TO MAY
JUL TO OCT

TROMBETTA DI ALBENGA / *Cucurbita moschata* Duchesne

Italian heirloom variety of squash. Vigorous climbing vine, with lime green fruits. Can reach between 30-38 cm in length and weigh up to 2-4 kg. Can be left to mature and harvested when a matte orange colour. Curvaceous trombone shape, with a firm texture and a hint of nutty flavour.

PUMPKIN



FR079



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



APR TO JUN
FEB TO APR

MAR TO MAY
JUL TO OCT

VEGETABLE SPAGHETTI / *Cucurbita pepo* L.

A vigorous variety of pumpkin which's flesh turns into spaghetti-like strands when cooked. Ideal as a healthy and tasty alternative to spaghetti.

SWEET CORN



FR901



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



APR TO JUN
FEB TO APR

MAR TO MAY
JUL TO SEP

GOLDEN BANTAM / *Zea mays* L. *saccharata* Koern

A very productive classic sweet corn variety. Sowing should be done in parallel lines in order to help pollination and ensure that the ears are filled with grain. The ears have a sweet and full flavor and can be eaten fresh or stored for later consumption.

SWEET PEPPER



FR001



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



APR TO JUN
FEB TO MAY

MAR TO MAY
JUL TO SEP

ALBAREGIA / *Capsicum annuum* L.

White variety which turns orange when ripe. Great to eat fresh. Early yielding and well suited for cooler regions of the Mediterranean.

PUSZTAGOLD / *Capsicum annuum* L.

Fast-growing variety, compact plants, potentially able to grow in pots. Taste improves with maturation.

SWEET PEPPER

FR033

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB TO MAY



APR TO JUN

JUL TO SEP

**QUADRATO D'ASTI GIALLO** / *Capsicum annuum* L.

An excellent tasting smooth yellow pepper. Has a medium to thick skin and will weigh up to 200 g. Ripens green to a deep yellow. Grows well outdoors in warm conditions.

SWEET PEPPER

FR065



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB TO MAY



APR TO JUN

JUL TO SEP

**QUADRATO D'ASTI ROSSO** / *Capsicum annuum* L.

A strong aromatic pepper with a sweet spicy taste. Gives a good yield of large stocky peppers, well going around 200 g. Medium to late pepper, ripening from dark green to red. Grow outdoors in warm conditions.

SWEET PEPPER

FR066

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB TO MAY



APR TO JUN

JUL TO SEP

**SWEET CHOCOLATE** / *Capsicum annuum* L.

Early pepper variety with a very characteristic bushy growth. Produces big fruits with a dark skin and sweet flavour.

SWEET PEPPER

FR017



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB TO MAY



APR TO JUN

JUL TO SEP



TOMATILLO



FR036

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

GREEN TOMATILLO / *Physalis philadelphica* L.

An exotic crop from Mexico. Sweet and sour fruits that can be used in salsas and Mexican dishes. Beautiful ornamental plant. Support not necessary. Green fruited variety.



FEB TO MAY

MAR TO JUN
JUL TO OCT

TOMATILLO



FR037

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

PURPLE TOMATILLO / *Physalis philadelphica* L.

An exotic crop from Mexico. Sweet sour fruits can be used in salsas and Mexican dishes. Beautiful ornamental plant. Support not necessary. Purple-fruited variety.



FEB TO MAY

MAR TO JUN
JUL TO OCT

TOMATO



FR050



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

ACE 55 VF / *Solanum lycopersicum* L.

Good all-round tomato with a generous yield of fruit. Thick-skinned, strong fruits with a rich red colour, weighing up to 170 g. Mid-late determinate tomato, suitable for professional fresh market production.



FEB TO MAY

MAR TO JUN
JUL TO OCT

TOMATO



FR038



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

ANDINE CORNUE / *Solanum lycopersicum* L.

Very productive, long, horn shaped paste tomato. The fruits have thick flesh and few seeds. Variety suitable for sauces, drying and also salads. Yielding many long fruits weighing between 100 to 280 g each. French variety, indeterminate plants which need support.



FEB TO MAY

MAR TO JUN
JUL TO OCT

BANANA LEGS / *Solanum lycopersicum* L.

A long yellow xuxa type tomato. The flavour is at its best when used to make sauces. Very productive, with sprawling vines which do not need support. Mid-season ripening variety.

FR002

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

**TOMATO**

FEB TO MAY

MAR TO JUN
 JUL TO OCT

**BERKELEY TIE DYE** / *Solanum lycopersicum* L.

Variety of high quality tomatoes, the fruits being large in size, striped in brown, with very thin skin and a very good flavor. Pruning is necessary during the cultivation cycle in order to obtain good yields.

FR115



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

**TOMATO**

FEB TO MAY

MAR TO JUN
 JUL TO OCT

**BLACK CHERRY** / *Solanum lycopersicum* L.

A black cherry tomato with a sweet flavour and vigorous growth. This early variety needs support and performs well under hot conditions. Dare yourself to try a new colour!

FR004



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

**TOMATO**

FEB TO MAY

MAR TO JUN
 JUL TO OCT

**CHERRY MIX** / *Solanum lycopersicum* L.

This beautiful mix contains 5 varieties of cherry tomato: Galina (Yellow), Miel du Mexique (Red), Green Grape (Green), Black Cherry (Black) and Snowberry (White). Some of these varieties are exclusive to the mix. All of them may be cultivated pruned (to ensure a good airflow in humid conditions) or unpruned.

FR091



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

**TOMATO**

FEB TO MAY

MAR TO JUN
 JUL TO OCT



TOMATO



FR008



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB TO MAY



MAR TO JUN

JUL TO OCT

CORACÃO DE BOI / *Solanum lycopersicum* L.

National favourite! A beautiful ox-heart tomato with incredible flavour and texture. This late-ripening variety produces big fruits, weighing on average 200 g. Plants need support to grow healthily.

TOMATO



FR043



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB TO MAY



MAR TO JUN

JUL TO OCT

CUBAN YELLOW CHERRY / *Solanum lycopersicum* L.

Variety of cherry tomatoes of indeterminate growth, with vigorous plants and high yields. Its fruits have an oval shape of yellow color, being sweet and quite tasty. Perfect for salads and snacks.

TOMATO



FR070



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB TO MAY



MAR TO JUN

JUL TO OCT

DORENIA / *Solanum lycopersicum* L.

Vigorous indeterminate plum tomato. Gives a good yield of oval strong skinned split resistant tomato. Rich and fruity flavour weighing between 60-70 g. Good for amateur gardeners or seedling plant production.

TOMATO



FR041



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB TO MAY



MAR TO JUN

JUL TO OCT

FLORADADE / *Solanum lycopersicum* L.

Tomato variety with long storage potential. Average fruit weighs 140 g. Great for salads and sandwiches. Mid to late ripening, determinate plants, do not need support.

GALINA / *Solanum lycopersicum* L.

Cherry tomato with a very early cycle. Especially suited to cooler climates. The potato-leaved plants bear many sweet yellow cherry tomatoes which are ideal to give colour to your salads and dishes. Variety low in acidity. Each fruit weighs around 20 g.

TOMATO



FR088



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB TO MAY



MAR TO JUN



JUL TO OCT

GREEN GRAPE / *Solanum lycopersicum* L.

The Green Grape tomato is an old variety originating in the US. The fruits are produced in clusters, have translucent peel and lime green pulp. It is a productive variety and the plants can reach between 80 to 100 cm in height, with each cluster between 6 to 9 fruits with 18 to 25 g each. This variety has become popular in restaurants and markets due to its unique look and its sweet and aromatic flavor. Great for snacking!

TOMATO



FR063



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB TO MAY



MAR TO JUN



JUL TO OCT

GREEN ZEBRA / *Solanum lycopersicum* L.

This classic variety ripens early and is very productive. The plants need support and yield many yellow/green striped tomatoes, weighing on average 90 g. It has a slightly sweet, acidic flavour.

TOMATO



FR102



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB TO MAY



MAR TO JUN



JUL TO OCT

LA CAROTINA / *Solanum lycopersicum* L.

This is a variety of tomatoes quite resistant to diseases, producing fruits weighing 200 to 250 g. Its fruits have a fruity flavor, succulent and with a very fragrant aroma. Excellent flavor both raw and cooked. You can harvest the first tomatoes 4 to 5 months after sowing.

TOMATO



FR116



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB TO MAY



MAR TO JUN



JUL TO OCT



TOMATO



FR044



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

LIGURIA / *Solanum lycopersicum* L.

Tomato variety from Italy with big ribbed fruits in the shape of a big wide pear. Very good for sauces, sandwiches or salads. Good intense tomato flavour and high yielding variety. Each fruit weighs between 150 - 200 g. Mid season ripening. Indeterminate plants that need support.



FEB TO MAY



MAR TO JUN
JUL TO OCT



TOMATO



FR026



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

MATINA / *Solanum lycopersicum* L.

Earliest of outdoor tomatoes, also suitable for protected cultivation. Potato leaved variety with medium large, glowing red and burst proof fruits. Recommended for seedling production. Good for amateur gardeners.



FEB TO MAY



MAR TO JUN
JUL TO OCT



TOMATO



FR045



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

MIEL DU MEXIQUE / *Solanum lycopersicum* L.

Cherry tomato with extremely sweet red fruits. These healthy plants are suitable for both hotter and cooler climates. This variety produces long flower trusses on which new cherry tomatoes keep ripening over time. Each fruit weighs around 20 g each.



FEB TO MAY



MAR TO JUN
JUL TO OCT



TOMATO



FR083



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

OXHEART BLACK / *Solanum lycopersicum* L.

Tomato variety with large dark brown oxheart shaped fruit. Very good flavour, with smooth and soft texture. Needs to be pruned for best production.



FEB TO MAY



MAR TO JUN
JUL TO OCT



OXHEART ORANGE / *Solanum lycopersicum* L.

An orange version of the classic oxheart tomato. Very thick flesh and few seeds. Good flavour. Indeterminate plants, need support.

FR040



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

**TOMATO**

MAR TO JUN
JUL TO OCT

**OXHEART STRIPED** / *Solanum lycopersicum* L.

Tomato variety with large orange red striped oxheart shaped fruit. Very good flavour, crispy juicy fruits. Needs to be pruned for best production.

FR082



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

**TOMATO**

MAR TO JUN
JUL TO OCT

**PRINCIPE BORGHESE** / *Solanum lycopersicum* L.

An old Italian variety, very suitable for drying and storing over winter. Very productive and healthy plants, that do not need support for growing. Produces intensely red tomatoes that weigh between 30 to 60 g each.

FR016



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

**TOMATO**

MAR TO JUN
JUL TO OCT

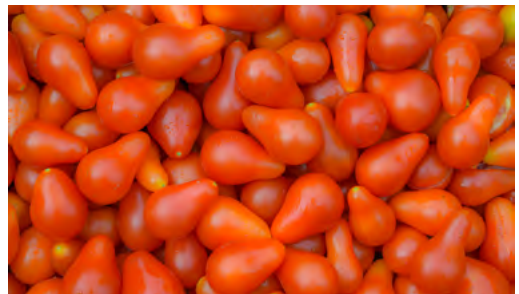
**RED PEAR** / *Solanum lycopersicum* L.

An heirloom variety of tomato with red pear-shaped fruits. Visually distinctive, producing small tasty fruits with a tangy flavour. Ideal for snacking or in salads. Indeterminate tomato with medium sized plants.

FR072



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

**TOMATO**

MAR TO JUN
JUL TO OCT



TOMATO



FR073



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

ROMA VF / *Solanum lycopersicum* L.

A delicious fresh-tasting plum tomato. Gives juicy fruits which are almost seedless, so it is ideal for preserving. A heavy cropping determinate variety.



FEB TO MAY

MAR TO JUN
JUL TO OCT

TOMATO



NEW

FR071



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

ROTKÄPPCHEN / *Solanum lycopersicum* L.

Good container, compact bush variety of plum tomato. MAI benefit from pinching out the side shoots if necessary. Determinate tomato, good for amateur gardeners or seedling plant production.



FEB TO MAY

MAR TO JUN
JUL TO OCT

TOMATO



NEW

FR032



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

SNOWBERRY / *Solanum lycopersicum* L.

Open pollinated traditional tomatoes, very productive, with the harvest occurring 75 days after transplanting. Of indeterminate growth, it needs support to grow well and form vigorous plants. Its fruits are oval-shaped and cherry-sized, cream yellow on the outside and white-fleshed, with a sweet, fruity and slightly acid flavor.



FEB TO MAY

MAR TO JUN
JUL TO OCT

TOMATO



FR047



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

UC 105 J / *Solanum lycopersicum* L.

Productive xuxa type tomato great for sauces and canning. Firm fruits on average weighing 90 g. Determinate plants, do not need support.



FEB TO MAY

MAR TO JUN
JUL TO OCT

YELLOW SUBMARINE / *Solanum lycopersicum* L.

A yellow cherry tomato well suited for colder regions of the Mediterranean area. The potato leafed plants have open growth and need support. A high yielding and early variety with a fresh sweet and sour flavour.

TOMATO

FR018



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB TO MAY



MAR TO JUN

JUL TO OCT

**CRIMSON SWEET** / *Citrullus lanatus*

Beautiful striped watermelon with a sweet taste and fine structure. The inner colour is a light pink. Each fruit weighs between 5 and 10 kg.

WATERMELON

FR007



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



APR TO JUN

APR TO JUN



APR TO JUL

JUL TO OCT

**KLONDIKE RS 57** / *Citrullus lanatus*

Elongated, sweet watermelon which weighs between 10 and 13 kg. Resistant against Fusarium. Our team's favourite watermelon in terms of taste.

WATERMELON

FR013



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



APR TO JUN

APR TO JUN



APR TO JUL

JUL TO OCT

**SUGAR BABY** / *Citrullus lanatus*

Heirloom variety of watermelon. Dark green rind with bright red flesh. Super sweet, small, and easy to cultivate. Early season watermelon, harvest when rind changes from bright to a dull green. Ranging from 2 to 4,5 kg.

WATERMELON

FR074



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



APR TO JUN

APR TO JUN



APR TO JUL

JUL TO OCT



LEGUMINOUS CROPS

planting tips:

Broad Bean

Bean crop for winter production, best sown in autumn to avoid aphids. Choose a sheltered spot, and position away from strong winds. Sown in November, seeds will germinate within two to four weeks and young plants should overwinter and recommence growth as soon as conditions are favourable in spring. Sow repeatedly to have a longer season.



Green Bean



Bean crop best suited to milder climates, as its flowers will drop at high temperatures. Best sown when soils have warmed, after last frost. Bush beans spread out horizontally while pole beans need to climb vertically, needing support. Bush beans generally require less maintenance and are easier to grow, but pole beans typically yield more beans and are mostly disease-resistant.


Pea


Peas grow well in autumn and spring. There are varieties for both pod and pea consumption and there exist climbing and creeping varieties. As with other legumes, peas will fix nitrogen in the soil, making it available for other plants. They are a great companion plants!

	Planting depth	Thousand seed weight	No. of plants perm ²	Germination temperature	Distance
Broad Bean	5-8 cm	1300-1600 g	15-20	5-10 °C	60x10 cm
Green Bean	2-3 cm	100-550 g	30-35	18-25 °C	50x10 cm
Pea	3-5 cm	180-250 g	80	13-18 °C	40x3 cm

 **DIRECT SOWING**
 **TRANSPLANTING**

 **IN POTS SOWING**
 **HARVEST**

 **VARIETY ALSO SUITABLE FOR PROFESSIONAL USE**

 **VARIETY AVAILABLE ONLY ONLINE**

SOWING CALENDAR

DO ALGARVE / *Vicia faba* L.

Typical broad bean from the south of Portugal. Characterized by a tall growing habit and large pods and beans. In mild climates can easily be planted in autumn, otherwise in spring.

BROAD BEAN



LE007



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



SEP - JAN



MAR - JUN

GREEN HANGDOWN / *Vicia faba* L.

Green seeded mid-season hardy variety. 4-5 medium sized beans produced in a long hanging pod. Beans remain tender and green when cooked.

BROAD BEAN



LE003



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



SEP - JAN



MAR - JUN

SUPERAGUADULCE / *Vicia faba* L.

An easy to grow heirloom variety originating from Spain. Hardy, long pod cultivar, ranging from 15-17 cm. Produces creamy broad beans, delicious when eaten either fresh or dry.

BROAD BEAN



LE008

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



SEP - JAN



MAR - JUN

PRINCIPE / *Cicer arietinum* L.

Versatile, graceful plant, with pinnate foliage and beautiful white ribbed flowers. Distinctive nutty flavor and very good storage capacity. It can be sown outdoors or under protection to anticipate the harvest. They require little attention beyond the occasional weeding or hoeing and are quite drought tolerant. The chick-pea is one of the more nutritious members of the bean family - rich in protein, calcium, iron and B vitamins.

CHICKPEA



LE015

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB - APR



AUG - OCT



DRY BEAN



NEW

LE009

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

CATARINO / *Phaseolus vulgaris* L.

Traditional very productive variety of dry beans. Determinate plant not suitable for very hot climates. Being a leguminous crop, it is not demanding in terms of soil, and can adapt to various conditions. In the kitchen it's used in many dishes, remaining firm when cooked, with a creamy texture and a mild flavour.

APR - JUN
☀️ 🌱

AUG - OCT
🌿 🌱



DRY BEAN



NEW

LE013

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

ENCARNADO / *Phaseolus vulgaris* L.

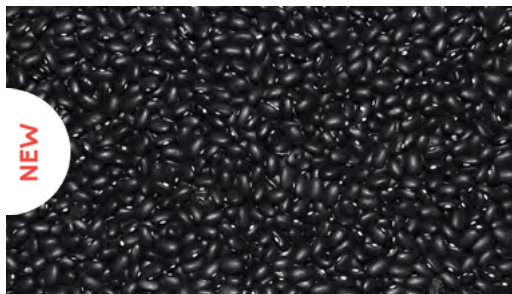
Traditional variety of determinate dry beans. Not good to grow in very hot climate. It is not demanding in terms of soil, being a leguminous plant, it does not need nitrogen fertilization. Providing protein, fiber, vitamins and minerals it's a very valuable element in various diets.

APR - JUN
☀️ 🌱

AUG - OCT
🌿 🌱



DRY BEAN



NEW

LE016

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

PRETO / *Phaseolus vulgaris* L.

Traditional rustic and very productive determinate dry bean, not to be grown in very hot climates. Nitrogen fixer, not demanding in terms of soil, but to the contrary it improves soil for the next crop. Highly prized for culinary use due to being an excellent source of protein, fiber, vitamins and minerals.

APR - JUN
☀️ 🌱

AUG - OCT
🌿 🌱



GREEN BEAN



NEW

LE024

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

CAPITANO / *Phaseolus vulgaris* L.

A dwarf flat bean, its pods are yellow in color, 15 cm long and very tasty. It is a short growing variety, being suitable for both mechanical and manual harvesting.

MAR - JUL
☀️ 🌱

MAY - OCT
🌿 🌱



COBRA / *Phaseolus vulgaris* L.

Mid-early variety, with a cultural cycle of 81 days, producing attractive, stringless light green pods, with slow-to develop black seeds. Suitable for both greenhouse and outdoor production.

GREEN BEAN



LE025



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



MAR - JUL
☑

☑ MAY - OCT

COMPASS / *Phaseolus vulgaris* L.

This dwarf French bean variety forms plants about 50 cm high, with a growing time of about 72 days. The tasty stringless pods are long (12-14 cm), very thin and uniform, dark green in color. Uniform maturation time allows to harvest all the pods in the same time. This variety is resistant to the mosaic virus, *Pseudomonas syringae* and anthracnose.

GREEN BEAN



LE026



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



☑ APR - JUN
☑

☑ JUN - SEP

DIOR / *Phaseolus vulgaris* L.

Wax bean with short plants, not needing support. Harvesting is quite early and can be done at once. Its pods are yellow in color, very uniform in terms of size. Distributed on the outside of the plant's foliage, the pods are very easy to pick.

GREEN BEAN



LE033



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



☑ APR - JUN
☑

☑ JUN - SEP

FARADAY / *Phaseolus vulgaris* L.

French bean variety that forms plants about 50 cm high, with 13-14 cm long pods. The pods are stringless, green in colour and have excellent flavor. The growing time of the variety is of 71-72 days, with a long picking period and good shelf life, being suitable both for fresh sales and processing. It has a good *Botrytis* tolerance and resistance to the mosaic virus, *Pseudomonas syringae* and anthracnose.

GREEN BEAN



LE028



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



☑ APR - JUN
☑

☑ JUN - SEP



GREEN BEAN



LE029



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

GOLDEN GATE / *Phaseolus vulgaris* L.

Climbing flat yellow bean with 2 m high plants, with an open habit. Semi-early variety, with a growing period of 90 days, suitable for greenhouse and outdoor production.

MAR - JUL

JUN - OCT



GREEN BEAN



LE021



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

HELDA / *Phaseolus vulgaris* L.

Very widely grown variety with climbing growth habit, producing long, flat green pods. Harvesting twice a week and removing too thick pods keeps the plants vigorous and productive. It can be grown either outdoors or in a greenhouse, needing tutoring in both cases. Being a leguminous plant, it does not have great fertilization needs.

MAR - JUL

JUN - OCT



GREEN BEAN



LE004

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

MARONA / *Phaseolus vulgaris* L.

Marona is a long podded, round shaped variety. Pod length 17-18 cm. Climbs freely. Early high yielder. Suitable for indoor production. Produces good yields even in dry conditions.

MAR - JUL

MAY - OCT



GREEN BEAN



LE010



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

NECKARKÖNIGIN / *Phaseolus vulgaris* L.

Climbing variety, requiring the use of tutors, which produces about 20 cm long, fleshy, thick pods, that stay tender for a long time, allowing an extended harvesting period. Early variety, growing period of about 65 days between sowing and the beginning of the harvest. Prefers places with good sun exposure and does not require fertilization. The formation of superficial crust after sowing should be avoided in order to facilitate the emergence of plants.

MAR - JUL

MAY - OCT



AMBROSIA / *Pisum sativum* L.

A productive, easy to cultivate mangetout variety that develops large mid green pods filled with delicious, sweet, round seeds. Bush bean, growing up to 70 cm in height, no support necessary. To be eaten whole, both raw and cooked or fried. Delicious to combine with other sautéed vegetables!

LE002



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

**PEAS**

OCT - MAR



MAR - JUN

**HERAUT** / *Pisum sativum* L.

Early climbing pea variety, requiring support for proper development. It forms broader and firmer pods than normal in other varieties and can be eaten raw when picked young and still flat (mangetout). Being a leguminous crop, it does not have great demands in terms of fertilization.

LE023

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

**PEAS**

OCT - MAR



MAR - JUN

**KELVEDON WONDER** / *Pisum sativum* L.

Early maturing, short variety with long dark green pods. Heavy cropping and resilient.

LE001



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

**PEAS**

OCT - MAR



MAR - JUN

**SWEET HORIZON** / *Pisum sativum* L.

A popular, well-flavored, early maturing pea with climbing growth habit. It grows to around 45 cm tall, making it excellent for container growing and smaller gardens. A very good companion to plant with cucumbers, turnips or carrots.

LE005



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

**PEAS**

OCT - MAR



MAR - JUN



LEAF AND BRASSICA CROPS

planting tips:

Asian Green

Quick growing leafy greens with both spicy and mild varieties. Grows well in cold and hot weather, tends to bolt when there are big differences in temperatures.

Broccoli

Growth similar to that of cabbages, but less tolerant of winter conditions. Some varieties do not form large heads but a large number of small shoots. The Rasmus variety is recommended for growing large heads. Once you harvest the main head of a broccoli plant, it will often keep producing smaller side shoots that can be enjoyed for months to come.

Brussels Sprouts

Best sown slightly earlier than other cabbage varieties, needs longer growing period for optimal harvest.

Cabbage

Easy to grow and hardy, garden-grown cabbage is a nutritious and rewarding gardening project. The ideal sowing time for all types of cabbage is in late summer, starting its growth in the last height of heat and developing mature plants over the winter. Later sowing will result in very slow growth during the cooler months.

Cauliflower

The most challenging to grow cabbage type. Break or fold some of the larger leaves over the head when it is about the size of a large egg to block the light and keep the head white.

Chard

Low maintenance crop. Can be cultivated all year round except from the hottest and coldest months. Having a tendency to bolt if it gets too hot or water supply is irregular. Sow seeds every few weeks for a continuous crop that'll see you through the winter months.

Corn Salad

Corn salad is remarkably hardy and perfect for winter cultivation. Plants require little care and grow in almost any soil. Sow densely and in quantity as the plants will stay small. Sow repeatedly to have a continuous harvest.

Kohlrabi

Similar in terms of cultivation to other cabbages. Best harvested small, oversized bulbs can get woody and will not taste as good any more. Sow multiple times to have continuous harvest.

Lettuce

Lettuce grows year round but performs best outdoors during spring, early summer, late summer and autumn. In regions with a milder climate you can also grow during winter. Lettuce does not compete well with weeds. Before you plant, ensure the ground is prepared. Rotating locations from year to year helps control most diseases. Closely spaced plants will help control weeds.

Rocket

Rucula and its family members grow also wild in Portugal and Spain. Best sown in autumn or spring. Sowing in a straight line allows you to identify where your rocket seedlings are, and which are the weed seedlings to pick off. Harvest the young leaves as you need them, and you will enjoy rich pickings for weeks. Sow every two weeks throughout spring and summer for a continuous supply.

Spinach

Spinach is best sown directly in the soil in autumn. It is easy to cultivate, develops quickly and allows for multiple harvests. It needs frequent watering to prevent bolting.

Planting depth	Thousand seed weight	No. of plants per m ²	Germination temperature	Distance	
1-2 cm	1-2,5 g	500	15-20 °C	20x1 cm	Asian Green
1 cm	3-5 g	4	15-20 °C	50x50 cm	Broccoli
1 cm	3,3 g	2,5-3	15-20 °C	75x50 cm	Brussels Sprouts
1 cm	3-4 g	2,5-3	15-20 °C	65x50 cm	Cabbage
1 cm	3 g	2,5-3	15-20 °C	65x50 cm	Cauliflower
3 cm	10-20 g	10	15-20 °C	25x25 cm	Chard
1 cm	0,9-5 g	500	10-15 °C	20x1 cm	Corn Salad
1 cm	4,2 g	12-16	18-20 °C	25x25 cm	Kohlrabi
0,5 cm	1 g	12-16	15-20 °C	25x25 cm	Lettuce
1 cm	1,8 g	400	15-20 °C	25x1 cm	Rocket
3 cm	13-15 g	10	13-20 °C	30x15 cm	Spinach

SOWING CALENDAR



DIRECT SOWING



TRANSPLANTING



IN POTS SOWING



HARVEST



VARIETY ALSO SUITABLE FOR PROFESSIONAL USE



VARIETY AVAILABLE ONLY ONLINE

ASIAN GREEN



NEW

FO025



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



ASIA MIX

Mix of various varieties of Asian greens. Contains Mizuna, Red Giant, Tatsoi, Pak Choi and Rouge de Metis. A mixture with a pleasant spicy flavour, with the possibility of several harvests. Exact mixture depends on the availability of the seeds.

FEB - JUN /
SEP - NOV
SEP - JUN

OCT - JUL
JAN - DEC



ASIAN GREEN



NEW

FO017



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

GOLDEN FRILLS / *Brassica juncea* (L.) Czern.

Quick growing Asian mustard green with light green finely toothed leaves that have a pleasant spicy taste. It can be used in several ways, either raw, in salads and garnishes or braised. It is usually cultivated in the spring or autumn, as cultivation in the summer will lead to early earing.

FEB - JUN /
SEP - NOV
SEP - JUN

OCT - JUL
JAN - DEC



ASIAN GREEN



FO018



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

GREEN IN SNOW / *Brassica juncea* (L.) Czern.

Fast-growing Asian mustard green with darker green and wider leaves than other vegetables of this genus. It's a vigorous, frost hardy, cut and come again grower. Flavour gets more intense and spicier as the plant matures. Quite hot when raw, the spiciness disappears when cooked and leaves you with a pleasant mustardy taste.

FEB - JUN /
SEP - NOV
SEP - JUN

OCT - JUL
JAN - DEC



ASIAN GREEN



FO019



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

MIZUNA / *Brassica rapa* var. *japonica*

Mild but spicy flavoured Japanese mustard, fast growing and very productive cropper, reforms after cutting. Will tolerate wet and cold conditions. Mizuna is a close relative to the turnip but has a flavour all its own. Excellent to be used fresh as a salad green or cooked as a leaf vegetable. Good in stir-fries and soups.

FEB - JUN /
SEP - NOV
SEP - JUN

OCT - JUL
JAN - DEC



NAMENIA / *Brassica rapa* L. subsp. *campestris*

Namenia is very similar to Mizuna, although the leaf is slightly larger. It's a very vigorous plant, it has a long growing period and is cold tolerant. The leaves are mid to light green in colour with a mild yet tangy flavour and crunchy texture. Harvest young leaves three to four weeks after planting and cut larger leaves frequently as required. Makes a good base for a mixed leaf salad and for cooking oriental-style stir-fries.

FO021



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB - JUN /
SEP - NOV
SEP - JUN

OCT - JUL
JAN - DEC

**ASIAN GREEN****RED GIANT** / *Brassica juncea* (L.) Czern.

Red leaf, fast growing mustard green originally from Japan. The large leaves are of beautiful dark red colour with a contrasting bright green central vein. Mild when picked small, the spicy mustard flavour increases with maturity as well as with cooler temperatures. Use full sized leaves for stir-fry, soups and pickling.

FO026



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB - JUN /
SEP - NOV
SEP - JUN

OCT - JUL
JAN - DEC

**ASIAN GREEN****ROUGE METIS** / *Brassica juncea* (L.) Czern.

A colourful, fast-growing Asian vegetable. The serrated fine leaves are of an intense red and the stalks are green. Due to its attractive shape it enriches the garden and the menu. It has a medium-spicy mustard aroma and is great sautéed and an eyecatcher in your salads.

FO020

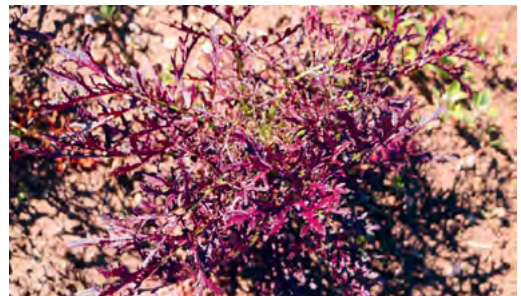


SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB - JUN /
SEP - NOV
SEP - JUN

OCT - JUL
JAN - DEC

**ASIAN GREEN****TATSOI** / *Brassica rapa* L. subsp. *narinosa*

Tatsoi is a quick growing Asian green very suitable for stir fries or even raw in salads. The flavour is very mild. Sowing is in autumn or spring. Very easy to grow, recommended for beginner growers and patio gardens.

FO022



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB - JUN /
SEP - NOV
SEP - JUN

OCT - JUL
JAN - DEC

**ASIAN GREEN**

BROCCOLI



CO021

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



JUL - NOV



AUG - DEC

DEC - APR

CALABRESE NATALINO / *Brassica oleracea* L. convar. *Botrytis*

A variety of broccoli with a cycle of 120 days. These fast-growing plants grow single heads with a very pleasant flavour. The many side shoots that are produced and the leaves are also edible. Best planted on fertile soil and together with herbs or onion to repel insect pests.

BROCCOLI



NEW

CO022

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



JUL - NOV



AUG - DEC

DEC - APR

EARLY PURPLE SPROUTING / *Brassica oleracea* L. convar. *Botrytis*

Easy to grow variety, produces lots of small purple-coloured heads that turn green when cooked. Suitable for growing outdoors, resistant to winter and frost. It has a great flavour, a long harvesting period, its young leaves being also edible and is extremely healthy. A single portion provides you with a good amount of your daily requirement of carotenoids, plus high levels of folic acid and vitamins A and C.

BRUSSELS SPROUTS



NEW

CO029



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



JUN - SEP



JUL - OCT

OCT - MAR

GRONINGER / *Brassica oleracea* L. var. *gemmifera* Zenker

Easy to grow, steady producing variety of "miniature" cabbages that grow in the crook between the leaf base and stem of the plant. Sprouts form a tight head and maintain a delicate flavour even in variable weather. The variety can handle a light frost and will improve in flavour with the cold weather. Although they are not very demanding in terms of soil, they prefer clay and alkaline soils. Freshly harvested, lightly steamed sprouts are a delight.

CABBAGE



NEW

CO004



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



JUN - OCT



JUL - NOV

SEP - MAR

CORÇÃO DE BOI MÉDIO / *Brassica oleracea* L. *capitata*

Dark green oxheart cabbage, short stemmed, easy to grow and high yielding. It's an early variety with a very good taste and a long shelf life. One of the most used vegetable in the kitchen for soups, preserves, side dishes, etc.

GALEGA FOLHAS LISAS / *Brassica oleracea* L. convar. *acephala* DC

A stick cabbage, being known as “Rainha das Couves” (Queen of Cabbages) in Portugal. A vigorous and productive plant, as well as being melliferous and highly attractive for pollinators. Continuously pick the young tender leaves as the plant forms a long stem. Can be perennial if flower shoots are cut. It is widely used in Portuguese cuisine and a key ingredient in the famous caldo-verde.

CO014



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

**CABBAGE**

JUN - OCT

JUL - NOV
JAN - DEC

**NERO DI TOSCANA** / *Brassica oleracea* L. convar. *acephala* DC

The Tuscan Black Cabbage is an extremely versatile cabbage variety, excellent in soups, side dishes and salads. The dark green leaves can be harvested over a long period of time, providing ample food during its growing season. Popular amongst chefs for its great flavour.

CO016



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

**CABBAGE**

JUN - OCT

JUL - NOV
SEP - MAR

**PENCA DE CHAVES** / *Brassica oleracea* L. var. *costata* DC

Variety of cabbage with large green leaves, white stems and excellent flavour. The plants are a medium size and resistant to cold. Traditional variety from Chaves, a municipality in the north at the border with Spain.

CO015



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

**CABBAGE**

JUN - OCT

JUL - NOV
SEP - MAR

**PENCA DE MIRANDELA** / *Brassica oleracea* L. var. *costata* DC

Traditional cabbage variety from the north east of Portugal. Part of the well known Penca group of cabbages, this one originates from Miranda. Large cabbage with loose head, best planted towards the end of summer to enjoy during Christmas time. Old and rustic variety, adapts well to different and poorer soils.

CO007



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

**CABBAGE**

JUN - OCT

JUL - NOV
SEP - MAR



CABBAGE



CO010

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

PÓVOA AMARELA / *Brassica oleracea* L. var. *costata* DC

Traditional Portuguese cabbage variety! It forms a small head with very large outer leaves. The leaves are light green and the taste is sweeter than the taste of the leaves of Penca Póvoa Verde.



JUN - OCT



JUL - NOV



SEP - MAR



CABBAGE



CO011



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

TRONCHUDA / *Brassica oleracea* L. convar. *Capitata*

Traditional Portuguese cabbage variety - an essential for your garden! The plants can be left overwinter in mild areas to provide leaves throughout the year. Traditionally eaten for Christmas with codfish.



JUN - OCT



JUL - NOV



SEP - MAR



CAULIFLOWER



CO025



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

BOLA DE NEVE / *Brassica oleracea* L. convar. *Botrytis*

Bola de Neve is a cauliflower variety producing uniform heads which weigh between 2 and 3 kg. Bolt resistant if sown and planted in the right time. The top leaf can be folded over the head during formation to provide an even and white crop. Cauliflower is naturally high in fibre and an excellent source of vitamins C, K, B6, and folate.



JUN - OCT



JUL - NOV



OCT - MAR



CHARD



FO002



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

GLATTER SILBER 3 / *Beta vulgaris* L. ssp. *Vulgaris*

Broad, dark green leaves contrasting with silvery white stems. A robust, bolt resisting variety. Very versatile plant with a long harvest time, the cutting of the leaves is possible even during the winter. Leaves can be used as spinach, and the broad stems are very good as a steamed vegetable dish. Tasty, tender and nutritious, it brings more green to your kitchen.

FEB - JUN /
SEP - NOV

OCT - FEB



NOV - MAR



JAN - DEC



RAINBOW CHARD / *Beta vulgaris* L. ssp. *Vulgaris*

A colourful mix of several varieties of chard. Pink, yellow, green and red make this mix very attractive for market gardeners or home cultivation, and is even pretty enough to be planted in a flower garden or in mixed ornamental containers. Baby-leaf or full-size stage it's a very tasty all-season green. A true rainbow of flavour!

FO007



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



CHARD



FEB - JUN /
SEP - NOV
OCT - FEB

NOV - MAR
JAN - DEC



RHUBARB CHARD / *Beta vulgaris* L. ssp. *Vulgaris*

A striking old heirloom variety of Swiss chard. Bright red stems, with dark green or purple broad leaves. Long crop which can be extended by regular harvesting. Resprouting versatile green from which the leaf, stem and even flower can be eaten like a sprouting broccoli.

FO008



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



CHARD



FEB - JUN /
SEP - NOV
OCT - FEB

NOV - MAR
JAN - DEC



ROSSA DI TREVISO 2 / *Cichorium intybus* var. *foliosum*

The classic tall Italian radicchio, being of early cycle and having a high resistance to cold. Upright with red and white striped, crunchy leaves, white stems and well closed heads. It is normally grown during autumn and winter, thus maintaining a milder taste. Its crispy stems and leaves can be eaten in many ways. It's very appreciated for salads, but also delicious braised or cooked in a risotto, as well as with pasta.

FO041



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



CHICORY



SEP - FEB
AUG - JAN

SEP - FEB
DEC - MAY



VIT / *Valerianella locusta* (L.) Betcke

An early variety of corn salad, very productive and easy to grow. Able to withstand low temperatures, it can be grown outside in the garden with little protection. It has a low growing habit and is a mildew resistant variety. The leaves are soft and dark green in colour, with a mild and nutty flavour. Being cultivated as a valuable winter salad for its nutritious value and content in vitamin C, beta-carotene, B6, iron, and potassium.

FO047

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



CORN SALAD



DEC - MAR
NOV - FEB

DEC - MAR
DEC - APR



COZA (CABBAGE SPROUTS)



NEW

CO028



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

DOCE MARIA / *Brassica napus* var. *napus* L.

Traditional Portuguese turnip green, well known for producing tender leaves and sprouts. Direct sowing with a high density is recommended. Easy to grow, fast growing and moderately resistant to frost.

☀ JUL - NOV
🐝

☀ SEP - MAR
🐝



KOHLRABI



NEW

CO024



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

SUPERSCHMELZ / *Brassica oleracea* L. var. *gongylodes*

Superschmelz is a giant variety of green kohlrabi, if left in the soil it can reach up to 8 kg per head. Harvest small for a sweeter, milder flavour. All parts of the kohlrabi can be eaten, both raw and cooked.

☀ JUL - NOV
🐝

☀ AUG - DEC
☑ NOV - APR



LETTUCE



FO034



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

CERBIATTA / *Lactuca sativa* L.

Oak leaf lettuce with pointed long leaves. Upright growth of the green leaves means it is suitable for baby leaf production. Delicious herby flavour.

☀ SEP - APR
🐝

☀ OCT - MAY
☑ JAN - DEC



LETTUCE



FO011



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

COCARDE / *Lactuca sativa* L.

Oak leaf lettuce with pointed wide leaves. A colourful addition to your salads. Upright growth means it is suitable for baby leaf production. Excellent flavour.

☀ SEP - APR
🐝

☀ OCT - MAY
☑ JAN - DEC



LITTLE LEPRECHAUN / *Lactuca sativa* L.

Cos lettuce, forming compact lettuces with deep red/purple colour and crispy leaves. Suitable for baby leaf production due to upright growth.

LETTUCE



FO035



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



SEP - APR



OCT - MAY
JAN - DEC



LOLLO BIONDA / *Lactuca sativa* L.

Italian lettuce variety with frilly leaves and a coral like shape. The leaves are produced loosely in a whole head, are tender in taste, with a slight bitterness.

LETTUCE



FO015

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



SEP - APR



OCT - MAY
JAN - DEC



LOLLO ROSSA / *Lactuca sativa* L.

Italian lettuce variety with frilly leaves and a coral like shape. The red leaves are produced loosely in a whole head. Brings colour to your garden and table.

LETTUCE



FO014

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



SEP - APR



OCT - MAY
JAN - DEC



MARAVILHA DAS QUATRO ESTAÇÕES / *Lactuca sativa* L.

Forms compact green hearts surrounded by leaves with reddish brown leaf ends. A bolt resistant summer variety, which requires frequent and moderate watering. Very aromatic, crisp and tender, a visual treat that brings colour to the garden as well as to your salads.

LETTUCE



FO004

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



SEP - APR



OCT - MAY
JAN - DEC



LETTUCE



FO016



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



SEP - APR



OCT - MAY

JAN - DEC



RED SALAD BOWL / *Lactuca sativa* L.

Oak leaf lettuce variety with red/brown ribbed leaves. This lettuce does not form a head but provides plenty of leaves - great as the base of a salad.

LETTUCE



FO036



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



SEP - APR



OCT - MAY

JAN - DEC



SALAD BOWL / *Lactuca sativa* L.

Oak leaf lettuce with beautiful ribbed leaves. This lettuce does not form head but provides plenty of tasty fresh leaves for your salad mix.

LETTUCE



FO033



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



SEP - APR



OCT - MAY

JAN - DEC



VALMAINE / *Lactuca sativa* L.

A cos lettuce that produces a healthy and vibrant crop. A fast growing compact lettuce with a mild flavour. Due to upright growth it can be harvested as baby leaf.

ROCKET



FO003



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB - MAY/
SEP - OCT

SEP - APR



OCT - MAY

JAN - DEC



RUCA / *Eruca sativa* Mill.

Undemanding plant, easy and fast to grow. Can be grown outdoor, in a greenhouse or even in pots. It has a pleasant and peppery flavour but is milder in taste than the wild rocket. Great in a mixed salad and in stir-fries.

WILD ROCKET / *Diplotaxis tenuifolia* (L.) DC

A wild rocket variety of firm leaves and rosette shape. The leaves can be harvested several times over a long period, starting about 8 weeks after sowing. The heart of the plant should remain intact if you would like to harvest multiple times. Remove the flowers regularly. It has a strong aromatic flavour and germination is a little slower than that of common arugula. With its spicy taste it's great as a salad ingredient, or simply eaten alone with a sprinkle of salt and a drizzle of olive oil, as well as in a pesto.

FO023

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



ROCKET



FEB - MAY /
SEP - OCT
SEP - APR

OCT - MAY
JAN - DEC



BUTTERFLAY / *Spinacia oleracea* L.

The cultivation of this variety is preferably done in spring and autumn. This mildew resistant spinach grows outdoors, resisting winter in mild regions. It has very robust, large, rich-flavoured, dark-green leaves and is a quick growing and late-bolting variety.

FO001



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



SPINACH



AUG - APR

SEP - MAY



MATADOR / *Spinacia oleracea* L.

Annual fast-growing spinach with high yields. Compact, broad, dark green leaves. Enjoy as baby leaf or as a sweet more mature green. Sow every 2 weeks or as needed for all year round harvest.

FO024



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



SPINACH



AUG - APR

SEP - MAY



ROOT CROPS

planting tips:

Beetroot

Easy crop that can be grown all year round in southern regions. It adapts well to temperate climates that have good light and humidity. It is best to avoid sowing during the height of summer. A demanding crop, so compost must be incorporated prior to sowing / transplanting. Its leaves are edible like those of chard.

Carrot

Easy-to-grow crop that can be cultivated year round in the south. In hot summer climates avoid sowing during mid-summer. Loosen up the soil and avoid stony soil which stunts root growth. Winter is an ideal time for sowing, however the plants will remain small, so sow with a higher density. Sow regularly to obtain a continuous harvest.

Leek

Presow in open trays, when seedlings are about 0.5 cm thick transplant into 20-centimeter-deep holes made with a stick in the ground. No need to close the hole. Prefers to be grown in mild climates, without excessive heat, having good exposure to light avoiding shady places. You need a cold period during your growing season.

Onion

The onion is sown when temperatures are warming up in the spring, early summer or autumn. Most varieties can be sown for both spring and autumn harvests. Light-skinned varieties tend to have a shorter storage period. It prefers mild climates, without excessive heat, should have good light and avoid shade. Watering should be stopped when the bulb matures.

Parsnip

Root crop grown for winter harvest. Similar soil preparations and conditions to carrots. Best stored in the ground until consumption.

Radish

Quick growing crop, best sown during the cooler months of the year. In extremes of summer and winter risk of flowering and toughening of the bulbs can occur. Sow every week for a steady supply.

Root Parsley

Both root and leaves are edible. Seeds germinate faster with higher soil temperatures.

Turnip

A fast growing root crop that grows best in the autumn, and survives winter easily. Leaves and flowers are also edible. It can be sown weekly in order to have prolonged harvests.

Planting depth	Thousand seed weight	No. of plants per m ²	Germination temperature	Distance	
3-4 cm	8,5-12,5 g	50-60	10-20 °C	30x10 cm	Beetroot
1,5-2,5 cm	0,8 g	120-200	16-22 °C	50x5 cm	Carrot
2-3 cm	2,5 g	12-25	16-18 °C	30x10 cm	Leek
2 cm	3-4 g	80-100	20 °C	30x25 cm	Onion
2 cm	5-7 g	30-40	15-25 °C	30x10 cm	Parsnip
1 cm	7-11 g	200-250	10-20 °C	20x3 cm	Radish
1-2 cm	1,3-1,5 g	150	10-22 °C	30x2 cm	Root Parsley
1-2 cm	2-2,8 g	30-40	15-22 °C	20x10 cm	Turnip

SOWING CALENDAR



DIRECT SOWING



TRANSPLANTING



IN POTS SOWING



HARVEST



VARIETY ALSO SUITABLE FOR PROFESSIONAL USE



VARIETY AVAILABLE ONLY ONLINE

BEETROOT



RA006

SUITABLE FOR CONTAINER PLANTING
EDIBLE LEAVES
BEE ATTRACTING PLANT

BOLA VERMELHA / *Beta vulgaris* L.

Very nutritious variety with early maturation and good flavour. Round, with a smooth, firm skin and uniformly coloured dark red flesh. Do not plant near spinach or chard. Beets may be planted in the same spot every 3-4 years. Young beets can be eaten raw. Great to be tasted in salads.

☀ MAR TO AUG
🌱 FEB TO MAY

☀ MAR TO JUN
🌱 JUN TO NOV



BEETROOT



RA008

SUITABLE FOR CONTAINER PLANTING
EDIBLE LEAVES
BEE ATTRACTING PLANT

BURPEES GOLDEN / *Beta vulgaris* L.

Beetroot with beautiful golden/yellow colour, sweet flavour and ideal to give a new colour to your beetroot dishes. Ready for harvest 12 to 16 weeks from transplant. Leaves can be eaten raw or like spinach.

☀ MAR TO AUG
🌱 FEB TO MAY

☀ MAR TO JUN
🌱 JUN TO NOV



BEETROOT



RA007



SUITABLE FOR CONTAINER PLANTING
EDIBLE LEAVES
BEE ATTRACTING PLANT

CHIOGGIA / *Beta vulgaris* L.

Beetroot with red white circles on the inside. Old variety from Italy with a very good sweet flavour and a good performance in different climates. Ideal for eating raw or cooking, the leaves are also edible and can be eaten raw or like spinach.

☀ MAR TO AUG
🌱 FEB TO MAY

☀ MAR TO JUN
🌱 JUN TO NOV



BEETROOT



RA030



SUITABLE FOR CONTAINER PLANTING
EDIBLE LEAVES
BEE ATTRACTING PLANT

CYLINDRA / *Beta vulgaris* L.

Cylindra is a delicious and very high yielding cylindrical shaped beetroot with a medium production cycle. Its elongated roots of 7 to 10 cm make it especially suited for slicing. The roots have a dark red outer skin and inner flesh and are best picked when young and cooked fresh. They are ideal for pickling as all the slices are the same size. Stores very well over winter.

☀ MAR TO AUG
🌱 FEB TO MAY

☀ MAR TO JUN
🌱 JUN TO NOV



D'EGYPTE / *Beta vulgaris* L.

Flatround variety early maturing beetroot with smooth skinned and deep red, tender and flavour-some roots. Stores well after harvest. Usually sown directly in the soil, needs subsequent thinning. Young thinning's may be transplanted, and older thinning's can serve as leaf vegetable. It is particularly good when eaten raw, for instance when grated in salads. Beetroot leaves are lovely in a salad or cooked. Use as you would spinach.

RA029



SUITABLE FOR CONTAINER PLANTING
EDIBLE LEAVES
BEE ATTRACTING PLANT

**BEETROOT**

NEW

MAR TO AUG
FEB TO MAY

MAR TO JUN
JUN TO NOV

**DETROIT 2** / *Beta vulgaris* L.

Classic globe-rooted beetroot variety producing smooth skinned roots of dark red colour. It is high yielding, grows well in all kinds of soils and does well in containers. Recommended as a good cultivar to use for succession sowings. Harvested young, no bigger than a golf ball, they are perfect to eat pickled, roasted, or raw and grated in salads. Young leaves are excellent in salads and can be blanched like spinach when older.

RA009



SUITABLE FOR CONTAINER PLANTING
EDIBLE LEAVES
BEE ATTRACTING PLANT

**BEETROOT**

MAR TO AUG
FEB TO MAY

MAR TO JUN
JUN TO NOV

**PERFECTION** / *Foeniculum vulgare* Mill.

Rustic variety of root fennel that forms beautiful round medium-sized bulbs. Bolting resistant, soil must be maintained with the ideal moisture content to favour adequate growth. Transplanting to nutrient rich soils recommended. The flavour of the bulb is sweet and mild, slightly reminiscent of anise. It can be eaten fresh in salads, much used in Mediterranean cuisine. Seeds are delicious in tea.

RA018



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

**BULB FENNEL**

NEW

JAN TO MAR/
MAY TO JUL

FEB TO APR/
JUN TO AUG
MAY TO JUN/
AUG TO OCT

**JAUNE DU DOUBS** / *Daucus carota* L.

Carrot Jaune du Doubs is an ancient variety with a yellow interior, elongated shape and sweet-tasting pulp. It is very productive and has good storage capacity during the winter.

RA015



SUITABLE FOR CONTAINER PLANTING
EDIBLE LEAVES
BEE ATTRACTING PLANT

**CARROT**

NEW

MAR TO AUG
FEB TO MAY

MAR TO JUN
APR TO NOV



CARROT



RA003



SUITABLE FOR CONTAINER PLANTING
EDIBLE LEAVES
BEE ATTRACTING PLANT

NANTES 2 / *Daucus carota* L.

A fast maturing very productive summer carrot. Cylindrical in shape with a rounded tip, will grow up to 15 cm in length. Sow early to reduce the risk of the carrot fly attack. Carrots do well alongside most plants, especially Chives, Garlic, Rosemary and Sage. Tender, crunchy and sweet with little fibrous core makes for a palatable carrot.

MAR TO AUG
FEB TO MAY

MAR TO JUN
APR TO NOV



CARROT



RA026

SUITABLE FOR CONTAINER PLANTING
EDIBLE LEAVES
BEE ATTRACTING PLANT

PAU ROXO DA QUINTA DAS SEIS MARIAS / *Daucus carota* L.

The famous and traditional purple carrot from Alentejo and Algarve. Its roots have a purple colour on the outside and a white interior. A very appreciated appetizer in Castro Verde it is served in a multitude of ways: raw sliced, cooked, seasoned with vinegar, in sweet and savoury dishes. Castro Verde is also the place where every year, at the end of January, the S. Sebastião festival is held, also known as "Festival of Pau Roxo".

MAR TO AUG
FEB TO MAY

MAR TO JUN
APR TO NOV



CARROT



RA002



SUITABLE FOR CONTAINER PLANTING
EDIBLE LEAVES
BEE ATTRACTING PLANT

RODELIKA / *Daucus carota* L.

Produces smooth-skinned and orange red carrots. Average yield, with good capacity for large-scale production and storage. Strong, sweet aromatic taste, ideal for eating fresh and for carrot juices rich in vitamin A.

MAR TO AUG
FEB TO MAY

MAR TO JUN
APR TO NOV



LEEK



FO009

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

DE CARENTAN 2 / *Allium porrum* L.

Classic leek variety well suited to Mediterranean winters. Carentan 2 produces thick, medium sized shafts with blue-green foliage. Tender and deliciously flavoured leeks are the ideal ingredient for soups and stews.

MAR TO MAY

APR TO JUN
AUG TO NOV



BRANCA DE LISBOA / *Allium cepa* L.

Portuguese white onion variety with early cycle originating from the Lisbon area producing dependably in widely varying conditions. Very popular bunching onion with long white stems with bright green tops. If left to mature the bulbs are silvery white. Perfect for container growing. As a member of the allium family, they will help to deter most insects, including aphids, mosquitoes, carrot flies and tomato pests. Don't plant near legumes as it is inhibiting their growth.

RA001 SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

**ONION**

☀️ MAR TO APR/
AUG TO SEP
🌿 FEB TO MAR/
JUL TO AUG
🌿 MAR TO MAY/
JUL TO SEP

**ROSSA DI FIRENZE** / *Allium cepa* L.

Long red Italian onion originating from Tuscany. Mild and sweet fleshed salad onion with a distinctive bottle shape. Can be used at any stage with the taste growing stronger as the bulbs mature.

RA005 SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

**ONION**

☀️ MAR TO APR/
AUG TO SEP
🌿 FEB TO MAR/
JUL TO AUG
🌿 MAR TO MAY/
JUL TO SEP

**STUTTGARTER RIESEN** / *Allium cepa* L.

Early onion variety, with good storage capacity. It grows yellow bulbs of flat shape, with an excellent flavour. This variety of onion has high yields and can be used in the kitchen in a variety of ways.

RA028 SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

**ONION**

☀️ MAR TO APR/
AUG TO SEP
🌿 FEB TO MAR/
JUL TO AUG
🌿 MAR TO MAY/
JUL TO SEP

**TENDER AND TRUE** / *Pastinaca sativa* L. subsp. *sativa*

Popular variety of parsnip, which produces large, long white roots with a smooth skin. It is quite robust and can be grown in a wide range of different climates. It is easy to grow and has similarities to winter carrots in terms of shape and size, with a slightly less sweet flavour.

RA019 SUITABLE FOR CONTAINER PLANTING
EDIBLE LEAVES
BEE ATTRACTING PLANT

**PARSNIP**

☀️ APR TO JUN
🌿 SEP TO DEC



RADISH



RA014

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS AND LEAVES
BEE ATTRACTING PLANT

BLACK SPANISH ROUND / *Raphanus sativus* L.

Very popular traditional radish variety of Spanish origin with its black skin and white flesh. It is easy and quick to grow. The roots are crisp, tender and pleasantly spicy, with a long conservation capacity protected by its thick tough skin. Although the skin is edible, the taste becomes more pleasant when peeled. Black radishes add a nice bite to salads and raw vegetable plates and are delicious when cut into wedges and added to pans of roasted vegetables.

FEB TO JUN/
SEP TO NOV



OCT TO JUL



RADISH



RA004

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS AND LEAVES
BEE ATTRACTING PLANT

CHERRY BELLE / *Raphanus sativus* L.

Very adaptable, quick-growing radishes of cherry red colour on the outside and white on the inside. Ideal for outdoor production. The bulb has a mild, sweet, aromatic and slightly peppery flavour. A particularly well suited variety for the amateur gardener. Adding joy, colour and nutrients to your salad.

FEB TO JUN/
SEP TO NOV



OCT TO JUL



RADISH



RA013



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS AND LEAVES
BEE ATTRACTING PLANT

FRENCH BREAKFAST 2 / *Raphanus sativus* L.

A charming elongated radish with bright rose peel and white tip. Very productive, easy and fast to grow. The bulbs are slightly spicy, excellent to be eaten raw in salads, simply cut into thin slices, chopsticks or grated. Its leaves are delicious cooked in soups, prepared like spinach or as part of stir-fries. Venture into the kitchen!

FEB TO JUN/
SEP TO NOV



OCT TO JUL



RADISH



RA023



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS AND LEAVES
BEE ATTRACTING PLANT

MARIKE / *Raphanus sativus* L.

Fast and easy to grow, hardy variety. Its roots are round in shape, of a beautiful brilliant red in colour and do not burst easily. Smooth and delicate flavour, with a tender and crunchy consistency.

FEB TO JUN/
SEP TO NOV



OCT TO JUL



SAXA 2 / *Raphanus sativus* L.

Bright red, round, quick maturing variety that needs less than a month, from sowing to harvest. Undemanding, fast and easy to grow. Crisp with mild flavour, it's delicious in salads and sandwiches. Can be grown in pots, a great variety to have on your balcony or flower bed.

RADISH



RA021

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS AND LEAVES
BEE ATTRACTING PLANT



FEB TO JUN/
SEP TO NOV



OCT TO JUL

SORA / *Raphanus sativus* L.

A uniform, red and perfectly round shaped radish even when oversized. Variety that adapts to different climatic conditions, suitable for spring, summer or autumn, however it develops especially well in hot and dry climates. A pretty classic with juicy, crunchy roots and medium heat depending on the season grown.

RADISH



RA032



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS AND LEAVES
BEE ATTRACTING PLANT



FEB TO JUN/
SEP TO NOV



OCT TO JUL

WHITE ICICLE / *Raphanus sativus* L.

Striking radish, white both inside and out. Mild flavoured with a hint of pepper. Crunchy, so a great addition in salads when grated. The tops are also nutritious greens, delicious steamed, braised or in soups. Quick and easy to grow. Does remarkably well even in summer heat.

RADISH



RA022



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS AND LEAVES
BEE ATTRACTING PLANT



FEB TO JUN/
SEP TO NOV



OCT TO JUL

*Petroselinum crispum* (Mill.)

Variety of easy-to-grow root parsley well adapted to different soils and climates. It is a biennial culture but often cultivated as an annual. Its roots are about 15 cm long and 5 cm in diameter. Similar in appearance to parsnip but whiter and less earthy in flavour. Both its leaves and the root are edible, with the leaves being broader, more fibrous, and stronger in flavour than leaf parsley cultivars and the root having a sweet and mild parsley aroma. Can be consumed either raw or cooked.

ROOT PARSLEY



RA093



SUITABLE FOR CONTAINER PLANTING
EDIBLE LEAVES
BEE ATTRACTING PLANT



MAR TO JUL
FEB TO MAR

MAR TO APR
AUG TO NOV

TURNIP



CO003



SUITABLE FOR CONTAINER PLANTING
EDIBLE LEAVES
BEE ATTRACTING PLANT

DI MILANO A COLLETO VIOLA / *Brassica rapa* L. var. *rapa* (L.) Thell.

The turnips are round, slightly flattened, bright violet above soil line and have a white base. Variety more suitable for cultivation in late summer and autumn. If sown earlier, it has a tendency to bolt. The white flesh has a hearty sweet slightly sharp taste. The greens are very good to eat too. Enjoy the turnips both raw as well as cooked.

SEP TO NOV
AUG TO NOV

SEP TO NOV
NOV TO MAR



TURNIP



CO005



SUITABLE FOR CONTAINER PLANTING
EDIBLE LEAVES
BEE ATTRACTING PLANT

GANDRA / *Brassica rapa* L. var. *rapa* (L.) Thell.

Traditional Portuguese turnip variety from the north coast of Portugal. The Cávado River makes the lands of Gandra fertile, being a land par excellence for the production of potatoes, cabbage and turnip, the latter being the ex-libris of the region. Early to mid-season cropping, yielding large turnips with edible leaves.

SEP TO NOV
AUG TO NOV

SEP TO NOV
NOV TO MAR



TURNIP



CO012



SUITABLE FOR CONTAINER PLANTING
EDIBLE LEAVES
BEE ATTRACTING PLANT

GRELEIRO SENHORA CONCEIÇÃO / *Brassica rapa* L.

Traditional Portuguese turnip variety. This is an early variety that produces abundant and extremely tasty greens! If left standing it yields large white delicious turnips. Used for its root, leaves and inflorescences. Delicious in soups, salads and stews.

SEP TO NOV
AUG TO NOV

SEP TO NOV
NOV TO MAR



TURNIP



CO006



SUITABLE FOR CONTAINER PLANTING
EDIBLE LEAVES
BEE ATTRACTING PLANT

GRELOS DE SANTIAGO / *Brassica rapa* L.

Early variety of turnip tops selected for the leaf and shoot production. Easy to produce, yielding an abundance of leaves and shoots to enjoy. Sow multiple times for prolonged harvest. Traditionally grown in Portugal and Northern Spain.

SEP TO NOV
AUG TO NOV

SEP TO NOV
NOV TO MAR



LADYBUG
FIGHTING PESTS
IN THE TURNIP
CULTURE



FLOWERS

	Planting depth	Thousand seed weight	No. of plants per m ²	Germination temperature	Distance
African Daisy	1 cm	1,9 g	10	15-20 °C	30x30 cm
Amaranth	0,5 cm	0,5 g	3-4	20-25 °C	90x45 cm
Black Poppy	0,5 cm	0,2-0,5 g	20	15-20 °C	25x20 cm
Calendula	1-2 cm	8,5-9 g	12-16	16-22 °C	25x25 cm
Californian Poppy	0,5 cm	1,5 g	25	15-20 °C	20x20 cm
China Aster	0,5-1 cm	1,5-2 g	20	15-20 °C	25x20 cm
Common Mallow	1 cm	6,7 g	2	15-20 °C	100x50 cm
Cornflower	0,5-1 cm	4-4,5 g	25	15-20 °C	20x20 cm
Cosmos	1-2 cm	5,5-6 g	10	20-25 °C	30x30 cm
Cow Herb	1 cm	5 g	25	12-18 °C	20x20 cm
Crested Prickly Poppy	0,3 cm	2,5 g	20	15-20 °C	25x20 cm
Cucumberleaf Sunflower	2-3 cm	5 g	5-6	15-25 °C	40x40 cm
Echinacea	1 cm	4 g	8-10	16-22 °C	40x30 cm
Flower-Of-An-Hour	1 cm	4,5-5 g	10	20-25 °C	30x30 cm
Heartsease	0,5 cm	0,4 g	100	16-22 °C	10x10 cm
Hibiscus	1 cm	25,5 g	8-10	15-25 °C	40x30 cm
Love-In-The-Mist	1 cm	2,5 g	30-35	16-22 °C	20x15 cm
Marigold	1 cm	2,2 g	10	15-25 °C	30x30 cm
Mexican Sunflower	Superficial	11 g	8-10	20-25 °C	40x30 cm
Morning-Glory	1-2 cm	25 g	8-10	20-25 °C	40x30 cm
Nasturtium	1 cm	123-130 g	6	16-22 °C	40x40 cm

Planting depth	Thousand seed weight	No. of plants per m ²	Germination temperature	Distance	
1-2 cm	7,5-8 g	10	20-25 °C	30x30 cm	Orange Cosmos
0,5 cm	1,7 g	16	12-18 °C	25x25 cm	Phacelia
1 cm	2 g	10	12-18 °C	30x30 cm	Quinoa
0,5 cm	0,2-0,5 g	20	15-20 °C	25x20 cm	Red Poppy
1 cm	9 g	8-10	16-22 °C	40x30 cm	Royal Mallow
2-3 cm	45-50 g	10	16-22 °C	30x30 cm	Safflower
0,5 cm	0,15 g	12-16	15-20 °C	30x25 cm	Snapdragon
Superficial	0,6 g	12-16	20-25 °C	25x25 cm	Strawflower
2-3 cm	45-50 g	5-6	15-25 °C	40x40 cm	Sunflower
3-5 cm	80-85 g	80	15-20 °C	40x3 cm	Sweet Pea
0,5-1 cm	6,4 g	10	20-25 °C	30x30 cm	Zinnia

SOWING CALENDAR



DIRECT SOWING



TRANSPLANTING



IN POTS SOWING



HARVEST



**VARIETY ALSO SUITABLE FOR
PROFESSIONAL USE**



VARIETY AVAILABLE ONLY ONLINE

AFRICAN DAISY



FL018

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

*Arctotis* spp.

A rich, white-petalled and blue-eyed daisy, with attractive grey/green foliage. Fast-growing, perennial plant which copes well in dry conditions. Beautiful for borders with up to 60 cm height and 30 cm spread.

☀ MAR - MAY
🍃 FEB - MAR

☀ MAR - APR
🍃 JUN - SEP



AMARANTH



FL003

SUITABLE FOR CONTAINER PLANTING
EDIBLE GRAIN AND LEAVES
BEE ATTRACTING PLANT

ELEPHANT HEAD / *Amaranthus cruentus* L.

A beautiful ornamental Amaranthus with big red flowers that can grow up to 1/2 m tall. Grows well in hot and dry climates. Also used to attract birds in the garden.

☀ APR - JUN
🍃 MAR - APR

☀ APR - JUN
🍃 JUN - SEP



AMARANTH



PS003

SUITABLE FOR CONTAINER PLANTING
EDIBLE GRAIN AND LEAVES
BEE ATTRACTING PLANT

ORANGE GIANT / *Amaranthus cruentus* L.

6- to 8-foot tall plants with giant, golden orange heads and golden stems. In ideal conditions, each plant can produce 400 to 500 g of edible seeds. A beautiful and productive variety. Leaves also edible, with best flavour when still small and young. Recommended for hot climates.

☀ APR - JUN
🍃 MAR - APR

☀ APR - JUN
🍃 JUN - SEP



AMARANTH



PS004



SUITABLE FOR CONTAINER PLANTING
EDIBLE GRAIN AND LEAVES
BEE ATTRACTING PLANT

PLAINSMAN / *Amaranthus hypochondriacus* x *hybridus*

A very widespread amaranth variety, of early maturation, with reddish-brown inflorescences and golden seeds. The plants height is smaller compared to other amaranth varieties, resulting in a very early harvest. The seeds are rich in iron. It is well adapted to hot climates.

☀ APR - JUN
🍃 MAR - APR

☀ APR - JUN
🍃 JUN - SEP



Calendula officinalis L.

Beautiful flower, the petals of which are also used medicinally. Good companion plant for tomatoes and asparagus. Attracts many beneficial insects and bees in the garden. Plant in spring or early summer for best results. Can also be planted in Autumn with good results in regions with warmer winters.

CALENDULA



FL006 SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



APR - JUN/
SEP - OCT
MAR - JUN
MAY - SEP

CHINA ASTER DOUBLE MIX / *Callistephus chinensis* (L.) Nees

A beautiful blend of colours, strong stems make these a great choice for cut flowers. Excellent for adding colour to the garden and can also be used in borders. Easy to cultivate, adapts well to various soil types, needs to be well drained and requires regular watering during the summer. Should be transplanted only after the risk of frost is over.

FL025 SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



MAR - JUN
FEB - APR
MAR - MAY
JUL - OCT

CHINA ASTER SINGLE MIX / *Callistephus chinensis* (L.) Nees

The aster brings fantastic colours to the garden in late summer and autumn, when many other species of flowers are already losing vitality. Its flowers attract bees and butterflies and are great for cut flowers. Annual flower. It should be transplanted only after the risk of frost is over.

FL024 SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



MAR - JUN
FEB - APR
MAR - MAY
JUL - OCT

*Malva sylvestris* L.

Strong growing plant with beautiful pink flowers with dark purple veins. Perennial in temperate climates it flowers profusely every year and is loved by bees and butterflies. Drought tolerant, will grow on most soils. Both its flowers and leaves are edible. Flowers can be harvested any time the plant is flowering. Leaves best in early to mid-spring, later only harvest newer bright green leaves. Flowers and leaves make an interesting addition to the salad bowl.

COMMON MALLOW



FL008 SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB - APR/
SEP - OCT
FEB - AUG



CORNFLOWER



FL001

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



MAR - JUN/
SEP - OCT



OCT - JUL

*Centaurea cyanus* L.

An annually flowering plant with delicate, vivid, blue-purple flowers. Easy to grow, with an upright posture, does well in full sun. A great insect attractor and is also good as cut flowers.

COSMOS



FL012

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



APR - MAY/
AUG - SEP
MAR - APR



APR - MAY

MAY - NOV

COSMOS MIX / *Cosmos sulphureus* Cav.

Mixture of cosmos which forms large, single flowers with yellow centres, blooming from midsummer on. Easy to grow. Aesthetically beautiful - ideal for borders and bouquets, with seed heads that attract birds. Tolerates poor soil and hot, humid conditions. Garden hints: for earlier bloom, plant seeds indoors about 6-8 weeks before outdoor planting time. Can also be cultivated to cover the soil or cut and used as mulch.

COSMOS



FL013

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



APR - MAY/
AUG - SEP
MAR - APR



APR - MAY

MAY - NOV

ORANGE COSMOS / *Cosmos sulphureus* Cav.

Vibrant orange profuse bloomer. Very hardy and low maintenance. May benefit from support as it can grow up to 30-55 cm tall. Colourful abundant vigorous annual.

COW HERB



FL039



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB - APR



MAY - JUL

VACCARIA HISPANICA WHITE / *Vaccaria Hispanica* (Mill.) Rauschert

Annual plant that forms hundreds of small white flowers. It is sturdy and very easy to grow. Repeated sowing will prolong the flowering period, which usually starts about two months after sowing with a white cloud of flowers floating above grey-blue foliage. Produced in profusion, the flowers are excellent for cutting and spectacular in bouquets!

Echinacea angustifolia DC.

Pretty perennial flower. Visually striking with pinky-purple large, daisy-like flowers with copper coloured cone, potentially growing up to 40-70 cm tall. Well known for its medicinal properties in supporting healthy immune function. Wonderful butterfly, bee and bird attractor.

ECHINACEA

FL017 SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB - APR

FEB - MAR/
SEP - OCTMAR - APR/
OCT - NOV
JUN - AUG/
OCT - NOV*Hibiscus trionum* L.

Profusely flowering annual. The flowers are a beautiful white yellow colour with a purple centre. They only open for a few hours but make up for this in their number. Can reach up to 50 cm in height. Good bedding plant which self seeds easily.

FLOWER-OF-AN-HOUR

FL022 SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



MAR - MAY

FEB - APR

MAR - MAY

APR - JUL

*Viola tricolor* L.

A viola with flowers of three colours. The small flowers are produced in large numbers over a long time. The flowers are edible and ideal to give colour to salads or deserts. Compact plants, very suitable for patio gardens.

HEARTSEASE

FL037 SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

MAR - APR/
AUG - SEP
FEB - MAR/
JUL - AUGMAR - APR/
AUG - SEP
MAY - JUL**ROSELLE** / *Hibiscus sabdariffa* L.

Next to gorgeous flowers this variety provides the fleshy red calyces that impart their beautiful colour and slightly acidic refreshing flavour to the famous hibiscus tea. Blooms only on shorter days, best sown in early spring or late summer. Very sensitive to cold. Before planting, each seed (they are large seeds) needs to be rubbed on sandpaper until the white endosperm is visible in one small place on the seed. Alternatively, nick the seed with a sharp blade. Once planted, the seed will imbibe water through that tiny hole, the seed coat will soften, and germination will occur.

HIBISCUS

FL023 SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

JAN - MAR/
JUL - SEPMAR - SEP
APR - JUN/
SEP - NOV

LOVE-IN-THE-MIST



FL015



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

*Nigella damascena* L.

A beautiful blue Love-in-a-Mist which owes its name to the ferny, fennel-like foliage that forms a mist around the flowers. To be sown in autumn or early spring. Does not like being transplanted, so it's best to directly sow it outdoors. For continuous bloom, repeat sow every four weeks until the plants begin to scatter seed on their own. The flowers keep well when cut, and also the seed pods can be dried and used in arrangements. Attracting all sorts of butterflies and bees.

MAR - MAY/
SEP - OCT



APR - JUL



MARIGOLD



FL004



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

TAGETES / *Tagetes patula* L.

Prolific, beautiful orange flower, sweet-smelling, loved by bees. Good against nematodes, useful for organic growing.

MAR - MAY
FEB - MAR



MAR - APR
JUN - OCT



MORNING-GLORY



FL044



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

MORNING-GLORY MIX / *Ipomoea purpurea* (L.) Roth.

Morning glories are annual climbers with slender stems, heart-shaped leaves, and trumpet-shaped flowers of blue purple and pink. Can be trained over a pergola or arch and work also great for containers when provided with a trellis or placed in a hanging basket. As the name implies, morning glory flowers open in the morning and close in the afternoon. The large, colourful flowers attract butterflies and hummingbirds. Soaking the seeds in water 24h before sowing will favour germination.

MAR - SEP



JUN - NOV



NASTURTIUM



FL035



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS AND LEAVES
BEE ATTRACTING PLANT

*Tropaeolum majus* L.

Nasturtium is a trailing plant with beautiful orange and red flowers. The plants spread over a large area and will provide flowers and leaves mainly in the early spring and summer time. Both the leaves and flowers are edible and have a spicy peppery flavour - ideal for giving a new turn to your salads.

MAR - MAY/
SEP - NOV



JAN - JUL



FLOWERS TO SOW IN AUTUMN

Flower mix suited for sowing in autumn. Best sown after the first autumn rains to allow germination. Prolonged flowering in reds, yellows and whites. Very attractive for bees. The mixture contains: marigold, red clover, lupine, turnips, poppies, Persian clover, coriander and fenugreek. Composition of the mix may vary with seed availability.

FL032



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



ORNAMENTAL MIX



NEW

SEP - NOV



FLOWERS TO SOW IN SPRING

Flower mix for sowing in spring. Requires a well-prepared terrain, so that there is no competition with weeds until the plants are well established. Loved by beneficial insects and pollinators! The mixture contains: Sesame, safflower, cornflower, cosmos, cucumberleaf sunflower, Californian poppy, dill and coriander. Composition of the mix may vary with seed availability.

FL031



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



ORNAMENTAL MIX



NEW

MAR - MAY



ROSA ALBARDEIRA / *Paeonia broteri* Boiss & Reut.

Endemic perennial wildflower from the Iberian Peninsula growing on the hills of the Serra Murracha, around the Portuguese village of Toulões belonging to the municipality of Idanha-a-Nova. Toulões holds a festival dedicated to this flower every 2 years. The plants flower between April and July. Germinating the seeds and cultivating the plants is a process that requires patience. The reward is enjoying the most beautiful of all flowers!

FL038

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



PAEONY



NEW

SOW IN THE AUTUMN IN A POT AND PLACE IT OUTSIDE, KEEP MOIST UNTIL GERMINATION IN THE NEXT SPRING OR SUMMER. TRANSPLANT ONLY IN AUTUMN.

Phacelia tanacetifolia Benth.

Honey plant highly valued by beekeepers. The blue flowers produce high quality nectar continuously throughout the day as well as large amounts of pollen. In addition to honeybees, to whom it is particularly attractive, it also favours the presence of bumblebees, butterflies and other pollinating insects, bringing biodiversity to your garden. It is also a great long-lasting cut flower.

FL021

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



PHACELIA



MAR - MAY/
AUG - OCT



APR - DEC



POPPY



FL028

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB - APR/
AUG - OCT



FEB - JUL



POPPY



FL030

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



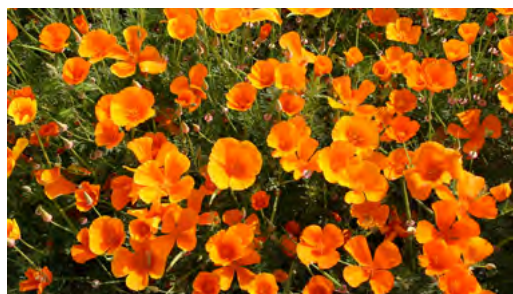
APR - JUN/
AUG - OCT



JUL - SEP/
MAR - MAY



POPPY



FL027

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB - APR/
AUG - OCT



MAR - AUG



POPPY



FL029

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB - APR/
AUG - OCT



FEB - JUL

BLACK PAEONY / *Papaver somniferum* L.

Strong poppy variety with dark purple/black flowers. The many layered flower petals give the impression of a Peony flower. After flowering the dried capsules can be used in arrangements and stored for a long time.

CRESTED PRICKLY POPPY / *Argemone polyanthemos* (Fedde) Ownbey

Long-blooming, pretty, white poppy with prickly stems. Easy to cultivate. Although beautiful, all parts of the plant are poisonous. A good regenerator as it is known for absorbing toxic environmental substances such as herbicides or pollutants in the water, air and soil. Useful bee attractor.

ORANGE CALIFORNIAN POPPY / *Eschscholzia californica* Cham.

A delicate petaled tangerine-orange flower with silvery-green foliage. Hardy and annual - will flower for up to two months. Pretty as a cut flower, and an ideal bee attractor to your garden.

RED POPPY / *Papaver rhoeas* L.

Graceful bright red poppies deserve a place in every garden. The annual plant can reach 70 cm in height. Most poppy varieties grow best in full sun and can really be planted anywhere without too much shade: along the borders of your yard, in a window box or in a chosen spot in your garden. Once established you will see more and more of them year after year.

GIGANTE / *Chenopodium quinoa* Willd.

Pseudocereal that originated in the Andes, grown primarily for its edible seeds. A beautiful colour crop this variety has green inflorescences and is an easy to grow super food. The seeds are rich in protein, fibre, B vitamins and minerals in amounts greater than in many other grains produced. Before consumption saponin coating has to be removed by soaking and washing. Needs to be grown in places with good sun exposure, not adapting to shaded places. Both seed and leaves are edible.

PS001

SUITABLE FOR CONTAINER PLANTING
EDIBLE GRAIN AND LEAVES
BEE ATTRACTING PLANT

**QUINOA**

MAR - MAY
FEB - APR

MAR - MAY
MAY - SEP

**LAVATERA** / *Lavatera trimestris* L.

A bushy perennial, this native plant of the Iberian Peninsula, forms many funnel-shaped flowers that exhibit a lovely rose colour. The leaves are mid green, decorative and maple shaped. Germination time varies from 10 to 20 days and the ideal transplanting time will be 25/30 days after germination. Plants can reach 90/100 cm in height. Very ornamental plant. It holds up well in the vase and makes a great meadow for bees.

FL045



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

**ROYAL MALLOW**

MAR - APR
FEB - MAR

MAR - APR
APR - JUL

**Carthamus tinctorius** L.

A hardy thistle like annual, with deep orange, yellow and red globular flowers. Can grow to 90 cm tall and enjoys full sun exposure. A striking summer bedding plant or for cut flowers. Also commercially cultivated for the oil extracted from the seeds, used both medicinally and in cooking.

FL020

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

**SAFFLOWER**

MAR - MAY

JUN - AUG

**SNAPDRAGON MIX** / *Antirrhinum majus* L.

Snapdragon is a fragrant very colourful perennial native to the Mediterranean. The flowers start blooming at the bottom of the stalk and work their way up, making for a long period of bloom. The openings of the flowers are snapped tightly shut and require more pressure to open than a honeybee can provide, so snapdragons rely on heavier bumblebees for their pollination. Beautiful as cut flower.

FL033



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

**SNAPDRAGON**

MAR - MAY
FEB - APR

MAR - MAY
APR - JUL



STRAWFLOWER



NEW

FL034



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

*Xerochrysum bracteatum* (Vent.) Tavelev

This heat-loving, drought-tolerant plant is very popular with gardeners, florists and crafters for its vivid coloured straw-like flowers in bright shades of red, orange, pink, purple yellow and white. The petals are stiff and papery and unfold in concentric rings of bright colour from the centre, which's big pad of pollen makes is very attractive to various pollinators. The plant can reach 0.7 to 1.2 m in height. Pinch off faded flowers to promote continual blooming throughout the season.

MAR - MAY
FEB - MAR

JUN - SEP



SUNFLOWER



NEW

FL036



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

CUCUMBERLEAF SUNFLOWER / *Helianthus debilis* Nutt.

Wild branched sunflower with many small yellow heads with dark hearts. Growing incredibly well without watering. Very attractive for bees, butterflies, birds and bugs. Regular picking favours an extension of the flowering period.

MAR - MAY
FEB - MAR

MAR - APR
APR - OCT



SUNFLOWER



FL002



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

GIGANTE / *Helianthus annuus* L.

A beautiful, robust, plant with large flower heads of soft yellow with dark brown centres. The flowers are very attractive to bees and the centres form heavy heads filled with seeds when they ripen, a welcome feast to birds. An outstanding ornamental plant that rotates always towards the sun. Flowering occurs in spring and summer, to prolong the flowering period sow in stages. Cultivation is simple, germination occurs 4 to 10 days after sowing. The seeds are edible.

MAR - MAY
FEB - MAR

MAR - APR
JUN - SEP



SUNFLOWER



FL019



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

MEXICAN SUNFLOWER / *Thitonia rotundifolia* (Mill) S.F. Blake

A large-branching, annually flowering plant with vivid orange-red flowers. Thrives in hot climates, MAI benefit from support as it can grow up to 4 m tall. Loved by bees and pollinating insects. It's deep roots help bring up essential nutrients.

MAR - MAY
FEB - MAR

MAR - APR
APR - OCT



VELVET QUEEN / *Helianthus annuus* L.

Delightful annual sunflowers, typically reaching up to 3 m. Grows multiple flowers which are great as cut flowers. Quick growing with daisy like flower heads. Popular bee attractor and the seeds are perfect as food for the birds!

SUNFLOWER

Customer Photo: Luis Ramos Pinto



FL016 **SUITABLE FOR CONTAINER PLANTING** 
EDIBLE FLOWERS
BEE ATTRACTING PLANT

 **MAR - MAY**  **MAR - APR**
 **FEB - MAR**  **MAY - SEP**



Lathyrus odoratus L.

Very pretty ornamental flower native to the Mediterranean that flowers in spring. In various shades of white, pink and purple, it fills your garden with sensational scent and a riot of colours that are very attractive for bees. In regions with mild winters the ideal sowing time is in autumn, in places with strong frosts sowing is recommended in early spring which results in an autumn flowering. Removing the faded flowers continuously, will maintain the production of new flowers. They are an eye-catching addition to your garden and can be grown as cut flowers.

SWEET PEA



FL005 **SUITABLE FOR CONTAINER PLANTING** 
EDIBLE FLOWERS
BEE ATTRACTING PLANT

 **OCT - DEC /**
 **MAR - APR**  **MAR - AUG**



ZINNIA MIX / *Zinnia elegans* (Jacq)

Zinnias are one of the easiest flowers to have, growing quickly and heavily blooming, providing a burst of colours in your garden until the first frost. They love the heat and have bright, solitary, daisy-like flowerheads on a single, erect stem, which makes them great for use as a cutting flower or as food for butterflies and other beneficial insects and pollinators. The more blooms you snip from zinnias, the more flowers they produce.

ZINNIA



FL007 **SUITABLE FOR CONTAINER PLANTING** 
EDIBLE FLOWERS
BEE ATTRACTING PLANT

 **MAR - MAY**  **MAR - MAY**
 **FEB - APR**  **MAY - OCT**



HERBS

planting tips:

Basil

Slow to start plants, once established they will grow vigorously and will flower continuously.

Black caraway

Sow early spring, flowers attract many insects. Moderately drought resistant like *Nigella damascena*.

Caraway

Caraway is a biannual plant, not sensitive to frost. It grows in all types of soil conditions but prefers calcareous and humus rich soils.

Celery

Celery that's grown just for its leaves. Leaf celery is darker, leafier, and has thinner stalks. The leaves have a strong, almost peppery flavour. Prefers partial sun and requires quite a lot of moisture. Start your cutting leaf celery indoors two to three months before the last frost.

Chives

Once established Chives will form a large clump, and continuously produce for many years. If the plant becomes too large it can easily be divided and transplanted.

Coriander

Coriander is sensitive to temperature changes and drought. For continuous harvest, sow regularly throughout the season. Flowers and stalks are also edible. Flowers attract ladybugs.

Hyssop

Drought resistant plant once established. Flowers attract many beneficial insects. Perennial can also be planted in autumn.

Lavender

Best results when sown and planted in autumn. Will require significant irrigation if planted in spring for the first year.

Lemon Balm

Lemon Balm spreads easily through its roots, something to take into account when planting. Will perform well if enough water is provided.

Marjoram

Marjoram is a vigorous grower which will easily spread to other parts with its root, take into account when planting. Performs well in any type of soil and climate. Beneficial flowers attract many insects.

Oregano

Adapted to drought and poor soils. In dry climates best sown in autumn before winter rains.

Parsley

Parsley is best grown in spring and autumn. Flowers will attract butterflies. Edible roots.

Sage

Resistant perennial when established. In hot climates better establish in autumn. Flowers attract many beneficial insects.

Summer Savory

Savory exists both in a summer and winter version. The summer version should be treated like an annual. Will dry out with too much heat.

Tarragon

Tarragon spreads easily via its roots, this should be taken into account when planting. Needs adequate water to perform well.

Thyme

Small perennial herb best established in autumn, grows well in sandy soil and drought conditions.

Planting depth	Thousand seed weight	No. of plants per m ²	Germination temperature	Distance	
0,3-0,5 cm	1,2-1,8 g	10	18-22 °C	30x15 cm	Basil
1 cm	2,8 g	12-14	23-26 °C	30x25 cm	Black caraway
0,5-1 cm	2,6 g	65-70	16-22 °C	30x5 cm	Caraway
0,5 cm	3-3,5 g	12-14	20-22 °C	30x25 cm	Celery
2-2,5 cm	1,5 g	12-14	22-24 °C	30x25 cm	Chives
1 cm	9 g	30-35	18-21 °C	30x10 cm	Coriander
Superficial	1,1 g	5-7	18-21 °C	60x25 cm	Hyssop
1-2 cm	1 g	5	18-21 °C	50x40 cm	Lavender
Superficial	0,5 g	5-7	15-20 °C	50x30 cm	Lemon Balm
Superficial	0,2 g	20-25	20-22 °C	30x25 cm	Marjoram
Superficial	0,1 g	12-14	20-22 °C	30x25 cm	Oregano
1-2 cm	1,6-1,8 g	15-20	20-22 °C	30x20 cm	Parsley
1,5 cm	8,6 g	5-7	15-21 °C	50x30 cm	Sage
Superficial	0,3 g	12-14	23-26 °C	30x25 cm	Summer Savory
1-2 cm	11 g	12-14	15-21 °C	30x25 cm	Tarragon
Superficial	0,3 g	12-14	15-21 °C	30x25 cm	Thyme

SOWING CALENDAR



VARIETY ALSO SUITABLE FOR PROFESSIONAL USE



DIRECT SOWING



IN POTS SOWING



TRANSPLANTING

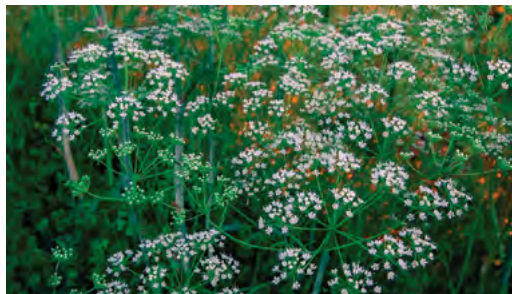


HARVEST



VARIETY AVAILABLE ONLY ONLINE

ANISE



ER023



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

*Pimpinella anisum* L.

Anise has small white flowers, that bloom in early summer. The fruit is small and oval with a yellowish green colour. It is used in the preparation of sweets, liqueurs, teas and digestive infusions due to its beneficial health properties. The Anis promotes relaxation and it is often found in cough medicines. Easy to cultivate.

MAR - JUN/
SEP - OCT

FEB - MAY/
SEP - DEC

FEB - APR/
SEP - OCT

JAN - DEC



BASIL



ER007



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

*Cinnamomum basilicum* L.

Variety of basil with a warm spicy sweet cinnamon aroma and taste. A stocky vigorous annual with a smaller leaf than sweet basil, with distinctive cinnamon coloured stems. Works well in combination with fruit and in Asian and Indian dishes.

MAR - JUN
FEB - MAY

MAR - JUN
MAY - OCT



BASIL



ER002



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

*Ocimum basilicum* L.

Annual, 30 cm high. Medium sized leaves with a good scent and strong vegetative growth. Fine for growing in a pot.

MAR - JUN
FEB - MAY

MAR - JUN
MAY - OCT



BASIL



ER006



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

*Ocimum basilicum* L.

A small leaf type basil with a similar flavour and smell as the better known Genovese type. The plant stays compact and grows a perfect globe like bush. This type of basil is very traditional in Portugal, being the centre point of the São João celebration in Porto and even various traditional songs. Goes very well with fish dishes. Very suitable for patio gardens, if left to flower, the basil will attract many beneficial insects and butterflies.

MAR - JUN
FEB - MAY

MAR - JUN
MAY - OCT



LEMON BASIL / *Ocimum citriodorum* Vis.

A basil with a pleasant lemon flavour. Ideal for fresh summer salads or for a refreshing tea.

BASIL

ER009



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



MAR - JUN
FEB - MAY

MAR - JUN
MAY - OCT

**RED BASIL** / *Ocimum basilicum* L.

A striking aromatic basil with reddish-brown leaves with a stronger flavour than sweet basil. Delicious in salads or as a garnish.

BASIL

ER008



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



MAR - JUN
FEB - MAR

MAR - JUN
MAY - OCT

**THAI BASIL** / *Ocimum basilicum* L.

Basil variety with a sweet, anise like scent with a hint of liquorice. Annual which thrives in very warm climates. Pinch flowers off to prevent from becoming bitter and to encourage regrowth. Frequently used in Asian cuisine.

BASIL

ER010



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



MAR - JUN
FEB - MAY

MAR - JUN
MAY - OCT

*Nigella sativa* L.

Annual which produces abundant flowers loved by many insects. The black seeds have an intense flavour used commonly for breads and cheeses. This medicinal and seasoning herb reaches up to 60 centimeters high. Suited for pot cultivation.

BLACK CARAWAY

ER013



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



MAR - MAY

AUG - SEP



BORAGE



ER019



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



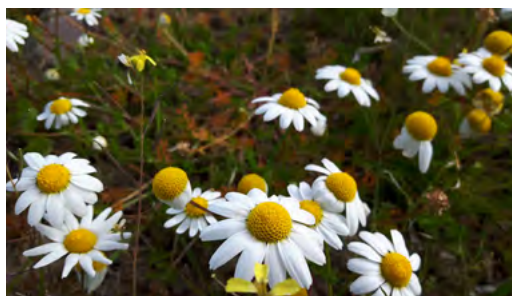
FEB - JUN/
SEP - DEC
JAN - APR/
SEP - DEC

FEB - MAY/
SEP - DEC
JAN - OCT

*Borago officinalis* L.

Borage is a prolific and edible blue flowering plant. A beautiful asset to your garden! It attracts beneficial insects and provides nectar for bees. Borage flowers over a long period of time and can be a great addition to salads.

CAMOMILE



ER005



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



APR - JUN/
AUG - SEP

MAY - SEP

*Matricaria recutita* L.

Fast growing herb. The flowers can be used in teas and have many medicinal properties. Beneficial for bees.

CARAWAY



ER014



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



MAR - JUN/
DEC - FEB
FEB - MAY

MAR - JUN
APR - JUL

*Carum carvi* L.

Biannual plant with a pronounced cumin flavour, used in many common dishes around the world. Helps digestion. If planted in winter the plant will grow as an annual. Strong aromatic plant which grows up to 60 cm tall.

CELERY



ER032



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB - MAR

APR - MAY
JUL - OCT

*A COUPER / Apium graveolens* L.

A common kitchen herb, perfect for giving flavour to many dishes. Rustic and resistant variety. Quicker germination at higher soil temperatures.

Allium schoenoprasum L.

Perennial herb with onion flavour, an upright variety with large leaves. Good yield, providing plenty of chives for salads. Suitable for pot cultivation.

CHIVES



ER011



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



JAN - JUN
 JAN - JUN

FEB - JUL
 JAN - DEC

CHINESE CHIVES / *Allium tuberosum* Rottler

Perennial herb similar to chives but with a flavour more similar to garlic.

CHIVES



ER020



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



JAN - JUN
 JAN - JUN

FEB - JUL
 JAN - DEC

*Coriandrum sativum* L.

Annual, fresh green for soups and meat dishes. The ground seeds can be used for cooking with vegetables. Prefers light and loose soil. Sow directly.

CORIANDER



ER004

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB - OCT
 FEB - OCT

MAR - NOV
 JAN - DEC

*Anethum graveolens* L.

For producing bunches of dill and growing for seed. Summer sowings bolt quickly.

DILL



ER003



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



MAR - OCT
 FEB - OCT

MAR - OCT
 MAR - NOV



FENNEL



ER 022

SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

*Foeniculum vulgare* Mill.

Frost-sensitive herb, can be biannual. Both the leaves and the seeds have medicinal properties. Sow directly in spring.

MAR - JUN

APR - JUL



HYSSOP



ER 021



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

*Hyssopus officinalis* L.

A perennial herb which is traditionally used in many dishes. Exquisite honey is obtained from the fragrant flowers. The flowers attract many beneficial insects. Hyssop reaches maturity at 60 to 100 centimeters height.

FEB - APR

MAR - MAY
 JAN - DEC



LAVENDER



ER 024



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

*Lavandula angustifolia* Mill.

A perennial bush with strong-scented, purple flowers. Adapted to dry climates. The flowers can be used medicinally, for teas, or as seasoning. Attracts many insects. Suited for pot cultivation.



JAN - APR/
JUL - OCT

FEB - APR/
AUG - NOV
JAN - DEC



LEMON BALM



ER 012



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT

*Melissa officinalis* L.

Versatile herb used in cooking, for tea, medicinally or ornamentally. Perennial which grows vigorously in clumps and spreads vegetatively. Maximum height 70-150 cm.

MAR - MAY
 FEB - APR

MAR - MAY
JAN - DEC



Origanum majorana L.

Perennial herb often used as an alternative to oregano. Attracts many bees and other beneficial insects. Between 60 to 90 centimeters in height. Suited for pot cultivation.

MARJORAM



ER017



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB - MAY/
AUG - NOV
JAN - APR/
AUG - OCT

FEB - MAY/
SEP - NOV
JAN - DEC



Origanum vulgare L.

Seasoning plant used for pizza and sauces. Very productive and stronger flavour than wild or sweet marjoram. The original oregano, up to 30 centimeters tall, flowers attract many beneficial insects. Suited for pot cultivation.

OREGANO



ER018



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



MAR - MAY/
AUG - NOV
JAN - APR/
AUG - OCT

MAR - MAY/
SEP - NOV
JAN - DEC



COMUN 3 / *Petroselinum crispum* (Mill.) Nyman ex A. W. Hill

Very aromatic plain leafed variety. Equally good to plant indoors or outdoors.

PARSLEY



ER001



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB - SEP
FEB - SEP

MAR - SEP
APR - NOV



GIGANTE D'ITALIA / *Petroselinum crispum* (Mill.) Nyman ex A. W. Hill

A fast-growing Italian parsley variety. With large, aromatic, spicy and flavourful leaves, ideal for seasoning.

PARSLEY



ER027



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



FEB - SEP
FEB - SEP

MAR - SEP
APR - NOV



SAGE



ER015



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



MAR - MAY/
AUG - NOV
JAN - APR/
AUG - OCT

MAR - MAY/
SEP - NOV
JAN - DEC

*Salvia officinalis* L.

Sage is used in sauces, grills, fish dishes, vegetables, cheeses, aromatic oils and vinegars. It is an effective antiseptic; it supports digestion and it is also recommended in cases of asthma and infections of the mouth and throat. Sage is easy to grow and does well in pots. These vigorous plants provide plenty of leaves.

SESAME



NEW

ER035



SUITABLE FOR CONTAINER PLANTING
EDIBLE GRAIN AND LEAVES
BEE ATTRACTING PLANT



APR - JUN
MAR - MAY

APR - JUN
AUG - SEP

*Sesamum indicum* L.

Sesame flowers continuously over a long period in early summer. The flowers attract many bees, adapted to drought conditions. Edible seeds.

SESAME



ER028



SUITABLE FOR CONTAINER PLANTING
EDIBLE GRAIN AND LEAVES
BEE ATTRACTING PLANT

APR - JUN
MAR - MAY

APR - JUN
AUG - SEP

**BLACK SESAME** / *Sesamum indicum* L.

Black sesame is a drought tolerant crop providing a good yield of tasty sesame seeds. The seed pods burst open when ripe so should be collected before they dry.

SUMMER SAVORY



ER026



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



MAR - JUN
MAR - JUN

APR - JUN
AUG - SEP

*Satureja hortensis* L.

Herb often used in the bean dishes. Annual which grows up to 50 centimeters tall and attracts many beneficial insects. Suited for pot cultivation.

Artemisia dracunculus L.

Perennial herb up to 1 meter tall. Slight anise flavour. Plant tolerates drought and poor soils.

TARRAGON



ER036



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



MAR - APR

APR - MAY
AUG - OCT



Thymus vulgaris L.

A herb that grows commonly in the Mediterranean area. Often used in savoury dishes but can also be used for making tea or as medicinal herb. Plant is a small perennial bush, between 30 to 40 centimeters tall. Suited for pot cultivation.

THYME



ER016



SUITABLE FOR CONTAINER PLANTING
EDIBLE FLOWERS
BEE ATTRACTING PLANT



MAR - MAY/
AUG - NOV
JAN - MAY/
AUG - OCT

MAR - MAY/
SEP - NOV
JAN - DEC



GREEN MANURES

planting tips:

Broad Bean

Leguminous crop, fixes atmospheric nitrogen, thus improving the soil where it is grown. It is most noticeable at the time of its flowering.

Buckwheat

A very fast growing crop, with a short cycle, best sown in autumn for winter growing or spring, for summer growing. Good as a green manure and to improve soil structure.

Crimson Clover

Leguminous perennial, grows well in most soils, but needs adequate irrigation, not tolerating dry conditions. It can be used both for green manure and forage, as it provides several cuts per year.

Flower Mix

Mixture of flower varieties, normally used in the growing of permanent crops, improving soil water balance and attracting pollinators and auxiliaries.

Green Manure Mix

Mixture of legumes and grasses that add in nitrogen and organic matter, and also improve soil structure.

Leguminosae Mix

Mixture of only leguminous plants for poor soils that are very low in nitrogen, humus content, and fertility.

Lucerne

Perennial legume, can be grown either on its own or in association with grasses. Demanding in terms of soil and requires a lot of water in its vegetative cycle. Good for animal feed.

Oat

The oat grass root system helps to improve the soil structure. It can be grown on its own or combined with various legume crops.

Persian Clover

Very rustic legume adapted to various soil and climate conditions. It can be grown either on its own or with other legumes and / or grasses.

Phacelia

Vigorous grower, high capacity to fix nitrogen, beneficial as green manure before a heavy feeder crop. Attracts many pollinators.

Red Clover

Leguminous crop very good for animal feed, it can also be used as green manure, alone or combined. Its water needs are high.

Rye

Grassy crop that has a great capacity for soil dominance, improving its structure due to its root system. It can be grown on its own or combined with legumes.

Ryegrass

Ryegrass grows quickly and adapts well. It will improve soil structure through its roots and add to fertility when turned in as a green manure. It can be grown on its own or combined with legumes. It also has a high nutritional value as animal feed.

Serradella

Annual leguminous crop, that naturally re-seeds itself for the following year. It is very rustic, growing well with little water, and can be cultivated either on its own or in combination.

Sunflower

Sunflower has a very deep root system, which improves the soil structure. It yields a large amount of green mass that can be added as organic matter into the soil. Drought resistance.

Vetch

Leguminous crop, very rustic, cultivate either on its own or in association with grass crops that serve as tutor. A very good feed for animals.

White Clover

White clover can be grown either as green manure, permanent grass or for fodder. It is a somewhat demanding though and needs a fair amount of water, will not survive in dry conditions without irrigation.

SOWING CALENDAR



DIRECT SOWING



TRANSPLANTING



IN POTS SOWING



HARVEST



VARIETY ALSO SUITABLE FOR PROFESSIONAL USE



VARIETY AVAILABLE ONLY ONLINE

BLACK OAT



AD014

SAIA / *Avena strigosa* Schreb.

Black Oats is one of the world's oldest cover crops. Planted specifically for its high production of biomass both above and below the soil. Culture with very tall plants (1.3-1.6 m), with great regrowing capacity after grazing or mowing. Used alone or combined with other species, such as vetch and lupine. It can be used for animal feed, whether in pasture, forage, silage or hay, with a production of 8 to 14 t of dry matter / ha.

SEP-NOV

SEED DENSITY: 60-80 KG/HA



BROAD BEAN FOR GREEN MANURE



AD016

*Vicia faba* L.

Type of broad bean with small seeds, suitable for improving soil fertility, due to the plant's ability to fix atmospheric nitrogen in its tissues and later be incorporated in the soil to benefit the following crops.

SEP-JAN

SEED DENSITY: 150-200 KG/HA



BUCKWHEAT



AD011

*Fagopyrum esculentum* Moench.

Pseudo cereal with fast growth, with a short cycle, not needing much water to grow. It is sensitive to frosts and should not be sown until the risk of frost ends. Its flowers attract a lot of bees and make wonderful honey. It can also be used as a green manure due to its rapid growth and ability to suppress weeds. Very interesting option for gluten intolerance and celiac disease. Rich in protein.

MAR-MAY/ AUG-OCT

SEED DENSITY: 80-110 KG/HA



BEE ATTRACTING PLANT

CLOVER



AD008

CRIMSON CLOVER / *Trifolium incarnatum* L.

Used in permanent irrigated meadows or fresh rained. It produces excellent quality green matter, allowing for several cuts. Used on its own or intercropped with other grass or legume crops for green manure, presenting resistance to low temperatures and frosts. It is an interesting crop for animal feed.

SEP-NOV

SEED DENSITY: 20-25 KG/HA



BEE ATTRACTING PLANT

PERSIAN CLOVER / *Trifolium resupinatum* L.

Used in permanent dryland meadows for grazing or cutting and fertilizing in green. It adapts to various types of soil, resistant to water logging, cold and salinity. Use in intercropping with other legumes and grasses such as oats, ryegrass and vetch.

AD009

**BEE ATTRACTING PLANT****CLOVER**

SEP-NOV
SEED DENSITY: 20-25 KG/HA

**RED CLOVER** / *Trifolium pratense* L.

Perennial upright crop used in temporary irrigated meadows (2-3 years) intercropped with ryegrass. Used in irrigated permanent pastures and green manure, it is also indicated for cutting, able to make between 4 to 8 per year, producing an average of 12 to 15 t of dry matter / year / ha. It adapts to various types of soil, preferring the deep ones with a reasonable calcium content, with a sowing depth between 2 to 3 cm.

AD010

**BEE ATTRACTING PLANT****CLOVER**

SEP-NOV/ MAR-APR
SEED DENSITY: 20-25 KG/HA

**WHITE CLOVER** / *Trifolium repens* L.

Perennial crop resistant to winter, rustic, very productive and with high nutritional value for animal feed. Used in permanent meadows and green manure, on its own or in intercropping with other legumes and grasses (such as ryegrass). It should be sown at a depth of 1 to 2 cm and is not very tolerant to drought.

AD013

**BEE ATTRACTING PLANT****CLOVER**

SEP-NOV/ MAR-APR
SEED DENSITY: 8-12 KG/HA

*Vicia sativa* L.

Annual forage crop, in addition to serving as green manure, is excellent for animal feed. Intercropped with a grass it produces a greater amount of green mass, usually with oats, barley or triticale that serve as tutor. Offers good coverage and soil protection. It prefers cold climates and tolerates frosts, being able to withstand temperatures down to -5 °C, however it does not resist drought, excessive heat and waterlogged soils.

AD004

**COMMON VETCH**

SEP-NOV
SEED DENSITY: 70-80 KG/HA



ITALIAN RYEGRASS



AD003

*Lolium multiflorum* Lam.

Annual forage crop with excellent nutritional value, which allows 3 cuts to be made, and is also used for grazing and green manure. It is intercropped with annual clovers and vetch. It leads to improvements in soil structure, has rapid growth and implementation and is resistant to rust. It is demanding in nutrients and water, being sensitive to cold and drought.

SEP-NOV
SEED DENSITY: 35-45 KG/HA



LUCERNE



AD015

*Medicago sativa* L.

Perennial crop used in permanent irrigated or fresh rainfed meadows. It produces excellent quality green matter, allowing for several cuts (3/4 per year). Used alone or intercropped with other perennial crops and in green manure. It needs well-drained soil. Demanding in soil and water.

SEP-NOV / MAR-APR
SEED DENSITY: 35 KG/HA



MIX FLOWERS



AD017



BEE ATTRACTING PLANT

47% LEGUMINOSAS

Mixture to improve the structure of poor and poorly ventilated soils, increasing organic matter. Due to competition with the vine, the microclimate in the cluster area improves, decreasing the incidence of diseases and benefiting the composition of the berry. Attractive for auxiliary insects and pollinators, it has the ability to control weeds and improve soil water balance.

Composition: 17.5% Buckwheat; 8% Phacelia; 9% Flax; 8% Sunflower; 0.5% Calendula; 15% Yellow Lupin; 10% Egyptian Clover; 8% Persian Clover; 6% Vetch; 8% Serradella; 2% Dill; 5% Coriander; 3% Mallow

SEP-NOV / MAR-APR
SEED DENSITY: 30 KG/HA



MIX GREEN MANURE



AD012



BEE ATTRACTING PLANT

QUICKFIX

Mixture of green manure for grassing in permanent crops or crop rotation. Mix with fast growing varieties, controlling weeds. This mixture can be sown in either autumn or spring.

Composition: 50% Buckwheat; 20% Radish Lukas; 5% Radish Romesa; 15% Mustard; 10% Phacelia.

SEP-NOV / MAR-MAY
SEED DENSITY: 30 KG/HA



MIX 1

Mixture with fast-growing crops, legumes (nitrogen incorporation in the soil) and grasses (increased soil aeration). Ideal for uncultivated soils for long periods of time, with erosion problems, being resistant to cold and improving the water infiltration capacity in the soil.

Composition: 30% Ryegrass Ronaldo; 15% Ryegrass Fábio; 35% Vetch; 20% Red Clover.

AD006



MIX GREEN MANURE



SEP-NOV
SEED DENSITY: 60 KG/HA



MIX 1 / 97% LEGUMINOSAS

Being a mixture composed almost exclusively of different leguminous crops, it will allow the incorporation of an interesting amount of nitrogen in the soil. Good option for dry and poor soils.

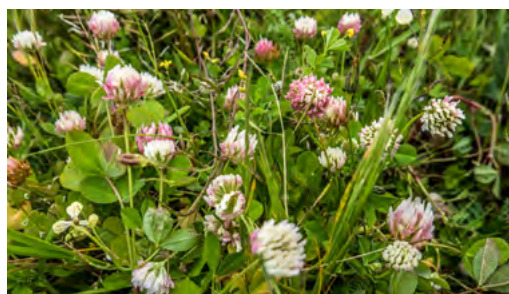
Composition: 19% Yellow Lupin; 25% Pea; 24% Vetch; 10% Persian Clover; 10% Egyptian Clover; 9% Serradela; 3% Phacelia.

AD005



BEE ATTRACTING PLANT

MIX LEGUMINOSAE



OCT-DEC
SEED DENSITY: 70 KG/HA



Phacelia tanacetifolia Benth.

With vigorous growth, this plant attracts bees and auxiliary insects. It is a crop that has a high concentration of nitrogen in its tissues, thus providing this nutrient for the following crops, in addition to improving the soil structure. Phacelia can easily reseed the following year. For all these benefits, phacelia is widely cultivated in fields, vegetable gardens, vineyards, orchards and gardens.

AD001



BEE ATTRACTING PLANT

PHACELIA



MAR-MAY / AUG-OCT
SEED DENSITY: 10 -13 KG/HA



Secale cereale L.

This crop on its own can be used either as forage, hay or silage, or grazing, with dry matter production between 5 to 8 t / ha. It can also be used for grain production. In association with other crops it serves as a tutor to climbing legumes, such as vetch.

AD002



RYE



SEP-NOV
SEED DENSITY: 110 -150 KG/HA



SERRADELLA



AD007



Ornithopus sativus L.

Used in rainfed meadows, alone or intercropped with other annual legumes and grasses such as rye, oats, ryegrass and red clover. Due to its deep root system it resists drought conditions, behaving well in weak soils (light and acidic), as long as well drained. It has an excellent nutritional value. Under normal conditions, the flowering season of serradella occurs 4 months after sowing.

SEP-NOV
SEED DENSITY: 25-30 KG/HA



SUNFLOWER

Customer Photo: Jérôme Esteves



AD026



BEE ATTRACTING PLANT

Helianthus annuus L.

A crop capable of improving soil fertility and reducing weeds. It has a deep root system that helps to improve the soil structure. It has good resistance to drought. It produces a large amount of organic matter that can be incorporated when the plant is still small in size. The seeds can be harvested or left on the plant to feed birds.

MAR-MAY
SEED DENSITY: 25 KG/HA



ORGANIC FOOD FROM ORGANIC SEEDS

On the derogation of organic seeds:

The European commission has established that there needs to be enough organic seed available for organic farmers to use exclusively organic seeds in 2035. At the moment if a certain variety, or crop, is not available, an organic grower can ask permission to sow non-organic seeds. To ensure that there is sufficient quantity, of high-quality seed available for organic growers in the near future, and especially in 2035 is a big task.

Many of the varieties currently used by organic growers are bred and optimized for conventional conditions, high fertilization, weed killers, insecticides, unlimited irrigation. Our mission at Sementes Vivas is to make sure that new varieties, adapted to the Mediterranean climate, are available for organic growers in quantity and of quality, easily accessible for all. Bred for low input, no artificial fertilizers, no pesticides, limited irrigation; resistant plants which thrive in organic conditions. Therefore, our slogan: Organic Food from Organic Seeds!

For the past decades close to no money has been spent on breeding new organic varieties.

Sementes Vivas, however, is working on developing these new varieties. Together with universities such as the University of Coimbra (ESAC-IPC), and the national gene bank of Portugal (INIAV), CICYTEX, the seed bank and research centre of the government of Extremadura and CTAEX, a private research centre in Extremadura as well as together with various foundations, with research institutes and cross border projects such as GoCONVIGNA and LIVESEED.

To further give a push for the development of the organic sector we are working together with ESAC, INIAV, the agricultural school of Castelo Branco (ESACB), the research institute of organic agriculture, Europe (FIBL), the centre for functional ecology (CEF) and the municipality of Idanha-a-Nova to establish the very first centre of applied sciences for organic farming and organic plant breeding. Located directly in the fields of Idanha close to organic growers, reviving and revaluing the countryside.

Working to these ambitious goals is better done in a supportive network. If you are interested in our objective to develop new varieties for the organic sector and advancing organic farming and want to know more or contribute, you are very welcome to contact us.

BIODYNAMICS

Since 1924, Biodynamic Agriculture, the oldest green farming movement, has been recognised worldwide for its production quality and nutrient-rich crops.

Biodynamic farm design and production methods aim to restore, maintain and enhance ecological harmony. In constant dialogue with nature, the biodynamic farmer works with a spiritual and holistic approach to create a self-sustaining farm organism. Biodiversity, crop rotation, composting, preventative disease and pest control methods and the use of biodynamic preparations are important tools to maximise the health and vitality of soils, crops and livestock.

Biodynamics has an independent certification system. Demeter International is the largest certification organization for biodynamic agriculture,

The seeds in our catalogue issued out of Demeter certified production are indicated by the Demeter Logo.



THE SEEDS

QUALITY

Attaining quality seeds requires care throughout the whole production cycle, from field to storage all the way through to distribution. To ensure the seeds are clean and dry after harvesting, they undergo seed extraction, separating, drying, cleaning, sorting, packing and then storing. For each of these steps, experts and specialised equipment is required.

Before the seeds are packed and sent to the customer, their quality is tested according to the highest standards. Germination, bacterial, fungal and virus infection tests are conducted on every harvested seed lot. We guarantee a germination rate above legal requirements. The seeds do not undergo additional treatments. The seeds are stored in ideal temperature and humidity conditions.

We are proud to perform this rigorous, post-harvest work with the correct knowledge and to a high standard of care and attention to ensure optimum quality seeds, constantly improving our seed process in collaboration with experts in this field.

CERTIFICATION

Sementes Vivas is a certified organic seed company PT-BIO-03. All 246 varieties of the 2020 catalogue are certified organic, around 50 of them are Demeter certified. Having received the Demeter certification for our farm in November 2019 we will be able to double this amount in 2021.



CATALOGUE SEMENTES VIVAS 2020

Photos:

Living Seeds Sementes Vivas S.A.
Bingenheimer Saatgut AG
De Bolster B.V.
Sativa Rheinau AG

Texts/ Revision/ Translation:

Livings Seeds Sementes Vivas S.A.

CONTACTS

info@sementesvivas.bio
+351 277 249 072
www.sementesvivas.bio
loja@sementesvivas.bio

OFFICE/ FARM

Living Seeds
Sementes Vivas S.A.
Herdade do Couto da Várzea
Estrada Nacional 354
6060-270 Ladoeiro,
Idanha-a-Nova
Portugal

ORDERING

Seeds can be ordered via the new website online shop www.sementesvivas.bio We are happy to take your order by e-mail and by telephone too. For the pricing of our small packages please check our website or contact us by email. To order larger quantities than those offered in the catalogue, please contact us by e-mail or phone.

DISPLAYS

Would you like to sell our seeds in a shop? We have several displays available. They are made out of wood and cork and produced locally. Prices and conditions are available on request.



TERMS AND CONDITIONS

Living Seeds Sementes Vivas S.A. is registered at the address of the Herdade do Couto da Várzea, Estrada Nacional 354, 6060-270 Ladoeiro, Idanha-a-Nova, Portugal. Our fiscal number is NIF 513635904, and we are the owners of the site www.sementesvivas.bio.

Under the Portuguese law 143 passed on 26.04.2001 (Decreto-Lei 143/2001 de 26 de Abril), we agree to adhere to all the legal requirements surrounding electronic, commercial, online sales. We ask that you regularly check our terms and conditions, as we reserve the right to change them without prior notice.

WE INVITE YOU TO VISIT OUR ONLINE SHOP

Buying high quality organic and biodynamic seeds and having them delivered right to your door is easy and quick! You just need to provide us with the data necessary for billing and shipping the order.

In our online store you will find all the varieties we have currently available, as well as photos, detailed descriptions and other relevant information as well as quantities and prices.

The platform gives you access to our certificates and to the digital version of this catalog. In our very requested "Sow this month" feature you will find monthly updated information about what to sow at this time of the year. You can get inspired by our listing of best-selling products and you can get to know our company and our team better. The handling of the order process is simple: Select the desired varieties and quantities and when you have finished shopping, go to the basket by pressing the CHECKOUT button. If you have any questions, difficulties or problems during your online experience or if you prefer to place your order by email, you can contact us by email loja@sementesvivas.bio

PRICES

The prices of the packages include the applicable VAT. If you are interested in placing a bulk order, please contact us at loja@sementesvivas.bio. We will then confirm the price according to the quantity you require.

METHODS OF PAYMENT

Payment can be made in several ways: 1) by bank transfer or 2) payment by MB, via ATM reference, when the order is made online or by 3) payment via Paypal. LSSV has an account at Caixa Agrícola SA with the following bank details: Living Seeds Sementes Vivas S.A. IBAN - PT50 0045 4050 4027 4242 8164 4 Swift / BIC: CCCMPTPL After confirming your order, you will receive an email with bank details from LSSV and / or ref. MB. Proceed with the payment including the reference number and save the confirmation. National bank transfers usually take between 1 and 2 business days, international may take longer.

SHIPPING AND DELIVERY

After we received your payment, the order will be dispatched, LSSV works with CTT and we send all orders by registered mail so that the status of the order is permanently monitored. The delivery may take between 2 and 5 days (valid for all working days until 18:00, and for mainland Portugal). For shipments to the Azores and Madeira, sea transport can take up to 10 working days, and air transport up to 3 working days.

PRIVACY POLICY

LSSV assures the user / client of the online store www.sementesvivas.bio that the information and all the personal data provided will be treated in compliance with the law and will not, under any circumstances, be provided to third parties. The personal data collected (name, address, taxpayer number, telephone number, etc.) will only be used for billing purposes, order shipments, internal statistics and eventual sending of catalogs or promotions by LSSV.

RETURN POLICY

Sementes Vivas accepts returns up to 15 days after purchase from the date of payment received. Returns are accepted if the packaging is in good condition, unopened and undamaged. If returned in compliance with the above, we will reimburse you for the value of the goods returned, by bank transfer. Postal return of goods is the responsibility of the buyer.

CONSUMERS CONFLICTS

In accordance with Law No. 144/2015, we inform that in the event of a dispute, you can use the CNIACC - National Center for Information and Arbitration of Consumer Conflicts or access its official website and introduce your conflict to them.

We look forward to your visit!