



Down to Earth Stroud ...keeping it local

## 2022 SEED CATALOGUE



All seed listed in this catalogue has been grown by our team of volunteer seed guardians, in and around Stroud, in back gardens, allotments and community projects. Our seeds are available for a donation and can be collected from 6 locations around Stroud, see the back page of catalogue for more information.

**Loose Plastic Free Shop**  
**The Trinity Rooms, Field Road**  
**Paganhill Community Shop**  
**The Long Table, Brimscombe**  
**Chalford Community Shop**  
**Horsley Community Shop**

### **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, all the while 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 information on the back pages of this catalogue.



## Welcome to Stroud Community Seed Bank's Seed Catalogue!

All our seed has been grown and harvested in 2021. 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. It is a difficult task ensuring the quality of seed saved from a community project, this year we brought in a new standard to improve the consistency of the quality of saved seed; we expect every person who donates seed to have attended one of our Spring/Summer workshops which lays out the basics of seed saving and cross pollination particularly between vegetables varieties. If you need to attend a workshop, see the contact details at the back of this catalogue and be in touch. Beginners, and experienced growers welcome.

The packets we use are biodegradable, designed by Fran Moseley with thanks to John Button for his continued help with labels and packaging.

Between us we have grown several varieties of tomatoes, leafy greens, beans and peas, as well as an eclectic range of herbs, flowers and other vegetables including squash, calendula, purple fennel and parsnip. We aim to grow varieties that are suited to small scale, organic gardening and by harvesting the most successful crops each year, we are increasing their resilience and adaptability to our Stroud soils and climate.

### This year's seed harvest.

2021 was another challenging season, but all gardeners say that every year! Terrible wet winter floods, a cold dry start and a long time for the warmer weather to arrive. This suited some plants, but many of our favourites prefer the heat. A June heatwave and then a cold and wet summer which makes seed ripening a big problem. Our beautiful attempt a lettuce seed saving was a failure. The 'Indian summer' in Autumn did give a rescue to some of our late maturing seeds and ourselves too!

However, our pioneering seed Guardian, Heather Slater succeeded against slugs, deer, caterpillars, and weather to produce a good crop of Purple Sprouting Broccoli seeds on her Stroud hillside plot. Hand picking slugs in the dark shows dedication of heroic scale.

Sowing our own saved seeds from 2020 and knowing that many were being sown by local gardeners was very satisfying. Our first use of the 6 distribution centres was an inspired answer to on-going social restrictions. This was instigated by Beth, our co-ordinator. It has proved to be a huge success interns of seeds distributed and a benefitted the community hubs with new visitors. What a Seedy Team!



Where possible, we have noted which Seed Guardian grew the seeds. Thanks to all the many people who contributed seeds to Stroud for the forthcoming growing year.

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

## Bulking Up

### Queensland Blue Squash

This year a few of us will be growing Queensland Blue Squash. We are looking to save reliable seed from a squash variety that grows well in Stroud soils. If it is successful, we will continue to grow it for seed, boosting the amount of squash seed available for Stroud. This is a slightly more challenging seed to save, requiring attention to detail when assisting with pollination between male and female flowers. If you are interested in joining us in saving Queensland Blue squash seed, you are most welcome, get in touch and get growing!



### Cherokee Trail of Tears

In 2020 we selected Cherokee Trail of Tears (CToT) climbing French bean as the seed to begin to ‘bulk up’ in number. Our Seed Guardian, Richard, suggested the CToT seed to bulk up due to its brilliant taste, abundant crop and deeply intense black colour. As well as this, the CToT seed bring an ancient story:

“The Trail of Tears pole bean is one such bean that was cultivated by Native Americans – the Cherokee tribe to be exact.

It was grown in the Smoky Mountains by the Cherokee, Native American people, for generations. It is so named because the beans were carried in the pockets of the Cherokee people as they were marched from the Carolinas to Oklahoma by the Federal Government during the Trail of Tears in 1838-1839. It is estimated that thousands of Native Americans died from exposure along the way.



The Trail of Tears beans were thought to have been carried as a symbol of hope and in remembrance of home. The seeds were shared with the seed company Seed Savers Exchange in the 1970s and are now available for purchase through several small-scale seed companies”

## Thrupp Seed Bank

We would like to welcome the newly established Thrupp Seed Bank this season and look forward to being able to support them going forwards as they develop their skills knowledge and range of seeds saved. Thrupp seed savers donated whole box of beautiful jars of beans, many of them CTOT, to the Harvest Gathering this year. It is a delight to be able to connect with and provide support for seed groups around Stroud, thank you Thrupp Seed Guardians for your passion and seed saving zest.

To ensure seed is of adequate quality, we require all seed savers to attend workshops delivered by a couple of our experienced Seed Guardians. We hope to welcome more seed savers to workshops in 2022 so we can continue to develop the network of community seed banks across the Stroud District.



Thrupp Seed Guardians comments on growing and saving Cherokee Trail of Tears...

"I found they were a bit vulnerable to slugs, but in the end I got a reasonable crop. The best bit was podding them. I put them in a fabric bag and trampled on them a bit. Then I shook the bag and all the beans fell to the bottom and the pods were at the top, ready to go on the compost heap." Marguerita

"I did eat some - and really enjoyed them podded and cooked up with tinned tomatoes, onions, garlic, peppers and the magic ingredient, Worcestershire Sauce!" Kim

"I thought they were tasty! Plus, they seemed fairly easy to grow and produced a decent number of beans. We're going to have another go at them next season." Simon

"Personally, I enjoyed growing them, I planted them together with some marigolds and cosmos and had them climb up poles. They had a slow start but needed virtually no attention except the occasional feed. I thought the yield was great, I left the pods to dry out on the plant and the beans were beautiful, black and shiny."



**In order of appearance, our 2022 catalogue contains:**

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

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## **FRENCH BEANS**

### **Borlotti Bean**



**Grown by:** *Heather Slater – Horsley and Thrupp Seed Savers*

**Sow:** May **Plant:** June **Harvest:** July - October

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

### **Bridgwater Bean – Climbing French Bean**



**Grown by:** *Jane Brown – Stratford Road Allotments*

**Sow:** May **Plant:** June **Harvest:** July - October

Reliable crops of medium flat pods, green mottled with dark purple, cooks green. Can be used like borlotti and dried. Beans pale pink with dark random markings. Given to Jane Brown more than 30 years ago at her allotment in Bridgwater, Somerset by an older grower.



### **Cherokee Trail of Tears – Climbing French Bean**

**Grown by:** *Josie Cowgill, Sally Oates, Jane Brown, Richard Holland, Thrupp Seed Savers – Ebley Allotments, Stratford Road Allotments, Eastington, Thrupp allotments*

**Sow:** May **Plant:** June **Harvest:** July - October

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.



### **Climbing Pea Bean**

**Grown by:** *Heather Slater – Horsley*

**Sow:** May **Plant:** June **Harvest:** July - October

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.



### **Climbing Purple French Bean**

**Grown by:** *Jackie Rowanly – Summer Street Allotments*

**Sow:** May **Plant:** June **Harvest:** July - October

The perfect dual-purpose vegetable as it produces an abundant harvest of pencil-thin, stringless green beans with a fine, sweet flavour from early summer, and then the last few pods can be left on the plant to dry for white haricot beans to store





### **Cobra Climbing French Bean**

**Grown by:** *Jane Brown and Richard Holland – Stratford Road Allotments and Eastington*

**Sow:** May **Plant:** June **Harvest:** July - October

One of the most reliable French beans around and a prolific cropper, producing heavy yields of long, straight sweetly- flavoured beans over a long period. A vigorous climber, it quickly clambers to the top of poles and starts producing beans ahead of most other varieties.



### **Fran's Good Bean**

**Grown by:** *Fran Mosley - Burleigh*

**Sow:** May **Plant:** June **Harvest:** July - October

A smallish French bean with unremarkable flowers but a glut of beans!

Eat the pods fresh or dry the bean seeds.



### **Trebona Bean (Stroud)**

**Grown by:** *Jane Brown – Stratford Road Allotments*

**Sow:** May **Plant:** June **Harvest:** July - October

Later cropping, wider flat green pods with white beans. Can be dried to eat like small butterbeans.

## **RUNNER BEANS**



### **Czar**

**Grown by:** *Sally Oates and Richard Holland – Tetbury Allotment and Eastington*

**Sow:** May **Plant:** June **Harvest:** July - October

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 in hot summers.

Seed Guardians, Jackie and Richard, recommend the substantial white beans as a substitute for butter beans.



## PEAS



### Oskar Pea

**Grown by:** *Richard Holland - Eastington*

**Sow:** February - June **Harvest:** June - October

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



### Purple Princess Tall Pea

**Grown by:** *Zoe Brooks - Winchcombe*

**Sow:** February - June **Harvest:** June - October

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

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## TOMATOES



### Black Cherry

**Grown by:** *Sally Oates - Culkerton*

**Sow:** February – March (inside) March – April (outside)

**Harvest:** July - September

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



### Green Zebra

**Grown by:** *Richard Holland - Eastington*

**Sow:** February – March (inside) March – April (outside) **Harvest:** July – September

Do not be put off by the green colour, they taste fantastic. They are ripe when flicks of yellow start to spread from the top.



### **Japanese Black Trifele**

**Grown by:** *Fran Mosley and Richard Holland – Burleigh and Eastington*

**Sow:** February – March (inside) March – April (outside)

**Harvest:** July - September

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

### **Marmande**

**Grown by:** *Richard Holland – Eastington*

**Sow:** February – March (inside) March – April (outside)

**Harvest:** July - September

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.



### **Mexican Honey**

**Grown by:** *Zoe Brooks - Winchcombe*

**Sow:** February – March (inside) March – April (outside) **Harvest:** July - September

Zoe was given a few seeds by a French family connection. "It is absolutely delicious, sweet and amazing, when allowed to fully ripen on the vine (don't be tempted to pick too soon). Skin can be a bit tough, but the taste is worth it. Small to medium sized fruit.



### **Pink Berkeley Tie Dye**

**Grown by:** *Fran Mosley – Burleigh*

**Sow:** February – March (inside) March – April (outside) **Harvest:** July - September

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.

### Tomatillo



**Grown by:** Jackie Rowanly – Summer Street Allotments

**Sow:** February – March (inside) March – April (outside) **Harvest:** July – September

Native to Central America, thought to have been domesticated by the Aztecs over 2000 years ago. Eat raw or cooked, made into salsa. Closely related to the cape gooseberry, which is yellow and has a sweeter taste. Grow as you would a tomato. They are more vigorous and less particular about planting conditions. Harvest when they have filled out their papery case, are still green and have a tangy flavour. Tart when raw, have a citrus flavour when cooked.

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## OTHER FRUITING VEG

### Achocha



**Grown by:** Heather Slater – Horsley

**Sow:** early Winter (indoors) **Plant:** May-June (after any chance of frost) **Harvest:** late Summer – first frost of Autumn

These fast-growing vines can reach a height of 6-7 feet (2 m.) tall with palmate foliage. Small white flowers attract many pollinators and will produce the small slipper-shaped fruits with edible seeds. Pick young and eat like a cucumber. On large, mature fruits, the seeds are removed, and the fruits are served stuffed like peppers or fried, sautéed or baked in other dishes. Immature fruit is described as tasting like cucumber, whereas the cooked mature fruit has a bell pepper flavor.

### Buttercup Squash



**Sow:** April-May **Plant:** May-June **Harvest:** July - October

Large and dark green, orange flesh. Very tasty.

### Crown Prince Squash



**Sow:** April-May **Plant:** May-June **Harvest:** September –October

A winter squash with blue-grey skin and a bright orange flesh. The flesh has a fine flavour which is further enhanced when roasted. For best results, grow 'Crown Prince' in moisture-retentive but free-draining soil with plenty of organic matter.

## ROOT CROPS



### Thrupp Parsnip

**Grown by:** Jane Brown, Heather Slater and Fran Mosley – Stratford Road Allotments, Horsley and Burleigh

**Sow:** March - May **Harvest:** September – February

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. Generally, the parsnip produced is quite large and well-shaped however, the stony and often poor soils of Stroud District can produce forked and miscellaneous results.

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## LEAFY CROPS INCLUDING SALADS

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



### Celtnut

**Grown by:** Jane Brown – Stratford Road Allotments

**Sow:** March – August (direct) **Harvest:** All year round

Chinese stem lettuce, grow for Spring and Summer lettuce leaves. Cut and come again. Good vitamin A and C. Left to grow and bolt. Stems can be eaten in stir fry – peeled and sliced.



### Chard – Rainbow

**Grown by:** Jane Brown– Stratford Road Allotments

**Sow:** March – July (direct) **Harvest:** All year round

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 – Red

**Grown by:** Heather Slater – Horsley

**Sow:** March – July (direct) **Harvest:** All year round Similar to chard but with red fleshy stems.



### **Chop Suey Greens**

**Grown by:** *Zoe Brookes and Jane Brown – Winchcombe and Stratford Road Allotments*

**Sow:** March - September **Harvest:** July – September

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.



### **Kale: Uncle Bert's Purple**

**Grown by:** *Fran Mosley - Burleigh*

**Sow:** April – June **Plant:** May-June **Harvest:** September - March

Frisly, greenish-purple, tender and tasty



### **Land Cress (American, large leaved)**

**Grown by:** *Jackie Rowanly and Jane Brown – Summer Street Allotments and Stratford Road Allotments*

**Sow:** March - August (direct) September for overwintering **Harvest:** April – August

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



### **Mizuna**

**Grown by:** *Heather - Horsley*

**Sow:** February (indoors) March – August (direct) **Harvest:** Cut and come again crop – all year round

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





### Purple Sprouting Broccoli, Late

**Grown by:** *Heather Slater – Horsley*

**Sow:** April - September (direct) **Harvest:** June – December

These hardy and delicious flower sprouts come in spring when few other greens are available. May need to net them as the pigeons like them too! They take a full year to crop, but are worth waiting for. Snap off the shoots and eat the flowers at bud stage with the leaves as a healthy steam-cooked or lightly boiled veg.



### Red Orache

**Grown by:** *Hannah Morris*

**Sow:** March – May (direct) **Harvest:** June – August

Orache 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.



### Rocket, large-leaved

**Grown by:** *Jane Brown– Stratford Road Allotments*

**Sow:** March - August (direct) September for overwintering **Harvest:** April – August

Lovely hot salad leaf.



### Sorrel, red - veined

**Grown by:** *Sally Oates - Culkerton*

**Sow:** March – September (direct) and September for overwintering **Harvest:** Ongoing, Harvest young outer leaves progressively, a few from each plant as they mature

Hardy, short lived perennial, good for baby salad leaves and will self-seed



### Star Grass

**Grown by:** *Jane Brown – Stratford Road Allotments* **Sow:** January – April (indoors) March onwards (direct) **Harvest:** 8 weeks from sowing

Minutina 'Erba Stella' originally from Chiltern Seeds. Heirloom from Italy. Grows in clumps of slender green leaves, like jagged grass, with little 'horns' on the tops, 6" tall. Harvest young when leaves are most tender and new growth will come. Repeat sow as it seeds easily, very good in pots.



### **Vegetable Mallow**

**Grown by:** *Zoe Brooks – Winchcombe*

**Sow:** April - May (direct) **Harvest:** July - October

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## **HERBS**



### **Basil, Cinammon**

**Grown by:** *Jackie Rowanly – Summer Street Allotments*

**Sow:** January – April (indoors) March onwards (direct)

**Harvest:** 8 weeks from sowing



### **Chives**

**Grown by:** *Jane Brown and Fran Mosely – Stratford Road Allotments and Burleigh*

**Sow:** January – April (indoors) March onwards (direct)

**Harvest:** 8 weeks from sowing



### **Dill**

**Sow:** January – April (indoors) March onwards (direct)

**Harvest:** 8 weeks from sowing

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, non-bulbing**

**Grown by:** Jane Brown and Fran Mosely – Stratford Road Allotments and Burleigh

**Sow:** January – April (indoors) March onwards (direct) **Harvest:** 8 weeks from sowing

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



**Grown by:** Zoe Brooks - Winchcombe

**Sow:** January – April (indoors) March onwards (direct) **Harvest:** 8 weeks from sowing

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.



### **Marjoram**

**Grown by:** Jane Brown – Stratford Road Allotments

**Sow:** January – April (indoors) March onwards (direct)  
**Harvest:** 8 weeks from sowing

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**

**Grown by:** Jane Brown and Fran Mosely – Stratford Road Allotments and Burleigh

**Sow:** January – April (indoors) March onwards (direct)  
**Harvest:** 8 weeks from sowing

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

## Salsify



**Grown by:** *Fran Mosley - Burleigh*

**Sow:** March – May **Harvest:** September - December

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.

## Sweet Cicely



**Grown by:** *Jane Brown – Stratford Road Allotments* **Sow:**

January – April (indoors) March onwards (direct) **Harvest:** 8 weeks from sowing

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.

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## FLOWERS

### Allium Christophii



**Grown by:** *Jane Brown – Stratford Road Allotments*

**Sow:** At any time. Will need a period of stratification over the winter.

Known for their globe shaped flower heads that remain attractive once dried as well in flower. *Allium Christophii* produces striking globes of violet, star-shaped flowers in early summer. The long, linear leaves die back before the blooms appear in early summer.



### **Allium Purple Sensation**

**Grown by:** *Jane Brown – Stratford Road Allotments*

**Sow:** At any time. Will need a period of stratification over the winter.

24-30cm with round head of bright purple flowers. Bulb.



### **Alchemilla mollis**

**Grown by:** *Jane Brown – Stratford Road Allotments*

**Sow:** Spring, direct

Easily self-seed everywhere. Lime green sprays of flowers above beautiful, rounded leaves. Raindrops sit on leaves.



### **Aquilegia Blue**

**Grown by:** *Jane Brown – Stratford Road Allotments*

**Sow:** Aquilegia often need a period of cold to encourage germination. You can also sow the in the spring or early summer.

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 White**

**Grown by:** *Jane Brown – Stratford Road Allotments*

**Sow:** Aquilegia often need a period of cold to encourage germination. You can also sow the in the spring or early summer.



### **Borage**

**Grown by:** *Jane Brown – Stratford Road Allotments*

**Sow:** Feb-April (indoors) April – May (direct)

Wonderful for pollinating insects. Flowers are edible, some say they taste like cucumber, good in a glass of Pimm's!

### **Calendula (Marigold/Tagetes)**



**Grown by:** *Jane Brown, Heather Slater and Jackie Rowanly – Stratford Road Allotments, Horsley and Summer Street Allotments*

**Sow:** March – May (direct)

Wonderful bright orange daisy flowers: petals are edible in salads, dried heads (or fresh) make a medicinal tea for Winter sunshine. Roots believed to deter cabbage root fly. 18 x 18cm. Annual, Summer.

### **Corn Cockle**



**Grown by:** *Sally Deacon – Ruscombe*

**Sow:** March – May (direct)

Enjoys a sunny spot.

### **Forget-me-not**



**Grown by:** *Jane Brown – Stratford Road Allotments*

**Sow:** From mid Spring, after any danger of frost

Bright blue flowers in mid spring, a real treat, and the bees like them too. Low growing 10-15cm. Annual.

### **Foxglove, annual**



### **Foxglove, annual, yellow**

### **Foxglove, Perennial**

**Grown by:** *Sally Deacon and Fran Mosely – Ruscombe and Burleigh*

**Sow:** April-July

### **Gladioli Species Byzantium**



**Grown by:** *Jane Brown – Stratford Road Allotments*

**Sow:** 6 weeks before the last frost in the Spring

Gladioli. *G. communis* ssp. *Byzantium*. This is the species *gladioli*, a bright cerise pink, small flowered. 60cm tall in June. Good cut flower, self-seeds easily.



### **Hollyhocks – mixed**

**Grown by:** *Jane Brown – Stratford Road Allotments*

**Sow:** April – May (indoors) or May - June (direct)

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



### **Lavender**

**Grown by:** *Fran Mosely - Burleigh*

**Sow:** Feb - July

Slow to germinate (may take many months), may need to germinate indoors.



### **Linaria**

**Grown by:** *Jane Brown – Stratford Road Allotments*

**Sow:** May - June

4 inch narrow plant with narrow leaves and spikes of bright purple flowers, bees love them. Annual, Summer.



### **Nasturtium, Mixed and Apricot**

**Grown by:** *Jane Brown, Heather Slater and Ebley allotment folk – Stratford Road Allotments and Horsley, Ebley Allotments seed bank bed*

**Sow:** March-May

Creeping plant, round leaves, and trumpet flowers. Bees love them and they will attract the cabbage butterflies to eat them instead of your brassicas.

Apricot - Bright red, orange and golden yellow. Pale apricot with dark markings – may not come true to colour! Annual, Summer.



### **Nicandra Physalodes [Shoofly]**

**Grown by:** *Fran Mosley - Burleigh*

**Sow:** Late Spring – Early Summer

The shoo-fly plant has bell-shaped (inedible) flowers that bloom June to October. A member of the Solanaceae family. An unusual addition to your garden flowers.





### **Perennial sweet pea**

**Sow:** October-November or January – April (indoors) **Plant:** April

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.



### **Poppies, tall pink, frilly**

**Grown by:** *Josie Cowgill - Stroud*

**Sow:** Spring or Autumn

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.



### **Poppy, Red**

**Grown by:** *Sally Deacon - Ruscombe*

**Sow:** Spring or Autumn



### **Scabious, tall**

**Grown by:** *Jane Brown – Stratford Road Allotments*

**Sow:** March-May

A classic British garden plant, invaluable for its hugely long-flowering season and good vase life. Unscented. Finches love the seeds, so be quick to collect as they will beat you to it!



### **Sunflowers, giant**

**Grown By:** *Heather Slater – Horsley*

**Sow:** April – May (indoors) June (direct)

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



**Sweet Pea, burgundy**

**Grown by:** *Jane Brown – Stratford Road Allotments*

**Sow:** Late Feb/early March (indoors) or early May (direct)



**Triteleia, blue**

**Grown by:** *Jane Brown – Stratford Road Allotments*

**Sow:** Sep-Nov **Flowers:** June-July

Single stems of clusters of funnel-shaped blue flowers in early Summer. 15cm tall, long narrow leaves. Forms corms and self-seeds easily. Lovely delicate plant for open well-drained spot.



**Yellow Rattle**

**Grown by:** *Sally Deacon – Ruscombe*

**Sow:** Autumn, for period of stratification over winter.

Yellow rattle is semi parasitic on grass and is useful for growers trying to establish wildflower beds in their lawns

**Thank you to all the wonderful Seed Guardians of Stroud District!**



For growing advice and further information, please see online. RHS, Vital Seeds, 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.





## **HOW TO GET HOLD OF OUR SEED**

We are now distributing our seeds from 6 locations around Stroud. All these locations are doing spectacular work to support their community, please visit the website and their shops to explore the good work they are doing and for opening times.



<p><b>Loose Plastic Free Shop</b></p> <p>Our small but perfectly formed shop offers a range of unpackaged food (mostly organic) plus a selection of other useful household and personal care items.</p>	<p>4 Lansdown, Stroud GL5 1BB</p> <p><a href="http://looseplasticfree.co.uk/">http://looseplasticfree.co.uk/</a></p>
<p><b>The Trinity Rooms</b></p> <p>The Trinity Rooms Community Hub is a collaboration between the Earth Protector Community, StroudCo, the Church, and local individuals. The aim is to provide a space for a range of activities which benefit the environment, and the health and well-being of local people.</p>	<p>Field Road, Stroud GL5 2HZ</p> <p><a href="https://stroudtrinityrooms.org/">https://stroudtrinityrooms.org/</a></p>
<p><b>Paganhill Community Shop</b></p> <p>Our aim is to provide a safe place where everyone feels welcome.</p>	<p>The Octagon Community Hub (former Baptist Church) Farmhill Lane GL5 4BX</p> <p><a href="https://paganhill.org/community-cafe/">https://paganhill.org/community-cafe/</a></p>
<p><b>The Long Table, Brimscombe</b></p> <p>The Long Table is a community food hall supporting community food hubs and local supply chains around Gloucestershire. We are a social enterprise, started in 2018 by Tom Herbert and Will Mansell and have grown up rapidly from serving 50 hot meals a week on site to neighbours, to over 48,000 freshly cooked frozen meals (with the help of partner kitchens) during recent lockdown.</p>	<p>Unit 1, Brimscombe Port, Brimscombe, Stroud GL5 2QQ</p> <p><a href="https://www.thelongtableonline.com/">https://www.thelongtableonline.com/</a></p>
<p><b>Chalford Community Shop</b></p> <p>Chalford Village shop is a co-operative run by volunteers providing fresh local produce and services, supporting local enterprise, and creating a social and information hub at the heart of the village. We sell produce from organic vegetables to newspapers and tea bags to local craft from Made in Chalford.</p>	<p>Tankards Spring, High St, Chalford, Stroud GL6 8DJ</p> <p><a href="https://chalfordshop.wordpress.com/">https://chalfordshop.wordpress.com/</a></p>
<p><b>Horsley Community Shop</b></p> <p>Now in our second decade, we are the hub of the community. An award winning, volunteer run, village shop.</p>	<p>The Pavilion, Priory Fields, Horsley, Stroud GL6 0PT</p> <p><a href="https://horsleyshop.co.uk/">https://horsleyshop.co.uk/</a></p>

**Find us at the following events, visit our seed distribution locations (as above) or get in touch with any special requests.**

## **2022 Events**

### **Potato Day – Saturday 5<sup>th</sup> February 2022**

Come and join Stroud's annual Potato Day. Pick up dozens of varieties of seed potatoes.

SB seeds won't be available at this event. We may have seeds available at a market this Winter / Spring, To find out more, stay in tune via our communication platforms.

Time: 8.30am – 2pm

Location: Union Street, Stroud, GL5 2HE

## **Seed Saving Workshops 2022**

We request that any seeds donated to the seed bank must be from growers who have attended one of our basic seed saving workshops. This ensures the seed maintains a level of quality necessary for distribution. Please attend one of our workshops if you have not done so before, no matter your experience level!

Dates and times of workshops are yet to be announced, look out for an update on email Google Groups, Facebook, and Instagram. To register an interest, email me on the contact details at the back of this catalogue.

## **How to Donate your Saved Seed**

Every November, at our annual Harvest Gathering, we bring seeds and seed savers together to share stories of the growing year. We then collect the seeds, take our share, and packet up the rest for the next years distribution. Anyone is welcome to join! If you'd like to donate seed and want to be kept in the loop for the Harvest Gathering in 2022, send an email with your interest. We look forward to hearing from you.

## 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

We would love to support new seed saving groups to grow and flourish, building a network of seed banks across Stroud. If you are interested in setting up a seed bank in your area, please use our resources to start up and get in touch.

For information on how to save your own seed, come to one of our workshops in Spring / Summer 2022, dates TBA, email with your interest. We have a Google Group and a Facebook page which provides a platform for seed savers in Stroud to share advice, tips, stories and questions.

There are many seed saving resources online - The Heritage Seed Library, Vital Seeds 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!

This year we also collated a [Stroud Community Seed Bank Seed Saving Resource e-booklet](#) for your use.

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](mailto: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](http://www.downtoearthstroud.co.uk/seed-saving)

**Find us on Facebook** for news, sharing and opportunities:  
[@stroudcommunityseedbank](https://www.facebook.com/@stroudcommunityseedbank)

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



