

## Herbs: \$ 1.00/pack



**Cilantro** - *Coriandrum sativum* (8-10 wks). This variety of cilantro is organic. Looks a lot like parsley, and is a green leafy herb used for asian cooking, as garnish, or for salad, curry or chutney. Cilantro's taste is a fragrant mix of parsley and citrus. Cilantro is best grown in early spring or fall when the weather is cool, early morning or late afternoon sun. Grow in crowded conditions. Cilantro grows to a height of 90 cm. Not frost tolerant. Zone 5-9. 60 seeds/ pack.

**Dill** - *Anethum graveolens*. This bouquet variety is the biggest, best and ferniest strain. One of the easiest herbs to grow because it is a low maintenance plant. Grow in cool weather in full sun and in dry soil conditions. Plant in rows 12" apart. Grows up to 3-4' tall. Dill herbs are green and have feathery foliage that has a crisp sweet taste. Excellent on fish, potatoes and is an attractive yet tasteful addition to summer salads & dips. Water this plant during dry periods once or twice per week. 2000 seeds/pack.



**Oregano** - *Origanum vulgare*. Did you know that oregano is a Italian spice but it can also be a herbal medical remedy? The kind of Oregano that we are selling is a Greek Oregano. It grows to be about 24 inches tall and about 4 feet wide. It has fragrant green and purple leaves and white flowers. The best part about this kind of Oregano is that it can be grown indoors or outdoors in your garden, either way it will need lots of light and well drained soil. The kind that we are selling comes from a local family farm. Zone 4. You will get about 1,800 seed/ pack.

## Flowers \$ 1.00/pack

**Cosmos** - *Cosmos sulphureus* (10 wks). Cosmos are a sensation because cosmos produce different varieties of, pinks, roses, magentas, and occasional whites. Cosmos plants usually grow from 4-5 ft. tall in a season. Most of the cosmos varieties are annuals, but there are perennial varieties also. Deadhead regularly, to keep cosmos in bloom for many weeks. Do not over fertilized or over watered because it will reduce the production of the flowers. Cosmos attract a wide range of beneficial insects so you could plant them in your vegetable garden to pollinate other plants. 196 seeds/ pack.



**Nasturtium** - *Tropaeolum majus* (7-10 days). This is the Jewel Mix. These organic seeds produce flowers that vary from light orange to dark purple. Each color represents a different one of it's various flavors. Holds bloom above foliage. Gives off a peppery/sweet taste. Start plant indoors. Plant 6 days after the last frost because it is intolerable of frost. The less nitrogen in the soil the sweeter the taste. Each of the types of nasturtium needs nitrogen to live. Plant in full sun. Formerly a remedy against scurvy. As soon as they start to bloom you can pick it. Can grow up to 16 inches. 24 seeds/ pack.

**Sunflower** - *Helianthus annuus*. Autumn Beauty Mix seeds are certified organic. These unique easy to grow sunflowers can grow up to 6-8' with colors ranging from bright yellow to bronze, and purples. Often display a red ring that surrounds the black center. The flower blossoms are 4-6" across and contain pollen. These flowers are known to be appreciated by many flower lovers. Start planting inside 3-4 weeks before the last frost or plant after frost. Place three to a pocket & one inch or more apart. Harvest when the flowers are almost open completely. 45 seeds/pack. These sunflowers would complete your garden.



**The goals of this fundraiser are to raise awareness of buying foods locally in an effort to support our local economy and promote healthy lifestyles.**

**Please make checks payable to SKOWHEGAN FARMER'S MARKET**

# Vegetables: \$ 1.00/pack



**Beets** - *Beta vulgaris* (48 days). Early Tall Tops are a purple reddish colored variety the size of a baseball. These beets taste sweet. Plant seeds in a row 3" apart and about 1/2" deep. Full sun, water, and well drained soil is necessary. Did you know that Women in the nineteenth century used beet juice for their cheeks and lips? Ladies have you considered this natural alternative make-up? They emerge quick. 1 pack sows 20 ft.

**Carrots** - *Daucus Carota* (68 days). Nantes Fancy Carrots are 7" long. This variety of Carrots has a fresh clean crisp taste. Nantes Fancys are very uniform and an excellent keeper. The seed prefers cooler conditions, they need lots of water. Carrots are the most popular root crops grown and consumed in the world. Grow in rows about 16"-24" apart, 2,250 seeds/ pack. Sows 35 ft.



**Cucumber** - *Cucumis sativus* (8-9 wks). Marketmore Cucumbers are sweet and crunchy and are good for pickling or eaten in raw salads. They are usually uniform and look a lot alike. They are a little bit prickly but they can be rubbed off before eaten. They grow to be 8-8 1/2 inches long. They are an annual depending on soil, climate, and irrigation. Plant in mounds 4-5" high and put 4-5 seeds/ mound. These plants are big sun and water eaters. Can't take frost. Cucumbers are highly nutritious and are also said to help aid digestion and constipation. Many people use cucumbers on the skin as a beauty aid as well. Zone 4-9. 65 seeds/ pack.



**Green Beans** - *Phaseolus vulgaris* (50 days). Provider Green Beans, are open pollinated, tender, and will not survive frost. Plant seeds in rows that are 24-30 inches apart, 3 - 4 seeds/ foot. Pick frequently, so new ones will grow. If the weather is wet, then stay away from the patch to prevent spreading of disease. Providers have the highest early yields even under bad weather conditions, providers can't be beat. 180 seeds/ pack. Sows 25 ft.



**Lettuce** - *Lactuca Sativa*. This summer lettuce is a beautiful mix of red, green and bronze leaves that form a bunch. Grows best in cool and moist weather. Sow rows every two weeks and thin frequently for continuous supply. Will stand until late July without bolting. Liven up your summer salads with this gorgeous lettuce! ~ 875 seeds/ pack. Sows 25 ft.

**Winter Squash** - *Cucurbita moschata* (15-16 wks). Waltham Butternut Squash is a warm season vegetable that can be grown in most of the country. It produces fruits that are 9" tall and about 4-5 lbs. When ready to plant place 4-5 seeds in each hill and 5-6' between each hill. This plant is frost hardy and is a great food that you can use all year long for the holidays and just ever day use. 70 seeds/ pack. Sows 7 hills.



**Zucchini** - *Cucurbita Pepo* (60 days). The Costata Romanesca zucchini is a delicious-tasting yellow-green striped vegetable about the size of a water bottle. The fruit is soft, juicy, and sweet, cooked or uncooked. If you're not crazy about eating the vegetable itself, the flower also makes a great snack. Zucchini will not survive frost. Plant 4-5 seeds in a mound and water and mulch soil regularly. Once grown to about 6" long, you're sure to be pleased with the taste and appearance of your freshly grown vegetable. 20-30 seeds/pack.



**Gourds** - *Cucurbita ovifera* (95 days). This small ornamental mix offers 8 kinds of colorful and textured gourds. Bi-colored pear and small orange are most abundant. Grow gourds in full sun with fertile well drained soil. Soak seeds in warm water 1 day before you plant them. Plant seeds 5.5 ft. apart. Gourds grow on vines and take up a lot of room in the garden because they produce a lot of foliage. They can be trellised to save space in your garden. Let gourds ripen on the vine. These types of gourds are mainly used for decoration. Decorative gourds could be used at almost any party or celebration. 128 seeds/ pack



**Pumpkin** - *Cucurbita pepo* (102 days). New England Pie Pumpkins have been enjoyed for pie making for generations. They are orange/red color and grow to an average of 4.26 lbs. Harvest dates range from September through November. Plant pumpkins in mounds 6 feet apart with 4-5 seeds/hill. Pumpkins grow best in full sun. 25-70 seeds/ pack. Sows 6-16 hills.

