

TOGETHER WE DID IT!



KOANGA INSTITUTE  
JULY 2014 SEED CATALOGUE

[konaga.org.nz](http://konaga.org.nz)

## ***Hold the Vision***

*Life in all its fullness*

*mother nature obeyed*

*and so the decadent man's body*

*cannot regenerate*

*It's no secret*

*everyday is nature's judgement day.*

*hold the vision to a candle*

*I believe in magic*

*but I sometimes forget*

*hold the vision to a candle*

*I believe in magic...*

*life in all It's fullness*

*mother nature obeyed.*

Lyrics by: Weston A Price (*Nutrition and Physical Degeneration*), Bob Corker and Kane Hogan.

I'd already been reading Weston A Price's book: 'Nutrition and Physical Degeneration' and making notes of things I liked - "the laws of nature are immutable", and; "they cannot be broken without retribution", and; "a decadent man cannot regenerate themselves without ending decadence", and; "nature must be obeyed"...if optimum health is desired. I was beginning to understand the cause and effect from types of foods, and their outcome on the human body.

Then one day when the community came together at dinner time before Bob was to leave the next morning on a funding mission, as we stood in a circle holding hands, Bob said; "when I'm gone can you hold the vision to a candle...because sometimes I forget...but I believe in magic". And those words stayed with me, they were great because they were open and honest and vulnerable, and that's powerful.

The guitar tune and parts came from my doodling with a bluegrass riff that I googled because I wanted to learn more riffs to play. All that...and add the sweet solitude of my bus that gives time for the words to form... and find their place with a tune...and a song is born.

Kane

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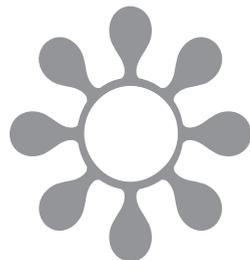
## OUR MISSION

The vision of the Koanga Institute was born out of 30 years of collecting heritage fruit trees, vegetables and flowers by Kay Baxter and others, in association with the Koanga Institute. This nationally important collection is in turn built on the foundation of hundreds of generations of gardeners and farmers who have nurtured the biodiversity and cultural heritage upon which civilisation has developed (we have co-evolved with our food plants). Much of Koanga Institute's work was in response to the fact that in the last 100 years much of the genetic biodiversity in food plants, all over the world, has disappeared as a result of the industrialisation of our food production.

In the process of "saving the seeds", all those involved have come to the wider realisation that not just the ecology of our "food evolution" has been compromised by industrialisation, but many other aspects of our "human ecology" have likewise been compromised, and we can't address the one issue (e.g. seed saving) in isolation. Seed saving is one aspect of the broader need to address our "human ecology". Thus, while an immediate priority for the Institute is seed protection and conservation, it is also committed to contributing practical holistic solutions in the wider field of sustainable living:

- *Protection, conservation and development of NZ's genetic and cultural heritage food plants.*
- *Understanding the connections between soil health, plant and animal health and human health.*
- *Research into the practical strategies and techniques required for communities and individuals to be self-reliant, with a focus on regenerative land use, nutrient dense food production and processing, appropriate technology and community development.*

If there is a star in the circle, your membership expires before the next catalogue comes out! Please re-subscribe now and be a part of the solution.



# TOGETHER WE DID IT!!!!!!

## WELCOME TO THE JULY 2014 KOANGA CATALOGUE

I'm sitting in a camping ground in Auckland on the North Shore, a day off on our grueling trip around the country - our speaking tour to be followed by the workshop tour. This catalogue will be sent out before we actually arrive home.

It is an interesting situation I find myself in, having to write an editorial before June 6<sup>th</sup> - D date for us - that will be sent out after June 6<sup>th</sup>.

I was discussing that with somebody who came to our first talk in Auckland and she said, it is obvious what you need to do, you must give thanks for the money that is coming in and celebrate that!!! (I did just that and it has all come true!!!)

All of us on this tour... Bob, Tamsin, Mel and myself do truly give thanks that we are meeting so many amazing people, there is so much support for our work, lots of new people coming on board, ... it is good for our souls to see, touch and feel this kind of grass roots support.

It is very easy for us to stay home and work hard for the seeds and a regenerative future, but as we found on the seed hikoi, many years ago, there is nothing like talking and sharing with other people who care.

I give thanks to all those of you who gave money to our crowd funders, our speaking tour, our workshop tour, who brought books from us, who paid for workshops in advance, who came and filmed our talks and edited the footage, who helped us on the tour for hours setting up the shops and the projectors and the designs all over the walls and providing us with raw milk and bones for broth to keep us going...



Photo by Emma Horgan

We thank all those of you who just spent time with us, encouraging us when it felt very hard, for those who prayed for us, and for those who put posters up and networked, and especially to those of you who made a step in a new direction or who took another step towards the light.

It is the sum total of all the small actions and efforts that will make the difference in this world, being the change we want to see, and Bob, Mel, Tamsin and I feel honored to have been on the coal face seeing that happening all around the country...

We especially want to acknowledge the rest of the team who were mostly invisible to the public but who held it together for us. Emma, Teresa, Rachel, Brad, Taiamai, Beverly, Linda, Shaked and Tes, and all of their families, as well as the garden crew left behind, Millie and Joshua, Frank and Kane, whose support was also there.

I knew 20 years ago that this time would come, the time when our family and staff and volunteers could no longer do this job, a time when we needed way more support from the wider community - a time when the wider community had to stand up and say we want to support this, we choose the old seeds, we need the regenerative models on the ground, we highly value this kind of

work and are prepared to make it our lives too. It seems only right now that that was the way it had to happen... going around the country talking to people... sharing our stories and securing our land and our future from the grassroots.

Our journey has been a tremendous success... and will carry us into the future (see our website [www.koanga.org.nz](http://www.koanga.org.nz) for more detail on what we achieved and how we will progress from here).

And so with the land in the process of being secured we are so looking forward to a far less stressful year. It is all about consolidation this year. We have three serious seed gardens, two of them isolation gardens. Altogether around 1500 sq m of Biointensive seed gardens all worked by hand, a beautiful tree nursery where we grow our heritage fruit trees by hand, a large emerging forest garden, and another 200 or so sq m of food garden for our apprentices.

We have 3 garden apprentices, Tamsin, Millie, and Leon, as well as a new Seed apprentice, Forest Garden nursery apprentice Frank and Kane our Urban Garden apprentice... and we are still looking for 1 more garden apprentice to begin in August 2014. These folk are all committed to long term apprenticeships and are wonderful to have around and be working with... keep up with their stories on our website apprentice blogs, and facebook.

We are also looking for a 'cooking nutrient dense food' apprentice to start in August—a new position. Brad is the garden manager this year, and that frees me up to be focusing on teaching and writing.

Shaked is our nursery and forest garden manager, Tes is looking after the Seed Room, Beverly is our education manager and Linda takes care of our admin and bookkeeping. Bob heads the design team we are now operating, and it feels like quite a team!

We have been working hard to build our soil, raise the brix of the plants and also continuing to work with grading and winnowing processes of our seed so that we are constantly improving seed quality. Many of our seeds are our own New Zealand heritage seeds.

They are the seeds your genes recognize, the seeds grown to nourish YOU, seeds that have never been grown in an industrial system, seeds that do not contain the anti-life gene of glyphosate in them, seeds that were grown in highly mineralized, microbially active soils that will support you on your journey!!!

*The seeds are our connection to the earth*

*They are our connection to the sky*

*They are our connection to the ancestors*

*They are our gift to the future*

*They are our responsibility*

*The seeds are us!!!!*

The trees and seeds were the beginning of the journey for us, we now recognise that reconnecting to our local ecologies, learning how to grow our own nutrient dense food, how to cook and prepare nutrient dense food, learning to redesign our lives and communities and ecologies to be regenerative are all critical parts of the puzzle and that is just what we are doing.

I'm very proud of the team we have here, and of the models we are putting on the ground in many areas and aspects, and we invite you to share our journey of learning to reconnect, possibly through growing seeds and trees with a whakapapa, with a connection to you or your family, possibly through our website or one of the many ways we provide for you to do that in our Permaculture Design Courses, our internships our apprenticeship programs and our workshops for regenerative living. Looking forward to connecting with you on this journey

*Arohanui Kay and team*

## FROM THE SEED ROOM...

### Well its coming up two years for me here at Koanga...

It's been a pretty massive journey so far and the climax is still yet to be reached. As I write this Kay and some of our crew are off around Aotearoa on our hikoī to share the life that Koanga stands for, to rally the support that is needed for this special work we do to continue into the future. It's an exciting time, a very busy time and we are all tired but I feel that the energy is building, the support is lifting us and I will get to write again in the next catalogue about the seeds I'm sure, so thank you.

This 2014 summer season has seen some awesome changes in how the seeds are managed and cared for here at Koanga. We have three full time garden apprentices who are here to learn as they work. They are getting to be part of the full circle of the seeds, not only growing the plants but learning to manage the seed from germination through to putting it away safe to be grown next season. It feels so important that the seeds are getting looked after by more and more of us, it means more people here learning, more people to share the inspiration and the excitement, more people to pass the knowledge and experience on to, building resilience through a web of people that can carry the vision on and on.

This means that this year I've taken a small step back and now a lot of my work drying and cleaning the seeds as they come from the garden is part of the apprentice's day here. I am now freer to focus on keeping up with the admin side of maintaining such

a large collection of seeds. Even with more time to give to this task I am quite grateful for the help of Milly and Tam, two of our apprentices who work with me in the seed room a couple times a week, developing a deeper understanding of the systems necessary for keeping track of the seeds that they are learning to grow.

With their help we are a lot better organised and have processed into the database much more new seed than this time last year when I was working through the piles by myself. It has also been awesome that Milly is in charge of all our germination tests, I'm sure she is learning a lot through repetition, as she must have put more than 600 seed lines in trays to check they are growing well for us to pack up and send out to you gardeners.

When Kay gets back home after the tour in June, we will get all the mother seed out, place it all on tables and with a list of everything we have in the collection will go through it all and decide on what we will grow again this coming summer season. We are likely to select around 200 lines of seed that we can divide between our three seed gardens to grow out. Although some will only be grown to maintain the seed so that it continues to survive in our collection, most of the seed we will grow enough of to share. I find this part of our job hard as we look after a lot more than 200 seed lines and have to make many decisions choosing between one seed over another. I wish that all of these seeds could go into the ground

and could get to express their potential for life. What does help me in these decisions is that in reality we aren't the only ones growing these seeds, you out there in your gardens have many of these seeds already growing, you've picked your favorites and grow them each year holding the potential for the future generations. Some of you may just be starting to find the plants you and your family love in the garden and you too could be another that carries these seeds into the future - joining the web in which we can build resilience, so that the seeds we hold most dearly may survive and continue to nourish us all into our future.

*Thank you all for the love and support, Ka kite ano, Tes Rae... from the seed room.*



## KOANGA SEED MULTIPLIERS

Each year some of the Institute seeds are kept alive and available to you in our catalogues by our Seed Multipliers. Seed Multipliers are those of you who have some garden space at home that you are willing to dedicate to growing out a line or two of our seed and sending most of it back to us. We usually send out peas or beans because they are mostly self fertile, which means you don't have to grow hundreds and they will not cross with the neighbours crops! They are also relatively easy to grow to seed and we have large collections of them. We also have far more cultivars in our collection of NZ heritage beans and peas than we can maintain ourselves. We gift a free membership of the Koanga Institute to each Seed Multiplier when we receive the seed back from them each year.

Seed Multipliers need to be experienced gardeners, and you will need 2-3 metres of good garden soil to dedicate to growing out and saving one of our heritage beans or peas. We are able to support you with information and advice should you need it.

This is a real opportunity for you to be come part of our dedicated team helping to save our own NZ heritage food plants for future generations, we'd love to hear from you. Please email [seeds@koanga.org.nz](mailto:seeds@koanga.org.nz) for more information.

## BECOME A MEMBER OF THE KOANGA INSTITUTE AND BE PART OF THE SOLUTION

Over the past 29 years we have been instrumental in collecting and saving over 600 (mostly New Zealand) heritage vegetable seed lines and over 300 Northern heritage fruit tree lines. Together with the plant material we have collected the stories; the whakapapa of our food plants and the old people who carried them to today. Growing out these food plants to make them available to our members and the general public, is a work of love rather than an economic proposition, which is why the Koanga Institute is a registered Charitable Trust. Membership is an opportunity for all of us to be part of this wonderful work.

☞ ***New Zealand Membership: \$45 one year***

Full membership benefits as outlined below

☞ ***International Membership: \$65 one year***

Full benefits as outlined below, for members with overseas postal address. Seeds will be posted at buyers' risk, and are subject to local customs laws and restrictions.

☞ ***Community Gardens and Schools / Marae Membership: \$75 one year***

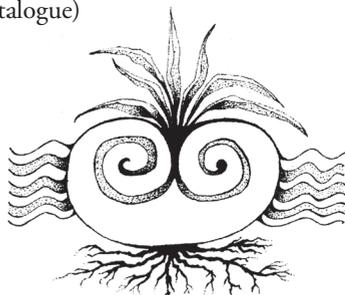
Full benefits as outlined below for Community Groups, Schools with Gardens, and Marae. A mixed bundle of 10 seed packets will be sent along with the "How to Grow Nutrient Dense Food" and "Save Your Own Seed" booklets. Please use just one email address per membership.

☞ ***Life Membership: \$1000***

Full benefits as outlined below – for your lifetime!

### KOANGA INSTITUTE MEMBERSHIP ENTITLES YOU TO...

- ✓ Receive 2 free catalogues each year: the July edition with a full seed description list, and the February edition focusing on heritage fruit trees
- ✓ 6 free Preservation seed packs per year (3 per catalogue)
- ✓ One free Institute Booklet of your choice
- ✓ 10% discount on Koanga seeds
- ✓ Special Members promotions
- ✓ Monthly E-Newsletter
- ✓ Discount on selected workshops
- ✓ It means you are actively part of the solution!



# KOANGA GARDENS

## CENTRE FOR REGENERATIVE LIVING

### PERMACULTURE DESIGN

## Courses, Internships & Workshops 2014/2015

We actively pursuing, accumulating and sharing the knowledge and skills required to live regeneratively and simply in Aotearoa. Empower yourself with the practical skills to turn your dreams for sustainability into reality. We use the Permaculture Design process to design and teach solutions for all aspects of our lives and environment.

- \* Our workshops are full-on learning experiences - prepare to see the world through different eyes!
- \* Our teachers are all outstanding in their fields, and recognised international teachers.
- \* Workshops are subject to change. See [www.koanga.org.nz](http://www.koanga.org.nz) for further information.

#### PROPAGATION WORKSHOP

26 July 2014 | *Tutors: Shaked From & Kay Baxter*

An empowering economical way to begin your home orchard/forest garden. Learn how to save your own local heritage trees, and propagate all of them including grafting and budding. Includes starter kit worth \$100 of plant material (including rootstocks) to take home to form the basis of your home orchard or small nursery.

#### DESIGN YOUR OWN FOREST GARDEN WORKSHOP

27 - 28 July 2014 | *Tutors: Shaked From*

Learn to design a forest garden that will regenerate the soil, provide nutrient dense fruit, nuts, berries, edible leaves, chicken food, firewood, weaving and medicinal materials etc etc etc in the image of a natural forest. A mix of classroom theory, discussions, walks and work experience in the Forest Gardens and our nursery.

#### PERMACULTURE DESIGN COURSE

31 Aug - 12 Sep 2014 | *Tutors: Dan Palmer, Bob Corker, Kay Baxter & others*

This 12 day workshop will change the way you view your world and encourage

optimism in the face of the many challenges we are faced with. Empower yourself with the knowledge and skills to be able to apply the principles and patterns of Permaculture Design to all aspects of your environment and life. As well as covering the international curriculum we focus on daily practise of design so you will feel confident in understanding design and its application. 2 weeks of inspiration, learning and hands on experience, with experienced tutors who live what they teach. See [www.koanga.org/pdc](http://www.koanga.org/pdc)

#### SPRING INTERNSHIP - GROWING SOIL, FOOD AND HEALTH WORKSHOP (10 WEEKS)

15 Sep - 21 Nov 2014 | *Tutors: Kay Baxter & others*

10 weeks of intensive learning and hands on experience, including the 4 workshops below. See website for details. [www.koanga.org.nz/growing-soil-food-health-internship](http://www.koanga.org.nz/growing-soil-food-health-internship)

#### PREPARE AND COOK NUTRIENT DENSE FOOD WORKSHOP

15 - 16 Sep 2014 | *Tutor: Kay Baxter*

This course will look at the essential relationship between the quality of our diets and its reflection in our overall

health and that of our children. You'll learn the principles of a traditional diet, as documented by Weston Price, and how to prepare food following those principles.

### **BIO INTENSIVE GARDENING WORKSHOP**

22 - 24 Sep 2014 | *Tutor: Kay Baxter*

Learn the basic theory and practice of BioIntensive gardening, the most efficient way to grow vegetables, with amazing results. We use these methods, and encourage others to do the same. You'll leave this course with some real skills that will get your garden pumping.

### **GROWING NUTRIENT DENSE FOOD WORKSHOP**

25 Sep 2014 | *Tutor: Kay Baxter*

A one day workshop covering the basics of growing Nutrient Dense Food, with an emphasis on making high quality compost and learning how to use a refractometer.

### **DESIGN YOUR OWN FOREST GARDEN WORKSHOP**

18 - 19 Oct 2014 | *Tutor: Shaked From*

Learn to design a forest garden that will regenerate the soil, provide nutrient dense fruit, nuts, berries, edible leaves, chicken food, firewood, weaving and medicinal materials etc etc etc in the image of a natural forest. A mix of classroom theory, discussions, walks and work experience in the Forest Gardens and our nursery.

### **APPROPRIATE TECHNOLOGY INTERNSHIP (3 WEEKS)**

16 Feb - 6 March 2015 | *Tutors: Tim Barker & Bob Corker*

A full time, full on program for those wishing to get experience in designing and constructing appropriate technologies for

self-reliance and living simply. You will be learning the theory and then working on hands-on practical projects in Kotare Village, covering solar heating and cooking, rocket stoves, bio-char, greywater systems, ram pumps and much more. This is an outstanding workshop and experience.

### **PERMACULTURE DESIGN COURSE**

1 - 13 Feb 2015 | *Tutors: Bob Corker, Dan Palmer, Kay Baxter & others*

This will change the way you view your world and encourage optimism in the face of the many challenges we are faced with. Empower yourself with the knowledge and skills to be able to apply the principles and patterns of Permaculture Design to all aspects of your environment and life. As well as covering the international curriculum we focus on daily practise of design so you will feel confident in understanding design and its application. 2 weeks of inspiration, learning and hands on experience, with experienced tutors who live what they teach. See [www.koanga.org/pdc](http://www.koanga.org/pdc)

### **GAPS CAMP: EMPOWER YOURSELF RECOVER YOUR HEALTH!**

22 Feb - 6 Mar 2015 | *Tutor: Mel Turnbull*

Begin the journey to reclaim your health. Learn about Gut & Psychology Syndrome in a supportive, family-friendly environment. Learn to grow and cook nutrient dense food. Personal consultations with Debs Gully, a trained NZ GAPS consultant, included.

### **ANIMAL INTERNSHIP**

6 Apr - 1 May 2015 | *Tutors: Bob Corker & Taiamai Corker*

This 4 week internship covers the following workshops: Small Farm Design, Small Animal Selection/Breeding/Management, Top Bar Beekeeping, Home Butchering, and

Holistic Management plus gives you an extra 2 weeks to put your learning into practice and integrate it.

### **SMALL FARM DESIGN WORKSHOP**

6 - 8 Apr 2015 | *Tutors: Bob Corker & Taiamai Corker*

Learn to design your own small farm so that you can earn a living on a small area whilst regenerating the land. Select which animals will work best for your situation and best practice methods for management and breeding. Includes pigs, sheep, goats and cows.

### **TOP BAR BEEKEEPING WORKSHOP**

11 - 12 Apr 2015 | *Tutor: Tamsin Leigh*

We will explain the main differences between top bar and standard beehive systems, and how you can have a healthy, productive beehive with no ongoing costs. The natural approach to beekeeping allows bees to regulate their own hive, which is crucial in the fight against varroa mite etc.

### **TRADITIONAL FOOD PROCESSING AND STORAGE WORKSHOP**

14 - 15 Apr 2015 | *Tutors: Tes Rae & Shaked From*

A two day workshop where you will learn traditional food storage methods that do not require sugar, bought vinegar or freezing so that you can save abundant produce for later use, preserving and in some cases, increasing the nutrient value of your food.

### **URBAN DESIGN WORKSHOP**

25 - 26 Apr 2015 | *Tutors: Shaked From & our Urban Apprentices*

Learn to make the most of your urban spaces both within your own backyard and public spaces whilst also ensuring food security. Design your garden to meet the nutritional needs of your family and neighbourhood. Our 200m<sup>2</sup> Urban Garden model will be

used as a teaching space for this workshop which includes regenerative design for small animals such as chickens, rabbits, guinea pigs and bees as well as vegetables and fruit trees! very exciting stuff... check out <http://www.koanga.org.nz/knowledgebase/design-knowledge/200-sq-m-urban-design/> to see the design, blogs and monthly reports from our urban garden.

### **DEEP ECOLOGY WORKSHOP**

2 - 3 May 2015 | *Tutor: Mel Turnbull*

“Our disconnection from nature and our disavowal of interior depth- of soul- from animals, plants and landscapes occurs all the time in all of us. But there is more depth in the world than we have come to believe, than we have been taught. Connection with the interior world of nature has been a part of our species experience for millennia.... since the words to describe this kind of depth are atrophied or no longer present in our language, the experience when it does extrude itself, is often difficult for people to deal with.....” Stephen Harold Buhner *The Lost Language of Plants*

This workshop based on “the work that reconnects” by Joanna Macy. Together we will work towards healing our relationship with the earth, ourselves and each other. We will do this through connecting with the natural world, personal sharing and experimental deep ecology exercises, leaving you empowered and connected.

### **HOME BUTCHERING AND MEAT PROCESSING WORKSHOP**

9 - 10 May 2015 | *Tutor: Taiamai Corker*

Learn home butchering and processing skills for small animals; poultry, goats, pigs, sheep. An outstanding experiential workshop that is always full so be in early for this one.

# SEED CATALOGUE 2014

## *Koanga Gardens seeds are very special seeds:*

- ☞ 80% of them are NZ heritage seeds. That means they have been grown, selected and saved by, and in turn supported many generations of, our own ancestors. We hold the biggest collection of these sacred seeds in the country... with your support!
- ☞ Out of the 20% that can't claim to have been here for 100 years or more, most have been here for over 20 years and are now normal to our grandchildren, as they were to our children. They are becoming part of us. Our bodies are now recognising them as good food!
- ☞ They are 100% grown in New Zealand.
- ☞ They have been specifically selected for their unique qualities, including nutritional density, specific flavours, and end uses in the kitchen by generations.
- ☞ They have adapted to New Zealand soils and climates (in some cases this is critical, especially with tomatoes.)

Koanga Seed Growers are committed to regenerative and organic growing methods, that produce high quality, nutrient dense seeds. We are actively working with all of our growers to educate ourselves and learn as much as we can - understanding this is a life process and will be different for all of us.

There is a section on our website about each of our seed growers, their garden philosophy and their garden management systems. They are all very special families who give a lot so that the seed is there for all... into the future. <http://www.koanga.org.nz/knowledgebase/>

[seed-knowledge/seed-growers/](http://www.koanga.org.nz/knowledgebase/seed-knowledge/seed-growers/)

We are not giving detailed seed saving information here to save space for the comprehensive seed list, however, we are clearly showing you which genus and species each seed line comes from, so that you can use the seed saving information on our website <http://www.koanga.org.nz/knowledgebase/seed-knowledge/seed-saving/seed-saving-instructions/> or our Koanga Institute 'Save Your Own Seeds' booklet to find out the rest of the information you need to know to do a good job of saving your own seed. You can also find this information in 'The Koanga Garden Guide'.

Cultural information for each cultivar is also on our website and in the Koanga Garden Guide. If you are interested or inspired to learn how to grow nutrient dense food or even just to be able to test what you do grow, I suggest you buy a copy of the Institute booklet 'How To Grow Nutrient Dense Food' (2nd edition) and a refractometer. The refractometers we sell contain full instructions on how to calibrate the tool, how to use it effectively, and Dr Carey Reams charts showing you what low, average, and high readings are for each vegetable, and also a copy of the chart we use to record information when using a refractometer.



The following codes tell you the Heritage Status of each seed line:

- NZ** New Zealand heritage seed  
**OS** Overseas heritage seed  
**EC** Early commercial seed  
**(100)** Approximate number of seeds in each packet

## AMARYLLIDACEAE / ALLIACEAE

AMARYLLIDACEAE	Genus	Species	Common name
	Allium	ampeloprasum	leek, elephant garlic
		cepa	common onion, shallot, multiplier onion, potato onion, top setting onion
		fistulosum	Japabes bunching onion, Welsh onion
		sativum	garlic, rocombole
		schoenoprasum	common chives
		tuberosum	garlic chives

### CHIVES

See HERBS, page 49

### LEEKS

#### Lyon OS (*Allium ameloprasum*)

Lyon leeks came to NZ with our English ancestors and originated in the Lyon area of Staffordshire. Known for its long pure white stems and mild flavour, it is still a favourite for many winter dishes today. They are easy to grow. (300)

#### Musselburgh EC (*Allium ameloprasum*)

Reputedly developed in the 1400's in Musselburgh, Scotland, by the Dutch, one of the classic open pollinated leeks that have been around and grown commercially for many years in NZ. Large, good flavoured leeks which if planted in October will produce leeks for autumn, and they will sit all winter waiting to be pulled for the soup pot. (150)

### ONIONS/SHALLOTS

#### Pukekohe Long Keeper Northland NZ (*Allium cepa*)

Pukekohe Long Keepers from an old breeding line that has then been grown in Northland for many years. They do very well up in the North producing reliable crops of large, tasty onions that are exceptional keeper, where the usual PKLK line will not do well at all. (100)

**FOR MORE LEEKS,  
ONIONS AND GARLIC SEE  
BACK ORDER ON PAGE 57**

**AMARANTHUS**

*A plant that is really easy to grow and looks stunning in the garden, amaranthus is one of the 'new' grains we can grow and eat without needing ANY technology! Amaranth is high in lysine and many minerals. All grain amaranths must be planted as soon as the ground temperature reaches 15°C (time to plant corn) in order to harvest a heavy grain crop at the end of the season.*

**Golden Giant OS**  
*(Amaranthus hypochondriacus)*

Can easily reach 2+ meters. The plant has golden stems and leaves with beautiful upright, intense, bright, golden flower heads. Good carbon crop. Grain variety. Pops well. (600)

**Pygmy Torch OS** *(Amaranth spp)*

Grows to 1m only, making it easier to net than taller cultivars. Stunning plant with deep burgundy leaves and large black jewel like burgundy drooping seed heads. When popped they are black and white and very crunchy. A very ornamental grain variety. (600)

**Tampala NZ (Amaranth spp)**

A NZ heritage leafy heat loving vegetable sent in to us by Dr Graham Hanna of Mangere in 1997. Common throughout Asia and well known as a super nutritious green especially when lightly steamed or sautéed. High in calcium, iron and other minerals, grows to 1m high with red and green crinkled leaves that can be picked all summer. (600)

**APIACEAE**

Genus	Species	Common name
Apium	graveolens	celery, celeriac
Anethum	graveolens	dill
Anthriscus	cerefolium	chervil
Arracacia	xanthorriza	Peruvian carrot
Chaerophyllum	bulbosum	turnip-rooted chervil
Coriandrum	sativum	coriander
Daucus	carota	carrot
Foeniculum	vulgare	fennel
Pastinaca	sativa	parsnip
Petroselinum	crispum	parsley, parsley root
Sium	sisarum	skirret

**CARROT**

**Oxheart OS** *(Daucus carota)*

This variety was introduced to the seed trade in 1884 and is a uniquely shaped, short (12cm), very wide (8cm) carrot that grows very fast to over 500g. Outstanding quality, flavour, colour, sweet. Stores well, good cooked or raw. Good for heavy soil,

container gardens and raised beds. (400)

**White Belgium NZ** *(Daucus carota)*

Originally a Dutch heirloom, but has been grown in NZ for a long time. This cultivar came from the Henry Harrington Collection, and Henry grew it since the war years. It is a large, white, long, tapered carrot with green shoulders that raise a little above

the ground. At their best cooked, stunning for flavouring soups and stews. (400)

**Yellow Austrian Llobericher NZ**  
(*Daucus carota*)

This is a large long tapered carrot that is yellow with a green shoulder. It is a similar type of carrot to White Belgium, excellent flavour, great cooked and raw. Outstanding variety. (400)

**CELERY**

**Nutty EC (*Apium graveolens*)**

From an early commercial line that was abandoned because it didn't suit agribusiness systems. A favourite of ours for 30 years, it is excellent for harvesting one stalk at a time all winter and spring. The stalks are crunchy, juicy and have a nutty taste... and it's so easy to grow. (100)

**CORIANDER**

See HERBS, page 49.

**FENNEL**

**Florence OS (*Foeniculum vulgare*)**

A tall, strongly scented, green, feathery leafed perennial with small yellow flowers. The bulbous base can be cooked or eaten raw in salads (used sparingly because of the strong

flavour). Greens can also be used in salads and in cooked dishes especially with fish or chicken. Seeds are wonderful snacks before they dry, and seasoning after they dry. (50)

**PARSNIP**

**Avon Resister EC (*Pastinaca sativa*)**

We think this was an early commercial variety in NZ, if not then it is an older NZ heritage variety, kept alive in the South Island in recent years, passed to us by the late Henry Harrington. It is extremely rare and unavailable elsewhere as far as we know. It's an easy to grow parsnip that tastes great. Grows well all over NZ. (400)

**Guernsey OS (*Pastinaca sativa*)**

Parsnips are ancient vegetables, whose recorded history goes back over 500 years. Guernsey dates back to pre-1826 and originated in France. Plant very early Spring, and harvest from Autumn to the following Spring. The more room you give them the larger they will grow. (400)

**PARSLEY**

See HERBS, page 49.

As we collect these seeds and we listen, we become aware of the part that the ancestors play in getting them to us. Then we have to be aware that we are the ancestors of the next stage. What we're setting up right now is our role as ancestors for our children and those children five hundred years on down the line for whom we will be these distant little voices in the seeds.

*Seeds of Change, Kenny Ausubel*

## ASTERACEAE

### ARTICHOKE

#### **Globe Artichoke Purple de Jesi OS** (*Cynara scolymus*)

This line of Purple de Jesi has been selected at Koanga to actually have purple heads and for strong plants. Purple globe artichokes have a sweet exquisite flavour and are one of the most nutritious vegetables we can eat. If picked regularly and not left to go to seed they will crop over a very long period from early spring to early winter. (15)

*See Back Orders page for Jerusalem Artichokes*

### CARDOON

#### **Cardoon OS** (*Cynara cardunculus*)

New seed line heritage. Perennial; 1.3m

Stunning looking silvery leafed mineral accumulator that does very well in dry mediterranean climates, and has purple scotch thistle flower heads a lot like globe artichokes, the bees love them. Excellent in a mediterranean forest garden situation, the stalks of the leaves are very edible as well as beautiful. (15)

### LETTUCE

#### **Devils Ear OS** (*Lactuca sativa*)

This is an outstanding, hardy, easy to grow, small hearting lettuce with red outside pointy leaves and a green heart. Stands well in heat. (100)

#### **Half Century NZ** (*Lactuca sativa*)

This is an heirloom from New Plymouth and it came with the following description: "Presumably a survivor from the 1850's and not surprisingly. Butterhead type,

exceptionally compact and crisp. This is a perfect home garden lettuce. Too succulent to stand marketing! Suited to cultivation over a long period." I would like to add a few observations as well. The birds love it better than anything else in the garden! You need netting and hoops on hand - and also the thing that makes it stand out for me is the thickness of the leaves. They are very substantial, quite unlike any other lettuce I've seen or tasted. It is a small green buttercrunch type, beautiful! (100)

#### **Mignonette NZ** (*Lactuca sativa*)

This is one of the old lettuces of NZ, that has survived because they do not cross and self seed easily. It is a buttercrunch lettuce with a loose light green heart and red tinged outer leaves, all leaves are butter/tender with a flavour modern lettuces don't have. This one came to us from Helen Boleyn of Palmerston North in 1997. (100)

#### **Mrs Simpson NZ** (*Lactuca sativa*)

A soft winter lettuce sent in by Denise Schick. Light green frilly leaves, very cold hardy. (100)

#### **NZ Heritage Mix NZ** (*Lactuca sativa*)

A colourful and interesting mix of all the old time NZ favourites hailing from our grandmother's gardens, Devils Ear, Speckles and Mignonette. They all self seed easily and are exquisite in their different ways. Far better tasting and more nutritious than anything in the shops today! (100)

#### **Odell's NZ** (*Lactuca sativa*)

Odell's was one of the first lettuces in our collection (after winter), and was sent in by a member whose name we no longer have.

It is the best little lettuce, with small sweet crunchy midribs and leaves, very fast and easy to grow. They do best in spring and autumn, but are great all year round. This is our favourite lettuce. (100)

### **Speckles NZ (*Lactuca sativa*)**

This lettuce came from an elderly gentleman's garden in Auckland. Nicholas Mayne sent us this seed in 2010. It is a semi-hearting, green lobed leaf lettuce with red speckles. Adds colour to any salad. (100)

### **Winter NZ (*Lactuca sativa*)**

One of the first heritage vegetable seeds given to Kay, by her Mother-in law Mary, from Kaiwaka Northland. It has curly, long green finger leaves, which can be picked all winter, and is a finger/endive type lettuce that is best planted to mature around May (warm climate), March cold climate) for winter picking. Open hearted, darker green lettuces contain by far the most nutrition. (100)

### **Winter Mix NZ (*Lactuca sativa*)**

This is a mix of lime green coloured crinkly leafed Joe's lettuce and Mrs Simpson, a classic old fashioned winter hardy semi hearting green frilly lettuce. Both are excellent lettuces that if grown in autumn will sit well over winter for months. (100)

## **PUHA**

### **Scottish Flatleaf NZ (*Sonchus oleraceus*)**

This is the variety that most of us think of as 'puha'. It is the flat leaf common variety that came in with immigrants from Scotland apparently. I'm told that the prickly curly leafed variety was always here. When you pick the leaves cut them off without pulling up the roots as they grow again and continue cropping. Young leaves and stalks taste best. To prepare puha for eating simply place in a

sink full of cold water and rub the leaves and stalks together until the cells break releasing green colouring and the bitterness also into the water. Then cook in a boil up or in ghee, butter or any kind of animal lard to get full benefit of the vitamins and minerals puha contains. Captain Cook fermented puha (just like sauerkraut) to prevent scurvy in his crews. (200)

## **RADDICCHIO**

### **Endive Rosso OS (*Cichorium endivia*)**

Bino Gola from Auckland of Italian descent, whom some of you may know, gifted us this Raddichio. A favourite of his, it has been in his garden for many years. He loves it and says that one of its best characteristics is its hardiness. It has tasty red and green leaves (lots of variation) with the classic endive slightly bitter taste. (100)

### **Endive Mix NZ (*Cichorium endivia*)**

A mix of our NZ heritage endives, with loads of variation in form and colour, that can be harvested over a long period during the cool seasons for excellent taste and flavour in salads or stir fries. (100)

### **Indivia Scarola NZ (*Cichorium endivia*)**

An old Italian variety that has been in NZ for many years. It has quite a flat shape with a quartered heart like many old roses. It is beautifully ornamental in the garden and has a very mild delicious taste, tender leaves with a lime green colour, lighter in the heart. Sits well over winter. (100)

## **SALSIFY**

### **Salsify NZ (*Tragopogon pratensis*)**

Salsify is an old vegetable that is a fantastic addition to the vege garden. Plant in spring and harvest all winter. The long roots are

excellent to eat - a lot like kumara. You cook them in their skins (and slide the skin off when cooked), and the flowers are also edible and a beautiful mauve star like shape. They self seed and are great to naturalise in wild areas. (60)

**SCORZONERA**

**Scorzonera NZ (*Scorzonera hispanica*)**

Scorzonera is sometimes called the vegetable oyster because, like salsify, it has a delicate

oyster like flavour. Whereas the salsify root is white skinned, this one is black so it is also known as the black salsify. They are different plants from different branches of the Asteraceae family and have different coloured flowers as well. Scorzonera has yellow flowers which are edible. To me the root tastes very like kumara. Harvest, wash and steam, then slip the skin off and serve with vinaigrette, they are great, also mashed and made into patties. (60)

**BRASSICACEAE**

BRASSICACEAE	Genus	Species	Common name
	Armoracia	rusticana	horseradish
	Brassica	hirta	white flowered mustard
		juncea	India mustard, mustard greens
		napus	rutabaga, swede, Siberian kale, rape
		nigra	black mustard
		oleracea	broccoli, brussel sprouts, cabbage, cauliflower, collards, kale, kohlrabi
		rapa	turnip, broccoli raab, Chinese cabbage, Chinese mustard, mizuna
	Crambe	maritima	sea kale
	Eruca	sativa	rocket
	Lepidium	sativum	garden cress
	Raphanus	sativus	radish
	Rorripa	microphyla	large leaf watercress
		nasturtium	watercress

**GREENS MIX**

**Asian Mesculun mix**

A mix of salad greens including Chinese Greens In The Sno, HH Chinese cabbage, Red Coral Mizuna, Purple mustard and Mustard Lettuce, for growing and cutting as a mesclun mix salad. All leaves are great in soup or stew when larger. (500)

**BROCCOLI**

**De Cicco NZ (*Brassica oleraceae*)**

An outstanding home gardener's variety that travelled the world with Italian immigrants late in the 19th Century. It produces medium sized delicious early heads followed

by multiple side shoots. Leaves and stems are very edible. (50)

**Nutribud OS (*Brassica oleraceae*)**

Early maturing variety developed by Alan Kapuler Ph.D., well known heritage seed vegetable breeder in the USA. High in free glutamine, a building block of protein and important healing nutrients. Large central heads with medium sized side shoots on vigorous plants. To perform well must have excellent growing conditions. (50)

**Purple Sprouting OS (*Brassica oleraceae*)**

Initially cultivated by the Romans, Purple Sprouting Broccoli is an outstandingly nutritious vegetable, all parts are edible but it

only performs well in areas with cold winters. When well grown it produces broccoli shoots for months from large plants. (50)

### **Romanesco NZ (*Brassica oleraceae*)**

A rare NZ heritage brassica sent to us by two different gardeners who had had it for years but were not able to continue growing out a large enough number to keep their lines strong and both lines were weakening. We put these seed lines together and continue the selection work and have revived this old very special cultivar. They are stunning if well grown, producing a spiral conical whorl, that is a piece of art and often hard to pick. Delicate and tender. (50)

## **BRUSSELS SPROUTS**

### **Fillbasket NZ (*Brassica oleraceae*)**

A rare NZ heritage variety from the Harrington Collection. An old Southland variety renowned for its large sprouts and the long harvesting season. Our grower has been selecting for heavy, reliable cropping and we are very proud to be able to offer you this super rare seed. (50)

## **CABBAGE**

### **Dalmatian NZ (*Brassica oleraceae*)**

aka Collards or Loose-leafed Cabbage. Once widespread around the North (especially around the Marae and areas of strong Dalmatian heritage). These cabbages need to be fully grown by the time it gets cold. They are used as leaf cabbages and are picked throughout the winter until October, when they head up to seed. Traditional Dalmatian recipes used these leaves for stuffing with mince and beans and then baking. One of the few varieties which are easy to save seed from in the North. Known around the world as being one of the most nutritious brassicas,

probably because all leaves are in the sun. Collards are known in Africa as Ethiopian cabbage, and this vegetable travelled with the slaves to America and became one of their most important vegetables. It is still eaten daily by people of African descent in the Southern states and is regarded as essential 'soul food'. (50)

### **January King OS (*Brassica oleraceae*)**

January King is a beautiful flat headed savoy that has purple tinged outside leaves with crinkled leaf edges. They sit well when planted in early autumn and are great for all uses. (50)

### **Savoy Chieftain OS (*Brassica oleraceae*)**

Outstanding cabbages again from the Henry Harrington Collection, but came to him from Davey Williamson of Ohai, Southland. They are huge with beautiful round crinkly green leaves. They are at their best (sweetest) when frost sits on the leaves over winter. Great for cooking, coleslaw and sauerkraut. They keep well over winter if grown well with hard, tight hearts. They have done well for us in the North as well. (50)

### **Winningstadt OS (*Brassica oleraceae*)**

First listed in America in 1856, Winningstadt is also known as Glory of Enkhuizen. A stunning looking, tall pointy pale green cabbage with thick firm leaves, mild flavour, good to eat and extremely ornamental. Excellent keepers, great sauerkraut cabbage. (50)

## **CAULIFLOWER**

### **Ruapehu EC (*Brassica oleraceae*)**

This is an outstanding large, white cauliflower, with a dense delicious curd. It grows well all over NZ (in the North plant only in autumn) however it is a long season

cultivar, requiring 4-5 months to maturity. (50)

## CHINESE CABBAGE

### Henry Harrington NZ (*Brassica rapa*)

This is a chiese type loose leaf cabbage from the Henry Harrington collection. It has wide white midribs and mid green leaves with a slight mustard flavour if grown well. It's excellent used for kimchi, stir fries and boil ups and when very young good in salads. It will self seed easily. (100)

## CRESS

### Upland NZ (*Rorippa microphylla*)

An easy to grow self seeding green that should be in all gardens. Delicious salad green, that grows all winter and tastes a lot like watercress, but growing in rosettes like a lettuce. Highly nutritious. (300)

### Watercress NZ (*Rorippa nasturtium*)

If you have somewhere wet that holds water or remains moist over the winter months you can grow watercress, a highly nutritious cold season green either raw or cooked. It can be harvested from around May until Xmas. (200)

## KALE (*Brassica oleracea*)

### Borecole NZ (*Brassica oleraceae*)

This kale is a well known classic variety, very ornamental with strong tasting dark green healthy open leaves, with very curly edges. The plants are compact. It tastes best after the frost has been on the leaves but as a Dutch woman told us once at the Mangwhai Market you can always pick the kale and out it in the freezer over night then cook it to get the best flavour!

### Red Russian OS (*Brassica oleraceae*)

Red Russian Kale was introduced into

America via Siberia by Russian traders in the 19th century. It is very frost resistant and has a distinctive sweet flavour compared to the other varieties. Plants have frilly purple veined blue-green leaves tinged with reddish purple. (50)

## MIZUNA

### Red Coral OS (*Brassica rapa*)

Deep maroon coloured, highly ornamental mizuna that has feathery leaves, with crunchy tasty ribs, tender and easy to grow classic salad green, also suitable for wok dishes and stir frying. Flowers are edible too. (100)

## MUSTARD GREENS

### Purple Leafed OS (*Brassica rapa*)

This is a fast growing, cold season, large purple leaf mustard that self seeds and grows wild easily, all over NZ. It's great when young as part of a salad and is also good when larger in any soup or boil up or casserole etc. (100)

### Ruruhau NZ (*Brassica rapa*)

A fast growing mustard-flavoured green for spring/autumn. Found growing wild all over the north and around the coast of the whole of NZ. Variations of this can be found growing along the banks of the Whanganui River and many other rivers. It is reputed to be growing wild all around the coastlines of the entire world. Being a brassica, and so widely spread, it is in serious danger of becoming contaminated with GE material. This is a very easy to grow green, that self seeds readily and is thought of by many as a very coarse vegetable. It is actually sought after for the mustard flavour imparted to casseroles, boil ups and stews; a great addition to a winter salad if picked when small. Contains far more nutrition than

more modern tight hearted cultivars. (100)

## MUSTARD LETTUCE

### Mustard Lettuce NZ (*Brassica juncea*)

A vegetable from the old gardens. Leaves are a light green colour with frilly edges, they look stunning! A fast growing green with a mustard flavour. Self sows easily once established.

Excellent in salad mixes when young, in soups and casseroles when older. (100)

## RADISH

### Daikon Aomaru Koshin OS

(*Raphanus sativus*)

An outstanding round easy to grow daikon, with a green shoulder on the topside above the ground, white skin and white flesh below the ground and a bright red mandala in the flesh. When you cook them the inside goes pink, with the green skin. They taste great raw, pickled or cooked as other daikon. (50)

### Daikon Tokinashi OS (*Raphanus sativus*)

A beautiful white very long with a green shoulder sticking up above the ground Japanese Daikon radish. They are fantastic raw in salads or in soups, stews or stir fries, and also lactic pickled or fermented. Very quick growing and remain tasty with tender flesh even when large. The greens can also be cooked and are very nutritious. Can be direct sown all year round except in areas with very cold winter temperatures. Very slow bolting. (50)

### White Icicle NZ (*Raphanus sativus*)

Gifted to the Koanga Collection by Henry Harrington from Southland. This is the best radish I've ever tasted. It is very juicy, tender and crisp and easily grown in autumn and spring. It looks like an icicle in that it is long and tapered and translucent white inside. Cool season fast growing radish. (100)

## ROCKET

### Rocket OS (*Eruca sativa*)

Rocket is the mainstay of salads during spring and autumn...it is easy to grow fast to the eating stage and delicious, even at the flowering stage when you can add the nutty tasting flowers to salads. Larger leaves are also very tasty when stir fried. (200)

## TATSOI

### Tatsoi OS (*Brassica rapa*)

An easy and fast growing green, great through autumn, winter and spring. Tatsoi has small, dark green, spoon shaped leaves with white stems that are great in salads, stir fries and soups. (100)

### Tatsoi Purple Flowering OS (*Brassica rapa*)

This is an easy to grow, fast growing, tasty green over spring and autumn. The leaves stems and flower heads are edible and tasty. It is a stunning plant when flowering with purple stems and yellow flowers. (100)

## TURNIP

### Ohno Scarlett OS (*Brassica rapa*)

This is a very stunning looking red skinned, white fleshed turnip with a red mandala inside the white flesh. It has been in our collection for many years and is an heirloom from Asia. It is great raw or cooked, also stunning for lactic pickling, as the red skin dyes the entire jar bright pink! Leaves are very edible too. (200)

## CHENOPODACEAE

CHENOPODACEAE

Genus	Species	Common name
Artilex	hortensis	orach
Beta	vulgaris	silverbeet, chard, beetroot, mangel beet, sugarbeet
Chenopodium	album	lambs quarters
	bonushenicus	good king henry
	quinoa	quinoa
Spinacia	oleraceae	spinach

### BETROOT

#### **Bull's Blood OS (*Beta vulgaris*)**

Selected by seedsman Kees Sahin in the Netherlands from the French variety Crapaudine for the darkest coloured leaves. The juice from this beet is used to make the only red food colouring allowed by Swedish law. Very sweet, 35 days for edible leaves, 55 days for edible root. (150)

#### **Chioggia OS (*Beta vulgaris*)**

Spread around the world in the 1840's from Italy, this is a uniquely beautiful flesh has alternating red and white concentric rings that resemble a bulls' eye. Very tender, good for eating raw and pickling. Thick medium green leaves are also excellent cooked as greens when cooked with ghee or butter. Retains markings if baked whole and sliced just before serving. A spectacular variety. (150)

#### **Cylindrical NZ (*Beta vulgaris*)**

A NZ heirloom originally from Denmark, famous for slicing with it's long cylindrical roots. Produces much more uniform slices than round beets. This tender and sweet variety is great raw or cooked, young leaves also edible. This is the most productive beetroot per sq m of ground, and in our opinion tastes the best as well! (200)

#### **Golden OS (*Beta vulgaris*)**

Golden beetroot grow fast in good

conditions, and are smaller plants, with smaller leaves than most other beetroot. They have beautiful golden coloured roots that I think are at their best roasted when young and served in a hot winter salad with vinaigrette. (150)

#### **Golden BX Manglebeet OS (*Beta vulgaris*)**

Similar to beetroot but much sweeter, more tender, and grow far larger, with a bright golden colour inside and out. Doesn't have the earthy taste often associated with beetroot, and they are great used in all ways as you would beetroot. The leaves are also very sweet and excellent raw or cooked. I love to cube them once cooked, and serve in a hot salad with vinaigrette. (100)

#### **Heritage Mix OS (*Beta vulgaris*)**

A mix of Chioggia, and Bull's Blood. (150)

### CHARD

#### **Giant Fordhook NZ (*Beta vulgaris*)**

An old favourite that many of you will remember - Silverbeet that grows well and is reliable in all areas. Introduced in 1934 by Atlee Burpee and Co. Broad dark green heavily crumpled leaves with white veins and stalks. Crops well all year round even after light frosts. (30)

#### **Perpetual Spinach NZ (*Beta vulgaris*)**

Perpetual Spinach belongs to the same species as chard and beetroot though it

tastes more like spinach with slim light green midribs. It was once widely grown and known for its ability to keep on producing in difficult situations eg too hot, not enough water or nutrients etc etc. A reliable hardy cropper for all situations, that tastes great! (100)

### **Ruby NZ (*Beta vulgaris*)**

A stunner in the flower garden or the vegetable garden, this one has dark green/reddish leaves with dark red stems. It grows very large and tastes great. (30)

### **Swiss NZ (*Beta vulgaris*)**

An old commonly found variation on the silverbeet theme. It's a particularly hardy one, will crop for years in some situations. The leaves are thicker and shorter than Giant Fordhook, and not as dark, and is probably the hardiest leaf beet of all! (50)

## **LAMBS QUARTERS**

### **Magenta Spreen OS (*Chenopodium album*)**

A stunning looking version of the wild Lamb's Quarters with brilliant florescent magenta colouring on all new growth. Continually pick tips for long picking season. Excellent cooked like spinach. Lamb's Quarters is an ancient herb eaten by our ancestors around the world for thousands of years and so is a food plant recognised well by our bodies. (100)

## **ORACH**

### **Rainbow Mix NZ (*Atriplex hortensis*)**

aka mountain spinach. A leafy green, mix of crimson, magenta, yellow, light green and darker green. An ancient vegetable that has remained unchanged for 20000 years. Good both raw and cooked. (300)

## **QUINOA**

### **Four Seasons OS (*Chenopodium quinoa*)**

Another very colourful cultivar, with all the autumn colours when it's flowering. Slightly shorter season than Temuco. Crops very well. (500)

## **SPINACH**

### **Bloomsdale OS (*Spinaceae oleraceae*)**

From pre 1908, vigorous, with dark green stalks, thick, crumpled and savoyed leaves, fine quality, very tender and excellent flavour. Well adapted for spring and autumn, slow to bolt. (50)

### **Japanese NZ**

This is a spinach that came to us from the Harrington collection in Southland. It is a spring and autumn spinach like other spinach cultivars but grows much taller with larger pointy leaves and less crinkling. Similar in taste to regular spinach. The seeds are large and very sharply pointed on triangular corners!



## CUCURBITACEAE

CUCURBITACEA	Genus	Species	Common name
	Benincasa	hispidia	wax gourd (winter melon)
Citrullus	vulgaris	watermelon, citron	
Cucumis	melo	Muskmelon, cantaloupe, honeydew, casaba, Armenian cucumber (snake melon), Asian pickling melon, pocket melon (vine pomegranate), vine peach (mango melon), rockmelon	
Cucurbita	metuliferus	jelly melon (African horned cucumber)	
	sativus	Cucumbers (except Armenian cucumber & African horned cucumber)	
	ficifolia	Malabar gourd (chilacayote)	
	maxima	squash (vars – banana, buttercup, hubbard, turban, triamble, green chestnut, red kuri, crown)	
	mixta	squash (vars – green striped cushaw, white cushaw, wild seroria squashes, silver seeded gourds)	
	moschata	squash (vars - butternut, cupola, Chuck's winter)	
	pepo	squash (vars – acorn, crook neck, scallopin, small striped and warted gourds, spaghetti, zucchini, Kamokamo, gem squash)	
Lagenaria	siceraria	Hard shelled gourd	
sechium	edule	chayote (choko or vegetable pear)	

### COURGETTE / MARROW

#### Cocozele Bush OS (*Cucurbita pepo*)

A traditional long, green skinned courgette but hugely productive of better flavoured courgettes than shop varieties. The skins are marked with lighter stripes and patterns and they are very easy to grow. Male flowers also edible and delicious. (15)

#### Crookneck Squash OS (*Cucurbita pepo*)

This squash dates back to pre-Columbus times and has always been popular. Stunning looking

yellow squash with roughish skin that turns to a warty skin and a swan neck, after best eating stage. Compact bush form, heavy producers. If picked hard will crop all season, and last for months. (10)

#### Long Green Bush NZ (*Cucurbita pepo*)

Beautiful tasty marrows which keep well and are also fantastic picked at the courgette stage. Many courgettes are not tasty if grown to the marrow stage but this variety gives both. They are prolific croppers and we have

found many ways to eat them – our favourite is stuffed marrow, but spicy marrow cake is a close second and tastes like bread and butter pudding without the bread! (15)

### CUCUMBER

#### Deka OS (*Cucumis sativa*)

An old Russian pickling cucumber, the traditional outdoor green type, makes excellent gherkins and pickles (including lactic pickles which is how they were traditionally pickled). They are also good for eating as cucumbers when larger. A really hardy, thick green skinned variety and a heavy cropper. (20)

#### Green Apple NZ (*Cucumis sativa*)

Gifted to the Koanga Institute by Mrs B. Wilson of Motueka years ago, this has proven to be a favourite. It is round with a thin, sweet green skin, is easy to grow, produces prolifically and they are sweet and tender to eat. (20)

#### Port Albert NZ (*Cucumis sativa*)

Port Albert cucumbers are famous around

the Kaipara Harbour where the Albertlanders settled, also around Northland. (German immigrants settled in the 1860's). They are the best! Stubby torpedo shaped with tender yellow skin and small black spines. They never go bitter, always tender, and produce enormous crops. (20)

### **Cyclanthera OS (*Cyclanthera cordata*)**

An ancient and well known crop in Northern India and South America where they are a popular food and also medicine. From the curcubitaceae family they grow like a cucumber vine, over a fence or trellis is a great idea, and you pick the small young fruit. Traditionally they are sliced in half and boiled in salted water then sauteed with cheese and peppers or stuffed with the same and baked. They can also be eaten raw when very young, and taste similar to a cucumber. (15)

## **GOURD**

### **Ruka NZ (*Lagenaria siceraria*)**

A traditional medium sized, bowl shaped gourd that has been selected for carrying water and storing food for many generations around the Pacific. In recent times they have been used as ornaments and the shell thickness has not been valued so they have become thinner, but we are again selecting for shell thickness. (15)

## **LUFFA**

### **Smooth Skinned OS (*Luffia aegyptiaca*)**

Luffas are frost tender but will grow successfully in a wide range of climate zones down to at least the climate zone that includes Hamilton. They grow like a cucumber with intrigeing upright flowers, and once autumn comes they can be picked and left to dry out. Once they are dry, and the seeds rattle inside you can peel off

the skin and shake out the seeds to use as a pot scrubber, body scrubber etc. If they look stained and discoloured just soak in a hydrogen peroxide solution or similar. (15)

## **PUMPKIN**

### **Acorn Squash Table Queen NZ (*C. pepo*)**

It is said these squash originated with the Arikara tribe in North Dakota but they have been in NZ for a long time. We were sent a very old packet of this seed many years ago by a member and it has turned out to be quite a beauty. They are quite small weighing 1kg and mature early in the season and have a delicious texture and flavour a lot like Delicata - sweet and nutty - which we also love. They are at their best when still dark green, and best when eaten within 2-3 months of harvest, but turn a stunning earth gold colour after that which is very ornamental. They are shaped like acorns, and if they have good conditions are super heavy croppers. (15)

### **Blue Hubbard OS (*C. maxima*)**

The rind is a blue-grey, usually with some bumps and tapered at the ends. These can easily weight up to 6kg each! Inside the flesh is yellow-orange, sweet and fibre free. Stores well. (15)

### **Buttercup NZ (*Cucurbita maxima*)**

A classic pre 80's Buttercup from the Collection of Henry Harrington in the deep South. They are dry and sweet and excellent summer squash, ripening early, often by Xmas or early January, but don't keep much after Jun/?July. The bushes have medium vigour, and require some room to trail or grow up. (10)

### **Butternut NZ (*Cucurbita moschata*)**

This is the first NZ heritage butternut seed

that we have had sent in to us that has proved to be still viable. It's a lovely small, sweet, excellent flavoured butternut. If you're trying to save your own seed a pumpkin from the moschata family is essential, because they don't cross with maximas and pepo's. Being a very good keeper is a bonus. To keep well they must be well grown in soil containing the right minerals in the right relationships to grow a high brix plant. (10)

### **Chucks Winter OS (*Cucurbita moschata*)**

Chucks Winter is the best 'butternut' type pumpkin if you have a long growing season; super sweet and excellent flavour, weighing 2-4 kgs each. Once ripened (when the tan skin has a white bloom on it) they will have a hard skin and keep exceptionally well. (10)

### **Crown NZ (*Cucurbita maxima*)**

An outstanding cultivar that is very much like a Whangaparaoa Crown. It has thick grey skin and nice orange flesh which stores well with good flavour, a pumpkin that many of our grandmothers remember eating through the winter. (10)

### **Cupola NZ (*Cucurbita moschata*)**

aka Tahitian Squash in overseas catalogues. Vince Eales of Ahipara sent us in this cultivar that has been in his family for over 100 years and originally came via South Africa. In the North it is often known as a 'Daly' pumpkin. These are remembered by a few old timers. They have really long necks so they are great for cutting off slices and baking. They are c. moschatas like the Butternuts and have similar flesh; deep orange and very very sweet. The ends the seeds are in are good for stuffing. (10)

### **Delicata OS (*Cucurbita pepo*)**

Introduced in the USA in 1894 by Peter

Henderson. Small (up to 1kg) long shaped, tan and green stripey skinned pumpkins, just the right size for 2 for dinner. They are great stuffed as well as sliced and sauted. The flesh is very sweet and dry and are excellent eating quality. The plants are small so grow in small spaces. (10)

### **Kamokamo Ruatoria NZ (*Cucurbita pepo*)**

Gifted to us by Bill Blane who received it from his Koro in Ruatoria, they are a mix of all his favourites, long ones and round ones. They are delicious eaten young as courgettes along with the male flowers and vine tips - or later when baked or in the hangi. Vigorous plants, prolific producers. Beware of modern hybrid varieties, hybrid vegetable seeds contain enzyme blockers that prevent the vegetables from picking up certain essential minerals from the soil hence they are not in food grown from hybrid seed. (20)

### **Red Kuri OS (*Cucurbita maxima*)**

We have been growing this pumpkin now for more than 20 years. Excellent as an early summer pumpkin, ready to eat Jan-Feb, keep until June. Small/medium round, beautiful shape, with bright orange skin, turning red when fully ripe. Great for steaming with summer veges, and soup. Sweet, moist, and full of flavour, hugely productive, vigorous vine. Happy to grow up a fence. (20)

### **Waltham's Butternut OS (*Cucurbita moschata*)**

A well known heritage American butternut, smaller than the Chuck's Winter and a little larger than our NZ heritage cultivar; sweet, moist, great for stuffing and for slicing to roast. They are keeping pumpkins, requiring a full growing season to mature and store well. (15)

**Zimbabwe Squash NZ (*Cucurbita pepo*)**

Very similar to Zambesi Gem, but obviously originally from Zimbabwe. These small round pumpkins came with our ancestors on the early ships, and were picked up in South Africa on the way around the cape! They are sweet, but moist and nutty, and well worth trying. Zimbabwe squash skins stay green when mature. (15)

**ROCKMELON****Amish OS (*Cucumis melo*)**

One of the easiest to grow and one of the the best tasting. The flesh is super sweet and deep rich orange colour and flavour, and being disease resistant they are heavy croppers. They are round with a yellow heavily netted skin. (15)

**Charantais OS (*Cucumis melo*)**

This superb heirloom French melon is considered by many to be the most divine and flavourful melons in the world. Almost round melons which turn from green skinned to yellow when ripe with a net over the skin. The flesh is very sweet juicy and aromatic with many melons weighing over a kilo. They are ripe when the stem that is attached to the melon begins to part (slip) but you can also tell by their colour change and wonderful smell if you watch carefully. (30)

**Collective Farm Women OS (*Cucumis melo*)**

One of the best melons in our trial. An old Ukrainian variety from the Island of Krim in the Black Sea. Medium to large, smooth round melons are ripe when the skin turns yellowish orange. Yellowish white flesh is extremely sweet and fragrant. Early ripening, great for marginal climates. (15)

**Heritage Mix NZ/OS (*Cucumis melo*)**

A mix of selected easy to grow rock melons: Jenny Lind, a round green fleshed super sweet variety; the classic Charantais; Amish is super sweet, deep rich orange colour; and Boule d'Or a round golden ball with crunchy sweet flesh that keeps well. (30)

**Jenny Lind OS (*Cucumis melo*)**

We've been trialling heritage rockmelons from around the world over the past few years and Jenny Lind has been one of the best performers. It is a very sweet and juicy, small to medium round, netted, green fleshed melon, with a distinctive knob on the blossom end. It is an heirloom melon from Philadelphia before 1840, named after a singer of that era! (30)

**WATERMELON****Rainbow Mix OS/NZ (*Citrullus lanatus*)**

A mix of watermelons including Od'hams yellow meated, Souters, Sweet Siberian, Cream of Saskatchewan and Black Tail Mountain. YUM! (20)

**Od'ham Yellow Meated OS (*Citrullus lanatus*)**

Over the years we've done many watermelon trials. Unless you're in a very special area watermelons are hard to grow because we have short seasons and not a lot of heat. This is one that we selected because it was reliable in our difficult conditions. It is a small round melon with yellow flesh and is a sweet reliable cropper, all the way from the Od'ham Indian tribe in the USA. (15)

**Souters NZ (*Citrullus lanatus*)**

A really special NZ Heritage melon that was gifted to the Koanga Collection by Michael Lawn of Havelock North who said it had

come originally from a Maori family near Taneatua out of Whakatane. We believe it may have originally come from the Souters family who were well known gardeners around the Tokomaru Bay area East Cape. Round, light green skin that goes lighter when ripe with a light red flesh, and very black seeds. They have excellent flavour however are at their best when picked and stored for up to 3 months. Traditionally it was harvested and stored in pits dug in the ground until prices and flavour went up. I have never seen a melon like this one in any overseas catalogue, it is very rare and special! (15)

The real treasure is the living treasure, the gift of life. The Mayan word gene means 'spiral of life'. The spiral can't be owned, only passed on between generations. Now is the time to rescue the treasure, to restore the environment, to re-enchant the earth.

*Seeds of Change, Kenny Ausubel*

**FABACEAE**

FABACEAE	Genus	Species	Common name
	Phaseolus	coccineus	runner beans
		lunatus	lima bean
		vulgaris	common bean
	Pisum	sativum	garden pea
	Vicia	faba	broad bean

**BEAN - CLIMBING (*Phaseolus vulgaris*)**

**GREEN BEANS CLIMBING**

Selected to be eaten as fresh green beans.

**America NZ (*Phaseolus vulgaris*)**

These beans are really stunning, huge flat wide green beans with a fine purple spotty covering where they are in the sun. They are really good tasting beans as well, they will become a hit. They crop over a very long period and are the first and last to crop. (20)

**Blue Lake NZ (*Phaseolus vulgaris*)**

Sent to us originally by Shane Caley, these are traditionally well known beans that produce straight stringless dark green beans in bunches. They are excellent for freezing, better than Shiny Fardenlosa which was the

bean most recently used as the freezing bean. The pods are round tender and meaty and 15-18 cm long. The plants are vigorous and yield heavily. (20)

**Crystal French NZ (*Phaseolus vulgaris*)**

Climbing bean well suited to glasshouse production. Prolific cropper when kept out of the wind in a sheltered spot. Delicious flavour. Vigorous growth, 2+ metres high. Trellis Required. (20)

**Dalmatian NZ (*Phaseolus vulgaris*)**

One of the original seeds in our Collection, instrumental in helping us decide to do this work. It was gifted to Kay by Mary, a member of the Kaiwaka Garden Club, in 1986 just after the Chernobyl nuclear disaster, when she was becoming aware that

almost all the seeds available in NZ came from the Northern Hemisphere (they still do, even the organically grown heritage seeds). It came here with the Dalmatian gumdiggers, and was widely known and grown all over Northland. It has large leaves, and grows in colder conditions than many climbing beans which means they can be started a little earlier. The bean is large, very sweet, tender and meaty, a light, pale green colour with purple streaking where the beans are in the sun. They never get stringy... they are outstanding beans! The pods contain few seeds so they are very precious which is why they have never been available commercially in this country at least. (20)

#### **Dutch NZ (*Phaseolus vulgaris*)**

Gifted by Dr Graham Hanna of Mangere in 1994, this is a heavy cropping classic green Dutch slicing bean from the seeds his own ancestors brought to this land. (20)

#### **Emu NZ (*Phaseolus vulgaris*)**

Gifted to our Collection by Ruth Perry of Fielding this outstanding 'snap' bean is 12cm long, round podded, very tender and juicy with an excellent delicate flavour. Takes longer to begin cropping than other beans but crops longer, green pods have a purple blush when in the sun. (20)

#### **English aka Epicure NZ (*Phaseolus vulgaris*)**

With tan coloured seed this climbing bean has been selected for eating as a green snap bean. Lots of long round green beans, with slightly brown streaks. Good flavour. (20)

#### **Henrys Climbing Butter Bean NZ (*Phaseolus vulgaris*)**

From the Henry Harrington Collection in Southland. This is a prolific producer of long flat, yellow pods with great taste. Cropping

over a long period. Highly recommended. (20)

#### **King of the Blues NZ (*Phaseolus vulgaris*)**

Indistinguishable from the Purple Pod beans when looking at the growing beans but the seeds are different and more marked and beautiful. Heavy cropper of purple pods great to eat as green beans.

#### **Market Wonder NZ (*Phaseolus vulgaris*)**

A very vigorous climber (the best and fastest) and it has a huge crop of green, stringless and hairless beans over a very long period! It can be picked over 3 months if you have made sure they have good soil and water. If you're looking for an old bean that you can crop for CSA's, farmers markets etc this would be a good one. Sent to the Koanga Collection originally by Derek Hindle of Waiheke Island. (20)

#### **NZ Heritage Climbing Mix (*Phaseolus vulgaris*)**

A mix of our favourite 'snap' beans, with varying flowering and maturing times. Including the wide green podded America bean (which has purple streaks in the sun), Purple Pod, Emu, Blue Lake and English Climber. (30)

#### **Pea Dalmatian NZ (*Phaseolus vulgaris*)**

We've been sent these beans from all over the country; they were obviously once widely grown. They are eaten both as a green bean, when they look like a pea pod with small peas inside, and a drying bean but the white seed is round like a pea, I guess that is why they're called Pea Beans! It was obviously widespread in the South Island, we've been sent beans from many people down there, but the first was Margaret Harmon of Bexley Christchurch. Another of our members who

sent us the seed years ago, Valma McIlvride of Orakei, says “they taste like a cross between a pea and a bean, no strings, eat whole like a bean... steam quickly about 2 minutes if they open they are overcooked, when over cooked they go mushy”. They are vigorous climbers and take a long time to flower but give huge crops of beans over many months... they are an old Dalmatian bean. The white round seeds are great in all dried bean dishes as well, particularly baked beans! They need a long growing season to do well, plant early and harvest last. (20)

### **Purple Pod OS (*Phaseolus vulgaris*)**

We’ve been growing this one so long it’s part of the family now. Hugely productive over long period this ‘snap’ bean has dark purple pods, green insides and is a very tasty, reliable bean. Beans turn green when cooked! (20)

### **Short Swiss NZ (*Phaseolus vulgaris*)**

We don’t know who sent us this climbing short flat green bean, but it’s a really great bean! (20)

### **Westlandia NZ (*Phaseolus vulgaris*)**

Selected for eating as a green snap bean. Originally a Dutch climbing French bean. (20)

### **Zeplin NZ (*Phaseolus vulgaris*)**

Sent to us by D. Stebbings of Whangarei, whose family have been growing it for 120 years. It is a green stringless bean 25 cm long.

## **SHELLOUT AND DRYING BEANS CLIMBING**

These beans have been specifically selected as shellout beans, and they can also be dried. Shellout beans have large round seeds that are harvested when the seeds are at their fullest and fattest and the pods are colouring up, but before the seeds begin drying. They

are delicious at this point steamed until tender and served with vinaigrette or good olive oil in bean salad. The Italian gardener (Mr. Stoppa of Borlotti Stoppa fame) who educated me about shellout beans said that traditionally they are eaten with raw onion and olive oil only!

### **Borlotti Stoppa NZ (*Phaseolus vulgaris*)**

Gifted from an elderly Italian gardener, Mr. Stoppa, they were regarded as his family’s special beans for Italian style bean salads. They can also be dried and stored for winter bean salads and baked beans etc. They have good flavour, the Stoppa family steamed them when they were at the fresh shellout stage, and served them with olive oil and finely chopped red onions and herbs. They preferred to store them by harvesting at the shellout stage and freezing. (20)

### **German Sugar NZ (*Phaseolus vulgaris*)**

These beans came to us from the Nelson area from AR Wenzel who has had the beans in her family for 100 years, but came originally to NZ in the 19th Century with a German ancestor of hers. They have short pods, which can be eaten when young and flat and green but they are best as shellout beans if picked when the beans are at their fattest. The beans are very fat and round and white. (20)

### **Norridgewock Pean NZ (*Phaseolus vulgaris*)**

(Previously called Bi Coloured Pean.) This is a stunning looking bean, sent to us by Mary Vinnicombe of New Plymouth who was given it by a neighbour. It is round like the Pean, and white with a distinctive maroon patch on one end. It is an ideal shellout bean which can also be dried. Like many other shellout beans they don’t seem to be very tall climbers, growing only to 2m. It looks like the Calypso or Yin Yang bean

but the coloured part is maroon coloured. I believe this is an ancient bean but have never seen another in overseas seed collections. Would love to know more about this bean! Description in the Seed Savers Exchange 2011 Yearbook: “White seed with purple (maroon) patch over hilum covering about half of the seedcoat, attractive, deserves preservation, collected from the late Elizabeth Miller of Norridgewock, ME, who said the variety went back to pre-Civil War times, deep roots in the area, indeed she believed it might have originated in the original Abnaki village of Norridgewock, which was destroyed by English settlers in the 1700’s. (20)

### **Pea Dalmatian NZ**

See Green Beans Climbing above

## **BEANS - DWARF**

### **GREEN BEAN DWARF**

#### **Bobiza NZ (*Phaseolus vulgaris*)**

Pronounced Bobitza, this bean came with the Dalmatian gumdiggers to the Northern Gumfields in the 1800’s. It is an excellent green bean with yellow flowers which produces numerous thin pointy tasty beans. (20)

#### **Freds Dwarf NZ (*Phaseolus vulgaris*)**

Sent to us by Chris Piper who saved the seed that his father grew in Christchurch since the 1960s. A stunning bean, flat green with a curly tail and lots of purple streaks on the pods.

Far more hardy than modern dwarf beans so can be planted earlier and later in the season. They are very tasty, but must be eaten when young to avoid the strings and toughness. (20)

#### **Kaiapo Pink Seeded Bush NZ (*Phaseolus vulgaris*)**

This bean has been an all time favourite in the

past in this land. It has come into the Koanga Institute from several sources, with different names. We are going with Kaiapo for our name. It is a green, flattish, very hardy bean, with good flavour, great early and late season bean in long growing season areas and main crop in short season areas. (20)

#### **Perfect Stringless NZ (*Phaseolus vulgaris*)**

A green snap bean that came to NZ with the Dutch immigrants, and to our collection from Dr Denis Hannah of Mangere. They are excellent tasty little stringless beans, and prolific croppers. (20)

### **DRYING BEAN DWARF**

#### **Adzuki Bean OS (*Vigna angularis*)**

A small bush bean with yellow flowers which produces numerous thin bean pods. The beans are small in size and a reddish brown colour. Adzuki beans have been grown in Asia for centuries and are very popular in Japan. They great in stews and soups. Gail was given these beans a few years ago and has been growing them successfully in Northland. They appear to cope well with varying weather conditions including droughts and wet summers. (20)

#### **Horticultural Bush OS (*Phaseolus vulgaris*)**

A bean that has outstanding crimson striped pods and seeds at the shell out stage. They have been selected for dry beans. Good croppers. (20)

#### **Mother In Law NZ (*Phaseolus vulgaris*)**

This is a very unusual bean, sent to us by H.M. Dodson of Inglewood who said they use it for baked beans. It grows on a dwarf straggly fine leaved bush, which produces loads of small pods with stunningly beautiful, speckly mauve colouring with these tiny white round seeds inside. The

seeds are excellent cooked as you would dry beans - does anybody know more about this bean? It certainly does best on lighter soil rather than heavy clay. (20)

### **Sinton NZ (*Phaseolus vulgaris*)**

aka Hutterite Soup Bean, Ireland Creek Annie's, Arikara Yellow. This bean has been in our collection for years and we've known it was a good soup bean, but recently we realised that it has many other names (see above) and is obviously a well known and very much sought after quality soup bean for many many people, and also great eaten as a green bean. I guess the original name is Arikara, an indigenous tribe of North America which tells us where it came from and they have spread from there. They are a kidney shaped mustard yellow colour with a dark brown patch around the eye where they were attached to the pod. (20)

### **BEAN - RUNNER (*Phaseolus coccineus*)**

#### **CLIMBING RUNNER BEANS**

All the members of the *P. coccineus* family are open pollinated, cross with each other readily, and are perennial. That means once you establish a row of these beans, they are there forever. We are looking for seed multipliers who have experience with runner beans of this family (*coccineus*) and who are isolated enough from other growers of this family of beans that they could save seeds for us...

### **Painted Lady NZ (*Phaseolus coccineus*)**

Another bean from the *coccineus* family that like all the others has stunning flowers. It could be grown as an ornamental! The flowers are two tone white and red and the beans are two tone fawn and chocolate brown. These beans are good as green beans when very young, but are wonderful shellout beans and also dried beans. (10)

### **Sutton's Giant EC (*Phaseolus coccineus*)**

This is presumably a bean that was selected by the old Suttons Seed company of years gone by, sent to us around 1990. It is like a Jack in the Beanstalk bean (fun for children's gardens). The plant just keeps on going up and the pods are huge with amazing bright mauve seeds that are longer, rounder and thinner than other runner beans. They can be eaten like other runner beans. (10)

### **White Butterfly NZ (*Phaseolus coccineus*)**

A outstanding white seeded runner bean that has the largest seeds of all the runners we've seen yet, probably the same bean as another in our collection called the Belgium Soup Bean. They are cleary at their best in traditional Italian bean salads and good old European broths and soups and are outstanding when used instead of all the soup mixes that we have been brought up with. (10)

### **White Scotch NZ (*Phaseolus coccineus*)**

Yet another version of the runner bean, this time sent to us by Bryce palmer of Glendene, Auckland, who says it was grown for many years by Edith and Frank Goodyear of Christchurch (Henry Harrington's sister) and that it is not stringy which makes it great as a green bean and that if you are freezing it don't blanch it first! Great as a green bean, shellout bean and a dry bean. (10)

### **BROADBEANS (*Vicia faba*)**

#### **Scottish NZ (*Vicia faba*)**

This bean came to the Koanga Collection from Jack Watts of Waimate, who said it came to NZ with the Scottish settlers in 1863. It is a very good cropper and taster, and stays green when cooked. The leaves are also delicious, we eat the growing tips

when the plants have set as many beans as we want. Picking the tips puts the energy into filling out the existing beans rather than growing taller! A top variety that grows all over NZ, but super valuable in cold areas. (25)

### **Suttons Dwarf EC (*Vicia faba*)**

This bean came to us from the Henry Harrington Collection in 1995. It is one of the original seed lines he has saved from his grandparents (de Malmanche) garden at Aakaroa since the days of the French settlement there. It is lower growing than other broadbeans which may be an advantage in windy spots. They have green pods and tasty green beans.

## **PEAS**

### **Capucijner NZ (*Pisum sativum*)**

Sent to us in 2009 by Leo Cappel of Whangarei these are traditional Dutch peas that were an essential ingredient for many main course dishes. They were used as many now use dried beans. This variety is a low grower to 1m so easy to stake, and has white flowers unlike the Dalmatian pea which is similar to eat but has purple flowers. These peas are brown and squarish in shape like marrow fat peas. (20)

### **Flour NZ (*Pisum sativum*)**

A pea that has survived to today because of one man, Henry Harrington. It grows especially well in areas with low humidity; however, we are selecting our seed each year for more northern conditions. This pea has many special attributes. Its flowers are pink for a start, it could be an ornamental. Secondly it has the most amazing tendrils. They are huge and very tenacious and the tall vines hang on exceptionally well to the netting. The peas themselves can be eaten fresh as shellout peas, or as Henry found

they are great ground to flour and used as tempura batter. I've never seen a pea like this one in any overseas catalogue. (20)

### **Giant Alderman NZ (*Pisum sativum*)**

Traditional Heirloom shellout pea, gifted to us by John Lambly of Whangarei. Each pod contains 8-10 very large dark green peas. Vines grow to almost 2 metres. Does well in Northland unlike most other shellout peas. Large leaves and white flowers, large pods and peas. (20)

### **Greenfeast EC (*Pisum sativum*)**

An all-time favourite pea! This mid-season dwarf variety produces very heavy crops of large, even pods of excellent flavour. (20)

### **Picton Sno NZ (*Pisum sativum*)**

This seed was gifted to our Collection by a Picton member in 1997, and has proved to be an excellent variety. It is a very old line with amazing round spotty purple seeds, bi-colour purple flowers, and produces really sweet prolific crops of fat sno peas. Plants can grow over 1m. (20)

### **Southland Sno NZ (*Pisum sativum*)**

Gifted to the Institute from the Henry Harrington Collection; a heritage pea of our Southern ancestors. This is a low growing pea to 1m that has purple flowers and produces prolific quantities of flattish pods with round seed bumps, harvested over a very long period. They are at their best in a stir fry or Green Thai curry soup! (20)

### **William Massey Dwarf EC (*Pisum sativum*)**

Dwarf shellout. A pea sent to us from the Henry Harrington Collection in 1991. It is a well known old early commercial cultivar. Outstanding variety for home gardeners. (20)

**GRAMMINEAE / GRAINS****BARLEY****Sumire Mochi OS (*Hordeum vulgare*)**

This barley came into our collection many years ago from K.U.S.A, an organisation in California saving endangered heritage grains. Ancient Japanese naked food-barley. Has purplish coloured grain and tillers vigorously. Glutinous-trait food barleys are very, very rare. This is one of them. Makes excellent sprouted barley cakes. (100) Enough seed to grow 1metre square so that you may save seed and grow enough to eat the following year.

**CORN**

*This corn collection is a very special one. We are aware that the areas of the world where corn has evolved cannot guarantee to be able to produce non-GE contaminated seed or crops. This puts a lot of responsibility on those of us who hold uncontaminated seed to do our best to keep it clean. Uncontaminated seed may one day need to be recalled to Central America and the USA and many other contaminated growing areas (Africa) as it is clear that contaminated food produced from GE crops does not support, and is in fact dangerous to our health.*

**Bloody Butcher OS (*Zea mays*)**

Bloody Butcher is a traditional Indian corn that was used for every purpose, from eating as fresh sweetcorn when at the milk stage, to grinding for flour when older and coloured. It is obviously a rich red colour and very ornamental, the cobs are long and large. Old highly nutritious variety that has been in our collection for many years. It reputedly grows up to 12 ft tall in the best conditions! (50)

**Blue Aztec OS (*Zea mays*)**

Blue Aztec corn is believed to have originated in upper New York, possibly grown by the Iroquois nation. It was first offered in 1864. The 2m tall stalks produce large ears that are used as sweet corn at the milk stage, with the kernels being sweet, tender and very tasty. When mature the corn turns blue-black and makes very delicious corn bread. This corn is hardy and grows in a wide range of conditions. (50)

**Blue Hopi OS (*Zea mays*)**

This corn was developed by the Hopi Indians to be used as flour corn, and is the corn used to make the blue corn chips available commercially. The cobs grow large (long) and the plants are drought tolerant, and when ground they produce high quality flour. Excellent for posole, tortillas, polenta and porridge. (50)

**Early Gem NZ (*Zea mays*)**

An excellent short season corn variety with good flavour that we've been growing for over 20 years. Being grown and selected in Amuri (South Island) to grow in marginal areas, so can be used as a main crop for those in short season climates. (50)

**Golden Bantamn NZ (*Zea mays*)**

Our NZ version of the classic Golden Bantamn. Sent in by N.H. Mastrovich of Gisborne, whose ancestors had kept it alive in the Far North since the 1930's. We mixed it with another NZ heritage line of Golden Bantamn sent in from Northland and the result has been outstanding. Full flavoured yellow cobs, productive plants. (50)

**Hokianga Red/Yellow NZ (*Zea mays*)**

This is outstanding corn in colour and in Wairua. Gifted to us by Joseph Land and family, gifted to them from previous gardeners in the Hokianga it carries to us the memories and the spirit of people whose lives and health literally depended on these seeds. They carry us the gift of beauty, joy and continuity. I've never ever seen or heard of corn that contains two colours but the colours do not show both on the same cob. Usually when corn has more than one colour they are mixed on each cob. This corn throws 20% red cobs and 80% yellow, however the yellow cobs have a vibrant depth to them and in that depth you can sense the red; and the red cobs have a rich vibrant depth to them and in that depth you can sense the yellow. This corn is worth growing solely to remind us that life is wonderful! It has a flour centre and a hard (flint) outside. The corn can be used in many ways; as sweetcorn when very young, or ground and used for polenta when dried. (50)

**Kaanga Ma NZ (*Zea mays*)**

Traditional Maori corn from Ruatoria sent to us by a Koro of the area. Used to make fermented corn and other traditional recipes. Can also be used as a flour corn. This seed is one of the most beautiful we've ever seen or held. The Wairua of this seed is very strong. It is amazing how everybody who sees the huge cobs puts out their hands to touch them. Large pearl coloured kernels. We have eaten this corn as sweetcorn and it's excellent. It also makes great polenta albeit somewhat pale! This seems to be the ultimate all purpose corn! I have learned recently that the most popular old type of corn in South America and the most popular posole corn in the USA is corn very similar to this. We may

have the only non-contaminated strains left in the world... (50)

**Manaia Maize NZ (*Zea mays*)**

This is the old yellow maize remembered by many especially older Maori who often ate it fermented. This corn was kept alive by a Koro on the Coromandel. It is the only New Zealand heirloom pure yellow maize I know of, and over the years I've had many requests for it. Thanks Koro! (50)

**Mini Black Popcorn NZ (*Zea mays*)**

This corn is worth growing for its ornamental value alone. The 6cm cobs are pearly blue black. A great crop for the kids to grow as it is also great popcorn. Like most other popcorn cultivars it is a relatively low growing corn with many tillers (stems) that produce multiple cobs. (40)

**Rainbow Inca NZ (*Zea mays*)**

Selected by Alan Kapular in the mid 1970's, this corn is a fascinating cross between a large white seeded Peruvian variety, multicoloured sothwest (USA) native corns and heirloom sweetcorn. 20cm long cobs increase in colour as they mature, great as sweetcorn, roasting corn and dry corn. Outstanding cultivar! (50)

**Painted Mountain OS (*Zea mays*)**

An American farmer, Dave Christensen's aim is to feed the world's hungriest people, one handful of corn at a time: He began by trying to find maize that would grow successfully in the harsh climate of Montana and his focus soon became the hardy North American Indian and early American settler varieties. This "corn provides much more protein, vital amino acids such as lysine and extraordinary levels of antioxidants" like anthocyanins that are recognised as having

health benefits. This variety is easy to grow and has been able to grow well in climates where cold spring weather devastates modern corn seedlings.

It is very low growing corn, small plants that have 2 long cobs in our gardens at Koanga. Stunningly beautiful cobs. Not great as a carbon crop however. (50)

## FLAX SEED

*This is a traditional European grain and can form a valuable part of any home garden when grown in BioIntensive fashion. It is also the plant that was grown to make linen cloth. It is a stunning addition to the garden as it has beautiful blue starry flowers over a long period and produces seed for harvesting over the summer. It's easy to grow, and easy to store and use in many ways.*

### Essene OS (*Linum usitatissimum*)

This is the original blue flowered flax seed, high in Omega 3 and 6 and it's quite a different shape and size to that commercially available today. It's larger and flatter, easily grown, easily threshed and prepared for the kitchen, easy to grind in a corn grinder. It is also the original Irish linen plant. (500 - Enough seed to plant a minimum of 5 square metres of BioIntensive bed. Includes planting instructions.)

## MILLET

*There are many dramatically different kinds of millet. All vary in growth habits, time to maturity, etc. but generally are super hardy, and tolerant of drought and poor soils.*

### Barnyard OS (*Panicum miliaeeum*)

This is an easy to grow grain, as long as you have a system for keeping the birds off it. Barnyard millet is a traditional Japanese cultivar, and millet was once the main grain

eaten in Japan. Barnyard millet is a tall variety growing to over two metres when in seed, and is a super high producer of carbon. (250)

### Foxtail OS (*Panicum miliaeeum*)

Foxtail millet is an ancient widely grown grain from Asia. It's another stunning looking grain when the seeds heads are ripening and because it only grows to 1m max and is easy to cover from birds. The seed heads stand up then hang down like a fox's tail hence the name. This millet is easy to thresh and hull ready for eating. (250)

### Proso OS (*Panicum miliaeeum*)

Very quick maturing, and very attractive to wildlife, however is a very short growing cultivar so it's easy to cover. This millet produces a mass of tan coloured quite large (for millet) seeds that are relatively easy to thresh and hull, easier than Barnyard millet. It grows only 30-100cm high and has very hairy stems with loose panicles that are very beautiful. (250)

## RYE

### Milmore Downs NZ (*Secale cereale*)

A traditional rye that has been grown at Milmore Downs organically for many years. Rye doesn't need hulling so is a great grain to grow on a small scale. Rye shoots are a stunning red colour when they appear, unlike the bright green of wheat!!! This cultivar, actually bred at Milmore Downs grows very tall with wonderful bluey coloured stems and heads. Rye can also be grown on the same soil for many years without damaging the soil unlike other grains. (100) Enough seed to grow 1metre square so that you may save seed and grow enough to eat the following year.

**SORGHUM (*Sorghum vulgare*)**

*Traditional African grain crop. Typically the lighter the grain colour the better for human consumption (both humans and birds agree). Taken with Negro slaves to southern states of the USA where sorghum syrup is part of the culture. "Every fall southern sorghum farmers strip their sorghum stalks of leaves and press the green juice into a large pot over an open fire. Cooked down just like maple syrup, sorghum is an old-fashioned pleasure finally being rediscovered." There are grain varieties, broom varieties and syrup varieties. You need a long warm summer to grow sorghum well.*

**Mennonite OS (*Sorghum vulgare*)**

A syrup variety from the Mennonite community in the USA which is also a great grain variety. We have pressed the juice from our own stalks and boiled it down to a thick syrup and it's very special. 2 square metres of raised bed produced 1 litre of thick syrup. It grows in similar fashion to corn with beautiful seed heads. Stems are like sugarcane to suck on fresh, actually they are a lot easier to suck and chew than sugar cane. The large seeds are also edible as a grain crop and they taste a lot like lentils. These seeds also pop well for use as a breakfast cereal. They can be cleaned easily by rubbing over a sieve or pounding or dancing on the seeds. The plants grow tall – over 2m - so it's quite hard to keep the birds off the seed heads however, we tie covers over each individual seed head. (100)

**Molly's Ruatoki Black NZ (*Sorghum vulgare*)**

This is a NZ heritage sorghum that has a wonderful story. It was selected and trialled in the Eastern Bay of Plenty area (including Tere where the Koanga Institute was based for the 2009/10 growing season), for extraction of the juice to make sorghum

syrup. A factory was built in Opotiki to crush the stems and harvest the juice, for sale as a sweetener. For some reason it all fell over but many older locals recall eating it fondly, and at least one gardener kept it alive for us today! This particular variety has very black shiny seeds which do not thresh out of the panicles anywhere nearly as easily as the others. In the Eastern Bay of Plenty sorghum was traditionally called 'sugar cane' and was harvested and buried in the ground so it could be enjoyed over a long period. It was taken to school for school lunches 40 years ago! Thanks Poihaere and also Molly. (100)

**White Seeded Popping OS (*Sorghum vulgare*)**

A sorghum that has sugar cane type stems for eating or juicing and also excellent large white seeds that are easily threshed and cleaned, and that pop just like pop corn. Like the other cultivars it grows to over 2m tall. Sorghum needs hot summers to do well, having evolved in Africa. (100)



**SOLANACEAE**

SOLANACEAE	Genus	Species	Common name
	Capsicum	annuum	sweet and hot peppers
		baccatum	
		frutescens	
		pubescens	
	Cyphomandra	betacea	tamarillo (Subtropical catalogue)
	Lycepersican	lycopersican	tomato
	Physalis	ixocarpa	tomatillo
		peruviana	cape gooseberry
		pubescens	ground cherry
	Solanum	melongena	eggplant
		muricatum	pepino - melon pear (Subtropical catalogue)
nigrum		common nightshade	
quitoense		naranjilla (Subtropical catalogue)	
tuberosum		potato	

**EGGPLANT****Tsakoniki OS (*Solanum melongena*)**

Beautiful striped eggplant popular with the Greeks and Italians of the Adriatic region. The long cylindrical fruit have violet white striped thin skin and finely textured firm non bitter flesh of excellent quality. A reliable and vigorous producer, fruit are sometimes borne in clusters fruiting 70 days from transplant. (30)

**HUCKLEBERRY****Garden Huckleberry OS (*Solanum melanocerasum*)**

Not related to the true huckleberries which are woody plants in the heath family. Instead, Garden huckleberry is an herbaceous annual in the nightshade family, related to tomatoes which bears small jet-black fruit that are cooked and sweetened, and often combined with other fruits such as apples, lemons and grapes, to make jellies, preserves and pies. (20)

**PEPPERS****Burpees Thickwalled NZ (*Capsicum annuum*)**

This is an heirloom from the Bay of Plenty. It was sent to us by Ezilda Cummings, the daughter of Haywood Wright, NZ's most famous plant breeder. It is a pepper from Haywood's collection originally imported from the famous Burpees Seed Company which has now been bought out by the multinationals. It is a very round flat, blocky, thick walled, segmented sweet pepper with good flavour. It does really well for us and is a great pepper for stuffing. A great paprika pepper too! (50)

**Cayenne OS (*Capsicum annuum*)**

Grows to 1m. Often the peppers are curled and twisted, growing to 12cm long and tapering to a point, changing from dark green to bright red at maturity. Renowned for its heat. (30)

**Chocolate OS (*Capsicum annuum*)**

This is a favourite in our house. These peppers are easy to grow and have top flavour when they turn chocolate coloured. They are sweet peppers great for raw or cooking, heavy croppers with a medium thickness wall. (50)

**Golden Wonder OS (*Capsicum annuum*)**

An old fashioned sweet bell pepper that grows well in the outdoors unlike the modern commercial varieties today. The peppers are huge with thick walls and golden coloured. Bushes are compact and produce heavy crops (30)

**Hungarian Yellow Wax OS (*Capsicum annuum*)**

The easiest to grow hot peppers, super productive, and you can pick them at the heat level you prefer. When yellow they are very mild, when bright red at their hottest, but only reach 5-6 on the heat scale. They are horn shaped and can be stuffed, fried, pickled etc. (50)

**Jalapeno OS (*Capsicum annuum*)**

Popular thick walled medium heat Chilli. Very uniform, tapered shape turning red at maturity. A really great pepper to lactic pickle using the whole pepper or pureed first to make a chilli sauce like tabasco. (50)

**Jimmy Nardello OS (*Capsicum annuum*)**

Our hardiest, easiest to grow, most prolific sweet pepper. It is a long, thin, tapered, red, thin walled, frying pepper, and is delicious added to everything that requires a cooked pepper for flavour rather than heat. Each bush produces up to 50 fruit and they begin cropping earlier and continue later than most others. (50)

**Orange Sun OS (*Capsicum annuum*)**

Another early cultivar of the sweet bell peppers the bushes are very compact and produce heavy crops of large thick walled sweet pepper, this one being bright orange

**Sweet Bell Rainbow Mix OS (*Capsicum annuum*)**

A stunning collection of outstanding heritage sweet bell peppers, all with far more character and flavour than any shop pepper, including chocolate, red and orange colours. These peppers have been selected for their ability to grow outside easily in home garden situations, unlike modern peppers. (50)

**Sweet Yugoslav Paprika OS (*C. annuum*)**

This pepper came from pepper grower extraordinaire Alan Mackie of Torere and is a traditional family paprika pepper that came to NZ with a migrating Yugoslav family who had given it to Alan to keep alive. We love it eaten all ways; raw, as a sweet pepper, dried and ground, or roasted, or fermented. It is absolutely full of flavour. (50)

**Tollis Sweet Red OS (*Capsicum annuum*)**

This sweet red Italian heirloom is one of our all round favourites for fresh eating. A medium sized, tapered pepper always producing a huge crop over a long period which taste really sweet and full of flavour. Not as large or blocky as sweet bell peppers but far more prolific and way more flavour. (50)

**POTATOES (*Solanum tuberosum*)**

See Back Orders page...

**TOMATOES (*Lycopersicon lycopersicum*)**

*We find that tomatoes somehow attract more attention than any other vegetables. We receive a lot of comments about disappointing heirloom tomatoes. It is important to understand that an Heirloom probably is only useful if it is your own environment that it has been selected for. There are many varieties of organically grown Heirloom tomato seed available in this country today that are heirlooms from around the world that have been grown and selected in California*

*recently where the average humidity is 10%. Our humidity is often around 80-90% in the summer. Our own tomatoes, selected in high humidity environments, perform far better in our trials than any overseas heirlooms.*

## **INDETERMINATE TOMATOS**

(need staking and delateralizing unless in arid conditions)

### **6 Colour Mix NZ (*L. lycopersicum*)**

A colourful mix of tomatoes, they are all delicious and great for salads. (30)

### **Alicante NZ (*L. lycopersicum*)**

Alicante has come to our collection from Ian Clarke on the Coromandel who says it has been grown in that area for many years, and also from Spencer Chatterton. It is a medium size fleshy heavy bearer, tasty and good for bottling. (30)

### **Alma NZ (*L. lycopersicum*)**

This is one of our very special heritage tomatoes. It came here with the Dalmatian Gumdiggers and has been sent in to us by many people including Denis Hanna of Mangere (who has given many seeds, particularly Dutch beans over the years). Back home in Yugoslavia it was known as the Italian tomato and back in Italy it is known as Principe Borghese! So it is our very own, Italian drying tomato adapted to warm humid Northland conditions for over 150 years. It is an egg shaped, egg sized, red, firm drying tomato. It crops over a very long period, and crops heavily, and the fruit can be sliced and dried for winter use or put into oil containing garlic and herbs at the almost dry stage for table use. It is also a really good cooking tomato because it keeps its shape. I know someone who freezes them whole, raw and takes them out as needed for fried

tomatoes with ham/bacon and eggs. Some people love it as a fresh eating tomato as well. They are one of the high nutrition varieties in Mark Christensen's trial as well. (20)

### **American Ted Terry NZ (*L. lycopersicum*)**

A tomato from the Henry Harrington Collection in the far South. Medium size red fruit quite similar to Russian Red. Healthy vines. (30)

### **Beefsteak Mix NZ (*L. lycopersicum*)**

A mix of our best NZ Heritage beefsteak tomatoes: Kings Gold (gold), Waimana (red), Chocolate stripes and Margaret Curtain (black) - all stunning flavour and disease resistance. (20)

### **Black Cherry NZ (*L. lycopersicum*)**

This variety was an outstanding one in our last trial. Medium sized black cherry tomatoes with great flavour. Very healthy plants. (20)

### **Black Roma NZ (*L. lycopersicum*)**

From the Henry Harrington Collection. This is a stunning tomato, egg shaped and "black". Black tomatoes have been showing up in Mark Christensen's trials as having superior nutritional qualities and all of the 'black' tomatoes have a real richness and depth of flavour. (20)

### **Burbank OS (*L. lycopersicum*)**

The famous horticulturalist, Luther Burbank, from whom the tomato takes its name, developed the Burbank tomato in 1914. The tomato has a classic taste that is acidic yet sweet. The fruits are relatively small and uniform, with a deep red color. The Burbank is particularly special because it is very nutritious as it has the high level of free amino acids. (20)

**Burpees Long Keeper OS**

This tomato was developed by the Atlee Burpee seed company before the days of refrigeration for its ability to ripen slowly after picking over a period of many months. (30)

**Carlton Victory NZ (*L. lycopersicum*)**

Red beefsteak type, gifted to the Koanga Collection by B. Scanlen of Henderson whose mother obtained it from the Carlton Seed Shop in Karangahake Rd, Auckland, in 1945 and who selected seed annually until her death. Good slicing tomato. Excellent taste and good resistance to disease. Heavy producer. (20)

**Cherry Mix NZ (*L. lycopersicum*)**

A mix of our best cherries, Broad Ripple Yellow Currant, Small Sweet Orange, and our very tasty Yellow Pear. All need staking and grow tall but the flavour and disease resistance is outstanding in all of them. (30)

**Garden Peach NZ (*L. lycopersicum*)**

This tomato has come from the collection of Henry Harrington. It is an outstandingly heavy cropper, very healthy, and it's called Garden Peach because the yellow pinkish skin is furry like a peach skin... almost! They are sweet and juicy with a full flavour. (30)

**Green Zebra OS (*L. lycopersicum*)**

A medium sized green/yellow stripey tomato with outstanding flavour. It crops well and is a healthy plant.

**Guernsey Island NZ (*L. lycopersicum*)**

A New Zealand heirloom tomato originally from the Guernsey Islands. It was known all over Britain as the Guernsey Tomato. Medium sized round fruit, top flavour, streaky red and green when ripe. Excellent disease resistance. This is not a slicing

tomato, it is best served cut in quarters in salads, because it's quite a watery tomato, but with outstanding flavour. Heavy cropper and another one that contains high levels of nutritional qualities. (30)

**Hawksbay Yellow NZ (*L. lycopersicum*)**

From the Henry Harrington Collection originally from the Hawkes Bay... produces huge flattish yellow fruit in large bunches. Healthy vine, fruit has lots of flavour. (20)

**Island Bay Italian NZ (*L. lycopersicum*)**

Wendy Evans, one of our seed curators, sent this tomato in. She says it was kept for years by the Italian families of Island Bay in the Wellington area, most of whom came over in the 1920's and 30's. They were from Stromboli and were fishermen that came here to fish in Cook Strait. It is an outstanding large even sized very red fruit with very full flavour great for both eating and processing. Very healthy bushes. (20)

**J.Walsh Yellow NZ (*L. lycopersicum*)**

Sent to us by June Walsh of Tauranga years ago this has turned out to be a real beauty. It is a reliable heavy cropper, bearing large bunches of yellow egg shaped tomatoes (larger than an egg though) that can be enjoyed by those who need acid free tomatoes. In a tomato those called "acid free" are those with high sugar contents. (30)

**Kings Gold NZ (*L. lycopersicum*)**

Sent in by H. Fryer of New Plymouth in 2009, this is one of our outstanding NZ heritage tomatoes. She said "When I married 60 years ago, and was starting a garden, an elderly man (Frank King) in the office gave me some tomato plants, the seeds of which he had been saving for many years as the fruit was better than anything that you could

buy locally. This I found to be quite true. The tomatoes are more Gold than yellow, and very flavoursome and the plants are sturdy and bear well, so I have saved the seed each year.” (20)

**Lebanese NZ (*L. lycopersicum*)**

This is a large flattish lobed red tomato with good flavour and excellent disease resistance. (30)

**Margaret Curtain NZ (*L. lycopersicum*)**

Another tomato from Henry Harrington’s collection. This is a large beefsteak, with the ‘black’ tomato colouring. It looks very like Black Krim but bigger if anything, with a green shoulder it is absolutely delicious, and I note that in the tomato research trials done by Mark Christensen, these coloured tomatoes come out very high in the nutritional stakes. Black Krim when grown from imported seed does very badly in the North. (20)

**Money Maker (*L. lycopersicum*)**

A well known popular tomato. Tasty fruit of 120-150g with deep red skin and firm red flesh. The tall vines are very productive and start maturing 80 days from transplant, they have excellent disease resistance and grow well in hot houses. (30)

**Oxheart Dalmatian NZ (*L. lycopersicum*)**

These are the old Oxhearts we’ve had for years. They came to this land with the Dalmatian gardeners of the northern gumfields. They are large and very firm fleshed with almost no seeds, and are perfect for slicing or processing in any way. Very sweet, and are called low acid. Mark Christensen’s tomato research program shows the Oxheart to be tops on average in the nutritional stakes. They have been through 150 years of human and natural selection

for humid climates which means they do far better than overseas heritage oxhearts. (10)

**Ponsonby Red NZ (*L. lycopersicum*)**

Sent in by M.C. Ataya of Glendene, Auckland in 2000. It was bought at a market in Ponsonby Road and is a standout tomato for organic greenhouse production. It is a medium sized round very red tomato with long bunches and huge production of even, good tasting fruit. (30)

**Potentate OS (*L. lycopersicum*)**

This is the traditional glasshouse tomato, and originally came to us from the Henry Doubleday Collection in England. They are heavy croppers, of red round medium sized tomatoes with average flavour but excellent reliability. (30)

**Russian Red NZ (*L. lycopersicum*)**

A well known very good tomato. I always plant a few of this variety because they are reliably the easiest to grow. They are semi dwarfing in habit with huge crops of excellent tomatoes. Not as much flavour as some others but they always make up for that with reliability of the crop. (20)

**Scotland Yellow NZ (*L. lycopersicum*)**

A medium sized round very tasty yellow tomato on healthy short plants. (30)

**Small Sweet Orange NZ (*L. lycopersicum*)**

An outstanding tall growing, heavy cropping, tender skinned, orange cherry tomato from the Henry Harrington Southland collection. They are deep orange when ripe and again, this is a colour of tomato that has a high nutritional value. It is obviously adapted for southern conditions having come from Southland, however in a very hot summer it did very well here too. (20)

**Tom Thumb NZ (*L. lycopersicum*)**

Set to us by Spencer Chatterton of Nelson. Small plum shape tomatoe with a fine flavour. Disease resistant but splits in heavy rain. Years ago came from an Italian market gardener. Traditionally, this tomato grows unpruned spread in the stones of many courtyards in Italy. (30)

**Tommy Toe OS (*L. lycopersicum*)**

Tommy Toe is always the fastest tomato to reach the top of their stakes, and it is one of the very best tasters. The vines bear long racines of large cherry tomatoes (or small tomatoes). This line has been selected for disease resistance in Northland for many years by Joseph Land. (30)

**Ueberreich NZ (*L. lycopersicum*)**

Henry Harrington had several varieties of round, medium sized, slightly lobed, prolific, yellow tomatoes. We thought this one had the best flavour. Once again, is very disease resistant and a very heavy and early cropper. (30)

**Vic NZ (*L. lycopersicum*)**

Huge red beefsteak type tomato, evenly set trusses under stress, very healthy plants, early and huge cropper. (30)

**Watermouth NZ (*L. lycopersicum*)**

An heirloom from the Bay of Plenty, sent in by L.N Lamberg of "Watermouth" near Opotiki. It is a large, red, meaty (beefsteak type), tasty, disease resistant tomato that could easily become your favourite, we actually think that it is the same tomato as Waimana. We can't tell the difference, and Opotiki is very close to Waimana. This is a famous tomato around the area, it's a stunner! (20)

**Wonder NZ (*L. lycopersicum*)**

Another 'wonder' from Henry Harrington's collection. This is a yellow/orange tomato, but quite distinctly three lobed, with variations in the colour which make it very beautiful. The fruit is flattish and medium sized, and very tasty. It fruits earlier than many others. (20)

**Yellow Pear NZ (*L. lycopersicum*)**

We've had Yellow Pear in our collection for a long time but never been very taken with it because although they look wonderful, they tasted awful. This one is an excellent tasting tomato as well as being a heavy, long cropper, and very disease resistant. It was one of the last to give up in the autumn as well. (30)

**Yellow Yummy NZ (*L. lycopersicum*)**

Another yellow tomato from the Henry Harrington Collection. This is a large round tomato, great taste and disease resistance. I'm totally blown away by the number of yellow tomatoes coming out of Southland! (30)

**DETERMINATE TOMATOS**

Dwarf varieties not needing staking.

**Baxter's Early Bush Cherry OS (*L. lycopersicum*)**

A large dwarf bush tomato growing 1m x 1m, producing huge crops of large cherry tomatoes that are outstandingly tasty. (30)

**Henry's Dwarf Bush Cherry NZ (*L. lycopersicum*)**

An outstanding variety from the Harrington Collection. The bushes grow only 20cm X 20cm and crop very heavily with small, excellent flavoured, cherry tomatoes that are around 1.5cm across. Once common around Southland they are a good choice for children's gardens, pots and edges. (20)

**Lesley's Dwarf NZ (*L. lycopersicum*)**

From Denese Schick, a medium sized, red oxheart shaped tomato on compact healthy plants. (20)

**Scoresby Dwarf NZ (*L. lycopersicum*)**

This is the traditional bush tomato which suits those who do not have high humidity and blight problems. Although it is a healthy plant, once they grow huge and full of fruit

all lying on the ground, they can suddenly succumb to blight if it rains or becomes humid. They are a large flat tomato, with slightly lobed fruit with a good flavour. If you have little problem with blight this is a good way to grow loads of tomatoes for sauce etc. (30)

## VALERINACEAE

### CORN SALAD

**Round Leaf (large seeded) NZ  
(*Valerianella locusta*)**

Same as the Strap Leaf Mache, but the leaves are far wider and so it's called Round Leaf Mache, the other Strap Leaf Mache. This one is from the Southland Harrington Collection. (100)

**Strap Leaf Mache NZ (*Valerianella locusta*)**

Another ancient wild green that hails from Europe, is known by many names, and is growing wild in many gardens around the globe now. It is a self seeding winter green that is best eaten raw, the taste is mild and nutty. It grows in cold weather, and will sit all winter in the cold. A must have winter salad green. (100)

## FLOWERS

*I understand flowers to be a totally essential part of the circle of life, and grow them all through the veggie gardens and orchards where possible. They are so essential for feeding the beneficial insects, and also for the subtle ways they are able to connect with and support both the veggies and trees in the garden and us bringing through the subtle healing energies of their ancestors. They are healers of our souls.*

*Flowers bred in modern times have different characteristics to these old beauties; they have larger flowers and more compact plants - designed for maximum eye contact in small spaces. Our heritage flowers are disappearing fast just as the veggies are. Growing them will not only improve the quality of your life, it will help to keep the lines alive. There are many healing systems based on flowers, and it's fun to spend time in the garden feeling the essence of the flowers and the healing they have for us.*

*We are really keen to hear from you if you have any special old flowers either annuals or perennials in your garden... especially any old stocks, bulbs, pinks, anything at all. They may well be endangered - email seeds@koanga.org.nz or write to Koanga Institute, 96 Kotare Road, RD5, Wairoa, 4195.*

**ALYSSUM (*Lobularia maritime benthamii*)****White OS**

Vegetable and orchard companion to attract beneficial insects, especially for the European vegetables e.g. brassicas, alliums, carrots, beets and beetroot. Flowers and self seeds freely, sweet scented. (100)

**AMARANTHUS (*Amaranthus caudatus*)****Love Lies Bleeding NZ**

Annual (to 1m). Vegetable Companion. Very beautiful with long drooping red flowers. Companion for corn, quinoa, pumpkins, kumara etc. also loves growing with French marigold, zinnias, cosmos, and sunflowers. (100)

**AQUILEGIA (*Aquilegia vulgaris*)****Grandmother's Garden NZ**

Perennial (50cm when flowering). Cottage Garden. This aquilegia came to this land with our great great grandmothers and can still be seen today thriving in gardens around homes that were built over 100 years ago. Long stems and multicoloured, (pink, blue, purple, white) flowers, very old fashioned looking, great cut flowers. (100)

**BISHOPS FLOWER (*Ammi visnaga*)****Fern Leaf OS**

Annual 1m. Looks similar to Queen Anne's Lace. A stunning border or companion plant, super drought tolerant, and flowers for months which the beneficial insects love. (40)

**CALENDULA (*Calendula officinalis*)****Mix NZ**

Annual (30cm). This mix will give you vibrant yellow and orange daisy like flowers in your garden all winter. Great vegetable

and beneficial insect companions, Calendula are great cut flowers and medicinal flowers you can make your own calendula cream with. (50)

**Orange NZ**

Annual (30cm) Vegetable Companion. Adds strong colour for your garden over winter and early spring. I love planting calendula, snap dragons, alyssum, violas, pansies and heartsease for winter colour and as companions for the vegetables. A beautiful old fashioned strong orange. This is the calendula traditionally used for making creams and medicines. (30)

**CHINESE FORGET ME NOT (*C. amabile*)****Blue NZ**

Biennial (50cm) Cottage Garden. Do best planted in autumn and then they flower the following spring/summer. They need to overwinter before flowering. Clear sky blue, self seed freely. (30)

**CHRYSANTHEMUM (*Ismelia carinata*)****Court Jester OS**

Annual (70cm) Vegetable Companion. A new/old flower for us. It comes in loads of bright South American colours all mixed up in concentric circles on each flower. They are beneficial insect companions as well as vegetable companions for the South American food crops. (40)

**CLEOME (*Cleome spinosa*)****Spider Flower Mix OS**

Annual (1m+) Cleome is a stunning 1m tall bushy plant that has flowers that are called a 'catch' crop - the flowers attract the vegetable stink bugs and keep them off other things. This is a mix of stunning pink and white flowers with a few purple ones in there too. (50)

**CORNFLOWER (*Centaurea cyanus*)****Emperor William OS**

An ancient variety of cornflower from northern Europe, a sky blue star flower. Companion plant to the European grains, perfect in a cottage garden collection or border. Self seeds easily. (50)

**COSMOS (*Cosmos bipinnatus*)****Sunset OS**

Self seeding annual (40cm). A companion for your veggies and insects. It is a vibrant orange flower, they love growing with all the South American veggies and flowers e.g. corn, kumara, potatoes, pumpkins, cucumbers and melons. (30)

**White OS**

Annual (to 1m) Vegetable Companion. An original cosmos, tall, open free flowering form with pure white bloom, self seeds readily. (30)

**DAHLIA (*Dahlia sp*)****Rainbow NZ**

Veggie companion (30cm) a low growing compact form of the old fashioned dahlia. These are very colourful veggie companions that add colour especially to the South American veggies. (30)

**FOXGLOVE (*Digitalis purpurea*)****Wild Harvested**

Biennial (1m) Cottage Garden Collection. The traditional purple and while foxgloves that grow wild all over the hills, stunning at the back or in the middle of a border. (200)

**HEARTSEASE (*Viola tricolor*)****Companion Mix NZ**

Perennial (20cm) Veggie Companion.

Prolific self seeders. A mix of all the old variations from all purple to bi-colour purple/yellow. These low growing, hardy, winter flowering veggie companions are great covering the ends of beds and edges and peeping out from under cabbages etc. (100)

**HOLLYHOCK (*Althaea rosea*)****Muriwai NZ**

Biennial-perennial to 2+m, Cottage Garden. This stunner came from an elderly woman's garden at Muriwai. A mixture of doubles and singles some with ruffled edges and all shades of pink, from light to very dark, into salmon and red, absolutely gorgeous! (50)

**MARIGOLD (*Tagetes spp*)****Inca NZ (*Tagetes minuta*)**

Annual (2m) Vegetable Companion. One of the best marigolds to grow for its nematicidal properties. It grows like a tree and has trunks like sunflower stalks and insignificant flowers. An odd plant or two scattered around a large veggie garden will help keep potato eel worms and nematodes etc. at bay, however we've decided they are also an excellent compost crop, and a fast growing shelter for the veggie garden. Keep in mind that they self-seed prolifically and in sandy open soils may become a problem. They are an important edible plant in South America; the leaves are used in small quantities to season salsas. (50)

**Naughty Marietta OS (*Tagetes patula*)**

A great vegetable companion flower because they form low ground cover type bushes which are great on the edges of garden beds. This one has medium size, double frilly bright showy two color yellow and deep maroon flowers. (50)

**Sweet Anise aka Mexican Mint OS**  
*(Tagetes lucida)*

Annual 20cm. Vegetable Companion  
Delightful border edge vege companion with  
starry bright yellow flowers flowering all  
summer into late autumn. Edible aromatic  
aniseed like leaves, great in herb tea (30)

**MORNING GLORY (*Ipomea purpurea*)****Crimson Rambler OS**

Annual (2m) vege companion. The brightest  
crimson I've ever seen in the garden.  
Stunning up the bean poles, behind the  
roses, and at the back of the borders. (Is not a  
noxious weed!) (20)

**NASTURTIUM (*Tropaeolum Nasturtium*)****Dwarf Rainbow OS**

Wonderful colourful edible companion  
flowers for the vege garden. This variety  
doesn't take over. (20)

**NICOTIANA (*Nicotiana glauca*)****Woodlands OS**

Heirloom variety, tall growing with bunches  
of tubular, drooping, highly scented flowers.  
These white, scented flowers are stunning in  
the evening or at night so put them where  
you will be walking or sitting (or of course  
sleeping). They mix wonderfully with other  
Heirlooms such as Hollyhocks, Petunias,  
Cornflower, Sweetpea, Cosmos, Kiss Me  
Over The Garden Gate, Scabious etc. (400)

**PETUNIA****Alderman OS**

Annual (20cm) Cottage Garden. Heritage  
petunia from way before the days of 'potted  
colour'. They have velvety purple flowers  
that have a lot of variation when checked  
out closely. They are very special flowers that

cover the ground densely or hang from pots,  
all through the warm season and right into  
autumn. (20)

**PHACELIA (*Phacelia tanacetifolia*)****Phacelia OS**

Annual (1m) Vegetable companion. Self  
seeding annual that has stunning mauve  
flowers much liked by the beneficial insects  
in the garden. (50)

**POPPY****Californian OS (*Eschscholzia californica*)**

Annual (30cm) Orange single flowered  
poppy with blue green foliage. Recognised as  
the state flower of California. (200)

**Fire Circle NZ (*Papaver paeoniflorum*)**

Annual (1m) Cottage Garden. We were sent  
this poppy years ago by a member and all but  
lost it. We planted the last of the seeds and  
only one grew and flowered by the fire circle.  
They're all exactly the same, layers and layers  
of pink with dark pink centres very double  
and very frilly. Stunning! (200)

**NZ Heritage Mix NZ (*Papaver spp*)**

Annual (1m) Cottage Garden. A mix of  
single flowers ranging from pale pink to  
red and everything in between. They will  
self seed and naturalise in most gardens  
becoming a surprise each spring and part of  
the garden life and energy. Favourite food of  
the bees! (400)

**Soldier NZ (*Papaver rhoeas*)**

Veggie companion Classic stunning single  
petalled bright red with a black centre poppy,  
originally from Flanders after the war.  
Amazing in the veggie garden amongst the  
cabbages and green leafy veggie. (200)

**SHUNGIKU****(*Chrysanthemum coronarium*)****Shungiku OS**

Annual (1m) Veggie Companion. Chinese Chrysanthemum that has bright gold and white daisy like flowers over a long period if cut or dead headed that attract and feed the beneficial insects. (50)

**SNAP DRAGON (*Antirrhinum spp*)****Bolivian Antique OS**

Biennial (80cm) Vegetable Companion. The most brilliant colours ever for the veggie garden through winter, spring and summer. A mix of yellow, cerise, red etc., all mixed up and stripey - carnival time! (100)

**Yellow NZ**

Biennial (70cm) Vegetable Companion. A classic traditional yellow coloured snap dragon that makes a great addition to the veggie garden as it produces great colour all winter and spring. The energy of the yellows and oranges of the winter flowers somehow helps the green veges along! (100)

**STOCK (*Mathiola incarna*)****Palestine Pink NZ**

Perennial (60cm) Cottage Garden. One of our stunning heritage stock varieties that flower from spring to early summer, producing a heady evening scent. The colour is almost two tone but light pink around the outside of the flower and deeper in the centre. It came to our collection from Whakatane. (50)

**White NZ**

Perennial (70cm) Cottage garden. Old fashioned white, highly scented hardy stock of our grandmother's gardens. (50)

**SUNFLOWER (*Helianthus annuus*)****Evening Sun OS**

Annual (2m) Vegetable Companion. A stunning multi-headed variety that flowers in all the colours of the sunset, from red through to bronze and yellow to gold. The multiple heads are medium- small flowering over a long period. (30)

**Giant Russian NZ**

Annual (2m) Vegetable companion. Giant Russian is the classic, large headed, large seeded, golden flowered, tall growing sunflower. It was bred in Russia by the peasants for its large seeds, as a staple food. (30)

**SWEET PEA (*Lathyrus odoratus*)****America OS**

Annual (2m) Cottage Garden. A very old variety with small petals but profuse blossoms and incredible scent. The flowers are two tone white and deep cerise pink. (30)

**Heritage Mix NZ**

Annual (2m) Cottage Garden. A very old fashioned mix of sweet peas of stunning colours and scent from the Henry Harrington Southland Collection. These blooms are single but a mix of colours from blue to purple to wine. (30)

**SWEET WILLIAM****Tall Mix OS**

Biennial/perennial (30cm) Cottage Garden. Old fashioned Sweet Williams with sweet scented colourful mixed colour blooms that stand up high on tall stalks, and whose foliage forms a ground cover that excludes most weeds. Great for picking. (100)

**TITHONIA (*Tithonia rotundifolia*)****Mexican Sunflower**

Tender annual (1.2m) veggie companion, butterfly plant. An outstanding back of the border or end of bed plant with its multiple small bright orange sunflower/daisy like blooms. Amazing as a pumpkin or corn companion with Love Lies Bleeding and Giant Russian sunflowers! (30)

**HERBS****BASIL (*Ocimum basilicum*)****Fino Verde OS**

Small-leaved basil. Companion for tomatoes. Loves being picked - pinch from top to allow plant to bush out. (50)

**Genovese OS**

The classic large leaf pungent aromatic basil that is so delicious in salads or used in pesto etc. It can be picked and cut back all summer to continue producing until the first frosts kill them. (100)

**Mini Greek**

(30cm) Compact low growing basil with small but fragrant leaves, perfect for garden borders and as a potted herb. (50)

**BERGAMOT (*Monarda didyma*)****Bergamot Beebalm OS**

Scarlet flowers in large heads or whorls at the top of the stem, supported by leafy bracts, the leaflets of which are of a pale-green colour tinged with red. Its square, grooved and hard stems rise about 2 feet high. The whole plant is strongly impregnated with a delightful fragrance; even after the darkly-coloured leaves have died away, the surface rootlets give off the pleasant smell by which the plant has

**ZINNIA (*Zinnia angustifolia*)****Chromosia OS**

Annual (1m) Vege companion. Nothing can compare with zinnias in the summer/autumn garden for colour. They are always the brightest, the longest lasting, great cut flowers and also attract the butterflies. This collection contains all the brightest colours. (40)

earned its common name 'Bergamot,' it being reminiscent of the aroma of the Bergamot Orange. It is known in America as 'Oswego Tea,' because an infusion of its young leaves used to form a common beverage in many parts of the US. (50)

**BURDOCK (*Arctic lappa*)****Greater Burdock**

Biennial medicinal herb (1.3m) A beautiful huge leafed, deep rooted plant with purple thistle like flowers standing erect on a solid single stem through summer. On bare ground this plant can spread and become a nuisance because of the burrs, remove flowers before seeding to prevent spread on bare soil. Burdock is also known as Gobo in Japan and is eaten as a root vegetable as well as the young flower stems and leaves. Useful as a blood purifier with many other medicinal properties. (50)

**CHAMOMILE (*Matricaria recutita*)****Chamomile NZ**

Self seeds very well, and is loved by the insects and vegetables alike. You will never have to plant this again once you have it flowering in your garden. It has healing, relaxing qualities and the flowers make an excellent herb tea. (50)

**CHIVES (*Allium spp*)****Common Chives OS (*Allium schoenoprasum*)**

Classic traditional garden chives, best fed well and cut back hard for the kitchen on a regular basis. The tops of green onions chives etc contain far more nutrition than our regular shop bought onions. (50)

**Garlic OS (*Allium tuberosum*)**

Flat leaved chives with a strong garlic flavour, can be used in all dishes cooked or raw that require a garlic flavour. White flowers are also edible. (50)

**CORIANDER (*Coriandrum sativum*)****Coriander OS**

Ancient culinary and medicinal herb that grows well in NZ during the cool seasons. The green leaves are also known as cilantro and the seeds as coriander. To harvest maximum seed crops do not pick the leaves heavily, or plant a special patch for harvesting the seeds. Roots are excellent in soups or stews to eat as well. (50)

**Slow Bolt OS**

Selected to last longer into the hot season, extending its season by 2 or 3 weeks. (50)

**ECHINACEA (*Echinacea purpurea*)****Echinacea purpurea OS**

Perennial (1m) Cottage Garden, Medicinal Herb, Veggie Companion This is the Echinacea that is easiest to grow for most of us and produces high quality Echinacea tincture after its second year of root growth. The flowers are stunning pink daisies much loved by the beneficial insects and this flower is also very comfortable in the Cottage Garden. A basic 'must have' herb for it's medicinal qualities. (50)

**ELECAMPAGNE (*Inula helenium*)****Elecampagne NZ**

This herb has large lung shaped, furry leaves and dainty narrow petalled daisy like yellow flowers. The large fleshy roots once they are two years old minimum can be dug up and sliced and dried. They have been traditionally used as a relief for all bronchial problems such as croup, whooping cough etc. Just place a piece of the dried root in a pot of boiling water and let the sweet smelling steam do its work! (30)

**EPAZOTE (*Chenopodium ambrosioides*)****Bean Herb OS**

In South America small amounts of this herb are put into the pot when beans are cooked to aid digestion of the beans. (30)

**MULLEIN (*Verbascum thapsus*)****Wild Harvested NZ**

This medicinal plant grows wild in areas of light, loose eroding soils. It has hairy leaves and stunning yellow summer flower spikes. Mullein is the herb used to make an infused oil for earache. The flowers and leaves are soaked in olive oil for 6 weeks then strained off and bottled into a small bottle with a dropper. We used this herb to relieve earache when our children were young. It worked very well. (50)

**OREGANO (*Origanum vulgare*)****Oregano OS**

It is a perennial herb, with creeping roots, sending up woody stems about a foot high, branched above, often purplish. The leaves are opposite, petiolate, about an inch long, nearly entire hairy beneath. The whole plant has a strong, peculiar, fragrant, balsamic odour and a warm, bitterish, aromatic taste,

both of which properties are preserved when the herb is dry. (100)

### **PARSLEY (*Petroselinum crispum*)**

#### **Dalmatian NZ**

A vibrant, very dark green, flat leaved variety (not the Italian flat leaved variety common today) that is well known in Northland amongst the old time 'Daly' gardeners. This one records very high Brix levels compared to other varieties and is a very strong grower. It has an excellent flavour. (100)

#### **Italian Flat Leaf NZ**

The common flat leaf Italian parsley is easy to grow and can be used in all dishes requiring parsley. (100)

### **ST. JOHN'S WORT**

#### **(*Hypericum perforatum*)**

#### **St. John's Wort NZ**

Regarded as an important medicinal herb. This plant can become a nuisance in sandy, light soils so plant in a tub if you do not want roots spreading. (100)

### **TOBACCO**

#### **Hauraki Gold NZ**

Annual (2m) Herb. Large furry leaves, with beautiful bell like pink flowers, for months on end. Found in an old chest of drawers in the house that has belonged to an elderly man who had grown this tobacco commercially in the Riverhead area. Sent to us by Murray Joyce. Check the internet for recipes to make high quality smoking tobacco! (400)



*Echinacea purpurea*

# PRESERVATION PACKS 2014

## **BARLEY Wase Shu OS (*Hordeum vulgare*)**

This barley is an ancient hullless type that produces well for us in the Koanga gardens. It's a fawn/tan colour, and makes delicious sprouted barley cakes. (100) enough seed for 1m<sup>2</sup>, save the seed and grow a bigger patch next season!

## **BEAN Buscomb NZ (*Phaseolus vulgaris*)**

Gifted to the Koanga Collection by Phil Buscomb many years ago this bean is an outstanding bean very similar to the popular Market Wonder, and in fact may in fact be the same bean. It is a fast growing bean that has huge crops, pods are large wide and flat and green and they are selected for eating as a green bean, they have a sweet flavour and cook very fast. (10)

## **BEAN Gila Indian OS (*Phaseolus vulgaris*)**

One of the original beans handed to me by a keen seed saver who wanted to pass his collection on. He gave me all his seeds and I poured the bean seeds on the floor to have a look at them...and that was that. The beans are a kidney shape and flat, either black/white or red/white, they have always been mixed, with saddle like coloured patches. Great eaten as you would dried beans. (10)

## **BEAN Hyacinth OS (*Lab lab purpureus*)**

Perennial, can be grown as an annual. Stunning purple leaves and flowers, all parts edible, one of the most ancient of legumes and food crops grown today. Young immature pods are cooked and eaten like green beans. Young leaves are eaten raw in salads and older leaves are cooked like spinach. Flowers are eaten raw or steamed. The large starchy root tubers can be boiled and baked. The immature seeds can be boiled and eaten like any shell out bean. Dried seeds should be boiled in two

changes of water before eating since they contain toxins Cyanogenic glucosides and can cause vomiting and even convulsions and unconsciousness. In Asia, the mature seeds are made into tofu and fermented for tempeh. They are also used as bean sprouts. It is an excellent nitrogen fixer. (10)

## **BEAN Purple Guatemalan Broadbean OS (*Vicia faba*)**

Purple Guatemalan broad beans have beautiful purple seeds and the usual green pods. They were originally from Guatemala, so will do best in warmer climates, but they are naturalised in NZ now for 20 years. (5)

## **BEAN Red Seeded Broadbean NZ (*Vicia faba*)**

An outstanding variety that grows well all over NZ but came to our Collection from Bev Wilson of Richmond, Nelson. The red seeds inside the green pods have exceptional taste even when raw and stay red when cooked. (5)

## **BEAN Scared Indian Corn OS (*Phaseolus vulgaris*)**

Climbing Bean that is new to the Koanga collection from America with beautiful white and mustard markings on the dry bean. (10)

## **BEAN Scarlet Runner NZ (*Phaseolus coccineus*)**

Perennial. One of the well known old favourites, this one from Peter Lewis of Cambridge where he had been growing the same beans for 50 years in 1999 when it came to us. They are perennial, excellently flavoured beans, must be eaten when young before going stringy; however they also make excellent dried or shell out beans, if you miss the green bean stage. (5)

## **BEAN Tic OS (*Vicia faba*)**

Tic beans are a traditional Middle Eastern food, similar to Broadbeans, and are an

easy to grow, delicious food source, either as shell out beans, or as dried beans for soups or hummus. The leaves are also edible. (10)

**CHARD Lettuce Beet NZ (*Beta vulgaris*)**

Lettuce Beet is a type of silver beet with very lime green leaves and wide green stems. It is well known because it tastes very sweet and is well liked by children who won't normally eat silverbeet! I'm afraid it is also well liked by the birds. It is a stunner in the garden. (10)

**CORN Silver Platinum NZ (*Zea mays*)**

One of the early white kernelled sweet corn cultivars that has an excellent flavour and is very sweet. It has stunning red beards when flowering and red stalks and sheaves. High quality sweet corn well known still in the USA, where it must have originally come from. (30)

**CORN Strawberry Popping NZ (*Zea mays*)**

An old popcorn of the Eastern Bay of Plenty area where Kay first heard about it. These short, multiple tillered plants produce many short fat strawberry shaped cobs of excellent quality red popcorn. (30)

**FLOWER Black Gem Cornflower OS (*Centaurea cyanus*)**

Annual (1m). Stunning, classic cornflower, dark maroon flowers. Good cut flower, flowering from spring into summer. Great at the back of a border. (20)

**FLOWER Cosmos Red Dazzler OS (*Cosmos bipinnatus*)**

Annual (1m) Vegetable companion. A pinky red tall cosmos. Great for the back of the border amongst other cottage plants, or in amongst the vege garden, especially other vegetables originating in Central America, eg kumara, corn, potatoes, tomatoes, pumpkins, beans.. They're really easy to grow and make a lot of colour. (15)

**FLOWER Sweet pea perennial wild NZ**

Perennial (best as ground cover). These are the wild perennial sweet peas seen so often on the roadsides around the South Island on Summer holidays! Alas they have no scent, but their tenacity makes up for that! This collection contains both white and pink and red forms. (10)

**FLOWER Larkspur Earl Grey OS (*Consolida ajacis*)**

Annual (1m) Cottage Garden This stunning larkspur is a classic example of how much our modern flowers have changed. It is an old fashioned heritage larkspur with tall open growth and open flower spikes, instead of the far more compact plants and flower spikes of modern selections. Along with it's openness however has gone it's magic! Check out the subtle colours changes in this apparently grey but on closer inspection grey, blue, purple exquisite flower, and then feel how special this flower is. I don't get that feeling from the modern selections. Put them with Firecircle Poppies, Cornflower, Sweet peas, Nicotiana Woodland. (15)

**LETTUCE Batavian Red OS (*Lactuca sativa*)**

An heirloom lettuce with a large heart. The outside leaves are magenta and crinkly and beautiful and the heart is light green. It is a crisp, classic hearting lettuce that is hardy and stands well. (30)

**LETTUCE Tree OS (*Lactuca sativa*)**

A stunning heritage summer lettuce, originally from Tasmania but in our collection over 20 years. Grows up and up, keeps producing sweet, crunchy, tasty, large, fingered leaves all summer in the heat. (30)

**OATS Hulless NZ (*Avena sativa*)**

These oats can be easily grown Bio-intensively, harvested and threshed by hand. They will require us developing our techniques for threshing, perhaps using flails, two sticks joined by a piece of strong leather to beat the seed to clean it. They are a traditional oat cultivar that would have been part of the diet of many of our ancestors from Europe. (100) Enough seed to plant 1m? Bio-intensively

**ONION California Red OS (*Allium cepa*)**

This strain of the classic sweet salad onion California Red was selected by seed grower Richard Watson for its ability to remain growing in very cold winters (Amuri) which gives large high quality onions at harvest time, in cold climates. It grows very well in warmer areas too. (50)

**PEA Hadfield NZ (*Pisum sativum*)**

Excellent shellout pea from Elizabeth Gibson in Nelson whose father Ralph Hadfield purchased the seed in 1930 from an American catalogue and grew them in Awaroa, Nelson, and later Orinoco. Grows to 2m. (10)

**PEA Havelock Sugar Snap NZ (*Pisum sativum*)**

These peas came from Poland on the boat the "Freideborg" in 1872 with Ernst and Paulina Schmidt. They have been grown ever since by this family. A great grandchild Mrs Jane Clapperton has passed their family peas to us saying that they grow as high as the fence, have two tone purple flowers and are the best Sugar Snap peas eaten whole raw or cooked! We think they are the same as our Bohemian Sugar Peas. (10)

**PEA Maestro NZ (*Pisum sativum*)**

Our seed is originally from the heritage collection of the Henry Doubleday

Association. It is a really important European heirloom. Unmatched sweetness if picked before fully mature. Withstands mosaic virus, common wilt, powdery mildew. Bears over several weeks, setting plenty of 4 1/2 inch pods with up to 10 peas. (10)

**PUMPKIN Austrian Hulless OS (*Cucurbita pepo*)**

These seeds came to NZ with our dear friend Joe Polaischer, from his Austrian village where they traditionally were pressed to make oil. They are larger and better tasting than all other varieties we have tried, mature in short growing season areas. (5)

**PUMPKIN Hopi Grey Winter OS (*Cucurbita maxima*)**

Mark Christiansen imported this one from Arizona because of its long keeping qualities and implications for future food security. We haven't tested its keeping qualities here yet but it is an outstanding pumpkin in terms of eating qualities. We love it, it goes straight onto our favourite pumpkins list! They are grey skinned strange slightly torpedo shaped, with thick high quality sweet dry flesh, if well grown. They need a long hot summer to mature well. (5)

**ROCKMELLON Banana NZ (*Cucumis melo*)**

For many years we heard stories of these Banana melons having been grown in the Dargaville and Bay of Plenty areas. This one came to us from Mr Hugh Price a wonderful elderly grower near Opotiki 10 years ago and the stories keep on coming in. We find this one to be a healthy vigorous, heavy cropper of huge long banana shaped melons. They are sweet and have orange delicate flesh, which is eaten in long thin strips!! (5)

# FARMERS MARKET SEEDS

## **CELERY Nutty (500)**

From an early commercial line that was abandoned because it didn't suit agribusiness systems. A favourite of ours for 30 years, it is excellent for harvesting one stalk at a time all winter and spring. The stalks are crunchy, juicy and have a nutty taste... and it's so easy to grow.

## **CORN Early Gem (250)**

An excellent short season corn variety with good flavour. Grown and selected in Amuri (South Island) to grow in marginal areas, so can be used as a main crop for those in short season climates.

## **CUCUMBER Green Apple (100)**

Gifted to the Koanga Institute by Mrs B. Wilson of Motueka years ago, this has proven to be a favourite. It is round with a thin, sweet green skin, is easy to grow, produces prolifically and they are sweet and tender to eat.

## **CUCUMBER Port Albert (100)**

Famous around the Kaipara Harbour where the Albertlanders settled. They are the best! Stubby torpedo shaped with tender yellow skin, with small black spines. They never go bitter, always tender, and produce enormous crops.

## **LEEK Lyon (1000)**

Lyon leeks came to NZ with our English ancestors and originated in the Lyon area of Staffordshire. Known for it's long pure white stems and it's mild flavour, it is still a favourite for many winter dishes today. They are easy to grow.

## **LETTUCE Joe's (500)**

A very unusual, beautiful lettuce sent to us by B. Groves of Mangere years ago. It is a large leaved semi-hearting lettuce that sits well all winter with light green, almost grey crinkly leaves.

## **PEPPER Tollis Sweet Red (150)**

This sweet red Italian heirloom is one of our all round favourites for fresh eating. A medium sized, tapered pepper always producing a huge crop over a long period which taste really sweet and full of flavour. Not as large as sweet bell peppers but far more prolific and way more flavour.

## **PEPPER Yugoslav Paprika (150)**

This pepper came from pepper grower extraordinaire Alan Mackie of Torere and is a traditional family paprika pepper that came to NZ with a migrating Yugoslav family who had given it to Alan to keep alive. We love it eaten all ways; raw, as a sweet pepper, dried and ground, or roasted, or fermented. It is absolutely full of flavour.

## **PUMPKIN Cupola (75)**

Vince Eales of Ahipara sent us in this cultivar that has been in his family for over 100 years and originally came via South Africa. They have really long necks so they are great for cutting off slices and baking. Similar flesh to butternuts; deep orange and very sweet. The ends the seeds are in are good for stuffing.

## **PUMPKIN Acorn Squash Table Queen (75)**

Quite small weighing 1kg and mature early in the season with delicious texture and flavour, sweet and nutty. At their best when still dark green, and eaten within 2-3 months

of harvest. They are shaped like acorns, and if they have good conditions are super heavy croppers.

### **PUMPKIN Red Kuri (75)**

Excellent as an early summer pumpkin, ready to eat Jan-Feb, keep until June. Small/medium round, beautiful shape, with bright orange skin, turning red when fully ripe.

Great for steaming with summer veges, and soup. Sweet, moist, and full of flavour, hugely productive, vigorous vine. Happy to grow up a fence.

### **PUMPKIN Zimbabwe Squash (75)**

These small round pumpkins came with our ancestors on the early ships, and were picked up in South Africa on the way around the cape! They are sweet, but moist and nutty, and well worth trying. Zimbabwe squash skins stay green when mature.

### **ROCKMELON Charantais (150)**

This superb heirloom French melon is considered by many to be the most divine and flavourful melons in the world. Almost round melons which turn from green skinned to yellow when ripe with a net over the skin. The flesh is very sweet juicy and aromatic with many melons weighing over a kilo.

### **SPINACH Perpetual (500)**

Perpetual Spinach belongs to the same species as chard and beetroot though it tastes more like spinach with slim light green midribs. It was once widely grown and known for its ability to keep on producing in difficult situations eg too hot, not enough water or nutrients etc etc. A reliable hardy cropper for all situations, that tastes great!

### **TOMATO Tommy Toe (150)**

Tommy Toe is always the fastest tomato to reach the top of their stakes, and it is one of the very best tasters. The vines bear long racines of large cherry tomatoes (or small tomatoes) this line has been selected for disease resistance in Northland for many years by Joseph Land.

### **TOMATO Watermouth (150)**

An heirloom from the Bay of Plenty, sent in by L.N Lamberg of "Watermouth" near Opotiki. It is a large, red, meaty (beefsteak type), tasty, disease resistant tomato that could easily become your favourite, we actually think that it is the same tomato as Waimana. We can't tell the difference, and Opotiki is very close to Waimana. This is a famous tomato around the area, it's a stunner!



# BACK ORDERS

BULBS, POTATOES, KUMARA, GARLIC, MULTIPLYING ONIONS,  
STRAWBERRIES, ARTICHOKEs, COMFREY

This is an important and expanding part of the Koanga Institute heritage food plant range. These plants were important additions to old gardens but over the past 60 - 70 years have become endangered and rare, and it is our aim to make these plants available to all in the form of starter packs. All of these will be sent to you as live plant material, not seeds, and are sent out at only one time of year according to their needs.

Many of these plants are only available in New Zealand through Koanga Institute and at times we struggle to meet the demand so may need to provide substitutes at times. It is of great help to us if you could list substitutes or indicate if substitutes are not desired. Orders can be placed at any time but will only be sent out at the time indicated. They are dealt with by date received so earlier orders will be sent out first. Please use the correct order form on page 65 and make sure you place your order before the closing date.

## BULBS

*Order by 30th January, delivery in February*

### COATES FAMILY HEIRLOOM BULB COLLECTION NZ

*\$20 for 20 bulbs including some of each variety.*

A mix of heirloom bulbs. These bulbs were all collected from a property at the base of Pukekaroro, a reserve across the road from Koanga Gardens that used to be owned by the Coates family. The bulbs are pretty special. Apart from the snow drops they all have outstanding scents and are really old varieties.

Snow drops Classic white bells with green dots around them.

Paper Whites Multiheaded, 5 single white petals with a white centre.

Bacon and eggs Multiheaded, very double, yellow centres.

Sol d'or Multiheaded, yellow petals with gold centres.

Jonquil Pale lemon petals with yellow centre.

## GARLIC, ONIONS AND STRAWBERRIES

*Orders close by 30th April, delivery in April/May*

### CHIVES (*Allium schoenoprasum*)

*Multiplying Spring Onions / Giant Chives NZ*

*\$8 for a starter clump*

We love these onions. They are the size of Spring Onions if grown well, they keep on multiplying like chives, and they are able to be picked all through the Summer when the Welsh Bunching onions are flowering. They die down in May when the Welsh Bunching

Onions come into their own again. You can pick big handfuls every day and use them whenever an onion or chives are required. We always use them raw.

### GARLIC (*allium sativum*)

*All \$8 for a starter bag of approx 15 cloves.*

### NEW ZEALAND PURPLE NZ

This is a delicious old garlic, particularly adapted to grow in warmer areas, that is

more well known in Australia than here. Develops a central stem which produces bulbils on top or half way up the stem. The flower stems can also be picked when young for eating which will mean larger garlic cloves. These have come from the Coromandel area, and have large, purple, easy to peel, excellent flavoured cloves in one circle around the hard stem.

### **GARLIC ROCOMBOLE EARLY WHITE NZ**

A Rocombole garlic from the Henry Harrington Collection, that came to Henry from Gerald de Koning. It has a hard flowering central stem, with pearly white skin surrounding pearly white cloves. The bulb is a very unusual flattish shape. All Rocomboles have one circle of large cloves around the central stem, so they are very easy to use in the kitchen. The flower spikes are edible and this garlic can be harvested early before all main crop cultivars. This a strong flavoured garlic. Clearly does well in the South Island as it came from Henry's collection, also does well in the Far North planted in April or May.

### **GARLIC ROCOMBOLE EARLY RED NZ**

Another from Henry Harrington's garlic collection which he began collecting in 1956. This is an outstanding variety that can be planted from march onwards up until late may, it is harvested in November, and can be cured and ready to eat or sell before Xmas, so it has huge potential for Farmers markets etc. The garlic bulbs are very flat shaped with at least 10 large cloves around the hard stem. It is a medium strength garlic excellent cooked or raw and keeps well, but not as well as the mid season varieties. Very similar to Early White except the colour. Brownish red skin when harvested, with small bulbils on top

if the flower head is not removed. Remove stems for large garlic bulb. As with all rocomboles, the stem can be picked young and eaten.

### **GARLIC ROCOMBOLE MID SEASON**

Plant from May until August, this is a classic rocombole with a hard central stalk that can be harvested and eaten as a delicacy in it's own right. Once the flower stalk is harvested the bulbs fatten and will be ready to harvest soon after, around Xmas time. Like all rocomboles the cloves are large and easy to peel, and form 1 circle around the central stem. Good keeper.

### **ELEPHANT GARLIC** *\*see entry under leeks*

### **SOFT TOP PEARL NZ**

A beautiful white, pearl skinned, soft top garlic with faint pink blush on some cloves, again from the Henry Harrington Collection. This one came originally from Jim Mitchell of Twizel. Quite a strong garlic. Large easy to use cloves.

### **TAKAHUE RED NZ**

Available as a starter pack and also as a large pack (approx 500g).

An heirloom variety found growing wild in the sand dunes near Takahue in the Far North. Excellent quality, streaky red skinned cloves. A soft top garlic good for plaiting. Quite a strong garlic so great for culinary and medicinal purposes. Turned up from a different source as an old Dalmatian garlic

### **LEEKS** (*Allium ameloprasum*)

### **ELEPHANT GARLIC NZ**

*\$8 for starter bag (approx 6 cloves)*

Although commonly called garlic this is actually a type of leek. It is not good for medicinal garlic but tastes great as a roasted vegetable. Our Elephant garlic came to

Northland with the Dalmatian Gumdiggers and has been kept going ever since, a sure sign it was enjoyed by many. Beryl Harrison believed in it and kept it alive and well for many years before it became popular again around 20 years ago.. It grows huge, and produces an edible flower spike and underground bulbils as well. Sometimes the cloves planted, become large round bulbs we call 'mother bulbs', these can be used to grow huge bulbs the following year.

### **MULTIPLYING LEEKS NZ**

*\$8 for a starter clump*

Many of you will remember these from grandma's garden, every body grew these. They are a real backstop throughout the late winter and spring. They just keep on keep on multiplying up, and as long as you divide them up occasionally and compost them occasionally they'll provide you with very delicate flavoured leeks as thick as your thumb.

### **ONIONS / SHALLOTS** (*Allium cepa*)

*All \$8 for a starter bag.*

### **EGYPTIAN TREE ONION - GERALD DE KONING NZ**

*Approx 8 bulbs per bag.*

Gerald de Koning grew these onions for many years at the Mount Linton Station until his retirement in 1996. He passed them to Henry Harrington many years ago and we now hold them. They grow well all over the South Island, Northland and also in the Eastern Bay of Plenty. These are clump forming onions. You eat the large ones and save the small ones or the bulbils that form on the flower heads for seed.

### **EGYPTIAN TREE ONION - RICHARD WATSON NZ**

*Approx 10 bulbils per bag.*

Richard Watson has been selecting his tree onions for large bulbs for a number of years and has a very special line of Tree Onions as a result. Plant 1 bulb anytime from april onwards until around the shortest day and harvest a clump of bulbs around the longest. These onions string very well and keep well.

### **FLOWERING SHALLOT NZ**

*Approx 5 bulbs per bag*

Gifted by Dawn Deaker to Henry Harrington and then to Koanga. These are unusual shallots which form seed heads above each shallot and also form lovely big hard shallots which keep well in the South Island and also here in the Eastern Bay of Plenty. Sometimes they do not flower and sometimes only some flower but most usually do!

### **POTATO ONION BROWN NZ**

*Approx 8 bulbs per bag.*

These little beauties came from 'Puss' Chadwick of Paparoa. Many veges and fruit varieties (including the Pahi apricot) came to us from her very special garden. These onions grow by planting a bulb which multiplies and you will harvest around 10-12 onions for each one planted. They string up well and keep very well. They are sort of potato shaped and about 3cm diameter. Fantastic either vinegar or lactic pickled.

### **MIKE'S MULTIPLYING ONIONS NZ**

*\$8 for a starter clump*

These are a strain of multiplying top set onions. Plant in a clump or row in a permanent position. They multiply and the clump quickly increases in size and can be divided for new clumps. Can be picked to use like spring onions. Very tasty and reliable onions.

**SOCIETY GARLIC** (*Tulbaghia violacea*) **NZ**

\$8 for a starter clump

A very drought tolerant, ornamental plant, related to the garlic/ onion family. This one has purple flowers for many months which are edible as are the leaves (you get the garlic flavour without the garlic breath!). A perennial like garlic chives, and can be divided in the same way.

**STRAWBERRY** (*Fragaria sp.*) **NZ**

\$10 for 5 plants

**EARLY TIOGA**

These are the original Tioga strawberries with white flesh and were gifted to our collection by strawberry growers near Oamaru 10 years

ago. They taste better than red fleshed ones, are very vigorous and healthy growers.

**CAPTAIN COOK**

Early commercial variety with excellent flavour but small fruit. These plants are not as vigorous as Tioga and other modern varieties, but they are healthy and strong.

**MARGEURITE**

Healthy vigorous plants with numerous small strawberries that are dark red when fully ripe and have a beautiful, intensely sweet flavour. The plants produce many runners and quickly form a dense ground cover which should be particularly good in an orchard or forest garden situation.

**POTATOES** (*Solanum tuberosum*) **NZ**

*Order by 30th June for delivery from June 2014. Orders will continue to be accepted after June 30th while stocks last (availability can be checked via the website).*

*All \$11 for approx 1kg*

All of the potatoes we have are very old varieties that often have come to us with many different names from different places, all over the North and South Island, Stewart Island and the Chathams. All are good croppers given the right conditions.

**GLADSTONE**

Tubers are white splashed with pink. An oval creamy fleshed potato with great floury texture.

**KARORO**

This is a creamy skinned potato, with a creamy coloured, very waxy flesh. Deep eyes. It is a small, round, hard potato, excellent for potato salads, and just simply steaming. Beautiful in a hangi.

**KOWINIWINI**

A round light purple potato with indented white eyes and waxy firm flesh. Good keepers

**LA RATTE**

A traditional French potato that has been in NZ for a long time. Very similar to yellow fir, a yellow waxy finger type. An early cropper. Excellent taste.

**MAORI**

A very round and large potato, with no inset eyes. It has white flesh and a bright purple skin, is an early potato and is an excellent one for baking in the jacket (it comes out nice and fluffy). Or, if you have to have a potato for mashing and you only grow old potatoes like us, then this one can be peeled, or cooked with the skin on when new, and it mashes really well. It is not good for boiling, chipping, sautéing, etc., because it falls apart.

It has been sent to us from all around NZ, with various names and it's clear it used to be very common.

### **MATARIKI**

Matariki is the same as Karoro in every respect except its shape. It grows bigger and more blocky, so that the larger ones from each plant are almost square around the edges. They are quite curvy, bumpy potatoes. They are cream skinned and fleshed, the flesh is very dense and waxy, and they are wonderful potatoes cooked anyway except mashing. They make excellent potato salad and roast potatoes and oven baked chips.

### **PARAKETIA**

An old potato from the East Coast, and is still well known over here. Its growing habit is very amazing, when you dig them up you see that the potatoes grow on long runners in the ground, like strings of potatoes in a line. They are oblong shaped, with round ends, have purple skin, very shallow eyes, light cream flesh with purple streaking. They have particularly good flavour, and are best boiled, steamed or hangi.

### **SCOTS**

An old cultivar sent to us by a Scotsman who says it came to this land with his family from the homeland. It is white skinned,

white fleshed and has a very good flavour and texture.

### **STEWART ISLAND**

Found growing wild in a cliff face along the shore on Stewart Island. Very tasty and a big cropper.

### **TARANAKI**

Block shaped, cream coloured potatoes with dense waxy flesh and many eyes. Excellent eating. Similar and possibly the same as Karoro.

### **URENIKA**

A long potato with dark purple skin that retains its colour when cooked. Waxy when small, floury when large. Great boiled or steamed. Produces big crops but needs a long growing season.

### **UWHI**

Large round, light pink skinned, with deep set eyes. A heavy cropper of tasty potatoes with a floury flesh.

### **WHATAROA**

A quite large, irregular, round to oblong shaped potato with a light purple and cream blotchy skin and yellow waxy, firm flesh with purple streaks throughout. Great for making oven-baked chips or steamed or in a hangi. A heavy cropper and a good keeper.

## **ARTICHOKES / COMFREY ETC**

*Order by 30th September, delivery in October*

### **CHINESE ARTICHOKE** (*Stachys affinis*)

#### **NZ**

*\$8 for a starter bag*

We have been sent these little beauties from many parts of NZ, however we believe they came to NZ with the Chinese goldminers and so are quite common around the old goldmining towns of Coromandel, Central Otago etc. They

are a member of the mint family, and grow just like mint so keep them in a barrel if you're worried about them running away. Like the yams do not harvest until the tops have died right back, which will be the middle of winter up north. They taste a lot like kumara, but look like maggots or similar, certainly like wriggly grubs! They require very little cooking, maybe two minutes, or they go soft. Sautéed is best.

## CHINESE WATERCHESTNUTS

*(Eleocharis dulcis)* NZ

5 chestnuts for \$18

Complete growing instructions will come with these chestnuts. They will need a barrel or plastic lined pool which will hold up to 10cm of water. Each plant will produce up to 50 chestnuts. They are delicious eaten raw or cooked with a taste a bit like fresh coconut!

## COMFREY *(Symphytum officinale)* NZ

Approx 500g for \$10

A perennial herb for herbal leys, kikuyu barriers, liquid teas and feeding animals.

## DAHLIA *(Dahlia sp.)* NZ

\$10 for a starter bag

These old dahlias are beautiful and a great addition to a garden or orchard. They flower profusely over a long period and the bees just love them. A mix of our colourful collection from old gardens.

## GLADIOLI *(Gladiolus sp.)*

Whitianga Bay NZ \$5

An old cultivar found growing wild. Tall spikes of beautiful orange flowers with yellow centres. Stunning in the flower border and as a veg garden companion.

## JERUSALEM ARTICHOKE

*(Helianthus tuberosa)*

\$8 for approx 500gms

## DALMATIAN NZ

These were gifted to us by Logan Forrest, and they came from an old Dalmatian garden right on the estuary near Pouto. They are similar to but different to our common artichokes. The colour and shape varies but they taste the same. Jerusalem artichokes were a staple of the gum diggers fare.

## JERUSALEM NZ

Jerusalem Artichokes, or Sunroots as they are called in North America where they are an indigenous food, are a member of the sunflower family. This vegetable has been a very important peasant food in the past. Extremely hardy and prolific, beneficial garden insects are attracted to it's leaves. The edible part is high in slow release sugar, so it's an excellent vegetable for those with sugar imbalances such as diabetes and hypoglycemia. Great pig, duck and chook food too. They are ready for harvesting in autumn when the tops die back, but we prefer to leave them in the ground and just to help ourselves as we need them. If you dig them all up you have to store them in a way that keeps them all damp or they dry out and become inedible.

## ALPINE STRAWBERRIES

\$12 for a starter clump

Clump forming strawberries that do not form runners. Great as edging plants. Delicious and very easy to grow. Once established clumps can be divided to increase stock and they also self seed.

## RED ALPINE STRAWBERRIES

Small red fruit with beautiful flavour and scent. Great for young children.

## WHITE ALPINE STRAWBERRIES

These are outstanding strawberries. They fruit continually except when there are heavy frosts. They are large white berries, larger and sweeter than the traditional white Alpine. Awesome addition to the garden with young children around.

## YACON *(Polymnia sonchifolia)* NZ

\$8 for a starter bag

A stunning looking member of the

Asteraceae family with large red furry leaves and little yellow sunflower type flowers, which flower late autumn when you harvest the large juicy sweet tubers. This is a South American vegetable which produces huge crops. Above the tubers you eat, but just below the surface of the ground are the little knobbly things that you keep for re planting next year's crop. The crunchy tubers are sweet, juicy and carrot, and are being hailed as a wonder food for diabetics.

### **YAMS** (*Oxalis tuberosa*)

\$8 for approx 200 grams

### **KUMARA** (*Ipomoea batatas*) NZ

*Order by 30th September, delivery in November*

*\$12 for 15 plants of one variety (no mixed bundles)*

We are honoured to hold a very special collection of ancient kumara. The kumara in this collection has been gifted to us from the Far North, Marlborough, Bay of Plenty, the Hokianga and the Kaipara, where they have mostly been continuously cultivated since pre-European times. Many of these kumara grow differently to those we commonly know today. The leaf shapes vary a lot, the growth patterns vary, as do the colours of the leaves, stems and the kumara.

We also have kumara which were originally commercial cultivars that have now been grown organically and selected for keeping qualities for many years (over 20). These lines are very superior to using tupu from commercial kumara.

### **CANDY**

A stunning kumara with candy pink skin and pink and yellow mottled flesh. Sweet, good flavoured flesh which retains its pinky colour when cooked. Very nice roasted or boiled and looks amazing mashed with onion, garlic and cheese as a pink stuffing for baked squash.

### **HAWAIIAN BLUE**

Pale coloured skin with streaky bluey-purple flesh. When cooked the flesh looks very blue and is firm with a good flavour.

### **HONEY RED**

Beige coloured skin with a faint orangey-

### **NANA'S YAMS NZ**

These yams came to us from the Thames area, where they have been grown for a long time, so they are very special for those of us in the north because yams normally require colder winters. These yams grow very big tops and have yellow flowers. Make sure you do not harvest them until the tops have totally died back or you will not get a crop!

### **RAINBOW MIX YAMS NZ**

A colourful mix of red, pink and yellow yam's from Henry Harrington's collection from Southland.

red blush in places. Flesh is pale with light orangey-red colouring throughout. When cooked the flesh is firm and orange with a good flavour.

### **HUTI HUTI**

An ancient kumara that has come to us from the old kumara gardens of the Wairau Bar in Marlborough, South Island. A super long white skinned and fleshed variety, prolific cropper with a good flavour. This has been a widely grown and loved kumara all over Maoridom by the stories I'm hearing and it seems as though it is a possibility that it was a very old one that was grown in many areas, and selected over long periods in isolated

places which meant that we ended up with many slight variations on the theme, just as happened with the old River peaches. It certainly has lots of names even within 1 relatively isolated bio region. It is also clear that it grows quite differently in different soils. For Joseph this one has quite bent and twisted tubers. In our soil here which is quite sandy but with a pan underneath they were pretty long and straight but those grown from our tupu in Torere, not far from here, were huge and long and totally blemish free, the biggest longest kumara I have ever seen - up to 60 cm long!

### **MAHINA**

Healthy vigorous plants with excellent crops of good sized white tubers.

### **MAIKIO GOLD**

Developed from the commercial lines of golden kumara of 20 years ago; this one has been selected by Joseph as a good keeper in Whirinaki, Hokianga. This one produces quite distinctly different shapes on each plant, bearing both the long thin and the short round fat types. The weight of the crop on this variety seems to vary a lot. They are very sweet and one of my favourite.

### **MAIKO RED**

This is one that Joseph has been growing, originally from commercial stock (Waina) and especially selecting for keeping and disease resistant qualities. It is a good productive main crop kumara.

### **PARAPARAPARA**

One of the very special old ones. This is reputed to be the old medicinal kumara that was used to feed the elderly, the babies and the invalids. It has pink skin, and is a large fat kumara. It is reputed to be more easily digested than others and you can tell that

when you eat it. Also from the Far-North.

### **PAUKENA**

An old one from the East Coast, orange coloured and very sweet to taste. A reliably good cropper. This one contains more water than most others and was traditionally used to make Kumara kao, a traditional or dried kumara. Kumara kao was made by cooking them in a special hangi built for the purpose including the leaves of papa and karamu, (to flavour and to blacken) and then the kumara were left in the hangi for two days and nights, before either eating or drying for storage. This was one of the traditional foods of the hunters and bush food gatherers. They were regarded as sweet treats by many.

### **REKA RAWA**

A reliably large, old, cream skinned and fleshed kumara that is my favourite tasting one. Also the best cropper. This is the ultimate kumara, tastes like roasted chestnuts to me! From an ancient Far-North collection

### **ROMANAWA**

This is another very old kumara remembered perhaps better than all other old cultivars, by elders all around this land. It has a gold skin and yellow flesh but with orange mandalas within the flesh when cut in half. It is very sweet and of a medium texture, not too dry or too soft.

### **TAPUTINI**

An ancient cultivar that does not run. It produces large numbers of long, cream skinned and fleshed kumara, with dark green deeply lobed leaves similar to Hutihuti but in a more compact form. This one was traditionally grown in cooler areas than other varieties because it could easily be grown in woven kete and moved around with the sun in front of rocks.

# BACK ORDER FORM JULY 2014

Complete the form below, enter the total on the main order form, or send by itself with payment to Koanga Institute, RD 5 Wairoa 4195.

NAME .....

POSTAL ADDRESS .....

COURIER ADDRESS .....

EMAIL .....

PHONE (DAY) .....

FAX .....

CARD NUMBER .....

EXPIRY .....

CARD TYPE .....

NAME ON CARD .....

## BULBS

Order by 30 Jan - Delivery Feb 2015	QTY	TOTAL
Coates Family Bulb Collection \$20		
<b>FREIGHT &amp; HANDLING</b> 2 items \$4		
3 items \$6		
4 or more items \$8		
<b>SUBTOTAL</b>		

## GARLIC, ONION & STRAWBERRIES

Order by 30 April - Delivery Apr/May 2015	QTY	TOTAL
Chives \$8		
Garlic NZ Purple \$8		
Garlic Rocombole Early White \$8		
Garlic Rocombole Early Red \$8		
Garlic Rocombole Mid Season \$8		
Garlic Soft Top Pearl NZ \$8		
Garlic Takahue Red NZ \$8		
Elephant Garlic NZ \$8		
Multiplying Leeks NZ \$8		
Tree Onion Gerald De Koning \$8		
Tree Onion Richard Watson \$8		
Flowering Shallot NZ \$8		
Potato Onion Brown NZ \$8		
Mike's Multiplying Onions NZ \$8		
Society Garlic NZ \$8		
Strawberry Early Tioga \$10		
Strawberry Captain Cook \$10		
Strawberry Margeurite \$10		
<b>FREIGHT &amp; HANDLING</b> 2 items \$4		
3 items \$6		
4 or more items \$8		
<b>SUBTOTAL</b>		

## POTATOES

Order by 30 June - Delivery June 2014* *While stocks Last	QTY	TOTAL
Gladstone \$11		
Karoro \$11		
Kowiniwini \$11		

La Ratte \$11		
Maori \$11		
Matariki \$11		
Paraketia \$11		
Scots \$11		
Stewart Island \$11		
Taranaki \$11		
Urenika \$11		
Uwhi \$11		
Whataroa \$11		
<b>FREIGHT &amp; HANDLING</b> 2 items \$4		
3 items \$6		
4 or more items \$8		
<b>SUBTOTAL</b>		
<b>ARTICHOKEs, COMFREY ETC</b>		
Order by 30 Sept - Delivery Oct 2014	QTY	TOTAL
Chinese Artichoke NZ \$8		
Chinese Artichoke NZ \$8		
Chinese Waterchestnuts NZ \$18		
Comfrey \$10		
Dahlia NZ \$10		
Gladioli \$5		
Jerusalem Artichoke Dalmation \$8		
Jerusalem Artichoke NZ \$8		
Alpine Strawberries \$12		
Red Alpine Strawberries \$12		
White Alpine Strawberries \$12		
Yacon NZ \$8		
Nana's Yams NZ \$8		
Rainbow Mix Yams NZ \$8		
<b>FREIGHT &amp; HANDLING</b> 2 items \$4		
3 items \$6		
4 or more items \$8		
<b>SUBTOTAL</b>		



<b>KUMARA</b>		
Order by 30 Sept - Delivery Nov 2014	<b>QTY</b>	<b>TOTAL</b>
Candy \$12		
Hawaiian Blue \$12		
Honey Red \$12		
Huti Huti \$12		
Mahina \$12		
Maikio Gold \$12		
Maiko Red \$12		
Paraparapara \$12		
Paukena \$12		
Reka Rawa \$12		
Romanawa \$12		
Taputini \$12		
<b>FREIGHT &amp; HANDLING</b> 2 items \$4		
3 items \$6		
4 or more items \$8		
<b>SUBTOTAL</b>		

**GRAND TOTAL (inc. freight) \$**

\*Please add freight for each section as each is sent out at a different time of the year. Thank you

**FOR OFFICE USE ONLY**

Date received -

*Ordering Information for our***BACK ORDER COLLECTION**

This is an exciting collection of plants that are sent out as live plant material, not as seeds.

Orders can be placed at any time of year but are sent out once per year, according to the plants' needs - the best time to plant them.

Orders received during the year are kept on file until the send out, and are processed according to the date they are received.

Items will be sent out around the time indicated for that category although specific timing varies from season to season. If you have special requirements (for example will be away during part of the send out period) please let us know in advance as we are not able to contact customers to check before sending the items out.

These items are offered subject to availability. It is hard to anticipate both harvest and demand and we will endeavour to meet all orders to the best of our ability. Occasionally, either due to increased demand or a

reduced harvest, we cannot meet some orders and will supply either a substitute, credit note or refund, or offer to carry the order over to the following year.

If the item you ordered is not available we may substitute with the most similar item available. If you do not want substitutes then please indicate this, alternatively if you want particular items as substitutes then record that. If ordering using the catalogue form then please write on the form or attach a note. If ordering online please put this information in the "Order Comments" line.

For the more perishable items (e.g. kumara, artichokes etc.) we send out email notification that the item is on its way so please supply an email address if you can.

If you have a back order query which does not relate to ordering or payment then please email [gail@koanga.org.nz](mailto:gail@koanga.org.nz)

For full descriptions please see the July 2013 Koanga Institute catalogue or look on the website <http://koanga.org.nz/products/back-order/>

## ❧ HERITAGE FRUIT TREES ❧



This is the month we are sending out our heritage organically grown fruit trees. Our trees are amazing this season, and come from either our nursery here at Kotare Village or from Patrick and Abe Land's nursery in the Hokianga. We still have trees in stock so see our website for availability now and for 'end of season' specials, at:

*<http://www.koanga.org.nz/products/fruit-trees/>*

All are organically/biologically grown and all have white dots on the north side to show you how to plant them to get the best out of them. Koanga best practice tree planting instructions can be found on our website here:

*<http://www.koanga.org.nz/knowledgebase/fruit-tree-knowledge/koanga-tree-planting-instructions/>*

Buying the best genetics ( the pick of the heritage trees) is part of the solution but planting them in a way that ensures they are fully nourished is also a critical party of the deal if you are wanting a strong healthy tree that can produce heavy crops of nutrient dense fruit over a long life time.

When you buy your heritage fruit trees from us you can know that not only are you buying fruit trees that will provide you with fruit that will nourish you more fully than industrial fruit can, but also that you are supporting Koanga, a registered charitable trust, to continue doing the work of finding, saving and making these trees available to you. i.e. any profit comes back to the wider community.

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### **WE'RE GIVING AWAY \$500 WORTH OF OUR FRUIT TREES TO OUR FAVOURITE COMMUNITY PROJECT EACH YEAR**

Each year we will give away \$500 worth of fruit trees to the person who sends us the best story about their community project, with a reference we can check of it's validity.. The trees will be given for that project. Deadline for stories about your projects are July 30th 12:00 am, and we will choose our favourite project to support also on that day. Trees will be sent in the following week. **GO FOR IT!**

## WISH LIST

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*Right now we badly need some -*

- Good second hand computers, PCs preferably
- Building materials
- Windows
- Timber
- Roofing iron
- Old garden tools, spades, fork, rakes
- Netting for fencing
- Fencing wire,
- Buckets, all sorts – with (or without) lids, food grade or metal
- Caravans
- Old crocks for ferments

**E-mail [contact@koanga.org.nz](mailto:contact@koanga.org.nz) or call on (06) 838 6269 to find out where to send or deliver, or to arrange pick up.**

*Thank you.*



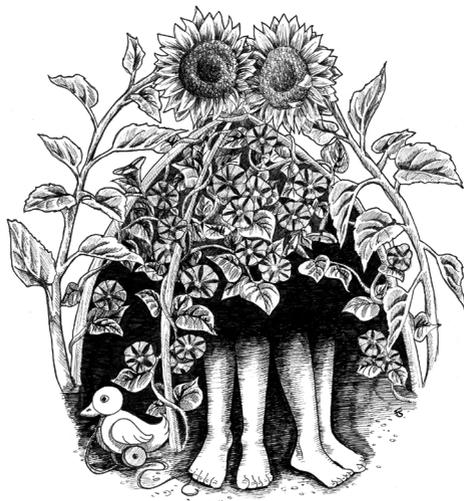
# LIFE MEMBERS

*Special thanks also to all of our Life Members listed below:*

Peter Alexander	John Griggs	Thompson
Diana & Justin Anderson	Jo Hainsworth	Jane Penberthy
Banyan	Rob Hammington	Phoenix Organics
Barbara Barangawath	B.T. Hammond	Jenny Quilliam
ME Bedford	Jacquie Hardinge	CE (Betty) Rawley
Bedford Mackay Family Trust	Henry Harrington	Amy Roberts
Rachel Benjamin	Raewyn Harris	Carla Roberts
John Billing	Emma Horgan	Daphne Ross
Nick Blennerhasset	Barry Hutchings	Jane Russell
Helen Boyd-Alspach	Murray Joyce	Robyn Scanlen
Richard Burgess	Kahukiri Bloodstock	Dick & Bertha Schoneveld
Donna Campbell	Elizabeth Keet	Roy Shackleton
Liz Campbell	Jenni Kent	Pam Shand
Brian Cartmell	R Kent	Yvonne Shanks
Barbara Chapple	Jennifer Kerr	Donna Stirling
Gwenda Costello	Susan King	Chas Symes
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Emma Darke	Wendy Klink	Lisa Talbot
Karyn Davis	Jude Knights	Elaine Taylor
Bryony de Boer	Pat Knuckey	Grace & Iohangawai Te Pahi
Robyn Diamond	Heike Koester	Phyllis Tichinin
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Inge Diks	Pauline MacDonald	Chris & Julene Wake
Sabine Drueckler &	Jan Mackenzie	Yannick Wakelam
Wolfgang Hiepe	Bill & Josee McClure	Dave Webster
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Mavson & KA Early	Chris Morrison	Yvonne & Jim Wheeler
Angela Emery	Jo Munro	Tania Williams
Suze Erskine	Annette Nixon	Alison Wilson
Brett Fallen	Richard Noke	Ritz Wood
Faye Fausett	MD & AJ Nuttall	Richard Worthington
Dene Fowler	Heidi & Logan O'Callahan	
Noeline Gannaway	Lesly O'Callahan	
Monika Geister	Viola Palmer	
Simon Griffiths & Stacy Shuck	Craig & Dorothy Palmer-	

*Apologies to recent Life Members –  
you will be in our next catalogue*

# NOTES



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**[www.koanga.org.nz](http://www.koanga.org.nz)**



## KOANGA INSTITUTE

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