SEEDS of CHANGE

goodness from the ground up

2020 ORGANIC seed catalog

Organic Heritage Since 1989
Celebrating Over 30 Years
DEAR ORGANIC GARDENER

For most, a New Year and a New Decade are a time for transformation. For us at Seeds of Change™, it’s a chance to reaffirm our commitment to preserving biodiversity, promoting sustainable organic agriculture, and being 100% organic. We are dedicated to making our organic seeds available to everyone at as many places as possible.

Ordering Seeds of Change™ seeds is as easy as ever. Our partnership with Amazon allows us to provide the most convenient shopping experience. Visit Seedsofchange.com to see our complete offering of organic seeds and when you are ready to purchase you can simply select “SHOP ONLINE” to enter our Amazon store.
You’ll also find our exciting Specialty Garden Collections and our NEW Recipe Garden Collections that will inspire you in the garden and the kitchen.

In addition to our extensive organic seed offering on our website, we also have our delicious Seeds of Change™ Food items. A wide variety of convenient ready to heat organic rice and grains, beans, and sauces along with our seasoning packets. Try something new today!

Thank you for having us in your garden and on your table. We wish you an abundant growing season.

Yours in the Garden.

**The Seeds of Change Team**

*Amazon retail prices and shipping rates are determined by Amazon.*
**LEGEND**

**Heirloom** Handed Down for a Minimum of 60 Years

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>TA</td>
<td>Tender Annual</td>
</tr>
<tr>
<td>TP</td>
<td>Tender Perennial</td>
</tr>
<tr>
<td>HA</td>
<td>Hardy Annual</td>
</tr>
<tr>
<td>HP</td>
<td>Hardy Perennial</td>
</tr>
<tr>
<td>HB</td>
<td>Hardy Biennial</td>
</tr>
<tr>
<td>R</td>
<td>Reseeding</td>
</tr>
<tr>
<td>F-1</td>
<td>Organic Hybrid Variety</td>
</tr>
<tr>
<td>🌾</td>
<td>SOC Original/Exclusive</td>
</tr>
<tr>
<td>🌲</td>
<td>Pollinator</td>
</tr>
<tr>
<td>🌺</td>
<td>Beneficial/Insectary</td>
</tr>
<tr>
<td>✂️</td>
<td>Cut Flower</td>
</tr>
<tr>
<td>🥗</td>
<td>Salad Mix Item</td>
</tr>
<tr>
<td>⚱</td>
<td>Drought Tolerant</td>
</tr>
<tr>
<td>🔥</td>
<td>Moderate Water</td>
</tr>
<tr>
<td>🌥</td>
<td>Frequent Water</td>
</tr>
<tr>
<td>☀️</td>
<td>Full Sun</td>
</tr>
<tr>
<td>☀️</td>
<td>Partial Shade</td>
</tr>
</tbody>
</table>
AMARANTH

BURGUNDY AMARANTH

TA/R 叶子

This tall, dramatic plant with long burgundy plumes bears plentiful, edible and nutritious white seeds. Its tender young reddish-purple leaves add color to salads.
Open Pollinated • 6–8 ft. plants • 55 days to harvest

HOPI RED DYE

TA/R 为植物

This heirloom produces seedlings for colorful microgreens, deep red baby leaves for salads or steaming, and flowers for bouquets. Seeds are excellent for making a high-protein, gluten-free flour.
Open Pollinated • 4–6 ft. plants • 3–21 days baby.
70 days to flower, 110 days to seed
ARTICHOKE

IMPERIAL STAR

TA/R

Unlike other varieties, this produces delicious artichokes the first year. Start indoors in February because cool temperatures help with growth and flowering.

Open Pollinated • 3–4 ft. plants • 85 days to harvest

ARUGULA

HA/R

This quick, easy-to-grow, healthy, cool season heirloom salad green has deeply lobed leaves with a distinctive nutty flavor that gets spicier as it matures.

Open Pollinated • 3–6 ft. plants • 40 days to harvest
TA

Beans have been a staple food for many cultures and can be enjoyed in the fresh snap, green shell or dry mature stages. They are easy to grow, drought tolerant, and productive. The beautiful seeds come in an infinite array of colors, patterns, and shapes and have been used as jewelry as well as currency.

BEANS

BEURRE DE ROQUENCOURT
This butter-yellow heirloom wax bean produces long, elegant stringless beans for steaming or canning. Heirloom (Open Pollinated) • 16–20 in. plants, 5–6 in. pods. 55 days to harvest

BLUE LAKE
The best-tasting green bean in our trials. Productive plants yield tender, sweet, round stringless beans that are great for fresh eating, canning, and freezing. Open Pollinated • 15 in., 6–7 in. pods. 55 days to harvest

COBRA POLE BEAN
This french beauty is a climbing bean with straight, stringless pods that reach 7” or longer. Their flavor is tender, sweet and they will quickly become a family favorite. (Open Pollinated) • 16–20 in. plants, 7+ in. pods. 75 days to harvest

GREAT NORTHERN BEAN
This pure white, kidney-shaped bean is widely used for making flavorful baked beans and delicious soups. The great northern bean is a productive, early maturing bush bean that cooks quick and easy. Heirloom (Open Pollinated) • 20–24 in. plants. 85 days to harvest

6 Easy ordering at SeedsofChange.com
**TIGER’S EYE**
These gorgeous, easy-to-grow heirloom soup beans are orange with dark maroon swirling stripes. The flavor is similar to pinto beans, but creamier in texture.
Heirloom (Open Pollinated) • 36–42 in. plants.
90 days to harvest

**JADE BEAN**
The deliciously tender pods of this early, productive, heat tolerant bean are a glossy deep green, and stay slender and straight on sturdy, upright plants.
Open Pollinated • 18-24 inches, 6-7 inches pods.
50 days to harvest

**MARDI GRAS BLEND**
A delightful blend of purple, yellow and green snap beans make a fun and eye-catching display in the garden. Varieties selected for their excellent flavor and even rates of maturity. Plant successions and harvest these beautiful, festive beans all season. Includes Gold Rush Yellow Wax, Royal Burgundy and Strike snap beans.
Open Pollinated • 5” pods.
55 days to harvest

Easy ordering at SeedsofChange.com
COLORFUL BEET MIX
HB ⛲️
This variety has all of our favorite beets including deep red, golden, and candy-striped roots topped by nutritious bright green, dark green with red ribs, and dark red foliage.
Open Pollinated • 8–12 in. tops • 2–4 in. roots.
70 days to harvest

DETROIT DARK RED BEET
HB ⛲️
A favorite since 1892, this deep-red, 2-4” diameter beet is an outstanding keeper. Downy mildew resistant, red-stemmed tops are very flavorful. Not as uniform as our other red rooted varieties. Heirloom Open Pollinated • 8-12” tops, 2-4 in. roots.
60 days to harvest

YELLOW BEET
HB ⛲️
A smooth-skinned beet with deep, solid red flesh and tender green tops. This uniform variety matures slightly earlier and develops a single root for easier, more precise seeding.
Open Pollinated • 8-12 in. tops • 2–4 in. roots
60 days to harvest

CHIOGGIA
HB ⛲️
The sweetest and mildest of beets when cooked, this Italian heirloom reveals a red-and-white bull’s eye pattern when sliced and looks especially festive grated for salad.
Heirloom (Open Pollinated) • 8–12 in. tops • 2–4 in. roots.
60 days to harvest

SHIRAZ TALL TOP
HB ⛲️
A SEEDS OF CHANGE® Original, selected for its lush, fast-growing tops and dark red, uniformly round roots. This flavorful variety has incredibly smooth skin and is resistant to dry rot.
Open Pollinated • 10–14 in. tops • 3–4 in. roots.
60 days to harvest

BEET
ALVRO MONO
HB ⛲️
A smooth-skinned beet with deep, solid red flesh and tender green tops. This uniform variety matures slightly earlier and develops a single root for easier, more precise seeding.
Open Pollinated • 8-12 in. tops • 2–4 in. roots
60 days to harvest

Easy ordering at SeedsofChange.com
BROCCOLI

HA 🌟
A nutritious garden favorite, broccoli loves cool weather and can be planted in early spring for a summer harvest, or in late summer for a fall/winter crop sweetened by fall frosts.

EARLY GREEN
This short-season broccoli variety yields a large, tight head followed by an abundance of succulent side shoots until a hard freeze.
Open Pollinated • 18–24 in., 5–7 in. head.
60 days to harvest

FIESTA F-1
A tasty and nutritious F-1 Organic Hybrid Variety with tall, dark, blue-green domed heads on medium compact plants. This impressive variety is suitable for summer and fall harvesting and has proven disease-resistance.
F-1 Organic Hybrid variety • 18–20 in., 6–7 in. head.
65 days to harvest

BRUSSELS SPROUTS

HB 🌟
This dependable, cold-hardy hybrid produces stocky towers of tender round Brussels sprouts sweetened by frosts in the fall.
Plant in early August to harvest for your Thanksgiving feast. Can also be grown overwinter in mild winter climates.
BILKO F-1
A champion barrel-shaped hybrid, this variety has a great mild-sweet taste and produces pale-green heads. This Napa cabbage grows in the summer and into the fall, and has superior disease-resistance.
F-1 Organic Hybrid Variety • 12x5 in. • 65 days to harvest

BOK CHOY
This nutrient dense food is a must for stir-fries! A beautiful dark green chinese cabbage that is quick growing - only 45-50 days to mature. Bok choy is a cool weather crop that grows best in spring and fall.
Open Pollinated • 10–12 in. • 50 days to harvest

NIKKO F-1
An early maturing hybrid, this delicious Napa type cabbage is suitable for summer and fall harvest. The dark-green, compact plants have an extended growing season and are resistant to disease.
F-1 Organic Hybrid Variety • 11x5 in. • 50 days to harvest

RED ACRE
A true favorite, this stunning reddish-purple cabbage produces uniform heads. Great raw, cooked or in cole slaw. Early to harvest, resistant to splitting and disease.
Open Pollinated • 10–14 in., 2–4 lb. head • 75 days to harvest

CABBAGE
A staple crop of northern peoples for many centuries, Cabbage is wonderful in cole slaws, salads, stir-fries, and sauerkraut.
COLORFUL
Enjoy the fun and convenience of this blend of our favorite colored carrots in orange, purple, yellow, and white for a beautiful harvest with a range of savory and sweet flavors.
Open Pollinated • 8–10 in. roots • 75 days to harvest

GARDEN CARROT MIX
This widely adapted mix of crispy, sweet, cylindrical Nantes and long elegant Imperator varieties yields the most delicious fresh eating orange carrots.
Open Pollinated • 6–12 in. roots • 75 days to harvest

PURPLE CARROT
A nice change of color! These delightful purple carrots are cold hardy and one of the most nutritious carrots out there. The deep purple color offers more antioxidants than orange carrots and is higher in minerals and vitamins than its orange counterpart.
Open Pollinated • 7-8 in roots, 10-12 in tops. 80 days to harvest

NAPOLI F-1
This very early season hybrid produces super sweet, full-sized, and cylindrical carrots with bright orange roots and strong tops.
F-1 Organic Hybrid Variety • 7–8 in. roots, 10–12 in. tops • 60 days to harvest

RED CORE CHANTENAY
This heirloom variety produces carrots with tapered roots, broad shoulders, and strong tops that make great winter keepers.
Heirloom (Open Pollinated) • 5–7 in. roots, 8–10 in. tops • 70 days to harvest

YAYA F-1
This is an early, bright orange carrot known for superior taste in every season. A favorite in home gardens and farmer’s markets, it has the classic cylindrical shape and blunt tip.
F-1 Organic Hybrid Variety • 6 in. roots, 12 in. tops. 50 days to harvest

Easy ordering at SeedsofChange.com
CAULIFLOWER

SNOWBALL CAULIFLOWER
HB ⬆️
This early variety has robust, self-wrapping erect leaves that offer good protection. The heads are an ivory color, with excellent flavor. Open Pollinated • 20–26 in. plants, 6–7 in. heads. 65 days to harvest

CELERY

UTAH CELERY
HB ⬆️
This vigorous plant has deep green leaves and light green stalks. The crisp 12 in. stalks have compact leaves and light refreshing flavor. Great for use in soups and stock. Open Pollinated • 24–30 in. plants, 12 in. stalks. 95 days to harvest

CHARD

FORDHOOK CHARD
HB ⬆️
This standard Swiss chard yields medium-green leaves accented with white veins on broad white stems. Use the tender baby leaves in salads or full size for cooking. Open Pollinated • 16–18 in. leaves. 55 days to harvest

12 Easy ordering at SeedsofChange.com
CHIVE

GARDEN CHIVE
HP 🌞 ☀️
Harvest the greens from this easy-to-grow perennial heirloom variety and enjoy the mild onion flavor with baked potatoes, fish, and egg dishes.
Heirloom • 12–24 in. • 75 days to harvest

NELLY CHIVES
HP 🌞 ☀️
This dark blue green onion chive has long, slender leaves that can be chopped for baked potatoes, soups and salads. The pretty purple flowers are edible and make a nice onion flavored garnish or salad addition. It has an upright growth habit and is disease and pest resistant.
Open Pollinated • 12 -24 inches • 75 days to harvest

COLLARD

COLLARD GREENS
HB 🌞 ☀️
Tender, mild-flavored, blue-green collard leaves which are full of vitamins and antioxidants. Heat-tolerant and frost hardy, leaves grow sweeter with fall frosts.
Open Pollinated • 3 ft. plants • 65 days to harvest

VATES CHAMPION
HB 🌞 ☀️
Very nutritious with broad, thick leaves that grow sweeter in cool weather or fall frosts. It is late to go to seed for a longer harvest and tolerant of temperature extremes during growing season.
Open Pollinated • 3 ft. plants • 70 days to harvest
BEEF, BROCCOLI AND PEPPER STIR FRY

Cook up some Asian-fusion excitement with this tempting recipe. You’ll discover that delicious things happen when you stir-fry sirloin steak and veggies in a sauce that includes broth, sherry, and Sriracha sauce.

Visit SeedsofChange.com for recipe and to order seeds and food products.
CORN

One of the three most important food crops of humankind, corn has evolved into several types: sweet, starch, parch, flint, dent, popcorn, and ornamental. It is traditionally companion-planted with pole beans and squash, known as the “Three Sisters.”

DAKOTA BLACK
This variety yields a long maturing corn that makes delicious white popcorn with black centers. For best results when popping, let this variety completely dry in the field.
Open Pollinated • 4–6 ft. plant, 5–6 in. ear.
105 days to harvest

GOLDEN BANTAM
Two or more slender ears with 8 rows of deep, broad golden kernels bursting with old-fashioned corn flavor are produced on each plant of this home garden favorite.
Heirloom (Open Pollinated) • 5–6 ft., 7–8 in. ears.
80 days to harvest

HOOKERS
A SEEDS OF CHANGE® Original, like other sweet corns, the young white ears are the most flavorful. Maturing to dark purple kernels, this is an early variety that thrives in mild summers.
Heirloom (Open Pollinated) • 4–5 ft. plant, 5–6 in. ears.
• 65 days to harvest
CRESS

CRESSIDA CRESS
HA/R

A curly-leaved, vigorous, mildly spicy variety can be grown indoors like sprouts, in containers or densely planted in outdoor gardens. Produces from spring to fall and is great for salads or garnish.
Open Pollinated • 3–8 in. • 20 days to harvest

INNOVATIVE PACKAGING

Our recyclable, moisture-proof seed packets feature a resealable zipper that helps keep seeds viable for years. This long lifespan helps reduce waste by eliminating the need to produce more seed packages.
CUCUMBER

ADAM F-1
This high-yielding hybrid produces small, crispy fruit and is the perfect size for pickling. This variety is disease-resistant and long-lasting.
F-1 Organic Hybrid Variety • 4–6 ft. vine, 2–4 in. fruit.
50 days to harvest

AKITO F-1
This is a high-yielding hybrid that produces straight, uniform dark green fruit. A main season slicing cucumber, it has market-winning taste and is moderately disease-resistant.
F-1 Organic Hybrid Variety • 4–6 ft. vine, 6–8 in. fruit.
55 days to harvest

MARKETMORE
One of the most dependable slicer/salad varieties with true cucumber flavor, these prolific vines produce well in hot or cool weather until frost and are virus and disease-resistant.
Open Pollinated • 4–6 ft. vine, 6–8 in. fruit.
60 days to harvest

PAINTED SERPENT
This thin-skinned, crispy, and extra sweet Armenian-type cucumber has dark and light green stripes adorning the large, curved fruits perfect for refreshing summer salads.
Open Pollinated • 4–6 ft. vines, 12–18 in. fruits.
65 days to harvest

PLATINUM
This improved, white-skinned cucumber has received rave reviews for its sweet, mild flavor and crispy texture from our test farms around the country. Enjoy them sliced or in salads.
Open Pollinated • 3–5 ft. vines, 5–7 in. fruit.
60 days to harvest

SABER F-1
This is an early, high-yielding hybrid that produces uniform, dark green, round fruit. It can recover and continue to produce after cold spells and is moderately disease-resistance.
F-1 Organic Hybrid Variety • 4–6 ft. vine, 7–9 in. fruit.
50 days to harvest

SUMTER
Perfect for pickling, this disease-resistant cucumber variety produces blocky, slightly tapered, medium-green fruit with white spines. Widely adapted for growing in all regions.
Open Pollinated • 4 ft. vines, 5 in. fruit • 56 days to harvest

Cucumbers are easy to grow and have been cultivated for over 3,000 years for fresh eating and pickling.
EGGPLANT

IMPERIAL BLACK BEAUTY
TA
This popular heirloom variety yields plump, 4–5 in. diameter, shiny purple fruits with rich flavor great for eggplant parmesan.
Heirloom (Open Pollinated) • 18–24 in. plants, 4–6 in. fruit • 80 days to harvest

LITTLE FINGERS EGGPLANT
TA
These small, slender eggplants have glossy black skin and mild, delicate flavor. They are ideal for cooking quickly in a stir fry, and produce an early, prolific crop. • 22-26 inch plant; 4-6 inch fruit • 65 Days to Harvest

ENDIVE

TRES FINE MARAICHERE
HB/R
This variety produces finely cut, frilly leaves. An essential part of mixed greens salads for their mild flavor and leaf texture. Great as baby leaves, this variety prefers cooler growing conditions.
Heirloom (Open Pollinated) • 8–12 in. plants. 55 days to harvest
TRUE SIBERIAN KALE
HB  ★ ★ ★ ★
This fast growing, exuberant kale has large, frilly, blue-green leaves that are particularly delicious when sweetened by fall frosts. As its name suggests, this hardy variety withstands cold winter weather and is slow to bolt to seed in summer making this a good year-round crop • 24–30 inches. 65 Days to Harvest

DINOSAUR
HB  ★ ★ ★ ★
The dark blue-green leaves of this popular, cold-hardy kale are valued for their high nutritional content. Delicious and tender, the flavor gets even sweeter after a few hard frosts. Heirloom (Open Pollinated) • 24–30 in. plants 70 days to harvest

RED RUSSIAN
HB  ★ ★ ★ ★
This variety is sweeter and more tender than other kales, especially during warm weather. The red-veined bunching leaves will also tolerate extreme cold which deepens the color. Open Pollinated • 24–30 in. plants 55 days to harvest
LEEK

SHERWOOD

HB ⦿ ⦿ ⦿

This dependable summer and fall leek is tender and delicately sweet with long elegant shanks up to a foot long. Enjoy them grilled, sautéed, stir-fried, or in soups.
Open Pollinated • 18–30 in. plant • 80 days to harvest

GREENS

ALL LETTUCE MIX

This variety yields a diverse mix of lettuces with contrasting colors, textures and shapes. Succession planting enables a steady supply to make tender, tasty, baby leaf salads all season long.
Open Pollinated • 3–4 in. baby leaves • 28 days to harvest

EMERALD OAK

These brilliant green, oak-shaped leaves form a tight rosette and have a great buttery texture and crunchy heart when mature. This spring/fall variety can also be used for baby leaf salads.
Open Pollinated • 8–10 in. heads • 55 days to harvest

CONCEPT GREEN LEAF

This variety features outstanding, dense, full-size heads with exceptionally sweet flavor. It has good heat resistance and holds up well in cooler fall weather.
Open Pollinated • 12 in. heads • 50 days to harvest

Easy ordering at SeedsofChange.com
**GREEN ROMAINE**
This is a dark green romaine with a nice crunch and full-bodied flavor that sets the standard. It grows well everywhere with some disease resistance.
Open Pollinated • 12 in. head.
80 days to harvest

**GREEN WAVE MUSTARD**
Spicy and hot when fresh, the vibrant green, deeply frilled, finely cut leaves of this mustard mellow when cooked. The upright plants do not bolt to seed in the heat as quickly as most others. Harvest the tender baby leaves for salad and use the mature leaves for cooking.
Open Pollinated • 12 in. heads.
80 days to harvest

**MESCLUN MIX**
This Seeds of Change® Original produces a potpourri of color, shape, taste and texture. Enjoy harvesting a new combination each day with this assortment of colorful early greens.
Open Pollinated • 3–4 in. baby leaves.
28 days to harvest

**MIZSPOONA MUSTARD GREENS**
Perfect for gourmet dishes or to add great color and flavor to salads, also an excellent garnish. Packed with nutrients, this micro greens blend contains broccoli, mizuna, red russian kale and purple vienna kohlrabi.
Open Pollinated • 12-24 inches.
45 days to harvest

**MICRO GREENS**
Perfect for gourmet dishes or to add great color and flavor to salads, also an excellent garnish. Packed with nutrients, this micro greens blend contains broccoli, mizuna, red russian kale and purple vienna kohlrabi.
Open Pollinated • 3–4 in. baby leaves.
20 days to harvest

**MIZUNA MUSTARD**
Slender stalks bear feathery, mildly spicy leaves. Vigorous and cold hardy, this is a standard “cut-and-come-again” salad or braising mix ingredient.
Open Pollinated • 12–24 in. plants.
45 days to harvest
OSAKA PURPLE
Large, rounded purple leaves are beautiful, pungent, and sharp at full size, milder at baby stage for salads or braising. This variety can also be used as a companion plant to repel garden pests.
Open Pollinated • 12–24 in. heads.
45 days to harvest

OUTREDGEOUS
Especially for salad mix, this slightly ruffled baby romaine is known for its early, dark cherry red color and upright habit for easy cutting. Be sure to include this one in your custom mixes • 3 - 4 inch baby leaves.
28 days to harvest

RED GIANT
Attractive, flavorful variety with large, reddish-purple tinted leaves that spice up baby salad mixes when harvested young. Mature leaves have a real kick that mellows when cooked; produces all year.
Open Pollinated • 12–14 in. heads.
50 days to harvest

TATSOI
Nice rosettes of dark green, spoon-shaped leaves that add a delicate, mild flavor to stir-fries and salads. Best production in early spring and fall; can be harvested even after snowfall.
Open Pollinated • 8–12 in. heads.
50 days to harvest

WALDMANN’S
The “gold standard” of green, loose-leaf lettuce for its vigor, reliability, bolt resistance and excellent flavor, this variety yields big and fast in spring and fall.
Open Pollinated • 12 in. heads.
50 days to harvest
SEVEN-GRAIN SALAD WITH FRESH HERBS & ITALIAN VINAIGRETTE

Who said you need a lot of greens to make a great salad? The wholesome, organic grains and refreshing herbs in this recipe will have you coming back for more. And to make it totally irresistible, add the perfect amount of Italian vinaigrette dressing.

Visit SeedsofChange.com for recipe and to order seeds and food products.

Grow your own ingredients:
- Basil   pg. 48 & 49
- Cucumber pg. 17
- Carrots  pg. 11
- Green Onions pg. 28
- Parsely  pg. 52
**Arava F-1**
A cross between a cantaloupe and a honeydew, this variety is famous for its rich, perfumy flavor and sweet green flesh. A very reliable producer; when the netted skin turns yellow, it’s ripe.
F-1 Organic Hybrid Variety • 3–4 lb. fruit
70 days to harvest

**Eel River Melon**
Luscious dense orange flesh infused with a distinctive, creamy peach flavor make this one of our finest melons. The distinctive thin spotted skin and pointed shape of this ugly-duckling is rarely found in stores. Grow your own to enjoy this treasure originally from Japan • 3-8 lb. fruit
95 days to harvest

**Sharlyn**
A juicy, perfumy melon with remarkable flavor and creamy, pale orange flesh. A productive garden favorite, it adds a fresh flavor and extra sweetness to fruit salads, fruit punch, or citrus drinks.
Open Pollinated • 3–6 lb. fruit • 90 days to harvest

**Haoegen**
This garden melon has juicy, light green flesh that is sweet and tangy at the same time. It has an unusual appearance with ribbed green and orange skin that turns yellow when it is ripe.
Open Pollinated • 1–3 lb. fruit • 85 days to harvest
**BLENHEIM ORANGE**

This heirloom melon is just the right size for one or two servings and perfect for smoothies. It grows well in short season areas where the days stay hot and the nighttime temperatures dip down.

Heirloom (Open Pollinated) • 1–2 lb. fruit
85 days to harvest

---

**HALES BEST**

These delicious early, heirloom muskmelons yield fruits that are heavily netted with a light rib and slip from the vine when ripe. The orange fruit is firm and sweet.

Heirloom (Open Pollinated) • 3–4 lb. fruit
75 days to harvest

---

**ORO RICO F-1**

A main summer season fruit that is sweet-tasting, with firm, crisp flesh. The high-yielding vines are disease-resistant and produce uniform, round melons that have a long shelf life.

F-1 Organic Hybrid Variety • 3–4 lb. fruit
90 days to harvest

---

**TOP MARK**

These delicious muskmelons yield oval fruits that have a heavy net over a yellow-green rind and slip from the vine when ripe. The orange fruit is firm, sweet and aromatic.

Open Pollinated • 3–4 lb. fruit
80 days to harvest

---

Easy ordering at [SeedsofChange.com](http://SeedsofChange.com)
**OKRA**

**GREEN OKRA**

Traditionally used in Gumbo and delicious fried or sautéed, this variety yields dramatic bushes with beautiful flowers. Pick daily for best quality and yield.

Open Pollinated • 3–6 ft. plants, 3–4 in. pods.
60 days to harvest

**MAMMOTH SPIINELESS OKRA**

Known for its large, bright green, slightly ribbed pods that remain tender longer than other varieties, Mammoth Spineless is great for canning, frying and gumbo! • 3-6 foot plants; 3-5 inch pods.
60 days to harvest

---

**Giving Back**

**To Help Communities**

---

Move Forward

When you buy any Seeds of Change product, we’ll donate seeds to Veterans Healing Farms, a nonprofit organization that teaches sustainable farming to veterans as a means of cultivating stronger, healthier communities.

26 Easy ordering at SeedsofChange.com
ONION

DAKOTA TEARS
HB ★★★
This variety produces large, yellow onions with hearty flavor. The bulbs have thick necks and can weigh up to a pound each; stores well.
Open Pollinated • 12–16 in. plants, 4–6 in. bulbs.
110 days to harvest

EVERGREEN BUNCHING ONION
HB ★★★
This popular heirloom variety is grown exclusively for green, bunching onions. The crispness and mild flavor of this bunching onion makes it delicious in soups, stir-fries, salsas and omelets.
Open Pollinated • 6–8 in. plant • 75 days to harvest

RED CIPPOLINI
HB ★★★
These small, red, flattened Italian onions have a depth of flavor and sweetness when cooked that makes them a favorite for roasting and caramelizing. They are good keepers • 2-3 inch bulbs.
100 days to harvest

GLADSTONE
HB ★★★
This variety produces a medium-large, white onion with a mildly sweet flavor and very firm flesh. It grows well in the north and tolerates poor soils.
Open Pollinated • 12–16 in. plant, 4–6 in. bulbs.
110 days to harvest

PARADE BUNCHING
HB ★★★
This variety produces uniform, vigorous scallions with a nice, mild onion flavor. The dark green foliage is strongly upright making the bunches easy to pick; grows well everywhere.
Open Pollinated • 8–11 in. plant • 75 days to harvest
RED WING F-1
HB 🌟 🌟
This hybrid variety produces hefty, wine-hued globes. The hard bulbs with superior skin are easy to cut and the perfect sandwich onion.
F-1 Organic Hybrid Variety • 12–18 in. plant
3–4 in. bulbs • 115 days to harvest

ROSSA DI MILANO
HB 🌟 🌟
This productive heirloom has a sweet delicate flavor and beautiful, tight pink skin. The bulbs have high shoulders and firm flesh that taper almost to a heart shape.
Heirloom (Open Pollinated) • 12–18 in. plant,
4–5 in. bulbs • 115 days to harvest

SOUTHPORT RED GLOBE
HB 🌟 🌟
These large onions have deep red, glossy skin and firm, pink–tinged internal rings with mildly pungent flavor perfect for salads, salsas, and drying. Medium storage.
Open Pollinated • 12–18 in. plant, 4–5 in. bulbs
110 days to harvest

YELLOW SPANISH
HB 🌟 🌟
This variety has beautiful pale yellow skin, thick necks, and sweet, flavorful white flesh. Gardeners love it for its high yields, uniform shape, and good disease-resistance. This long-day onion stores well.
Open Pollinated • 12–24 in. plants • 4–6 in. bulbs
115 days to harvest

ZOEY
HB 🌟 🌟
This variety produces a medium-large, white onion with a mildly sweet flavor and very firm flesh. It grows well in the north and tolerates poor soils.
Open Pollinated • 12–16 in. plants, 4–6 in. bulbs
110 days to harvest
DWARF GREY SUGAR PEA POD
This heirloom snow pea variety is loved for both its edible pods and purple flowers. The Dwarf Grey sugar pea variety grows up to 3 feet tall and thrives in cool, wet climates. Can be harvested early as a snow pea or allowed to grow and used as snap pea.
Open Pollinated • 24–36 in. vines • 55 days to harvest

ALASKA SHELL
Each pod of this very early, mildly sweet shelling pea contains 5–8 perfect peas ideal for fresh eating, canning, and freezing. Great for northern growing seasons. Staking is optional.
Open Pollinated • 24–36 in. vines • 55 days to harvest

GREEN ARROW SHELL
This variety yields plump, long pods filled with 8–11 sweet, bright green shelling peas. Productive bushes are widely adapted and disease-resistant.
Open Pollinated • 24 in. bush, 4–5 in. pods • 68 days to harvest

PIONEER SHELL
This variety produces a flavorful, sweet, shell pea with bountiful pods, each bearing 6–9 peas. Good for fresh eating or freezing; bushes are compact and grow well everywhere.
Open Pollinated • 20–24 in. bush, 3–4 in. pods • 63 days to harvest

SUGAR POD 2
This prolific plant produces thick, succulent, and juicy edible-pod snow peas. A reliable bush pea, it does not need trellising and thrives in cool weather.
Open Pollinated • 24–30 in. plant, 3 in. pods • 65 days to harvest
PEPPER

BENDIGO F-1
This early, hybrid variety produces uniformly blocky, thick walled, sweet green-to-red bell peppers on nice erect plants. Excellent results when growing in gardens or greenhouses.
F-1 Organic Hybrid Variety • 24–30 in. plants, 3 in. fruit • 60 days to harvest

BIG RED
The most impressive open pollinated bell pepper we have found, this heirloom has thick, sweet, crispy flesh and thrives in cooler weather conditions. Great stuffed or on pizza!
Open Pollinated • 24–30 in. tall plants • 3–4 in. blocky fruit.
Green 70 days, Red 80 days to harvest

CAL WONDER
This heirloom variety yields sweet, juicy, classic 3–4 in. bell peppers that ripen from dark green to red on vigorous, upright plants. Excellent fresh, roasted, sautéed, or stuffed.
Open Pollinated • 12–18 in. plants • 3–4 in. bulbs • 70 days to harvest

RING-O-FIRE CAYENNE PEPPER
With classic cayenne shape, this long, thin, flaming red chile packs even more heat than the traditional cayenne. A chile addict’s delight, fresh, dried, crushed or powdered. Try making your own vinegar-based hot sauce for Buffalo Wings.
24 -30 inches plants, 4 -6 inch fruit • 80 days to harvest

JALAPENO
This variety yields loads of green conical fruits that get hotter as they mature. Spicy jalapeños can be used in everything from Mexican cuisine to pizza.
Open Pollinated • 24–30 in. • 70 days to harvest

OLYMPUS F-1
This large sweet hybrid bell pepper has thick, juicy walls and ripens to crimson red for all of your favorite recipes. The disease-resistant plants yield a lot of fruit.
F-1 Organic Hybrid Variety • 24–30 in. plants, 4 in. fruit • 75 days to harvest

SERRANO PEPPER
This screaming hot and very productive Serrano will give you dozens of medium-thin walled fruits per plant. Harvest them early when the peppers are green and milder or wait until they’re mature and “red hot”, at about 10,000 Scovilles.
Open pollinated • 24-36” plants, 3” fruit • 75 days to harvest

SHISHITO PEPPER
These trendy Japanese peppers appear on menus everywhere. Delicious sautéed in oil, perfect for tempura and stir-fries. The plants are highly productive with a long season.
Open Pollinated • 24–30 in. plants, 4 in. fruit • 70 days to harvest

SUNBRIGHT YELLOW
Sweet and bright yellow when mature, most of these blocky bells are 4–5 in., but often produce some huge, 7 in. fruits. The thick flesh is perfect for vegetable platters, salsas, and cooking.
Open Pollinated • 24–30 in. tall plants, 4–7 in. blocky fruit.
Green 75 days, yellow 85 days to harvest
PUMPKIN

HOWNDEN
This variety yields classic, large, orange, ribbed Halloween pumpkins with sturdy handles grown on long spreading vines. Excellent for carving jack-o-lanterns. Open Pollinated • 8 ft. vines, 15–30 pound fruit 115 days to harvest

ROUGE VIF D'ETAMPES
This heirloom variety produces a Cinderella storybook style pumpkin known for its stunning, deep burnt red-orange skin and distinctive ribbing. Use for fall decorations, eating, and cooking. Heirloom • 8 ft. vines, 15–40 pound fruit 125 days to harvest

Enjoy your harvest in this seed-to-plate recipe:

TUSCAN VEGETABLE SOUP WITH HEARTY GRAINS
Here’s a recipe that gives you everything you want in a soup: organic grains, nutritious veggies, and a rich, savory broth. It’s the perfect way to warm up on cool evenings—or when you simply want a hearty, delicious bowl of goodness.

Visit SeedsofChange.com for recipe and to order seeds and food products.
CHERRY RADISH
HA ★★★
A tasty, round, brilliant red radish with crisp white core, this variety is tolerant of poor soils and grows in dry, hot weather. Open Pollinated • 1–2 in. root • 25 days to harvest

RADISH

PLUM PURPLE
HA ★★★
This variety produces round, brilliant purple roots that are sweet, crunchy, and never pithy. Its rare color makes it beautiful bunched alone or combined with other colors. Open Pollinated • 1–2 in. root • 25 days to harvest

MIYASHIGE DAikon
HA ★★★★★
Crisp, mild-flavored, long, white traditional Japanese daikon radishes that are ideal for pickling, fermenting, or storage. For best results, sow in late summer for fall harvest. Heirloom (Open Pollinated) • 14–16 in. root • 50 days to harvest

ROUND BLACK SPANISH
HA ★★★
This heirloom variety produces radishes with dark maroon to black skin and mildly spicy white flesh. It stores well. Heirloom (Open Pollinated) • 2–4 in. root • 60 days to harvest

RUDOLF
HA ★★★
This variety produces large, round, red globes with short, erect foliage that are always mild and flavorful with uniform shape and color. It is one of the most sought-after radishes in Europe. Open Pollinated • 1–2 in. root • 25 days to harvest
SPINACH

SPINACH BUTTERFLAY
HA 🌿
This gorgeous open pollinated variety yields large, glossy dark green semi savoy leaves. It is a highly disease resistant variety that does well in spring and fall plantings, and can be overwintered in mild regions.
Open Pollinated • 6-10 in. plants
40 days to harvest

BLOOMSDALE F-1 SPINACH
TA 🌿
This heavily savoyed spinach has medium dark leaves on upright plants making it easy to harvest. Delicious steamed, fresh in salads, and soups and casseroles. Suited for early spring and fall plantings as it is fast growing. Also suitable for winter harvest.
Hybrid, 6-10 inches • 40 days harvest

CORVAIR F-1 SPINACH
HA 🌿
The smooth, dark green, oval round leaves of this fast growing baby-leaf spinach are tender and mild for gourmet quality salads. Grow this disease resistant variety it in spring or fall for best results. Hybrid • 6-10 inch plants • 40 days harvest

RENEGADE F-1 SPINACH
HA 🌿
This early, full size spinach has smooth, dark green leaves with extra sweet flavor. Widely adapted and slow to bolt to seed, Renegade’s voluminous, 8-10 inches leaves keep growing for multiple harvests, spring, summer and fall. This is a good one for beginners.
Hybrid • 6-10 inch plants • 40 days harvest

Easy ordering at SeedsofChange.com
BEST SELLERS
A fabulous collection of our best selling organic seeds. Contains one Pack each of Slow Bolt Cilantro, Dark Star Zucchini, Jalapeno Pepper, Genovese Basil, Garden Carrot Mix, & Marketmore Cucumber.

CULINARY HERBS
Cook like a chef with the organic culinary herb collection. Contains one Pack each of Slow Bolt Cilantro, Genovese Basil, Dill, Italian Flat Leaf Parsley, Thai Basil & Summer Thyme.

FALL SEASON PLANTING
Continue your garden into the cooler weather with our Organic Fall Season Planting Collection. Contains one Pack each of Italian Flat Leaf Parsley, Red Acre Cabbage, Early Green Broccoli, Red Russian Kale, Cherry Radish, & Colorful Beet Mix.

HEALTHY GARDEN SALAD
Looking for healthier meal options? Try our healthy garden collection with all organic seeds. Contains one Pack each of All Lettuce Mix, Red Cherry Tomato, Marketmore Cucumber, Colorful Beet Mix, Nelly Chives & Arugula.

HEIRLOOM
Enjoy the taste of history with our Organic Heirloom Collection. Collection includes one Pack each of Arugula, Red Russian Kale, Yellow Crookneck Squash, Red Core Chantenay Carrot, San Marzano Paste Tomato and Cal Wonder Red Bell Pepper.

JUICING & SMOOTHIE
Grow your own organic juicing/smoothie garden! Contains one Pack each of organic Red Russian Kale, Colorful Beet Mix, Wheatgrass, Renegade F-1 Spinach, Chia & Sumter Cucumber.

KIDS EASY GARDEN
Create fun family time in the garden with children of all ages. Our organic kids easy garden collection contains one Pack each of Genovese Basil, Sumter Cucumber, Blue Lake Bush Bean, Concept Lettuce, Garden Carrot Mix & Sugar Pod 2 Pea.

POLLINATORS
Bees need these & so does your garden! Flowers help keep gardens healthy by attracting pollinators. Contains one Pack each of Tiger’s Eye Sunflower Mix, Cosmos Mixed Seashell, Cut & Come Again Zinnia, CrackerJack Marigold, Siberian Wallflower & Lacy Phacelia.

QUICK GROWERS
Short growing season or just want your produce sooner? Our organic Quick Growers Collection contain one Pack each of Colorful Beet Mix, Arugula, All Lettuce Mix, Sugar Pod 2 Peas, Cherry Radish & Blue Lake Bush Bean.

TOMATO COLLECTION
Enjoy a wide variety of organic tomatoes with our Tomato Collection. Contains one Pack each of San Marzano Paste, Red Cherry, Cherokee Purple, Brandywine, Black Plum & Amana Orange.

ZESTY SALSA
--- Garden Seed Collections ---

--- Four Pack ---

**ASIAN CUISINE**
Enjoy healthy Asian vegetables in stir fries or a fresh salad! Contains one pack each of Bok Choy, Miyashige Daikon Radish, Shishito Pepper & Tatsoi Mustard.

**CULINARY HERBS**
Cook like a chef! Fresh organic culinary herbs from your garden. Contains one pack each of Genovese Basil, Italian Flat Leaf Parsley, Oregano & Cilantro.

**BUTTERFLY GARDEN**
Fill your garden with beautiful flowers and breathtaking butterflies! Contains one pack each of Butterfly Milkweed, Calendula Fancy Mix, Cosmos Sensation Mix & Linaria Fairy Bouquet.

**HEALTHY GREEN SALAD**
Quick, healthy and delicious! Enjoy a fresh salad straight from your garden. Contains one pack each of All Lettuce Blend, Garden Carrot Blend, Marketmore Cucumber & Red Cherry Tomato.

**HERBAL TEA GARDEN**
Sit back and relax! Fresh brewed tea straight from your garden. Contains one pack each of Chamomile, Lemon Balm, Peppermint & Rosemary.

**MEDITERRANEAN KITCHEN**
Enjoy flavors of the Mediterranean straight from your garden. Contains one pack each of Cal Wonder Red Bell Pepper, Dark Star Zucchini, Little Fingers Eggplant & Southport Red Globe Onion.

**TOMATO GARDEN**
Enjoy the delicious flavor of fresh tomatoes handpicked from your garden. Contains one pack each of Chadwick Cherry Tomato, Cherokee Purple Tomato, Martian Giant Tomato & Wisconsin 55 Tomato.

**ZESTY SALSA**
Get Spicy! Enjoy homemade salsa with fresh organic ingredients right from your garden. Contains one pack each of Evergreen Bunching Onion, Jalapeno Pepper, San Marzano Tomato & Slow Bolt Cilantro.

Easy ordering at [SeedsofChange.com](http://SeedsofChange.com)
**SQUASH**

**BUTTERNUT**

TA Ⓜ ⓣ

This productive variety produces classic tan, bell-shaped fruit with bright orange, moist, sweet, smooth flesh that stores well into late winter.

Open Pollinated • 3–6 ft. vines, 4–5 lb. fruit
105 days to harvest

---

**DARK STAR**

TA Ⓜ ⓣ

A SEEDS OF CHANGE® Original, this exciting new zucchini requires less water than other varieties. Open plants with smooth, spineless stalks yield classy dark green fruits all summer.

Open Pollinated • 4 ft. bush, 6–8 in. fruit
50 days to harvest

---

**YELLOW CROOKNECK**

TA Ⓜ ⓣ

This easy-to-grow, heirloom, yellow summer squash produces abundant fruits with graceful necks that are famous for flavor.

Heirloom (Open Pollinated) • 3–4 ft. bush
50 days to harvest

---

Easy ordering at SeedsofChange.com
NATURA F-1
TA ⦿ ⦿
This hybrid variety produces flavorful, refined dark green zucchini on open, easy-to-pick bushes. Enjoy multiple harvests with this incredible zucchini in virtually any climate.
F-1 Organic Hybrid Variety • 3–4 ft. bush, 6–8 in. fruit • 50 days to harvest

SPAGHETTI
TA ⦿ ⦿
This heirloom variety produces a unique squash with spaghetti-like strands of flesh that are delicious baked or boiled and served with butter or pasta sauce.
Open Pollinated • 4–6 ft. vines, 3–4 lb. fruit
95 days to harvest

HURAKAN F-1
TA ⦿ ⦿
This hybrid variety produces a gray zucchini with a bulbed shape. It is traditionally used for stuffing or harvested with the flower on for gourmet recipes.
F-1 Organic Hybrid Variety • 3–4 ft. bush, 6–8 in. fruit • 50 days to harvest
TPURPLE TOMATILLO

TA/R

These vigorous, spreading plants yield an abundance of deep purple fruits wrapped in a papery cover. Delicious raw or stewed, tomatillos are the main ingredient in Salsa Verde.

Open Pollinated • 3 ft. plant, 2–3 oz. fruit
75 days to harvest
Our company began in 1989 with a clear mission to provide gardeners and farmers with organic seeds—including many rare varieties—that are free of GMOs. Today, we are a company that brings you certified-organic seeds that are sourced from trusted growers in the United States.
Tomatoes embody the joy of gardening more than any other fruit. We offer a wide selection of heirlooms and flavorful favorites to grow and enjoy.

**AMANA ORANGE**
This heirloom produces a giant orange tomato with flavorful, low-acid, meaty flesh. Originally from the Amana Colonies in Iowa, one slice of this beefsteak tomato can cover a whole piece of bread! Heirloom • 5–6 ft. plant, 12–16 oz. fruit • 80 days to harvest

**AMISH PASTE**
This heirloom variety produces large, meaty fruit and originated from the Amish in Pennsylvania. A superior taste that is nicely balanced, it is commonly used for pasta sauces or eating fresh. Heirloom • 5–6 ft. plant, 5–7 oz. fruit • 70 days to harvest

**ARKANSAS TRAVELER**
This heirloom variety is an incredibly delicious, pink slicing tomato that tolerates high heat and humidity. It is well balanced with sweet and tart flavors and resistant to cracking and disease. Heirloom • 5–6 ft. plant, 5–7 oz. fruit • 85 days to harvest
**BLACK PLUM**
This indeterminate rare Russian variety has plump, oval, deep-mahogany fruit with a rich, complex flavor that intensifies when cooked or dried. Also delicious fresh, these plants need trellising.
Open Pollinated • 6 ft. plant, 2 oz. fruit • 75 days to harvest

**BLUSH TOMATO**
These 2 inch long cherry tomatoes have an unforgettable tropical sweet flavor reminiscent of pineapple and are ready to pick when the pink blush starts to appear over the yellow background. Widely adapted with a heavy fruit set over an extended period, the tall vines need staking.
Indeterminate • 5 - 6 feet plant, 1-3 oz. fruit • 75 days to harvest

**BRANDYWINE**
An indeterminate heirloom variety widely regarded as the best tasting tomato of all. The large (up to 1 lb.) pink, thin-skinned tomatoes ripen late but are worth the wait. Plants need trellising.
Heirloom • 6 ft. plant • 80 days to harvest

**CHADWICK CHERRY**
This mouthwatering, large cherry tomato was selected by the horticultural genius Alan Chadwick. Vigorous, disease-resistant vines with sparkling, full-bodied flavor makes this one of our favorites.
Open Pollinated • 6-8 ft. plant, 1–2 oz. fruit • 85 days to harvest

**CHEROKEE PURPLE**
This heirloom tomato from Tennessee was originally cultivated by the Cherokee people. The vigorous plants produce large, meaty, reddish-green tomatoes with a purple cast and superbly sweet flavor.
Heirloom • 5-6 ft. plant, 8–10 oz. fruit • 85 days to harvest
**FOX CHERRY**
This indeterminate variety yields prolific vines which bear large, red cherry tomatoes with rich, full-bodied, mildly acidic flavor. These vigorous vines need trellising.
Not set to Open Pollinated • 6 ft. plant, 1½ oz. fruit • 80 days to harvest

**PERSIMMON**
This beautiful deep orange fruit has incredible taste and resembles a fuyu persimmon. Meaty, sweet, with very few seeds, this main season slicer is popular at the local farmers market.
Open Pollinated • 5–6 ft. plant, 5–7 oz. fruit • 75 days to harvest

**MARTIAN GIANT**
This semi-determinate SEEDS OF CHANGE® Original yields impressive, scarlet red beefsteak tomatoes with rich, perfectly balanced sweet/acid flavor. Yields up to 50 tomatoes per plant.
Open Pollinated • 4 ft. plant, 12 oz. fruit • 90 days to harvest

**MARVEL STRIPED**
This rare beefsteak tomato is sweet, mild, and juicy. Originated in Mexico by the Zapotec people. Produces yellow pleated fruit with a rosy blush and few seeds, needs a long season for best results.
Heirloom • 5–6 ft. plant, 10–16 oz. fruit • 100 days to harvest

**OREGON SPRING**
This incredible tomato is first to ripen, and known for its sweet, juicy flavor with few or no seeds. The premier early season variety for areas with cool summer nights with no staking required.
Open Pollinated • 3–4 ft. plant, 4–6 oz. fruit • 60 days to harvest

**PAUL ROBESON**
This rare heirloom is mahogany colored and gets rave reviews for its earthy, perfectly balanced sweet/acid flavor. A beautiful, meaty slicer that produces a flat-round fruit on vigorous vines.
Heirloom • 5–6 ft. plant, 8–10 oz. fruit • 85 days to harvest

**RED CHERRY**
This variety produces prolific, indeterminate vines that bear large, red cherry tomatoes with rich, full-bodied, mildly acidic flavor. Vines need staking.
Open Pollinated • 6 ft. plant, 1½ oz. fruits • 70 days to harvest
RED PEAR CHERRY
One of the oldest American heirlooms, with a sweet and juicy flavor, produces hundreds of deep-red, pear-shaped fruit. This fruit is uniform, crack resistant and great for snacking or salads. Heirloom • 5 ft.–7 ft. plant, 1 oz. fruit. 70 days to harvest

SAN MARZANO
This indeterminate heirloom yields large plants with a heavy crop of richly flavored fruit. A traditional paste variety used in most Italian recipes and thought to make the world's finest sauce. Heirloom • 2 oz. fruit • 80 days to harvest

SUPER SIOUX
This semi-determinate variety yields an impressive red slicing tomato with an exquisite blend of sweet, acidic and earthy flavors. Vines start well in the heat and are good for hot, dry areas. Open Pollinated • 4 ft. vines, 4–6 oz. fruit • 75 days to harvest

WISCONSIN 55
A flavorful, medium-sized variety that is juicy, firm, and ideal for slicing, cooking, and salads. One of the last improved open pollinated varieties released in 1950 before hybrids became popular. Open Pollinated • 3–4 ft. plant, 6–8 oz. fruit • 65 days to harvest

ZAPOTEC PLEATED
These medium-sized, pink-to-red heirloom tomatoes originally from southern Mexico are deeply pleated and have a rich, earthy flavor. Enjoy them stuffed, baked, or sliced. Heirloom (Open Pollinated) • 6–7 ft. plant, 6–8 oz. fruit. • 75 days to harvest
TURNIP
PURPLE TOP WHITE GLOBE
HB
This heirloom turnip was introduced in 1890 and produces smooth, round roots with bright purple above ground and white below. Crisp, sweet and mild, best eaten when roots are young and tender.
Heirloom • 12 in. plant, 2–4 in. roots
55 days to harvest
WATERMELON

SWEET DAKOTA ROSE
This is an early watermelon generally considered to have the sweetest taste and the fewest seeds. It is a medium-size fruit with bright red flesh that grows well in short, cool seasons.
Open Pollinated • 8–10 ft. vines, 10–22 lb. fruit
85 days to harvest

CRIMSON SWEET
This extremely popular full-sized watermelon has juicy red flesh, high sugar content, few seeds, crisp texture, and rich flavor. An All America Selections Winner in 1964, it is disease resistant and thrives in most climates. Perfect for large family reunions or beach picnics!
• 8-10 feet vines, 15-20 lb fruit
95 days to harvest

SUGAR BABY
Suitable for a small garden, this variety yields compact vines and produces an abundance of small, flavorful red-orange sweet fruits with near black rinds.
Open Pollinated • 10–22 lb. fruit
65 days to harvest

WHEATGRASS

WHEATGRASS
Wheatgrass contains an abundance of vitamins, minerals and amino acids. The seeds germinate rapidly into beautiful greens that can be juiced or used to enhance the flavor of your favorite salad.
Open Pollinated • 7–10 in. • 14 days to harvest
Easy ordering at SeedsofChange.com
For naturally delicious meals, combine your harvest with our certified-organic simmer sauces and rice & grain blends. To order products—and to explore our inspirational recipes—visit SeedsofChange.com.
BASIL

TA  ⚡
Aromatic basil is a perfect companion plant with tomatoes. It is a warm season crop and is best started indoors 4–6 weeks before your last frost date. Plant seeds ¼ in. deep and place on a heating mat or in a warm place (optimum soil temperature is 70–90°F). Transplant 12 in. apart, or in containers. It can be direct seeded outdoors throughout the summer to keep you in fresh pesto!

GENOVESI BASIL
This uniform, slow to bolt, classic basil variety has a concentrated flavor and fine, sweet fragrance that is fantastic for seasonings, salads, garnishes, and pesto. Open Pollinated • 14–20 in. • 70 days to harvest
GENOVESE SWEET BASIL
This heirloom variety is the classic pesto basil with concentrated flavor and fine, sweet fragrance. Uniform with medium-large leaves, the plants are slow to go to seed which means a longer harvest.
Heirloom • 6–8 in. • 70 days to harvest

LEMON BASIL
This heirloom variety, known as “kemangi” in Indonesia, has intensely fragrant leaves. Described as a combination of lemon and basil, this plant is most often used in herbal teas and stir-fry.
Heirloom • 10–16 in. • 65 days to harvest

RED RUBIN BASIL
This is an outstanding culinary and ornamental basil with deep purple leaves and beautiful lavender flowers. Along with its striking looks, this variety has a fine traditional flavor and aroma.
Open Pollinated • 10–16 in. • 65 days to harvest

THAI BASIL
These attractive, bushy plants with green to purple leaves and purple flowers provide sweet, anise-like flavor with a hint of mint and citrus characteristic in Thai cuisine.
Open Pollinated • 18 in. • 75 days to harvest
**CATNIP**

HP 🌿 🌱 🌿
A euphoric treat for cats, fresh or dried, this plant has a tough seed coat. For best germination, lightly scuff seeds between 2 pieces of extra fine sandpaper before sowing.
Heirloom (Open Pollinated)
2-3 ft. plant • 75 days to harvest

**CHIA**

TA ☀ 🌿
Grow your own superfood! When mixed with water, the seeds of chia make an edible gel prized as an energy booster. This dramatic plant sports blue flower spikes atop deeply textured leaves.
Heirloom (Open Pollinated)
3–4 ft. plant • 120 days to harvest
CILANTRO

HA/R

Essential for preparing Mexican, Caribbean, and Asian cuisines, harvest fresh leaves when plants are 4–6 in. tall. Flowers attract beneficial insects and produce seed (Coriander).
Open Pollinated • 2–3 ft. plant • 45 days to harvest

DILL

HA/R

Harvest the feathery foliage when plants are 6–8 in. tall for fresh use and drying. Flowers attract beneficial insects and are used in pickling along with the dried seeds.
Open Pollinated • 3–4 ft.
40 days to harvest
PARSLEY

ITALIAN FLAT LEAF PARSLEY
HB

This heirloom variety is a favorite for seasoning and drying. Large, dark, glossy green leaves offer a stronger, more concentrated flavor than standard varieties.

Heirloom • 18–24 in. • 75 days to harvest
PEPPERMINT

A perfect addition to any herb garden! Peppermint is highly regarded around the world for its medicinal benefits. Its fresh fragrance makes it a welcome addition to teas, homemade salves, and even desserts. Heirloom (Open Pollinated)

3–4 ft. plant • 90 days to harvest

SUMMER THYME

This medicinal herb is a garden essential and a classic culinary treasure. A strong aromatic herb, widely used in international cuisine and as a remedy for colds, flu, and respiratory problems.

Heirloom • 10–15 in. • 90 days to harvest

Easy ordering at SeedsofChange.com

53
Organic

GARDEN-IN-A-POUCH

Easily grow organic herbs right out of the pouch. Simply add about 2 cups of water to expand the Wonder Soil wafers, plant the seeds in the pouch, and cover with a greenhouse dome to assist germination. Then watch your herbs grow, and harvest them when ready.

For delicious ways to use your fresh-picked herbs, see the wide range of organic recipes at SeedsofChange.com.
BASIL
Open Pollinated • 14–20 in. • 70 days to harvest
Harvest repeatedly after 6–9 weeks.

CHIVES
Heirloom • 12–24 in. • 75 days to harvest
Harvest repeatedly after 9–12 weeks.

CILANTRO
Open Pollinated • 2–3 ft. • 45 days to harvest
Harvest repeatedly after 6–9 weeks.

OREGANO
Open Pollinated • 2–3 ft. • 45 days to harvest
Harvest repeatedly after 6–9 weeks.

PEPPERMINT
Heirloom • 10–15 in. • 90 days to harvest
Harvest repeatedly after 9–12 weeks.

ROSEMARY
Open Pollinated • 2–3 ft. • 45 days to harvest
Harvest repeatedly after 6–9 weeks.

THYME
Heirloom • 10–15 in. • 90 days to harvest
Harvest repeatedly after 9–12 weeks.

CATNIP
Heirloom • 2–3 ft. • 75 days to harvest
Harvest repeatedly after 9–12 weeks.
At Seeds of Change we value all creatures, especially the little ones. Our Pollinator Flower varieties were specially selected to enhance the beauty of the garden and attract beneficial insects.

Plant a variety in your garden to entice the beneficial insects that can help control pests, entice pollinators and improve fruit and vegetable yields.
**BACHELOR BUTTONS**

**HA/R**

Also known as the Cornflower, these easy-to-grow blooms tolerate drought and poorer soils. The edible flowers provide rare blue color for your garden, bouquets, or salads.

Heirloom • 2–3 ft. plant
100 days to harvest

---

**BELLS OF IRELAND**

**HA**

An unusual cut flower with green, bell-like blooms on long stems, this variety prefers cool weather, so refrigerate seeds for 7 days before sowing on the soil surface in early spring.

Open Pollinated • 2–3 ft. plant, 1–2 ft. flower spikes
100 days to harvest

---

**ALYSSUM**

**HA ⬤ ⬤ ⬤ ⬤**

This variety yields pure white honey-scented blossoms that attract nectar-loving, beneficial insects that control aphids. It also makes a great ground cover or edging plant.

Open Pollinated • 3–6 in. plants
55 days to harvest
**BUTTERFLY MILKWEED**

**HA/R**

This hardy native Milkweed is essential to the survival of Monarch butterflies. Mature butterflies feed on the nectar produced in the flowers, while the foliage provides food for their larvae. The brilliant orange and yellow flowers are stunning in mass plantings and fascinating up close. Attracts Butterflies, Bees and other beneficial insects. Open Pollinated • 1-2 ft. 75 days to harvest.

---

**CRACKERJACK MARIGOLD**

**HA**

Big, brightly colored orange, yellow, and tangerine blooms are spectacular on this large plant. The flowers are ruffled and lofty with traditional marigold fragrance. Open Pollinated • 1–3 ft. plant, 4 in. flowers 75 days to harvest.

---

**CALENDULAS FANCY MIX**

**HA/R**

Also known as Pot Marigold, this hardy annual flower loves the sun! Calendula is an herb and the edible petals can be used in salads, teas or dyes. Attracts butterflies, bees and other beneficial insects. Open pollinated • 12-18” • 50 days to harvest.
LACY PHACELIA

HA ♢ ♣ ♣ ♣ ♣
This frilly, durable plant produces downward-curling purple flowers that bees cannot resist. Easy to grow, they are excellent and unusual as cut flowers.
Open Pollinated • 1–3 ft. plant
60 days to harvest

LINARIA FAIRY BOUQUET

HA/R ♢ ♣ ♣ ♣ ♣ ♣ ♣
Many butterflies prefer this delightful mix of white and purple flowers with clusters of short, tubular flowers. Flowers resemble baby snapdragons. Attracts butterflies, bees and other beneficial insects.

MIXED SEASHELL COSMOS

HA/R ♢ ♣ ♣ ♣ ♣
This variety yields regal plants topped with extravagant blossoms that have tubular petals in a range of pastel pinks and white. Because it deters pests, this is a great companion plant with corn.
Open Pollinated • 4–5 ft. plant
85 days to harvest

NASTURTIUM

TA ♢ ♣ ♣ ♣ ♣ ♣ ♣ ♣
These plants yield edible flowers with a peppery taste in various shades of orange, yellow, peach, cream, and red that abound on lush vines.
Open Pollinated • 12–16 in. plant
55 days to harvest

SENSATION MIX COSMOS

HA/R ♢ ♣ ♣ ♣ ♣
This variety yields regal plants topped with extravagant blossoms that have tubular petals in a range of pastel pinks and white. Because it deters pests, this is a great companion plant with corn.
Open Pollinated • 4–5 ft. plant
85 days to harvest
**Siberian Wallflower**

**HB**

An early season wildflower that is easy to grow and attracts pollinators. Enjoy the abundance of bright orange blooms that have a pleasant fragrance.

Open Pollinated • 10–18 in. plant
70 days to harvest

---

**Tiger’s Eye Sunflower Mix**

**TA/R**

This SEEDS OF CHANGE® Original yields a stunning mix of yellow, gold, bronze, and maroon multi-branched sunflowers with doubled centers and a single-petaled outer edge.

Open Pollinated • 6–8 ft. plant, 4–8 in. flowers
85 days to harvest

---

**Zinnia**

**Cut and Come Again**

**TA**

A gorgeous blend of single and double blooms in a dazzling array of colors. Keep cutting flowers to encourage even more blooms through the summer.

One of our favorites for bouquets all season long.
Open Pollinated • 3–4 ft. plants, 3–4 in. flowers
65 days to harvest

Easy ordering at SeedsofChange.com
organic goodness
MADE EASY
MANUFACTURER'S COUPON EXPIRES: 12/31/20
SAVE $1.50
on any ONE (1) SEEDS OF CHANGE™ Rice product

CONSUMER: Limit one coupon per purchase. Valid only for product(s)/quantity indicated. You pay sales tax. Void if altered, copied, exchanged, sold or transferred. No cash/credit back. RETAILER: Redeem on terms stated for consumer. Mars Food US, LLC will reimburse you for the face value of the coupon plus .08¢ handling if submitted in compliance with Mars Food US, LLC Coupon Redemption Policy, available at www.nchmarketing.com/CPGManufacturerCouponRedemptionPolicies.aspx, incorporated herein. Redeemable only in USA (incl. territories & US military installations). Void where taxed, restricted or prohibited by law. Cash value 1/100¢. Mail coupon to: Mars Food US, LLC, P.O. Box 880001 El Paso, TX 88588-0001 © 2020 Seeds of Change or Affiliates.