

# Seedlings Growing Guide

WHOLE FOODS CO-OP

2021





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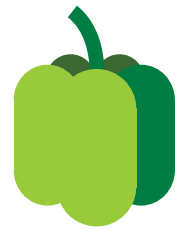
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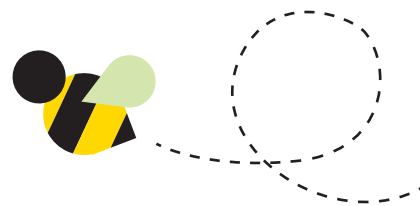
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# Meet the Growers



## DULUTH FLOWER FARM

📍 Duluth, Minnesota

Brook and Derek Hoffbauer, owners of Duluth Flower Farm, have been a great Local partner in providing fresh-cut, beautiful bouquets and floral arrangements available from early spring to late fall at the Co-op. During transplant season, they provide strawberry plants and hanging strawberry baskets along with MN hardy blueberry bush varieties; look for them this season at the Co-op!



## FAIRHAVEN FARM

📍 Saginaw, Minnesota

Alongside their vegetable CSA, farmers Emily and John are honored to be providing the Co-op with a selection of annual vegetable, herb and flower bedding plants. Their rural farmstead is located 25 minutes north of Duluth where they focus on heirloom and rare varieties, but also offer fan favorites. Fairhaven Farm employs clean growing practices, meaning they do not use any pesticides, herbicides or other harmful chemicals on their plants. Their hand-seeded plants are also bee-friendly and free from neonicotinoids.



## RICE LAKE GARDENS

📍 Duluth, Minnesota

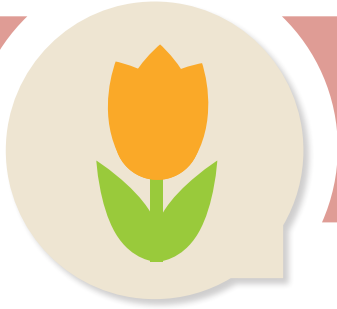
Rice Lake Gardens is providing annual flower hanging baskets and hanging tomatoes this season! Rice Lake Gardens is a locally owned greenhouse in Duluth, MN. All of their plants, vegetables and herbs are seeded by hand, on location and include hundreds of different varieties.



## SHORVIEW NATIVES

📍 Two Harbors, Minnesota

Shoreview Natives is dedicated to helping home and business owners transition outdoor spaces into landscapes that support aesthetic, ecological, economic and social goals. Shoreview Natives services directly support efforts to help declining populations of monarch butterflies, native bees, honeybees, and a host of other pollinator species exhibiting major population crashes. Most seeds are sourced regionally within Lake, Cook and St. Louis Counties of Minnesota.



# Flowers

## ALYSSUM



### Sweet

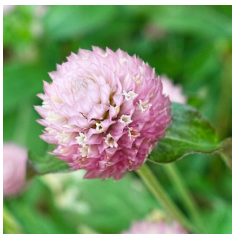
Sweet Alyssum (also known simply as Alyssum), is a low-growing, sprawling plant with dense clusters of sweet-smelling white flowers that provide a lovely scent in your garden all season long. Great planted as borders or in hanging baskets. Flowers are edible once opened. Plants reach about 4" tall. The low-maintenance plants also attract and support beneficial insects. Prefers sun/partial shade and average, well-drained soil. Annual.

## AMARANTH



### Amaranth Mix

Very productive plants with burgundy, bronze and light green trailing flowers on 4 – 6' stalks. Young leaves can be steamed or eaten in salads. Seeds can be eaten as well. Excellent cut flower for bouquets.



### Globe Amaranth Mix

Colorful, globe-shaped blossoms, sturdy stems and long vase life make gomphrena ideal for floral arrangements (fresh or dried). Plants are drought tolerant and low maintenance. This mix includes lavender, purple, white and red colored blooms

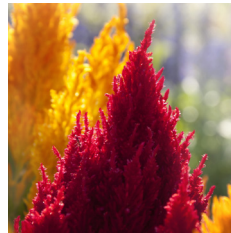
## BACHELOR'S BUTTONS MIX

(also known as *Centaurea* or *Cornflower*)



Old-fashioned favorite, prized by florists for their colorful blossoms in blue, white, pink and purple tones. These easy to grow abundant plants will flower all season long, if regularly harvested. The flowers are edible and make a great addition to summer salads.

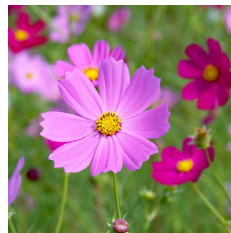
## CELOSIA



### Pampas Plume Mix

Brightly colored, feathery plumes on plants reaching 30 – 40" tall. A mix of vibrant colors (orange, pink, red, yellow and green). Pinching helps encourage branching. Great for adding texture and color to bouquets.

## COSMOS (also known as *Garden Cosmos*)



### Sensation Mix

Tall plants with a mix of single flowers, in lavender, pink, magenta and white. Low-maintenance and will withstand the first mild frosts of fall. Great productive cut flower for bouquets. Blooms are 3 – 4" across, 2 – 5' tall plants. Prefers sun and average soil. Annual.



### Double Click Mix

Tall plants with large, double and semi-double flowers in carmine, pink, and white. Season-long blooms make for an ideal cut flower. Blooms are 3 – 4" across, 2 – 4' tall plants. Prefers sun and average soil. Annual.

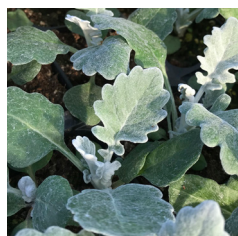


## DAHLIA MIX



Bright, colorful mix producing a variety of 3 – 5" double, semi-double and single blooms. The flower petals and tubers are edible. Harvest regularly to encourage new blooms. Tubers can be dug up in the fall and divided and replanted again in the Spring.

## DUSTY MILLER



### Silver Dust

This fuzzy-leaved plant provides an interesting texture and contrast for landscaping, container gardens and hanging baskets. The silvery-gray foliage also makes a great filler for bouquets and boutonnieres. The plant requires minimal maintenance

once established although it may want a midsummer trim if it becomes leggy. Flowers may be removed to keep the plant compact. 6 – 12" tall. Prefers sun/afternoon shade, and well-drained soil. Will tolerate light frosts. Annual.

## IMPATIENS

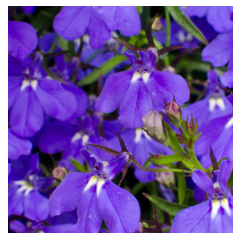


### Athena Mix

Features early flowering, semi-to fully-double, carnation-like blooms on compact, spreading plants. Athena's dense spreading habit and wide color range (pale pink, bright purple, coral, orange, orange flash, red, and red flash) make

these impatiens a lovely addition to any garden or hanging basket. Expect to see early blooms then continuous blooms throughout the season. 10 – 12" tall. Prefers partial to deep shade and moist, but well-drained soil. Annual.

## LOBELIA

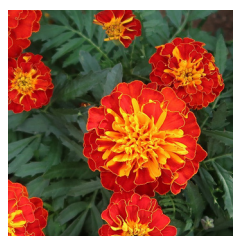


### Riviera Marine Blue

These deep royal blue flowers are a quintessential addition to any garden. The cascading flowers look stunning spilling out over the sides of hanging baskets, window boxes or other containers. Lobelia also makes a great edge or ground

cover in your garden beds. Featuring dark green foliage and beautiful sky-blue flowers that attract butterflies. 28 – 36" tall. Prefers full sun and average, well-drained soil. Annual.

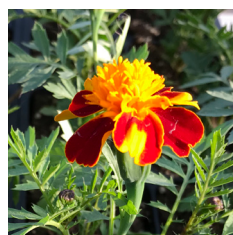
## MARIGOLDS



### Orange Flame

Features bold color patterns in bronze-red and bright orange that resemble flames (hence the name) on double blooms. This low growing, compact French Marigold variety is distinctly-fragrant and makes a great ornamental plant. Fun

fact: French Marigolds are not actually French, but a member of the daisy family and native to the Americas. Commonly used as a companion plant for many vegetable plants because they are said to repel harmful insects. Warning: Not all French Marigolds are edible. 10 – 12" tall. Prefers full sun and average, well-drained soil. Annual.

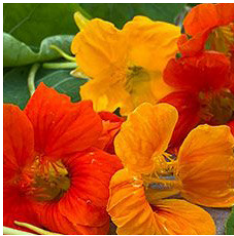


### Petite Mix

A dwarf mixture of brightly-colored, crested French Marigolds. Very easy to grow in containers or garden beds. Warning: Not all French Marigolds are edible. 10 – 12" tall. Prefers full sun and average, well-drained soil. Annual.

## NASTURTITIUM

(also known as *Garden Nasturtium* and *Indian Cress*)

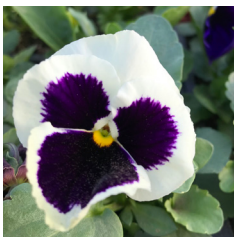


### Nasturtium Trailing Mix

Heirloom variety with yellow, orange, and red blooms. The flowers and foliage are edible. They have a spicy, peppery flavor and are great for adding color to a salad mix or flavoring butter or cream cheese.

Grows several feet tall if you let it climb a fence or arbor. Prefers full sun/partial shade and average (not high in nitrogen), well-drained soil. Annual

**PANSIES** (also known as *Johnny-Jump-Ups*, *European Field Pansy*, *Hybrid Violet*, *Heart's Ease*)



### Majestic Giants

Features 3 – 4" blooms in a variety of colors. Edible flowers make a great garnish for salads or desserts. Deadhead for continuous blooms. 6 – 8" tall. Prefers sun/partial shade and rich, cool, well-drained soil. Annual.



### Historic Pansies

Heirloom mixture of multi-colored blossoms. Great for containers or for ornamental border plantings in garden beds. 6 – 8" tall. Prefers sun/partial shade and rich, cool, well-drained soil. Self-seeding Biennial.

## PEONY'S



Spring to summer bloom, full sun, well drained soil, leaves are a glossy green that fade to golden brown in the fall. Makes a good border plant as a low shrub. Trim flowers as they begin to droop to encourage growth. Deer resistant, low maintenance. Perennial.

## SALVIA

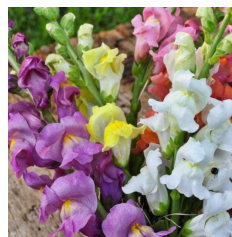


### Salvia Sizzler

Early Summer bloom, dense and vibrant plants that are 12" tall and 8-10" across. Full sun to partial shade, prefers high humidity and well drained soil. Burgundy, purple, and red blooms. Makes a great accent to a flower bed or

centerpiece arrangement. Annual.

## SNAPDRAGONS



### Rocket Mix

This "all-season" mix includes shades of rose, cherry, pink, orchid, red, golden-yellow, lemon-yellow and white. Resistant to heat, tall, multiple spikes, strong and consistent, dead-head for more blooms. It is a great cut flower and looks lovely

in bouquets. The flowers are edible and can be used for a colorful garnish in salads, desserts, and drinks. However, their flavor is slightly bitter and floral, so use sparingly. Survives light frost in the fall. 30 – 36" tall. Prefers sun/partial shade and rich, well-drained, moist soil with neutral pH. Annual



### Costa Mix

Early mix for spring and summer production. This mix may include rose, silver (very light pink), white, velvet (burgundy), and apricot. A great cut flower, known for exceptionally strong stems, high yield, and uniformity. The flowers

are edible and can be used for a colorful garnish in salads, desserts, and drinks. However, their flavor is slightly bitter and floral, so use sparingly. 30 – 36" tall. Prefers sun/partial shade and rich, well-drained, moist soil with neutral pH. Annual.



## SUNFLOWER



### **Autumn Beauty** (also known as common sunflower or annual sunflower)

Vibrant and striking bright yellow, bronze and maroon flowers with some bi-colors. Excellent source of pollen for bee forage. Leave them to dry in the fall to provide food for the

birds. Flowers are edible with a bittersweet taste. Buds can be fried, and the petals can be used as a garnish in salads and desserts. Multi-branching producing many long stems, 5' tall. Flowers measure up to 8" across. Prefers sun and average, well-drained soil. Annual.

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## **VIOLAS** (also known as Johnny-Jump-Ups, Pansy and European Field Pansy, Hybrid Violet, Heart's Ease)



### **Helen Mount / Johnny-Jump-Up**

Delicately fragrant flowers are edible and make delightful garnishes. Very winter hardy and eager to self-sow in the shade of summer plants, Violas are cheerful surprises in the cool months. Johnny-Jump Up is

tricolored in bright purple, yellow and white. Deadhead for continuous blooms. 4 – 6" tall. Prefers sun/partial shade and rich, cool, well-drained soil. Perennial.

## ZINNIA



### **Benary's Giant Mix**

Prized by florists for their abundant, high-yielding growth, vibrant colors and long vase life. Produces 4 – 6" double blooms resembling dahlias. Pinch to encourage branching and to produce taller stems. Harvest regularly for continuous blooms.

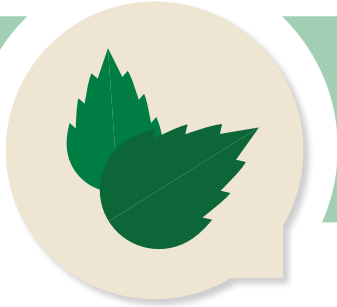
Bouquets last longer if you change the water in the vase every two days and keep out of direct sunlight.



### **State Fair Mix**

Produces massive 5" blooms with very tall and sturdy stems. Variety of colors. Warm reds and oranges, soft yellows, vibrant purples. Pinch to encourage branching and to produce taller stems. Harvest regularly for continuous blooms. Bouquets last

longer if you change the water in the vase every two days and keep out of direct sunlight.



# Herbs

## BASIL



### Genovese

68 days

Strong, dark green glossy leaves make the perfect pesto! Very tender leaves also make for great fresh use. A must have for any kitchen herb gardener.



### Greek

55 days

This uniformly round bush-type basil plant produces miniature leaves that are great for garnish, salads, dressings. Compact plant that is great for containers.



### Tulsi

75 days

Heavenly scent. An Herb from India with many medicinal properties. The dried leaves make a great tea, and the flowers attract many beneficial insects. Very easy to collect seed for future plantings.



### Thai

63 days

Exotic clove-licorice flavor perfect for Thai cooking. Flavor curries with fresh leaves, infuse when steaming rice, or add to stock for a well-rounded flavor.

## BORAGE



### Borage

A great for addition to a pollinator habitat planting. They're attracted to the edible blue flowers that produce over the summer. Plenty of blooms allows for a beautiful garnish to a summer salad.

## CHIVES



### Chives

63 days

Quick growing and produces a medium-heavy chive. Great for drying or freezing. Adds sweetened onion flavor to mashed potatoes or a leek and potato soup.

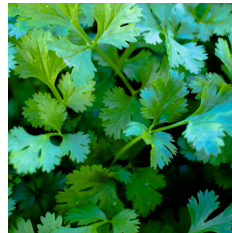


### Garlic Chives

63 days

Similar to chives with a delicate garlic flavor. Ornamental flowers are long lasting and bloom once well established

## CILANTRO



### Santo

55 days leaf, 95 seed

Excellent variety for adding to South American dishes and will yield seed for drying into coriander. A great fast-growing herb for within arm's reach of the kitchen.

## DILL



### Bouquet

55 days leaf, 95 seed

Great versatile Dill used for both fresh leaf and fresh or dried seed/flower. An essential ingredient for great fall pickles.



## DILL (continued)



### Green Sleeves

45 days

A faster growing variety suitable for containers. Makes for easy reach to fresh Dill added to fish dishes or served with cheese and crackers.

## MINT



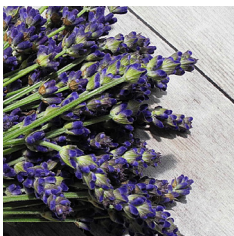
### Spearmint

70-80 days

A versatile and common mint used for flavoring iced teas, salads and serves as a garnish in creamy desserts. A perennial that will easily establish to your garden. Plant in containers to avoid taking over the

garden or establish a mint patch.

## LAVENDER



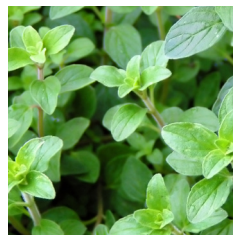
### Mustard Type

100-110 days

Compact English lavender with a compact habit. Wonderfully fresh scent and flowers that range from a deep purple to a soft white. Hardy to zone 5-8, but in our Northern area it is best to mulch and plant in a

south facing location to increase chances of survival.

## OREGANO



### Greek Oregano

80-90 days

Essential herb for Italian and Greek cooking. Dark green leaves and white flowers with a strong aroma and flavor. A hardy perennial that is great fresh or dried.

## LEMON BALM



### Lemon Balm

70 days

Strongly lemon-flavored leaves. Used in teas and also sparingly in salads. Mulch in the fall to increase chances of overwintering.

## PARSLEY



### Curly

75 days

Indispensable herb and staple ingredient in soups, stocks, sauces, and salads. The curly leaves are lofty when minced. Multiple cuttings can be taken all season long.

## LOVAGE



### Lovage

90 days

A very unique and very hardy perennial herb. Tastes like celery and is quick to sprout in the spring making it wonderful for early season soups and salads. Can grow up to five feet tall when well established

and rooted in loose rich soil.



### Giant Italian Flat Leaf

75 days

Similar flavor but a flat texture makes flat leaf parsley virtually the same as curly. However, this variety is much larger as the name implies.

## ROSEMARY



### Rosemary

80-100 days

Pine scented, savory, culinary favorite. Can be grown in containers or in a pot and brought inside over winter. Native to the Mediterranean Rosemary can be used to flavor countless dishes.

## SAGE



### Fanni

80-90 days

A staple of the herb garden. Savory with a high oil content, sage will yield different results when used fresh or dry. Try infusing several fresh leaves into a white-wine sauce over a mushroom fettuccine. In a dried

form it can be used to flavor a variety of soups and sauces.

## THYME



### Thyme

90 days

One of the most versatile herbs that can be used to flavor almost any meat or vegetable dish. Used fresh or dried thyme brings an earthy, savory flavor to your dish.

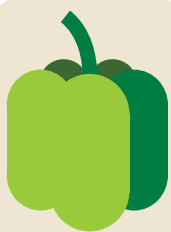


### Creeping Thyme

Grows low to the ground and sprawls into open spaces. Makes attractive ground cover for landscaping. Very hardy and can grow in most soil types and light conditions, but prefers moist soil and partial shade. Will establish in

first year and begin to spread in year two. Deer resistant, edible with a slightly minty aroma and flavor, serves as a habitat for pollinators like bees and butterflies. Has soft short needles and bright lavender color flowers. Perennial evergreen.





# Peppers

## BELL PEPPERS



### **King of the North**

60 days green, 72 red

Standard bell pepper suitable for northern climates. Plant early and, if possible, under plastic or in a greenhouse for increased chances of turning red. Strong stout plants.

## HOT PEPPERS



### **Cayenne Ring of Fire**

40 Days Green, 60 red

A shorter pepper plant that grows dense bunches of peppers up to 4 inches long. Peppers are vivid red in color when fully ripe but can be harvested and used when green. Commonly dried to make chili powder but are also used fresh. Annual



### **Early Jalapeño**

65 days green, 85 red

Works well in containers, a sturdy plant that produces prolific spicy fruits. Earlier than most standard jalapeño varieties



### **Hungarian Hot Wax**

59 days yellow, 84 red

A fan favorite, great medium heat waxy pepper great for frying or pickling. Heat grows as peppers mature from yellow to red. Very productive.

## HOT PEPPERS *(continued)*



### **Lyons Red**

65 days

Medium sized Anaheim-type pepper that turns from green to red. This is a fun variety unique to Fairhaven Farm. We acquired the seeds from a farmer in Lyons Colorado and now grow these on our farm. Great for grilling, stuffing, or drying



### **Magnum Habañero**

90 days

Orange thin flesh that is extremely hot. Freeze or dry for long-term storage.

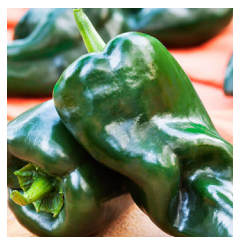


### **Red Habañero**

90 days

Ripens to a brilliant red color. Very hot! Handle seeds and fruit with care.

## SOUTHWESTERN



### **Ancho Poblano**

68 days green, 85 red

Mild chili traditionally used for stuffing or roasting. Can be harvested when fully ripened and dried to create Ancho seasoning.



### **NuMex Joe E. Parker**

70 days green, 95 red

A southwestern Anaheim type pepper that yields 8" peppers with mild heat and excellent flavor.



# Tomatoes

## CHERRY TOMATOES



### **Black Cherry\*\***

64 days

Fruits almost black in color and a very deep satisfying flavor. High yielding plants will produce large amount of round fruits.



### **Sweetie\*\***

65 days

Super sweet cherry tomato with high sugar content, great for eating right off the vine! Great vigor and reliability with masses of 1.5" round cherries in long clusters.

## MID-SIZE



### **Black Krim\*\***

80 Days

A very unique variety that produces deep brown/red fruits that have a smoky flavor and nice texture. High yielding plants.

## MID-SIZE (CONTINUED)



### **Green Zebra\*\***

70-85 days

These medium sized green-when-ripe fruits start out pale green with dark stripes that soften and turn slightly yellow as they mature. They have a very distinct flavor that is zingy and sweet. A very unique selection.

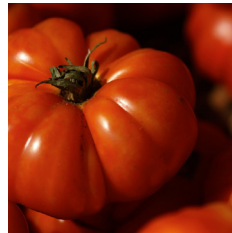


### **Jaune Flamme\*\***

75 days

Prolific French heirloom with a sweet fruity flavor. A great salad tomato and can also be used for saucing and drying.

## SLICERS



### **Brandy wine\*\***

82 days

A well-loved heirloom that produces big-beautiful fruits with a luxurious flavor that cannot be beat! Pick just before ripened to avoid cracking. Makes the best tomato, cucumber, mayo sandwiches!



### **Cherokee Purple\*\***

80 days

Dusty rose-brown fruits weighing up to 12oz. One of the most popular heirloom varieties we grow. Very sweet flesh.

\* **DETERMINATE:** (bush) varieties do not need pruning and may be grown with or without support; fruit ripens within a concentrated time period.

\*\* **INDETERMINATE:** (climbing) varieties should be staked, trellised or caged, and pruned for best results; fruit ripens over an extended period.



## SLICERS *(continued)*



### **German Johnson\*\***

75 days

A deep pink beefsteak type tomato with excellent and complex flavor. Relatively early producer for such large fruits.



### **Italian Heirloom\*\***

70-80 days

Outstanding variety from Italy with full tomato flavor. Excellent yields and ideal for slicing and canning given its meaty interior.

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## PASTE



### **Amish Paste\*\***

76 days

Reliable tomato with meaty, juicy interior. Great dual-purpose tomato, big and flavorful enough for slicing and few seeds making it ideal for processing.



### **Roma\***

65 days

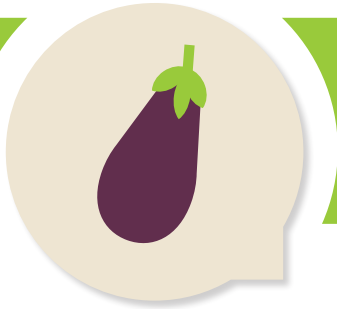
Productive plum tomato with thick-walled fruits and mild flavor. Great for processing. Expect heavy yields on stout plants.



### **San Marzano\*\***

80 days

Classic Italian paste tomato. Easy to remove skin and excellent flavor makes this a perfect tomato for sauces and paste.



# Vegetables & Vines

## BROCCOLI



**De Cicco**  
48 Days

A wonderful multi-cut variety that produces a small 3 – 4" central head and tons of side shoots. This variety matures early and yields bunches of broccoli up to four weeks!



**Waltham 29**  
80-85 days

Great spring broccoli that produces a 5 – 6" head on longer stalks on compact plants. Ample side shoots are great for bunches of smaller heads.

## CABBAGE (CONTINUED)



**Golden Acre**  
62 days

Compact variety that is relatively early. Great for dense plantings, though it is more suitable for a spring planting as the harvest window is short.



**Red Express**  
62 days

Compact habit with smaller heads that size up quickly for a spring treat. Can be planted at 8 inch spacing and expect a 2-4lb head.

## BRUSSEL SPROUT



**Long Island**  
100 Days

Open-pollinated variety dating back to the nineteenth century. Expect heavy yields if planted in rich soil and full sun.

## CAULIFLOWER



**Snowball**  
70 days

Old American standard with ivory, self-blanching head and green stems. A reliable cauliflower from Baker Creek Seeds.

## CABBAGE



**Copenhagen**  
65 days

Heirloom Dutch variety that yields medium sized heads that are ideal for the home garden.

## CELERY



**Tall Utah**  
100 days

A long time to fully mature but arms can be broken off the main plant sparingly and used as soon as the plant is established. Home grown celery is the best!

## CHARD



### Rainbow Blend

60 days

A mix of reds, yellows, oranges, and pinks make this mix of chard a beautiful addition to your garden!

## COLLARDS



### Champion

70 days

A reliable producer of plentiful nutritious leaves. Compact variety is great for the home garden.

## CORN (SWEET)



### Golden Bantam

70-85 days

Heirloom variety with old fashioned sweet corn flavor. Fast to mature and great for fresh corn on the cob or freezing.

## EGGPLANT

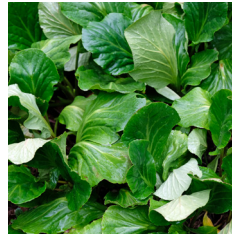


### Black Beauty

65 days

Classic Italian eggplant yielding large bell-shaped purple fruits. A compact variety will benefit from staking to help maintain upright structure with large fruits.

## GREENS



### Asian Greens Mix

45 days

A mix of Tatsoi and Pac Choi. Each grow quickly and prefer cooler weather. Pac Choi will form a bulbous base and Tatsoi will form a dense multi-leaf floret. The entire plant is edible, and both are excellent eaten in stir-fry or salads.



### Endive (Frisse)

60 days

A frizzy endive with frayed leaves and tender white interior. Greens are slightly bitter but are wonderful with radish in a spring salad.



### Lettuce Mix

40-45 days

A mixture of different lettuces from Seed Savers in Decorah, Iowa. A variety of colors and textures sure to please.

## KALE



### Kale Mix

50 days

A mix of three different varieties: Red Russian with purple stems and great fan-like leaves. Dwarf Green Curled, a compact variety with deeply curled and very tender leaves. And Dazzling Blue, a Lacinato

type kale with leaves and stems that range from deep green to purple. All are extremely cold tolerant and will yield nutritious leaves all season long!

## LEEK



### Alto

75-85 days

Versatile summer leek that can be harvested before fully mature for a very tender delicious leek. Not winter hardy.



## TOMATILLO



### **Toma Verde**

60 days

Very early variety with a tart flavor that sweetens over time. Ready to harvest after the husk splits and the fruit color changes from a yellow green to medium green.

## CUCUMBER *(continued)*

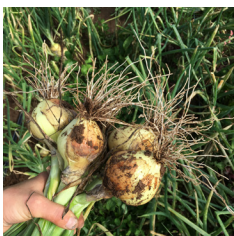


### **Max Pack**

55 days

A vigorous vine that produces ideal pickling cucumbers. Average fruit is 4 inches long with a small seed cavity

## ONIONS



### **Dakota Tears**

112 days

Medium sized bulbs are great for storage. Wait until the tops tip over, uproot the plant and allow to field-dry for several days then move to a warm location with good air circulation to finish the curing process.



### **Evergreen Hardy**

65 days

Green onion that is great for fresh eating or lightly cooked. Can over-winter if properly protected and will grow into a dense patch if allowed.



### **Rosa di Milano**

110 days

A great fresh red onion. Will store but for a shorter time than Dakota Tears. Good raw in salads and on tacos!

## PUMPKIN



### **Howden**

90-100 days

Classic Jack O Lantern shape and size, rich orange color and deep grooves, can grow up to 25lbs. Annual.



### **New England Pie**

105 days

Classic pie pumpkin weighing between 4-6lbs. Average of 3-4 fruits per plant. Dark orange color. Makes perfect homemade pumpkin pie!

## SUMMER SQUASH

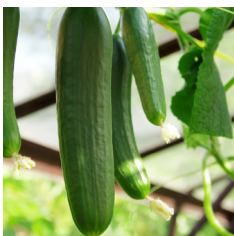


### **Black Beauty**

50 days

A great standard zucchini, deep green color. Expect abundant yields of uniform fruit all season long!

## CUCUMBER



### **Marketmore 76**

58 days

Standard slicing cucumber in the North bearing 8 – 9" fruits. Easily harvested if the vine is trellised. Takes a little longer for plant to bear fruit but has a very long harvest window.



### **Golden Zucchini**

50 days

Much like it's green counterpart but a vibrant yellow. When grown together they make for a wonderful contrast when eaten raw or cooked.

## WINTER SQUASH



### **Blue Ballet (Hubbard)**

95 days

Tear-drop shaped fruit is smaller than the usual Hubbard squash making it easier to grow and store. Very sweet flesh and blue-gray skin.



### **Burgess (Buttercup)**

95 days

Prolific plant with up to 10-12 fruits per plant. Very long vines can develop with 3-5lb flattened-teardrop fruits. A New-England favorite.



### **Delicata**

80 days

A northland favorite! This compact variety produces 1.5-2lb fruits that ripen from a creamy white with green streaks to a buttery yellow. Will hold for some time in the root cellar and is great split in half and baked with butter and fresh herbs.



### **Red Kuri (Hubbard)**

95 days

Reliable short-season Japanese squash, red-orange in color and 3-4lb fruits. Makes divine roasted squash with a wonderfully rich flavor and consistency.

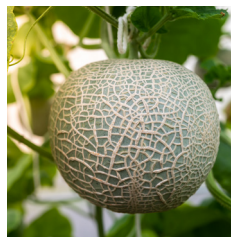


### **Waltham (Butternut)**

105 days

Great keeper if properly stored. The tan skin peels easily and the bright yellow-orange flesh is great in soups or roasted.

## MELONS



### **Minnesota Midget**

60-75 days

Extra-early variety bred by the University of Minnesota in 1948. Can be grown in containers as the vines only reach about 3' long. Very sweet 4" fruits have golden-yellow flesh.



### **Pride of Wisconsin**

90-100 days

A great heirloom variety introduced in 1937 in Wisconsin. Football shaped 4-8lb muskmelons develop with striking orange and sweet interior.

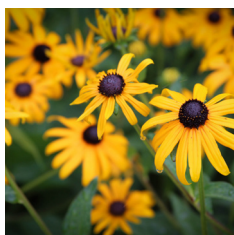
# Perennials

## NATIVE PERENNIALS



### Bee Balm

Bee balm is a great addition to a pollinator garden. The flowers attract hummingbirds, butterflies, and bees; and the seed heads will attract birds in the fall and winter.



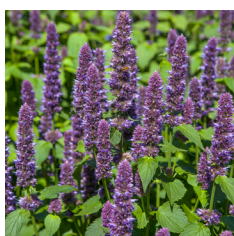
### Black-Eyed Susans

The plants can grow to over 3' tall, with leaves of 6", stalks over 8" long and flower diameter of 2 to 3 inches. Butterflies, bees, and a variety of insects are attracted to the flowers for the nectar. Blooms from June to October.



### Blue Flag Iris

A clump-forming plant with bluish-green, sword-shaped leaves. Easy and attractive to grow, especially along the margins of water features. 2 – 3' in height and spread.



### Blue Giant Hyssop

A 2 – 4' perennial with dense, terminal spikes of small, tubular, bright blue flowers. Leaves are opposite, oval, toothed and whitish beneath give off the scent of anise when bruised. The sturdy, erect blue giant-hyssop is of the most ornamental native mints.



### Common Milkweed

May not flower in first year, but monarchs will still lay eggs in young plants. Once established will flower from June to August.



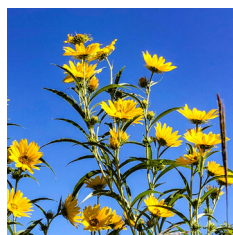
### Early Sunflower

This yellow beauty looks similar to the true sunflower but blooms earlier and longer, making it a must-have in the summer garden or meadow. Gorgeous, tall blooms make great cut flowers!



### Golden Alexander

A member of the Carrot (Apiaceae) family with yellow umbel flowers. Golden Alexanders have a long bloom time, giving the garden/prairie some well-deserved early color for several weeks in late spring to early summer when many other plants have not yet flowered.



### Maximillian Sunflower

Grows to up to 6 feet in the summer and produces brilliant yellow flowers through the fall months. Attracts honeybees, song birds, and butterflies. Full sun with room to grow preferred.



### New England Aster

The magnificent blooms of New England Aster highlight the late season landscape with rich colors ranging from deep violet to lavender-pink, with yellow-orange centers. Large and showy this aster can grow up to six feet high. Like most asters it blooms late in the season and provides a critical fall nectar source for pollinators, especially Monarchs as they stock up for their fall migration to Mexico.



## NATIVE PERENNIALS *(continued)*



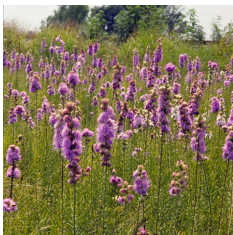
### Slender Leaf Mountain Mint

An erect, many-branched, herbaceous perennial that grows 2-3' tall and features extremely narrow, almost needle-like leaves and profuse terminal clusters of small, white flowers which bloom in mid to late summer. All parts of the plant emit a strong, mint-like aroma when crushed.



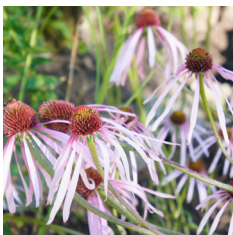
### Swamp Milkweed

Mature in 4-8 weeks, flowers in first summer. Attracts monarch butterflies. Blooms from June to August.



### Tall Blazing Star

Plants are up to 5' tall and unbranched with narrow somewhat grass-like leaves. In late summer spectacular rosy purple flower spikes are frequented by Monarchs, Painted Ladies and other supermodel butterflies. Plants are tough and drought tolerant prospering in sunny sites with lean dry soils.



### Pale Purple Coneflower

A favourite nectar source for butterflies and hummingbirds, Pale Purple Coneflower produces large, showy flowers with drooping pale pink petals. Blooms in early summer, plants are up to 5' tall. In the fall, birds love it for its seeds. A very long living plant and very drought tolerant.



### Pearly Everlasting

Grows clusters of small round flowers. Sun to part shade, grows up to 3 feet tall and will self-propagate over the years. Low maintenance. Attracts pollinators with its nectar. Blooms in late summer.

## NATIVE PERENNIALS *(continued)*



### Prairie Coreopsis

Produces beautiful yellow flowers in mid summer. Grows to a height of around 2 feet. Very popular with bees and other pollinators.

### Pollinator Pack

A mix of six plants chosen by Shoreview Natives. Packs typically include milkweed, bee balm, stiff goldenrod, hyssop, columbine, and mint.

## BLUEBERRIES



### Chippewa

Chippewa blueberries bear large fruits on a compact plant with exceptional cold-hardiness. Plant two or more cultivars to ensure successful pollination and fruit set.



### Superior

Medium, sweet-tart berries ripen in late season. Matures the majority of its fruit about 1 week later in the season than other blueberry varieties that can be grown in Zones 3 and 4 and also because of its exceptional productivity in cold climates.

*Blueberry plants will start to bear a few berries 2 to 3 years after planting. You'll get a larger harvest after 5 years. Plant no closer than 4ft. apart. They prefer acidic soil.*

Source: <https://www.extension.umn.edu/garden/yard-garden/fruit/blueberries-for-home-landscapes/>

## STRAWBERRIES



### Evie-2

An ever bearing plant that continually produces strawberries throughout the season. This day-neutral strawberry variety has a large firm berry with good flavor that also has good freezing quality. Plant bears fruit 12-14 weeks after planting.