

## Carol Deppe/Fertile Valley Seeds 2013 SEED LIST

(To be on the mailing list for my email seed list email your request to [resilientgardener@comcast.net](mailto:resilientgardener@comcast.net).)

Hello All--

Here is my 2013 seed list. This year I've added one new heirloom dry bean, my favorite edible podded pea that is also a great eat-all pea shoot crop, an heirloom lettuce with spectacular flavor, the Morton line of 'Lacinato' kale, and three relatively unknown delicious greens crops that are far more productive than those ordinarily grown that I grow using a pattern I call the "eat-all greens garden." I outline the eat-all greens garden concept and give a preview of my next book here associated with the descriptions and growing instructions for the eat-all greens varieties. In addition, in this list I've added additional growing and cooking information to a number of the variety descriptions.

All the varieties on this list are bred or chosen primarily for spectacular flavor, secondarily for high vigor and high yield when grown under organic growing conditions. All varieties are open-pollinated, public domain, and non-GMO. All seeds are packed for 2013 and meet or exceed expected germination standards unless stated otherwise. Any liability is limited to the cost of the seeds.

**ORDER DEADLINE: April 30** or when I run out of seeds, whichever comes first. I operate as a seed company (fulfilling orders and dealing with seed correspondence) only seasonally. The rest of the time I'm gardening, breeding plants, and writing.

**Feel free to pass this list on to anyone who might be interested.**

**'CANDYSTICK DESSERT DELICATA' WINTER SQUASH.** (*Cucurbita pepo*) 90 days.

Vigorous productive delicata with intensely sweet flesh and a rich complex flavor reminiscent of Medjool dates. Flesh as thick or thicker and fruits as big or bigger than all other delicata lines. Absolutely no bitter contamination as is a problem in many delicata lines. Fruits up to 3 lbs. Tan and green striped fruits range from loaf to longer shapes, often on the same plant. I think this is the best delicata in existence. Allow 2-3 weeks after harvest for curing indoors before eating. Keeps indoors through January. Bred by Carol Deppe and Nate France. (Note: This squash is so dry and has such a high sugar content that I recommend baking in a covered roasting pan to avoid its drying out or scorching. Put the cut deseeded but not scraped or cleaned halves upside down on the roasting-pan rack and cover the pan with the lid with the holes open. (With all squash, it's easiest to scrape away interior debris after the squash is cooked, and that debris helps keep the squash from drying out while cooking.) Start oven at 400° F while the squash are coming up to temperature, then switch to 325° F to finish the squash without scorching.) I recommend eating Candystick without any additions at all, not even butter or salt. I eat them at the end of the meal, as the dessert. About 40 seeds – \$5.

**'SWEET MEAT—OREGON HOMESTEAD' WINTER SQUASH.** (*Cucurbita maxima*) 110

days. This line of Sweet Meat represents my reselection of the Oregon heirloom for all its traditional virtues—sweet thick dry flesh of unsurpassed flavor, fruits 12 – 25 lbs, huge delicious seeds, long storing, and ability to germinate in cold mud and grow vigorously in cool weather. (These characteristics have largely been lost from the current commercial lines.) Cure indoors at least one month. Oregonians traditionally opened their first Sweet Meat for Thanksgiving. Gets sweeter and more delicious in storage. Stores at least 6 months. Freezes well. About 40 seeds – \$5.

**‘COSTATA ROMANESCO’ SUMMER/DRYING SQUASH.** (*Cucurbita pepo*) Light green, flavorful summer squash that is also one of the best squashes for drying (of slices of green fruit harvested in the summer squash stage, as I describe in *The Resilient Gardener*). Firm texture, even when cooked. Commercial seed. Germination about 70%. An Italian heirloom summer squash. About 40 seeds – \$5.

**‘CASCADE RUBY-GOLD’ FLINT CORN – THE ULTIMATE SURVIVAL CROP.** About 85 days to full dryness; plants 5 ½ feet high. A very early, productive true flint corn superb for cornbread, johnny cakes, and polenta. Has 8-10 inch ears with 8-12 rows of big seeds on a medium-narrow cob that dries down easily. Usually 2-3 ears per plant depending upon spacing and soil fertility. Good husk coverage for protection against birds and worms. Very vigorous. Does well even in downright cold summers. Produces solid-colored ears of several colors—red, red-brown, dark red, orange-gold, maple-gold, gold, and yellow. Interior kernel color is always yellow or gold. Each color of ear produces a different flavor of cornbread. The red shades make a rich-flavored cornbread; the yellow shades make a mild-flavored cornbread. Both make great polenta and johnny cakes. Recipes for cornbread, johnny cakes, and polenta made with this corn can be found in *The Resilient Gardener: Food Production and Self-reliance in Uncertain Times*. Cascade corns did well even on Vancouver Island, British Columbia, in the unusually cold summer of 2011. Although bred primarily to be gourmet-quality food, Cascade Ruby-Gold Flint also makes a great ornamental corn. I bred this corn to be the ultimate survival crop, the variety and crop you would choose if you could have only one variety to get you through good times and bad.

Packet of about 150 seeds -- \$5.

1 lb. Survival Pack (at least 1200 seeds) in a heavy-duty Ziploc suitable for tucking into the freezer – \$30 (\$25 for the seeds + \$5 for extra postage).

**‘GAUCHO’ BUSH DRY BEAN** (*Phaseolus vulgaris*) Very early productive bush bean for drying. Not available commercially. Rich distinctive flavor. I'm expecting about 1% off types from this year's crop. Just cull anything that dries down much later than the Gauchos or is a little viney instead of bushy. Give your Gaucho dry beans as much isolation as you can from your *Phaseolus vulgaris* green bean types, but don't worry overly much about purity. Gaucho wasn't pure when I got it, as is common with heirloom beans. If you get a cross or two with your green beans this year, they will show up in the next generation as plants that are much later and/or don't dry down as early as Gaucho, making them easy to eliminate. (Crosses don't show up on the bean seeds in the first generation when the cross happens.) Gaucho beans made a good crop on Vancouver Island B.C. Canada in the unusually cold (even for Vancouver) summer of 2011. Gaucho is an heirloom dry bean from Argentina that came to me from the old Abundant Life Seed Foundation. About 100 seeds – \$5.

**‘BLACK COCO’ BUSH DRY BEAN** (*Phaseolus vulgaris*) Very early productive heirloom bean for drying. Medium size roundish black beans. Broth and beans change color to deep chocolate-brown when cooked. Delicious flavor. ‘Black Coco’ and ‘Gaucho’ are the two heirloom dry beans I grow, having beaten out dozens of others I have trialed by being early, productive, AND having delicious distinctive flavor that makes for a good main course without the need to add meat or cheese. (Jacob's Cattle'/aka 'Trout' and 'Soldier' are equally early and productive but are bland. They make good baked beans. But I focus on growing beans with enough flavor to make a satisfying main course without needing to add meat, cheese, or sugar. "Bland" just doesn't cut it for me.) About 100 seeds -- \$5.

**‘HANNAN POPBEAN’** (garbanzo a.k.a. chickpea; *Cicer arietinum*) Plant mid-March through April. Photoperiod sensitive. Later plantings give flowering on tiny plants, thus produce few seeds. Seedlings are freeze-hardy. Plant at or thin to 8 inches. Needs no irrigation in the maritime Northwest. Harvest when plants are dry, usually late July to early August. I don't recommend this variety for regions where the ground is frozen into April. Selected for production under organic conditions in Willamette Valley Oregon, hotbed of aphid-spread pea diseases. Highly resistant to soil borne diseases including Fusarium and to aphid-borne diseases. Use as a regular garbanzo or as a popbean. Bred by Carol Deppe. About 100 seeds – \$5.

**‘BEEFY RESILIENT GREX’ bush dry bean.** The most intensely beefy flavored bean I have ever eaten. Has become my main eating bean. Also the most productive dry bean I have ever grown by a factor of 2X or more. This is a segregating population of beans that represent the F<sub>3</sub> and F<sub>4</sub> of crosses between ‘Gaucho’ common bean X ‘Black Mitla’ tepary bean.) (*Phaseolus vulgaris* X *Phaseolus acutifolius*) (I am adopting Alan Kapuler’s terminology and calling such a segregating population a “grex.”) ‘Gaucho’ is a very early, very delicious gold dry bean. ‘Black Mitla’ tepary is a widely adapted black tepary with a powerful delicious flavor as a dry bean. Both are small beans round in cross section and about twice as long as wide. Both are easy to thresh. Teparies are unusually drought-hardy and are resistant or tolerant to diseases common beans succumb to. Common bean varieties tend to yield more. In 2009 I was trying to do seed increases on the pure varieties, which shouldn't have crossed since they are different species. Such crosses are “against the rules.” The beans were unruly. I got about 5% crosses from patches that were 12' apart, as evidenced by about 5% black beans in the 2010 grow-out of what I thought was (and what looked like) pure (gold-seeded) ‘Gaucho’. I couldn't think of any cross that has more potential for producing interesting and highly resilient dry bean varieties than this cross, though, however unintended. So I hand-sorted out several thousand black seeds representing those crosses and planted them in 2011 to produce Resilient Bean Breeder F3. These turned out to be the most productive dry beans I have ever seen. When I cooked up a pot of the mixed colors, the flavor blew me away. It tastes more beefy than beef does.

The plants are short-vined in type, and hold their pods up off the ground so can be handled like a bush type. To harvest I clip or pull plants and roll up the tangled row-shaped mat of beans. About ¾ of the beans are black; the rest are brown, tan, gold, or speckled. Maturity is a little later than ‘Gaucho’ but still quite early. (Presumably there will be continuing segregation for plant type, maturity, drought resistance, disease resistance, and bean color and flavor.) I am selecting gently for earliness (by eliminating any plants that are not dry along with the main crop) but not selecting otherwise. Save seed from the plants that do best for you and breed your own unique varieties adapted to your own needs and conditions. Or just use as a mix, as I am. This should be particularly good material from which to select varieties for short-seasons, cool or cold or hot summer weather, drought hardiness, yield, and disease resistance. (Note: This is essentially the same material I sold last year as ‘Resilient Bean Breeder F3’. It has now earned a name and permanent place in my garden.)

To cook Beefy Resilients I soak for 24 hours with adequate stirs and occasional water changes; soaking time is variable, but they all swell completely in that time. Cooking time is uniform, about 45 minutes. About 200 seeds – \$5

**‘LACINATO’ KALE-Morton line.** (*Brassica oleracea*) Green-black strap-shaped heavily savoyed leaves with rich flavor. aka ‘Tuscan’ or ‘Dinosaur’. This is Frank Morton’s line of this Italian heirloom, which is more variable in type than most other lines but considerably more vigorous. Good flavor raw as well as cooked. I boil for about 8 minutes for prime cooked kale flavor (longer than most kales, most of which take about 2 minutes). About 1600 seeds -- \$5.

**‘CRISPY CRUNCHY GREEN-GOLD’ ROMAINE LETTUCE.** (*Lactuca sativa*) Best-flavored lettuce I’ve ever tasted. Delicious just eaten straight out of the garden. Narrow green-gold leaves and a texture as crunchy as any head lettuce. An heirloom aka ‘Brown Golding’, a name that doesn’t do this variety justice, so I’m am cheerfully renaming it. About 2000 seeds, \$5.

### **EAT-ALL GREENS CROP VARIETIES and book-in-progress preview:**

Most of the greens I grow are not heads or buds like cabbage or broccoli. Those are excellent for shipping and storage. But for home gardeners they are not nearly as productive per unit space or amount of labor as growing certain varieties of leafy greens in a pattern I call the “eat-all greens garden.” I’ll be talking a lot about the eat-all greens garden and the varieties I’ve found that work for it in my new book, *The Tao of Gardening*. (I’m writing it now; it’s scheduled for publishing by Chelsea Green in fall of 2014. It will be all about tomatoes, peas, green beans, and greens and other stuff I love and grow but didn’t talk about in *The Resilient Gardener*.)

The thinnings and baby leaf stage of eat-all greens can be used raw in salads or sandwiches. I use the full-size main eat-all greens harvest in stir-fries, soups, stews, and as “messes o’ greens.” (For a “mess o’ greens,” boil very briefly, drain, then dress with salt and pepper and something oily or fatty and something sour. Examples: oil, vinegar, and Italian seasonings; meat drippings and vinegar; fried bacon, bacon grease, and vinegar. Or lemon juice or sauerkraut instead of vinegar. Or dress greens with salt, pepper, and vinegar or lemon only and serve under a chunk of fatty fish such as baked salmon or canned herring.)

The last four varieties in this seed list will give you a bit of a preview of the eat-all greens garden approach.

**‘SHUNKYO SEMI-LONG’ DUAL-PURPOSE LEAF/ROOT RADISH.** (*Raphanus sativus*) Good eat-all variety.

I’ve become a big fan of leaf radishes, radishes bred specifically for the greens. They are widely used in China, Japan, and Korea for stir-fries, soups, salted fermented greens, and kimchee. They’re also good in salads and as micro and baby-leaf greens. Leaf radishes grow much faster and more vigorously than any other greens. What is available now is mostly hybrids, and I’m in the process of dehybridizing. Meanwhile, I recommend growing this dual-purpose Chinese heirloom variety. ‘Shunkyo’ makes tasty 4-inch long 1-inch wide red roots in about 32 days. (I cook them along with the greens.) Here in the maritime NW plant succession plantings about once/month from early spring through fall. Even the mature plants can stand mild freezes, so can be harvested through early winter.

I grow leaf radishes in a style I’ve developed that I call the “eat-all greens garden,” that I’ll be discussing in detail in my next book, *The Tao of Gardening*. Basically, I broadcast ‘Shunkyo’ radish seed in beds, thin to about 4 inches apart in all directions, and harvest the top 8 inches of the entire bed when plants are about 12 inches high, at roughly 2 months. ‘Shunkyo’ thinnings make good baby leaves and salad leaves. Younger leaves have a distinctly radishy flavor that is nice in salads.

The EAT-ALL greens garden produces a much larger yield of greens per amount of labor or space than does growing ordinary leafy greens ordinarily planted. It depends upon broadcasting the right kinds of very vigorous leafy varieties at the right spacing so as to overgrow weeds as well as make the plants stand up so that nothing is muddy and everything a few inches off the ground is tender and edible. The yields are huge compared to ordinary style of growing ordinary greens. There is no weeding, as eat-all varieties simply sneer at and shade out weeds. There is no washing, sorting, or kitchen prep needed other than cutting the plants into appropriate pieces. In addition, you can get multiple crops from a single bed in one season. Or you can harvest an early eat-all crop, then plant tender summer crops, costing essentially no space at all. You can grow an eat-all crop of ‘Shunkyo’ radish greens in early spring, for example, eat the thinnings in salads, soups, stir-fries, and stews for a

couple of months, harvest the greens as an eat-all crop, then plant tomatoes or squash with ordinary timing. Eat-all crop radish leaves blanche and freeze well. With eat-all crops, it's easy to grow all the greens you need for summer and freeze enough for a family for winter with minimal space and labor. About 500 seeds, \$5.

**'INDIAN SPINACH—RED AZTEC' HUAZONTLE.** (*Chenopodium berlandiera*) Good eat-all variety. (See info under 'Shunkyo' radish for eat-all approach.) This is a relative of lambsquarters and quinoa, but has bigger leaves, grows faster, and has greens and young plants that stay succulent and prime longer. The word 'huazontle' (pronounced "wuh zont lay" refers to a traditional use of the flower buds for stir-fries, but I don't find that use compelling. (I suspect that this line has changed with respect to that characteristic, and/or development of really big buds needs a more southerly latitude.) Instead, I use the variety as an eat-all greens crop for soups, stews, mess of greens, and blanching and freezing for use in winter (or whenever I'm too lazy to go out to the garden and pick things). Also makes great baby leaf greens and microgreens. Plant late spring to early fall. I broadcast in beds, thin to about 4" apart, and grow to about 12" high, then harvest the entire top 8 inches, which is all succulent stalk and leaves. About 2-3 months for eat-all crop. One can pull all the plant stumps or debris and replant the bed. However, I prefer to leave a few plant stumps spaced at about 12" apart to make nice bushes that give tender shoots for greens all the rest of the season. Heirloom native American variety. Emerging seedlings are red; older plants are red-tinted green. About 2000 seeds, \$5.

**'BURGUNDY AMARANTH' for leaves/grain.** (*Amaranthus ssp.*) Good eat-all variety. (See general info under 'Shunkyo' radish.) Dual purpose amaranth. Leaves are great for stir-fries, soups, stews, and messes of greens. Also can be used in salads and makes great baby leaf greens and microgreens. Plant late spring through late summer. I broadcast in a bed, thin to about 4 inches apart, and cut and use the top 6 inches when 10 inches high. Eat-all bed ready in 2-3 months. Can harvest/thin eat-all bed to leave plants at 1' apart for grain. Leaves blanch and freeze well. About 4000 seeds -- \$5.

**'OREGON GIANT SUGAR' PEA** (*Pisum sativa*) Edible-pod pea with huge pods and big crinkled seeds. Pods are sweetest after seeds have reached full size, but are tasty from small size up until they start drying down, giving an unusually large harvesting window. Also excellent for eat-all pea shoots patch. Resistant to pea enation, pea wilt, and powdery mildew. (With this resistance repertoire, peas may be planted for harvest spring through fall in Willamette Valley rather than being just a spring crop.) In Willamette Valley plant February through mid-August to harvest spring through fall; plant in early October to overwinter. Plants grow to about 3 feet and need some support. When harvested at full size with fully expanded seeds they are as sweet as snap peas, just a different shape. Hold on vine and in the frig a long time. This pea is so good I no longer grow snap or shelling peas. Bred by Jim Baggett/Oregon State University.

Vigor and large-sized leaves make this variety especially nice for pea shoots. To use as an eat-all pea shoot crop, sow in a wide row or bed at about 2" apart in all directions. When plants are about 6 inches high, harvest the top 4 inches. (About 300 seeds.)

**DONATION:** I include a line for donations because breeding and distributing open-pollinated public domain seeds is more of a public service than an economically viable activity. Donations of any size will be very welcome.

**BUYING MY BOOKS and other books on gardening, agriculture, and sustainable living:** You can buy my books much cheaper from others on line than I can provide them via mail-order. My publisher, Chelsea Green, is the leader in publishing books on organic gardening, sustainable agriculture, sustainable energy, and all aspects of “the politics and practice of sustainable living,” having committed to that vision decades before it became generally popular. I have arranged for a special **FRIEND-OF-THE-AUTHOR DISCOUNT CODE: CD6417. Use this code at checkout and receive a 35% DISCOUNT ON EVERYTHING ON THE CHELSEA GREEN WEBSITE [www.chelseagreen.com](http://www.chelseagreen.com).** (The offer includes discounted shipping: Prorated \$4 - \$10 for up to \$100; free shipping for orders of \$100 or over. Cannot be combined with other sales or discounts. U.S.A. orders only.) The Chelsea Green list includes hundreds of gardening and agriculture books, all oriented toward the organic and sustainable. Using the CD6417 code, you can receive prices comparable to those at Amazon but support a small independent employee-owned publisher as well. Just reviewing the Chelsea Green list regularly is an excellent way to keep up with what is happening in organic gardening, sustainable agriculture, sustainable housing and energy, recycling, and all other aspects of sustainable living.

If you prefer to buy from Amazon, it will help me if you go to my website [www.caroldeppe.com](http://www.caroldeppe.com) and follow the link to Amazon. The Amazon referral fee is significant; it's about as high as the royalty. In addition, I get the fee on everything you buy in that session, not just my own books.

Another thing that really helps me is good reviews at Amazon. I love nice things said about my books on order forms, but don't have time to respond during order season. And where I really need such expressions is as reviews on Amazon. If you review my book on Amazon and would like me to know about it, tell me on your order form and give me your Amazon handle so I can read the review (which I most assuredly will do).

My gardening books are:

***The Resilient Gardener: Food Production and Self-reliance in Uncertain Times***

***Breed Your Own Vegetable Varieties: The Gardener's Guide to Plant Breeding and Seed Saving***

***The Tao of Gardening*** (In progress. Prospective pub date is fall 2014.)

**VOLUNTEERS AND HELPERS:** I thank the following people who helped with the seed crops last year, without whom these seeds simply could not have been produced and made available: Charlotte Anthonison, Nancy Baumeister, Richard Dickinson, Cathy Dorner, Kai and Wally Goodwillie, Paul Harcomb, Bruce Hecht, Charlie Lieu, Pearl Omick, Patricia Parcells, Christine Robins, James Paul Rodell, Dane Rogers, and Carla Wightman.

**2013 ORDER FORM. MAKE CHECKS PAYABLE TO CAROL DEPPE and send to: Carol Deppe, 7263 N.W. Valley View Drive, Corvallis, OR 97330, U.S.A.**

**ORDERING DEADLINE: APRIL 30. Please allow 4 weeks for order fulfillment. (I hope to fill and ship orders faster than that, but there's just me here, and things can pile up. So please be patient.) Orders by mail only, not email or phone. Payment must accompany order.**

**Deliver to (NAME):**

**Street address or P.O. Box:**

**City:**

**State:**

**Country:**

**email:**

**phone:**

	# wanted	Price
'Candystick Dessert Delicata' winter squash \$5	_____	_____
'Sweet Meat—Oregon Homestead' winter squash \$5	_____	_____
'Costata Romanesco' summer/drying squash \$5	_____	_____
'Cascade Ruby-Gold' Flint corn		
packet \$5	_____	_____
1 lb. Survival Pack \$30	_____	_____
'Gaucho' heirloom bush dry bean \$5	_____	_____
'Black Coco' heirloom bush dry bean \$5	_____	_____
'Hannan Popbean' garbanzo \$5	_____	_____
'Beefy Resilient Grex' bush dry bean \$5	_____	_____
'Lacinato' Kale-Morton line \$5	_____	_____
'Crispy Crunchy Green-Gold' Romaine Lettuce \$5	_____	_____
'Shunkyo Semi-long' Leaf/Root Radish \$5	_____	_____
'Indian Spinach-Red Aztec' Huazontle \$5	_____	_____
'Burgundy Amaranth' leaves/grain \$5	_____	_____
'Oregon Giant Sugar' edible-pod pea \$5	_____	_____

**SEED SUBTOTAL:** \_\_\_\_\_

**SHIPPING AND HANDLING:**

**WITHIN USA \$5** \_\_\_\_\_

**CANADA (At your own risk. U.S. or Canadian dollars OK. Checks on Canadian banks OK.) \$10 + 10% seed order amount** \_\_\_\_\_

**INTERNATIONAL (except Canada) (At your own risk. Must be in U.S. dollars. Get a U.S. friend to help if necessary.) \$10 + 25% seed order amount.** \_\_\_\_\_

**DONATION:** \_\_\_\_\_

**GRAND TOTAL:** \_\_\_\_\_