



Down to Earth Stroud ...keeping it local

2020 SEED CATALOGUE



All of the seed listed in this catalogue have been grown by our team of volunteer seed guardians in and around Stroud, in back gardens, allotments and community projects. All our seeds are available in exchange for a donation; we now have a selection available in Loose, plastic - free shop in Stroud.

Our seeds come with stories of the past, and a vision of the future.

By growing and sharing seeds locally, we are part of a worldwide movement that is protecting our plant heritage whilst growing both local and global resilience. We are learning new skills, making new friends and gaining a deeper satisfaction from our gardening. We hope that you will enjoy joining us on this journey! For more on the seed bank and how to get involved, see the back page.



Welcome to Stroud Community Seed Bank's Seed Catalogue!

All our seed has been grown and harvested in 2019. It is not treated or coated, and it is all open pollinated – which means you can save your own 'True to Type' seed in the future. We do our best to grow good seed but we can't guarantee its quality, however, each year we endeavour to increase the quality of our saved seed. The packets we use are biodegradable, designed by Jane Brown and Fran Mosley of the Seed Bank and with thanks to John Button for the labels and artwork which is based on the previous packaging design by Jessie Marcham.

Between us we have grown several varieties of tomatoes, beans and peas (these are the easiest to save seed from) as well as an eclectic range of herbs, flowers and other vegetables including chard, rocket, cucumber and parsnip. This year we have a selection of new seeds, a few of which include, range of different peppers and tomatoes, basil, sorrel and rose campion. We aim to grow varieties that are suited to small scale, organic gardening.

This year's seed harvest. 2019 has been one of the warmest years on record but the colder temperatures in May and June posed problems for Stroud Seed Guardians. The cold weather upset some more tender plants such as the courgette and the wet weather brought the pests, slugs and snails on the beans and the caterpillars to the lettuces! Despite these challenges, persistence and resilience brought the plants into fruition and seed was saved! It has been a productive year for tomatoes and beans, with a good selection of herbs too.

Responding to the fluctuations in weather is difficult when growing and even more so with seed saving, this highlights an increased need for saving our local seed. If we rely on just a few sources of seeds and fewer varieties, then we will be less resilient to more extreme changes in weather. Despite the challenges that the weather poses, we have managed to produce well over 700 packets of seed for our Stroud Community and Stroud District. We can't wait for you to get growing!



Stroud Seedbank seed packaging – seeds ready for a new home!



Please turn to the back page for details of when and where our seed is available.



Choosing flower seed

Native -

A native plant can broadly be said to have originally arrived in an area without human intervention.

By choosing some of our native seed, you can help to enhance the resilience of our local ecosystem by increasing the quality, quantity and diversity of native plants and seeds available.

Non-native -

Although there is a focus on native plants. It is recommended to have a mix of flowering plants from different parts of the world on your growing plot.

It is advised to choose plants native to the UK and the northern hemisphere over those from the southern hemisphere. However, exotic plants can be used to extend the season (especially late summer flowering) and provide nectar and pollen for some specific pollinators.



Choosing seed for pollinating insects

Most of our seeds will be beneficial to pollinators however some seeds are more useful and attractive to insects than others.



Seeds marked with a daisy are recommended by our seed guardians for bringing in pollinating insects.

In order of appearance, our 2020 catalogue contains:

French Beans
Runner Beans
Peas
Tomatoes
Other Fruiting Vegetables
Root Crops
Leafy Greens including Salads
Herbs
Flowers

FRENCH BEANS

Borlotti Bean

Climbing French bean. Red pods when ripe, containing red beans with white speckles.

Bridgwater Climbing Bean

Climbing French bean with lilac flowers, green and purple mottled beans and mottled seeds. Home saved by Jane, a dedicated seed guardian, for 20 years; originally a gift from an old allotment holder in Bridgwater.



Fran's Bridgwater Bean

Cherokee Trail of Tears – Climbing French Bean

Climbing French bean. There is some diversity within the different batches of these beans – the pod colours range from green and purple speckled, to solid purple. The beans inside are black.

Can be eaten as fresh green beans, or the seeds can be dried for use in soups and stews, or for making refried beans.

This variety is said to have been saved by the Cherokee native American people when they were evicted from their lands and made a long hard journey, referred to as the trail of tears, to a new home.

It's proving really popular with our seed guardians; we will be putting extra focus on saving greater numbers of this bean in 2020.



Cherokee Trail of Tears



Climbing Pea Bean

A heritage climbing French bean with short flat green pods and white and yellow flowers. The round fat seeds are half white and half dark purple/brown – as if dipped in ink! You can use the green pods as French beans, the shelled beans like a cross between peas and broad beans, and the dried beans are great for winter soups and stews. Widely reported as resilient, hardy and disease-free.



Pea Beans

Fran's Good Bean

A smallish French bean with few flowers but a glut of beans! Eat the pods fresh or dry the bean seeds.

Gold Marie Bean

A tall heritage pole bean with large flat golden beans. This variety was nearly lost commercially and was preserved by backyard seed savers. It has tasty butter-yellow flat pod.

Trebona Bean (Stroud)

A very early variety. Suitable for greenhouse and outdoor cultivation. They are good quality, long beans. Can give high yields.

RUNNER BEANS

Czar

Vast numbers of flat green pods with white seeds. Very productive over a long season, and they don't go stringy easily. A very tasty bean which has been seen to cope it hot summers. Seed Guardians, Jackie and Richard, recommend the substantial white beans as a substitute for butter beans.



Czar runner bean

PEAS

Oskar Pea

Short - 4' max height - first early pea. Almost self-supporting. Sweet taste. Ready to eat from early May to July.



Richard's healthy Oskar Pea

Lord Leicester Pea

A wonderful old pea brought back from the verge of extinction. It grows to about 5 or 6 ft tall, and the special thing about Lord Leicester is that starts to flower very early on, but carries on to almost the end of the season - so you get peas over a long period. Good yield.



Jessie's holding her Lord Leicester Pea

Sugar Dwarf Sweet Green Pea

A dwarf sugar pea (mangetout), grows up to 60 cm high. Eat the pods when they are 5 cm long. They have a delicious flavour.

Purple Princess Tall Pea

Purple mangetout peas bred by amateur pea breeder Andy Davice of Oxford (a friend of Zoe, a seed guardian) for distribution by community seedsavers. A tall pea, prolific, with small, very sweet pods (don't leave them too long!). Great to eat raw.

TOMATOES

Black Cherry Tomato

Vigorous Cherry tomato which ripens to dark purple. Tall growing plants are vigorous and healthy. Good tasting fruit about 25g in weight.

Japanese Black Trifele

Large, dark, red tomatoes. Very fleshy with few seeds and a rich 'meaty' flavour.

Margaret's Black

Small, really prolific black cherry tomato. Small, sweet and good tomato flavour. Tendency to split after picking. More purple than black!

Marmande

Medium-large sized beefsteak tomato that is lightly ribbed with a flattened globe shape. The flesh is juicy and meaty with minimal seeds, and it offers a savoury tomato flavour with subtle tartness, as well as a hint of sweetness. The Marmande is an early-ripening variety, and the strong, semi-determinate bushy tomato plants grow upright and often need support as they produce clusters of the large scarlet-red fruits.

Pink Berkeley Tie Dye

A large, 'beefy' tomato, with green and red streaks. Mottled skin and soft tasty flesh. Has shown to do well in cooler North facing spots.



Richard's Black Trifele



Margaret's Black tomato

Purple Ukraine Tomato

This reliable and productive Ukrainian heirloom variety produces purplish black plum shaped fruits of 3-4" long and of around 6 ounces in abundance.



Richard's Purple Ukraine

Stupice

An early outdoor variety with excellent standard size red fruits.

Tigerella Tomato

Named Tigerella because of its very distinctive red fruits with orange and yellow stripes like a tiger, this tomato is well suited for cooler climates. The variety produces fruits of a medium size and is high yielding.

Tomatillo Tomato

Tomatillos' flavour is often described as as "citrusy", "tart," "sour," and "tangy." Some compare the fruit's taste to that of a Granny Smith apple or a green grape.

Wild Tomato - Rote Murrel

A different species to the ordinary tomato, but very similar. Small red fruits which can be as big as a cherry. Sweet and very tasty – good for grazing and also delicious thrown whole in to soup, stew etc. The plants are very rambling; the advice is that they don't need staking or pruning. Best picked when still slightly orange as they tend to split when very ripe. Grown outdoors / in pots in Stroud and saved locally for four years now.



Wild Tomato

OTHER FRUITING VEG

Cucumber - Wautoma

A small 'lumpy-skinned', prolific cucumber, originally from the breeding program at the University of Wisconsin in the 1980's. It can either be used small for pickles or left to grow for use as a slicing cucumber.

The plant sets many lightly striped dark green fruits with tiny white spines that come off easily. Quick to set fruit, bitter-free, and resistant to nearly all known cucumber diseases. Can be grown indoors or outside. Pickle well and very easy to grow.



Wautoma cucumber

Pepper - Chilli Cayenne

Hot chilli pepper, grows 6" (15cm) long fruits which mature to a rich red colour with a satisfying spicy heat. Perfect for using raw or cooked.

Pepper - Long

Pepper - Romano Style Long

These peppers can be eaten fresh, roasted or stuffed and have a more intense flavour than bell peppers. Long and pointed to around 20 cm, with thin skins and sweet flesh. They like a rich soil, and plenty of moisture, growbags are ideal for peppers.



Salsify

A delicious, delicate tasting tap root, that gives it the name 'vegetable oyster'. Can also be grown for its delicate edible, purple-pink flowers. Whatever your decision, salsify needs a warm sunny site, preferably on light, free-draining soil. You can sauté the roots in butter, bake, puree or cream for soup - there are lots of edible options.

ROOT CROPS

Thrupp Parsnip

The official variety of this parsnip has been lost in the mists of time but we have multiple seed guardians now saving this parsnip seed from different plots around Stroud. Over the years there has been varying success in the growth of this vegetable.

Generally, the parsnip produced is quite large and well-shaped but some seeds have been known to produce miscellaneous results.



Thinning from
Thrupp parsnip



Fran's Thrupp Parsnip

LEAFY CROPS INCLUDING SALADS

(see also herbs and flowers – some things are hard to categorise!)

Chard - Rainbow

A variety of colours, very hardy and very easy to grow.

Pick the leaves from early summer right through Autumn and into Winter. Plants left in over winter will grow again in early Spring to give you one more picking before going up to seed.

Chard – White / Silver

Similar to chard but with white fleshy stems.



Chop Suey Greens

Annual, grows well in good soil to a height of about 3ft.

Fragrant, tasty leaves and young stems – can be eaten raw in salads or cooked steam, blanch or boil but don't overcook as can go bitter.

Has small cream and yellow daisy-like flowers, edible petals.

The flowers are popular with pollinators, but if you are growing for the leaves it is a good idea to remove the flowers to encourage leaf growth.



Jane's Chop Suey in Flower

Kale – Asparagus

A hardy grey-green kale that has a profusion of tender shoots in spring. While you can take leaves to eat as you would with any kale, this variety has particularly sweet tasty sprouts in spring, like a green version of sprouting broccoli.

Land Cress (large leaved)

Quite large leaves, peppery but not excessively so, great addition to salads. Self-seeds very easily. Now grown for several years by Fran and Jane, seed guardians, mostly self-seeded. Grows well in a windy north facing garden.



Fran's Land Cress, pre-seed

Mizuna

Oriental salad leaf. Green serrated leaves, peppery flavour. Plants last several months; keep picking outer leaves until plants go to seed. Does well in greenhouse over winter.

Red Orache

Orach makes for a succulent but tender baby leaf or more mature leaves are used as a warm weather spinach substitute, they are mild in flavour.



Red Orache, ready for salads

Rocket – large leaved

Easy to grow, larger peppery leaves for salads. Has a slight tendency to bolt.

Rocket – perennial/wild

A rocket which dies down in winter and comes to life in the spring. Hot, narrow leaves which can be picked throughout the year, although it tends to flower if not cut back in early summer. Brassica, so prone to flea beetle.

HERBS

Basil

Basil - Thai

Aromatic leaves of this plant with a spicy flavour and aroma.

Buckler- leaved Sorrel

Buckler Leaf Sorrel is a superb salad crop. A small, compact plant. An attractive and compact container crop with distinctive shield shaped leaves.

It has a vibrant, lemony taste, and a soft texture so it works well as a salad ingredient or as an herb to flavour fish and egg dishes.



Buckler - leaved Sorrel

Celery leaf

A very hardy robust plant, closely related to wild celery and can survive temperatures as low as minus 12°C (10°F) and is rarely affected by pests and diseases. This biennial plant is usually grown as an annual and forms a bushy branching plant with glossy leaves and thin fine stems.



Dill

A clean fresh taste that is traditionally used in Sweden on potato salad and fish. The seeds can also be used in cooking or teas.



Fennel

A fresh aniseed taste that works well on salads or with fish. The seeds can also be brewed into tea.

Fennel is pretty hardy and once established will come back year after year. Just cut it back in the winter and it will grow back in the spring.



Hyssop

A bushy low short-lived perennial herb with lovely blue flowers. It likes light dry soil and once established is undemanding. Plant undercover Mar-April or May-June direct.

Strongly flavoured, the leaves can be used as you would rosemary in dishes, or as a tea.

A great plant for pollinating insects, especially bees. Some say hyssop honey is the best there is.



Hyssop

Marjoram

Grows up to 40cm in height and width. An annual which brings out the full flavour of meat dishes. Also useful in fish and tomato dishes in salads.

Parsley - Curly Leaved

Very good flavour and self-seeds well, grown inside glasshouse and on an outside plot too.

Star Grass

Small yellow grass-like plants that grow only 12 inches tall and sport $\frac{3}{4}$ inch sunny blooms from March to June. Flower stems are 3 to 8 inches tall and stiff, holding the cheery flowers upright. Attractive to butterflies and bees.



Star Grass



Sweet Cicely

An attractive plant for herb gardens and hedgerows.

An early flowering perennial is renowned for its aniseed taste and fragrance. The plants grow to a height of 90cm (36in), and umbels of tiny white flowers appear from spring to early summer. The fern-like leaves are deeply divided and smell of aniseed when crushed.

It is noted for attracting wildlife and is one of the first nectar plants to appear in spring, so it is extremely valuable to the bees and the beekeeper.

FLOWERS



Some of these flower seeds can be sown as part of a wildflower mix.

An extra benefit of wildflowers is that they often thrive in partially shaded areas and can easily be incorporated into areas of your garden which you may find challenging for growing other types of plants.

Ammi Majus - Bishops Flower

Lacy white flowers, like a more delicate form of cow parsley.



Aquilegia

Native blue *Aquilegia vulgaris*. A perennial for wildflower mixes, grows best on free-draining lime stone soil or slopes in sun or partial shade.

Good for wildlife, attract pollinators which help to produce vegetable seeds, the nectar from flowers are delicious to Bumble Bees from May to July.



Aquilegia

Blue Triteleia - Grassnut

A perennial with linear basal leaves and loose umbels of funnel-shaped, mid- to deep blue flowers 3-4cm in length, on stems to 50cm in early summer.



Calendula (Pot Marigold)

The flowers can add colour to salads or brewed into tea. Leave to go to seed and it will sow itself giving you a yearly display of flowers. A good companion plant for lots of vegetables as it attracts bees and other pollinators.



Calendula



Cerinthe

Silvery leaves with purple hanging bells.

Convolvulus - Morning Glory

Annual or short-lived perennial with dark green, oval leaves. The funnel-shaped, royal blue flowers, up to 4cm across, are feathered white towards the base of the petals, with a yellow eye. Each only lasts a day, but they are borne in succession over a long period in summer.

Cosmos - pink

Compact and floriferous, ideal for pots and the front of a border.

Echinacea Alba

A fantastic colourful perennial. daisy-like flowers will attract pollinators such as butterflies and bees into the garden as well as being a great addition to a cut-flower display to be enjoyed within the home. Reaching a mature height of 1.2 metres, they will flower from July through to October.



Josie's Pink Cosmos



Evening Primrose

A bright yellow annual or biennial. The flowers open in the evening and are visited by a large number of insect species.



Hollyhocks – mixed

Mixed colours, lots of cream, very tall. Good pollinators, Bumble Bees enjoy these plants for many months.

Hollyhock - pink / white

Hollyhock - purple to black



Honesty

Attractive flower clusters followed by flat, round, translucent, papery seed pods. Easy to grow plants that are a magnet for bees and other pollinators. Flowers May-June from the second year.

Lychnis coronaria - Rose Campion

'Catchfly' Herbaceous perennial. Bold reddish-purple flowers (3cm) in branched clusters all summer. Handsome grey-felted leaves.

Nigella Flower

Pale to dark blue flower.



Poppies – large headed

Poppies – purple

Poppies – pink

Poppy seeds heads are beautiful so it's easy to let them go to seed in the garden.

Once the seed pods have dried turn them upside down over a paper bag to catch the seeds or sprinkle them around the garden wherever you want poppies to grow.

These poppy seeds can be used in bread or cakes.



Josie's beautiful Pink Poppy

Species Gladiolus

Classic perennial known for its tall flower spikes.



Sunflowers – standard

Sunflower - multi headed

We have several varieties of sunflowers available, some growing to 5 ft high and some of which may have crossed with each other!



Sunflower seed saving in action

Sweet Pea – standard

Sweet Pea- fragrant

Colourful and highly scented.

Sweet Pea- perpetual

A beautiful, easy to grow climber producing masses of small, pea-like flowers in shades of red, rose or white, over a long period. A quick-growing screen for fences or unsightly garden features. Not scented.



Verbena bonariensis



Verbena (verbena bonariensis)

Tall Verbena. Tiny lavender-blue flowers in rounded clusters at the tops of wiry stems from late summer to autumn. Herbaceous perennial, hardy in sheltered gardens. 1.8m H x 50cm.



For growing advice and further information, please see online. RHS, The Seed Cooperative and The Real Seed Company are all informative websites.

We hope to have specific growing advice available on our website in the future.

Thank you to Stroud's wonderful seed guardians!

Veg Growers' Year

An at-a-glance guide to when to sow, plant and harvest your seed bank vegetables. Created by Richard.

Vegetable		Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
French Beans	Sow												
	Plant												
	Harvest												
Runner Beans	Sow												
	Plant												
	Harvest												
Peas	Sow												
	Plant												
	Harvest												
Chard	Sow												
	Plant												
	Harvest												
Lettuce	Sow												
	Plant												
	Harvest												
Rocket	Sow												
	Plant												
	Harvest												
Parsnip	Sow												
	Plant												
	Harvest												
Tomato	Sow												
	Plant												
	Harvest												

HOW TO GET HOLD OF OUR SEED

We want to share our seed with you, the gardeners and growers of Stroud! Our seed is available in exchange for donation – whatever you feel is reasonable. Find us at the following events, or get in touch with any special requests.

We also now have a place for our seeds year-round (until they run out!) in Loose, in Stroud: 4 Lansdown, Stroud GL5 1BB

1st Seed Distribution: Stroud Farmers' Market – Saturday 18th January 2020

Come and see us at the Down to Earth stall in the Stroud farmers market, check online for further market stall dates in February.

Stroud Market, Union Street: 8.30am – 2pm

2nd Seed Distribution

Potato and Seed Evening - Friday 31st January 2020

Come for seeds, to order/buy your potatoes early, for a social and some potato cake!

Stroud Congregational Church Hall

Friday 31st 5pm-8pm

Potato and Seed Day – Saturday 1st February 2020

We have a seed bank stall alongside Stroud's annual Potato Day. Pick up dozens of varieties of seed potatoes, as well as your veg, herb and flower seeds.

Stroud Market, Union Street: 8.30am – 2pm.

3rd Seed Distribution: alongside Stroud Valleys Project seed swap – Saturday 22nd February 2020

Sharing a day of seed swapping with Stroud Valleys Project who are based on Threadneedle Street. Stroud Seed Bank and SVP have slightly different structures of seed swapping, we will have different stalls but have put together this day to share both our seed swaps with you. Do come and visit us both for your seeds and further info into what we do!

Stroud Market, Union Street: 10.30-1pm

4th Seed distribution: Film screening 'Seed: The Untold Story' – Date under consideration: Friday 15th March 2020

This documentary follows passionate seed keepers who are protecting a 12,000-year-old food legacy. It describes how, in the last century, 94 seed varieties have disappeared and the harmful effects of a small handful of companies owning over two-thirds of the global seed market. Cutting imagery of farmers and others, battling to defend the future of our food.

Venue - Lansdown Hall. Time 7pm TBC



Other events

Trip to Feed Bristol, Seed Swap - 9th February

Trinity Centre, Trinity Road, Bristol, BS2 0NW

Sunday 9th: 12-4pm

Winchcombe seed swap - February 2020

Time and date TBC

Seed Bank seed guardian Zoe Brooks is holding a seed swap in her hometown of Winchcombe. All welcome.

Winchcombe Town Hall, The High Street

Seed saving workshop April 2020

Date and time TBC

Contact Beth if interested, see contact details on back page

Earth Week - 20th-26th April 2020

Sub Rooms, Stroud, time TBC

Feedback and Briefing Gathering April/May 2020

Date and time TBC

A chance to reflect on the Autumn / Winter season

Possible visits for Summer 2020:

Trill Farm

A 300-acre mixed organic farm set in Devon with an active market garden and seed saving crop.

Jekka Herb Farm

The first Herbetum in the UK with over 400 culinary herbs. Open days in 2020:

Friday 3rd & Saturday 4th April

Friday 1st & Saturday 2nd May

Friday 5th & Saturday 6th June

Friday 4th & Saturday 5th September

Vital Seeds

A 150-acre farm in South Devon saving organic and open pollinated seed.

Please check our website calendar for continuous updates of events, workshops and gatherings.



ABOUT STROUD COMMUNITY SEED BANK

Stroud Community Seed Bank is a project of social enterprise Down to Earth Stroud. We got started in January 2016 and have learned much in the last 4 years. A team of around 25 volunteer seed guardians, including both experienced seed savers and novice gardeners, has grown all the seed listed in this catalogue, in back gardens and allotments around Stroud.

By taking and growing our seed you are becoming part of this exciting project. We hope that you will be able to save your own seeds from our seeds and continue the story. If you would like to know more about seed saving, if you want to join us as a seed guardian or if you can offer any other help or support, we would be delighted to hear from you.

INFO AND RESOURCES

For information on how to save your own seed, come to one of our workshops in Spring / Summer 2020 or come to one of our markets or events as listed above and on our website. We have a Google Group and a Facebook page which allow for seed savers in Stroud to share advice, tips, stories and questions.

There are many seed saving resources online - The Heritage Seed Library and Real Seed Catalogue offer good, free, seed saving guidelines for common vegetables grown in the UK. The Stroud Community Seed Bank is a member of the Heritage Seed Library and the Real Seed Catalogue, this allows us a member's access to their website and so provides all Stroud seed guardians access to leaflets, workshops, events, garden visit opportunities and much more!

For information on how to access these resources please use the contact details below.

CONTACT STROUD COMMUNITY SEED BANK

For more information on anything about the seed bank and our seeds, contact Beth on:

Email: seedbank@downtoearthstroud.co.uk

Phone: 07545383662

Check out our website to keep up to date with blog posts and upcoming events:

www.downtoearthstroud.co.uk/seed-saving

Find us on Facebook for news, sharing and opportunities:

@stroudcommunityseedbank

Consider joining seed-related discussions on our Google Group: email Beth on above for more info

