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Seeds of History

Giving Our Past a Future



An Earth Matters Project 2000 Publication

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PLEASE RETURN WITHIN 6 WEEKS

This booklet was compiled by Earth Matters Seeds of History participant Heidi McGregor with the assistance of the project's coordinator, Shauna McKeating. Additional Earth Matters contributors include project participants Pablo Pastor and Waterfall. The booklet was edited by the Earth Matters Editing Board, consisting of Josee Corrigan, Michelle Deines, Mia Gardiner, Shannon Hammond, and Shauna McKeating.

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Acknowledgements

Thank you to our funders without whom this project would not have been possible:

- Nelson Employment Center
- The Endswell Foundation
- The City of Nelson
- Selkirk College

A very special thank you to Bev Fisher, Suzanne Miller, and Shemmaho who volunteered their time, energy, knowledge, and experience as Seeds of History mentors.



One day each week, each of the participants worked with one of the above mentors to experience the practice of seed saving from seed to seed. Heidi McGregor worked with Bev Fisher in Blewett, Waterfall was with Suzanne Miller in Bonnington, and Pablo Pastor was placed with Shemmaho in Perry's Siding.

In addition, we thank the members of our Volunteer Community Advisory for their support, encouragement, and input. These wonderful people have helped us tremendously and deserve many thanks for their precious time and wealth of knowledge.

Thank you to our many community partners:

- Bright Ridge Farms
- Ceres Farms
- Christopher Spicer Center for Sustainable Agriculture and Rural Life
- Dragon's Eye Nursery
- Elderbee Greens
- Flying Cow Farms
- Food Matters
- From the Ground Up
- Global Living Project
- IDERA
- Inland Magazine
- Kaslo Museum and Archives
- Kootenay Barter Bank
- Kootenay Coop Radio
- Kootenay Eco-Society
- Kootenay Heritage Seed Group
- Kootenay Organic Growers
- Kootenay Permaculture Institute
- Kootenay Woodland Herbs
- Lofstead Farm
- Lofstead Farm Forestry Society
- Nelson Daily News
- Nelson Food Coalition
- Nelson Museum

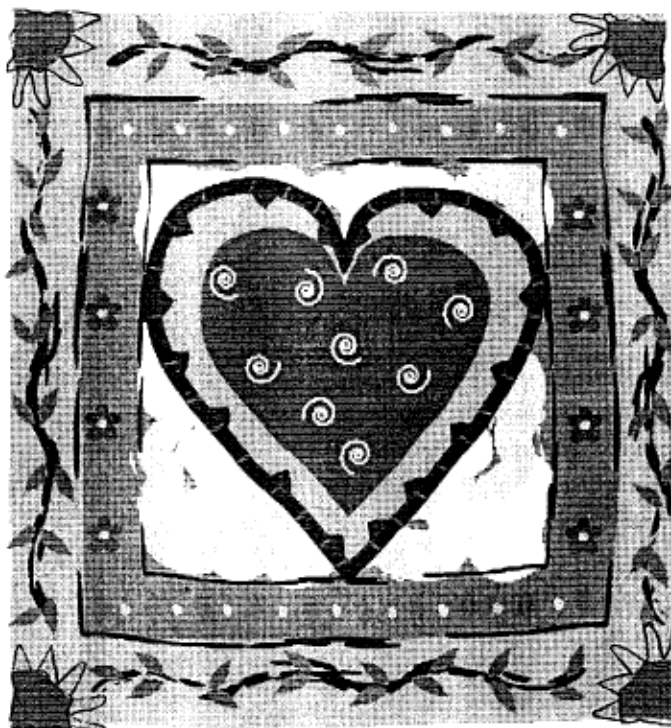


- Nikkei Internment Memorial Centre
- Salmo Fall Fair Committee
- SAWG
- School District #8 (Kootenay Lake)
- School District #8 Resource Centre
- Secret Garden Toys
- Seeds of Diversity Canada
- Selkirk College
- Spicer Centre
- Start Planting Urban Dirt Community (SPUD) Gardens
- The Advocacy Centre
- The Eco Centre
- *The Ram's Horn*
- Unified Abundance
- West Kootenay Family and Childcare Services Society



Appreciation and enormous gratitude to Reiko Fujibayashi for her beautiful artwork that graces the pages of the seed list section. Thank you also to Cyndi Dombrowski for her valued artistic contribution this booklet.

And last, but certainly not least, an enormous **THANK YOU** to all of the seed savers who took the time to have us into their homes and gardens to partake of their incredible wealth of knowledge. Your generosity, kindness, and dedication are a wonderful inspiration to us all.



Earth Matters Background



Earth Matters is a community-based organization that works on a range of community development initiatives focusing on *social justice, economic sustainability and environmental responsibility*. Through innovative experiential education programs, Earth Matters strives to build the capacity of people and their communities to meet needs in creative, proactive ways.

Earth Matters is sponsored by *Nelson District Community Resources Society* (NDCRS), a non-profit, registered charity which has been actively involved in community service and skills training in the Nelson area since 1974. The Society has a Board of Directors consisting of community members from Nelson and adjacent areas, and an administrative staff of four at its office in Nelson. NDCRS administers five other community agencies including STEP Sawmill, Career Development Services, West Kootenay Boundary Addictions Services, Kootenay Society for Community Living, and the Advocacy Centre.

Earth Matters began in the spring of 1995 when two local youth were inspired to create a summer pilot project for high school students called "HANDS-ON". Building on its success, Earth Matters evolved out of "HANDS-ON" as a *youth-driven* organization focused on involving young people in giving back to their community through work on environmental and social justice projects. Today, Earth Matters continues to be largely *youth-driven*, but now extends its innovative educational programs to all ages.



Seeds of History Project Background

Seeds of History is an Earth Matters project that ran from April to December 2000. The project involved the research and compilation of information on heritage seeds, seed saving and their histories in the Columbia Basin. Specific focuses included:

- the cultural links to seeds throughout history
- the relationship of seed-saving to changing agricultural systems in the area
- the cultural origins of seed in relation to who settled the Basin area, and
- the historical and contemporary implications of seed-saving on local food security ('food security' is defined as the right of all people to have access to sufficient, safe, nutritious food at all times.)



In addition, the project worked to support local growers in seed-saving initiatives by facilitating the coordination of their efforts.

Why is seed saving important?

The preservation of open-pollinated and heritage seeds is essential to protecting biodiversity within our food system. According to the *Planting Seeds Project*, " In the last 50 years, 70% of our cultivated food crops and their parents have become extinct. The remainder is now severely threatened. " Edward O. Wilson, a biologist at Harvard University, predicts that " within the next 50 years, we will lose at least 1/4 of the 250 thousand known plants, and once lost they can never be revived...genes are as essential as food, air and water." Indeed much of the security of our food system depends on such genetic biodiversity. Open-pollinated heritage seeds, unlike modern hybrid seeds, contain a multitude of adaptive genetic traits and memories, both of which have allowed these varieties to reconcile and survive the geo-physical and climatic changes that have occurred continuously throughout time. These seeds typically are more resistant to drought, pests and disease than modern hybrid seeds. They are custom adapted to the regions in which they are grown.



By protecting and preserving heritage seeds in our area, we directly impact our region's food security and local biodiversity. In addition, along with the genetic "memories" which these resistant seeds carry, they also carry many people stories as traditional foods for an entire culture. By tracing the origins of seeds in our area, we can also learn a lot about the cultures that have been supported by these food plants, and how people have saved seed throughout history.

Three educational resources were created through this project:



- Heidi McGregor compiled this booklet containing stories, facts, information, tips, and techniques on seeds and seed saving, as well as histories of the area's agriculture and cultural groups
- Pablo Pastor created the Seeds of History multi-media exhibit for use in the

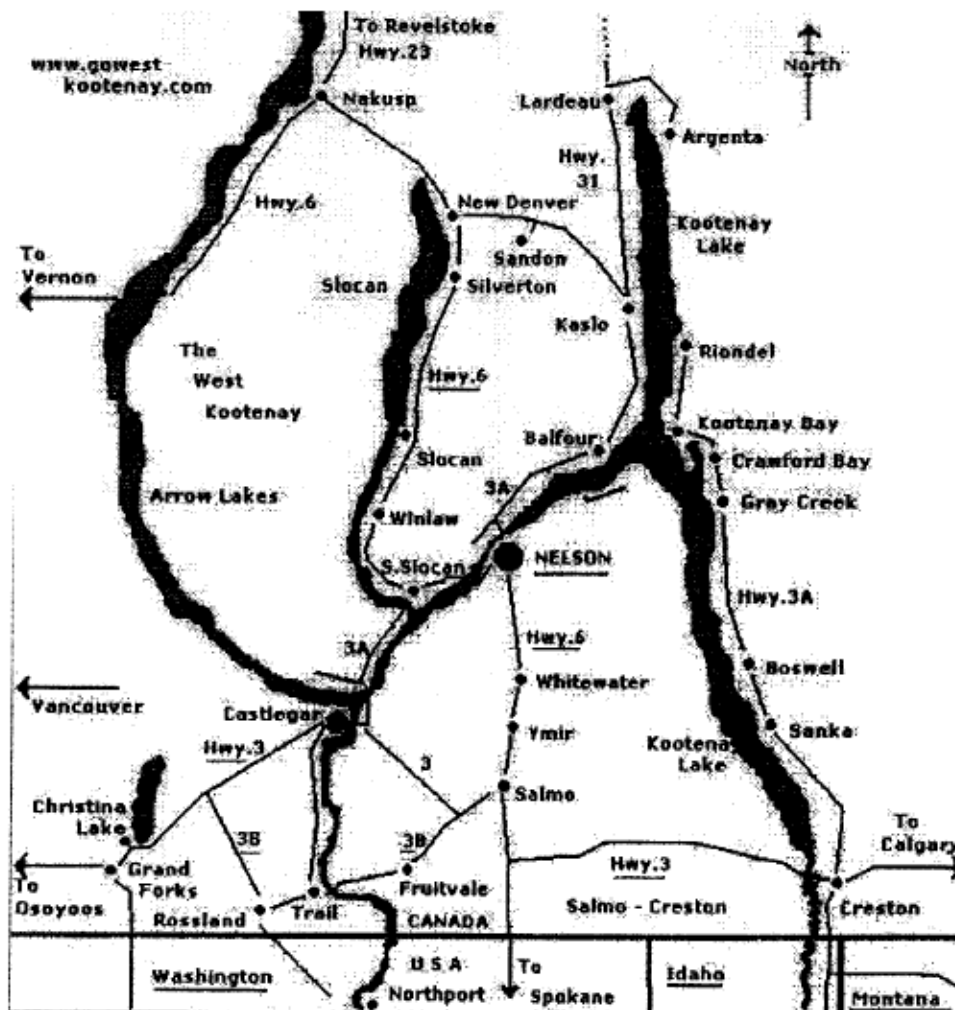
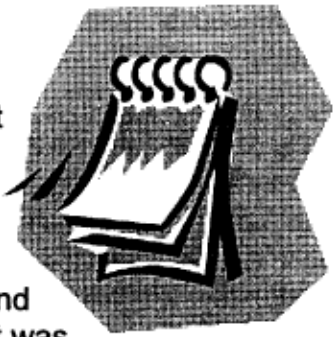
community and a permanent educational display for the Cottonwood Straw Bale Demonstration Building and Sustainability Centre at the Cottonwood Falls City Park in Nelson

- Waterfall developed educational resource kits for use with children aged 3 to 12 years. The kits are available in three levels: Preschool, Primary: Kindergarten to Grade 3, and Junior: Grades 4 to 7. The Preschool kit is available for loan from the West Kootenay Family Childcare and Resource Society, 912 Carbonate Street, Nelson, B.C.. The Primary and Junior kits are available on loan from the School District #8's Resource Centre located in the basement of Central Elementary School, 811 Stanley Street in Nelson, B.C.. Developed in conjunction with the B.C. Ministry of Education's Integrated Resource Packages' Learning Outcomes, these kits are full of activities and games that relate directly to seeds and seed saving. The kits will be available for use as of January 2001.



Research Methodology

In an effort to collect the most recent information and include the most accurate representation of seed savers in community as possible, the Seeds of History team networked and collected data largely through word of mouth. The majority of this information was collected through interviews with community seed savers. One of the objectives of the project was to document and illustrate the cultural diversity of seeds and seed savers in the Kootenays. The bulk of the contents of this booklet was gleaned from the information given by the individual growers. Some of the growers interviewed have been highlighted in grower profiles because there was sufficient information and contact to make this possible. This booklet is by no means the be-all and end-all of seed saving in the Kootenays. It is hopefully the first step in the preservation of one aspect our region's rich past and the assurance of its continuation in the future. It is hoped that the list of seeds will multiply along with the stories and cultural histories. It is important to note that this booklet is not a seed catalogue but rather an interpretative cultural and agricultural documentation of seed saving in the region. We apologize to anyone that we may have missed and for any mistakes we may have inadvertently made.

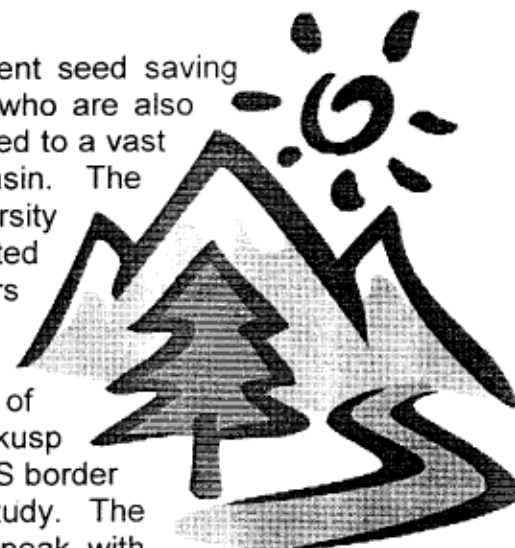


A History of Agriculture in the Columbia Basin

This section of the Seeds of History booklet focuses on a combination of historical information and cultural backgrounds of the seed savers interviewed. A concerted effort was made to include as many cultural groups as possible. We found that the histories of the different cultural groups who migrated to the area have not been adequately documented to date. We recommend that future research in this area would be of benefit to the community at large. As a result, this section of the document is not a complete or accurate representation of all the cultural groups in the area.

One of the focuses of this project was to document current seed saving initiatives and to connect these efforts to those of others who are also saving seeds. The observations made were intrinsically linked to a vast variety of cultures and individuals within the Columbia Basin. The long-term benefits of seed saving with regards to the diversity and economic sustainability of the region are clearly illustrated within the traditional and contemporary practices of members of a myriad of cultural groups within the area studied.

The Kootenays is a large mosaic of cultures. All are a part of the area's heritage. The Seeds of History project used Nakusp to the north, Creston to the east, Trail to the west, and the US border to the south as the boundary limits to define the area of study. The Earth Matters Seeds of History team were fortunate to speak with many people of diverse cultural backgrounds in the Kootenay region. The contents of these interviews are reflected within sections throughout the booklet.



The Kootenays' agricultural potential was discovered by Europeans in the early 1900s. Entrepreneurs recognized the value of the area's fertile land and advertised throughout England. Prospective immigrants were promised economic freedom through affordable, profitable land. One of the first regions of interest was the Queen's Bay area, near Balfour. The knowledge of the widespread agricultural potential encouraged newcomers to later disperse throughout the entire Kootenays.

This influx of farmers generated an interest in creating a fall fair. This annual fair was located in a classy, wooden structure at the base of Vernon Street in Nelson that is now the Civic Center. Every farmer around saved products to showcase his or her talents in displays at the Fall Fair. The contests for best fruit and vegetable were divided by variety. The diversity in local vegetables was enormous and was recognized and rewarded. It is the memory of these community events that inspire people to continue to keep old varieties alive year after year.

Source: *Nelson Museum, Fruit History Folder: Interview with Mr. Foxall, April 17, 1972.*

Sinixt Nation

The Sinixt background with regard to agriculture history is greatly influenced by their hunter/ gatherer lifestyle. The Sinixt or Aka Lakes people (a distinct Interior Salish designation) consumed a wide variety of plant foods,

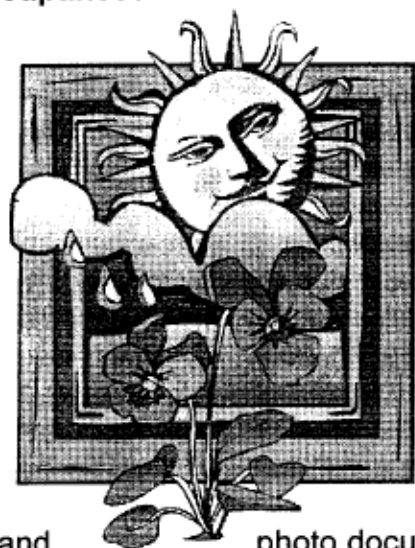




such as true lichen, mushrooms, green shoots, tree cambium, roots and other underground parts, seeds, nuts, and berries. Also of great importance in the Sinixt people's diet were Saskatoon berries and Bitterroot. Other native plants such as wild onions; the bulbs of "Black" or Blue camas; the corns of Yellow Avalanche lily; the bulbs of Tiger lily; various "biscuit root"; or Lomatium; "Indian carrot", or wild Caraway; balsam root; and "Indian potato", or Spring Beauty were also eaten. Edible "greens" utilized by the Sinixt included "Indian rhubarb" or cow parsnip, chocolate tips, cactus, balsam root, and stinging nettle. The recognition of the Sinixt Nation is not only important in tracing the historical origin of agriculture in the West Kootenays, but also in acknowledging and protecting an endangered people and their culture.

Edited by Marilyn James, Spokesperson for the Sinixt Nation, November 2000.

Japanese



A demonstration of the migration of the Nikkei, people of Japanese descent, is available at the Internment Memorial Centre in New Denver. The Kyowakai ("working together peacefully") Society displays a sample internment setup to demonstrate the living conditions of the Nikkei during this period. In 1942, 22000 Nikkei (people of Japanese descent), 75 percent of whom were Canadian citizens, were stripped of their civil rights, labeled "enemy aliens" and forced from their coastal BC homes. The federal government ordered men over the age of 18 to road camps. The families assembled in Vancouver's Hastings Park and were placed in animal stalls awaiting removal to interior B.C. "relocation" camps or sugar beet farms in Alberta, Manitoba and Ontario. Many of the written and photo documentation materials at the Centre were originals. These artifacts gave a graphic and valuable picture of the Japanese internment history.

This forced migration did not allow the Nikkei to bring many possessions with them. Fortunately seeds were brought from the original coastal Japanese communities. Some of these seeds still exist today in this region. Their tragic story is continually retold as people pass the seeds from gardener to gardener throughout this region. Their survival represents a hope for life.

Edited by Reiko Fujibayashi, Nelson, November 2000

Doukhobor

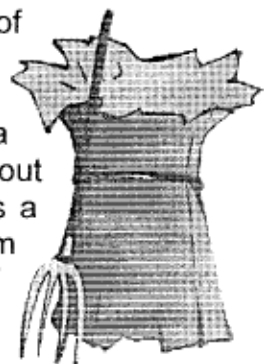
The Doukhobor community offered an abundance of information for the Seeds of History catalogue and cultural study. Their unique customs recognize the link between sustainable living and seed saving. It is important to understand the Doukhobor spiritual background, and the challenges they faced and overcame in immigrating to Canada. These stories coincide with the appreciation of the Doukhobor culture and existing "heritage" seeds.



In 1785, Archbishop Ambrosias of the Russian Orthodox Church, in an effort to identify a skeptic group of dissident Russian population, referred to them as "Doukho-bortsi". The term literally means spirit wrestlers. The priest intended it as a derogatory label meaning that these people were struggling against the Holy Spirit. The Doukhobors adopted the name but gave their own interpretation to it, saying, "We are Spirit Wrestlers because we wrestle with and for the Spirit of God". By this statement they meant that in struggling for a better life, they would only use the spiritual power of love, rather than any form of violence or pressure.



Between 1908 and 1913, 5000 Doukhobors came to Ootischenia (Valley of Consolation) near Castlegar for the fertile soil. In Canada, the Doukhobors, established a communal life-style which has sometimes been referred to as their "Golden Age". This philosophy of living together with the earth is a common goal that is shared by many of the seed savers interviewed throughout the West Kootenays. Therefore, the Doukhobor struggle is both important as a cultural representation in the area and as an example of the benefits of long term seed saving. Some of the oldest seed histories found on the project are of Doukhobor decent. They are well known throughout the current seed saving community for their dedication to keeping old varieties of vegetables alive. Numerous Doukhobor gardeners interviewed for this project retold stories of seeds brought over in the 1800s in the brims of hats or sewn into the hems of dresses. Thanks to their persistence and commitment, some of these seeds are still grown out throughout the West Kootenays today.



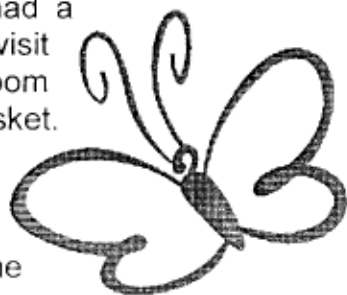
Source: *Castlegar and District Chamber of Commerce, The Doukobors, 1995*

Chinese



The Chinese were most strongly represented in the Southern section of the West Kootenays between the years 1916 and 1935. The Trail Creek News kept the surrounding towns informed of local Chinese activities. Chinese New-Year celebrations, firecracker displays, and elaborate meals were often the topic of discussion in these articles.

The Chinese population has been recognized for their commitment to gardening from the turn of the century. At this time Chinese gardeners opened a market garden in Trail's Gulch. There were also vegetable peddlers; a Chinese grocer and herbalist; the many Chinese cooks in many of the hotels and restaurants in Trail. Chin Yik (Cheong Why [WAI] or Charlie) appears to have been the most well known door to door Chinese vegetable seller. Chin Yik leased a small section of ground in Annable from the Ferraro's where he had a market garden as well as a greenhouse. Every spring people would visit his nursery to buy plants for their spring planting. He lived in a two-room shack and went throughout Trail carrying his vegetables in a yoke-basket. Chin Yik lived on this piece of property until the 1960s. When Charlie was in his eighties, he moved back to Hong Kong.



At present the Chinese community commitment to gardening and the preservation of diversity of agriculture is still alive and expanding. All

cultures appreciate the wonderful Asian additions to their gardens. Many Kootenay gardeners rave of the unique flavor and rarity of these items.

Source: *Kutenai West Heritage Consulting*, **Ethnic Groups**. Found in the Trail Museum.

Italian

The arrival of the Italian settlers into the Kootenays coincides with the mass immigration movement from Europe to North America. The first Italians came to the Southern region of the West Kootenays in 1895. Originally they chose to live in close proximity to other people who shared similar cultural backgrounds. Enterprising Italian immigrants soon recognized an opportunity and opened stores to cater to ethnic needs. To this day the Italian culture, cuisine and traditions can be seen in both Trail and Nelson.

The present Colombo Hall in Trail was opened in November 1927. Carnivals, socials, dances, and queen contests entertained and enlivened the community, kept the members working together, and raised the funds required to liquidate the debt they assumed (Landucci). The group's efforts demonstrate their commitment to continuing the Italian culture in Canada. Likewise the Italo-Canadese Lodge began in the 1930s. Its duties were to provide occasional assistance to local charities, and sometimes to the homeland. Socials with traditional food, music, singing, and dancing are still frequent joyous events (Landucci).

From past interviews with Canadian-Italians and the general community, the Italian culture is renowned for their abundance of different tomatoes and peppers along with many other successful vegetables. It is these varieties that inspire the excellent Italian restaurants and specialty shops that continue the unique Italian flavour.

Source: Landucci, G., **Ethnic Groups: Italians in Trail**. Found in the Trail Museum.



Seed List

Abbreviations

There are some abbreviations used in the Origin/Source section of the Seeds booklet. The abbreviations and their corresponding seed suppliers are as follows:

SSS: Salt Spring Seeds

SSE: Seed Savers Exchange

WD: William Dam

WCS: West Coast Seeds (previously Territorial)

Abundant: Abundant

Asparagus (*Asparagus officinalis*)

From the information that we have, the species *Asparagus acutifolius* was originally grown by the ancient Greeks. It was quite different than *Asparagus officinalis*, the culinary asparagus that we grow today. The Romans continued to cultivate it to its present form (Weaver 1997). Although asparagus is fairly uncommon in most Kootenay gardens, it is not uncommon to find abandoned patches of it (look for examples around the Balfour ferry landing!). The Caron family in Shoreacres grows a tasty and productive variety that is an inspiration to all asparagus lovers.



Crawford Bay: Number of years grown in Kootenays: 4. Although young and still small in size, the Crawford Bay asparagus has great flavor. Origin or source: Territorial; Grower: Wedge, Crawford Bay.

Eve's: Number of years grown in Kootenays: ?. Grower: Britton, Passmore.

Viking: Number of years grown in Kootenays: ?. The Viking seed was planted 3 years ago in this Shoreacres garden. Its crowns will last at least 20 years. Origin or source: WD; Grower: Caron, Shoreacres.



Asparagus Tip

The completion of the asparagus harvest cycle requires patience. Sow the seeds indoors from mid-May to mid-June. The next spring, dig up the crowns (roots) and plant them in a well-drained location where they can remain permanently (William Dam, 2000). It will take three to four years before the plants are mature enough to produce a harvest. Harvesting any earlier will destroy them. Another challenge is to determine which plants are males: the males are more productive and last longer, and will therefore provide a more abundant harvest (Weaver 1997).

Bean

(Genus Phaseolus)

The bean is one of the most diverse of all vegetables. Here in the Kootenays alone, 180 varieties of beans were documented by this project! The wide range of variety is due to the fact that beans frequently transform from one generation to the next. This natural phenomenon results in various new combinations of color and a large mixture of other genetic features. Native North Americans often used beans as a source of flour to use in dumplings and hearth breads (Weaver 1997).



Agate: Number of years grown in Kootenays: ?. This productive drying bean is well adapted to this area. Grower: Ruljancich, Deer Park.

Ancient Ancestor: Number of years grown in Kootenays: 3. Noted for its great taste, the Ancient Ancestor can be found as an ingredient in the dishes of some Nelson restaurants. Origin or source: Rice Bowl; Grower: Leong, Nelson.

Anna's Pole: Number of years grown in Kootenays: 80. This drying bean is great for soup because it has a mild flavour. Mildew, mold and wilt resistant, this bean is also well adapted to a cool, wet short season. Grower: Stassi.

Annette Konkin's Prairie Pole: Number of years grown in Kootenays: 40+. This bean is white in colour and mild in flavour. Well adapted to cool, wet climates with short growing seasons. Origin or source: Konkin, Blewett; Grower: Shepard, Sproule Creek.

Annette Konkin's: Number of years grown in Kootenays: 40+. This Kootenay heritage bush bean is wonderful for drying. It is mildew resistant and very well adapted to this area. Origin or source: Konkin, Blewett; Grower: Shepard, Sproule Creek.

Apaloosa: Number of years grown in Kootenays: ?; Age of saved seed: 3. Noted for its great taste, this bean was obtained from the locally grown organic produce at the Nelson Coop. Grower: Leong, Nelson.

Aunt Jean's Pole: Number of years grown in Kootenays: 6. Noted for its brilliant white and brown color, Aunt Jean's pole bean came to the Kootenays via Sandpoint Idaho in a seed swap. Grower: Zeberoff, Passcreek.

Baby Bush Lima: Number of years grown in Kootenays: 17. This bean is an early variety and a prolific producer. It was obtained commercially from the Nakusp Coop. Grower: Imrie, Nakusp.

Baby Potato Bush Lima: Grower: Imrie, Nakusp.

Bean Green Pole: Number of years grown in Kootenays: 10. Origin or source: Saskatchewan; Grower: Collier, Nelson

Bicia Broad Fava: Number of years grown in Kootenays: 40. This heritage fava's history can be traced back to the British Isles. Origin or source: neighbour; Grower: Luchtan, Balfour.

Black Turtle Bean

(Phaseolus vulgaris)

The Black Turtle Bean was widely dispersed in North America by the Spanish during the 1600s, but it wasn't until after the war with Mexico (1846-48) that it became commonly cultivated. Its name was created by the New York seed firm of Grant M. Thorburn and Company. The name was used to commercialize the bean as Turtle Soup Bean (Weaver 1997). Also used as a shelling bean and as a drying bean, normally with 7 to 8 seeds per pod (Weaver 1997).

Black Coco: Number of years grown in Kootenays: 10+. Although not as productive as many other bean varieties, the Black Coco dries beautifully. Grower: Ruljancich, Deer Park.

Black Eye Cow Pea: Number of years grown in Kootenays: 15. This bush variety produces a good baking bean and grows well in the region. It takes 85 days to reach maturity. Origin or source: Nakusp Coop; Grower: Imrie, Nakusp.

Black Garbanzo: Number of years grown in Kootenays: 3. Origin or source: Nelson Coop; Grower: Leong, Nelson.

Black Gold: Number of years grown in Kootenays: ?. This drying bean has adapted well to the area and is noted for its beauty. Grower: Ruljancich, Deer Park.

Black Seeded Blue Lake Snap: Number of years grown in Kootenays: ?. This pole bean is not very productive. Origin or source: SOC; Grower: Luchtan, Balfour.

Black Soup: Number of years grown in Kootenays: 15. This bush variety produces a drying bean that is good for Mexican and South American cooking. Grower: Imrie, Nakusp.

Black Turtle Soup: Number of years grown in Kootenays: 14. This bean was found to be grown in many locations around the Kootenays, including Nakusp, Crawford Bay, Nelson, and Pass Creek. It is small and black, and tastes like bacon. A heavy producer in all climates, this variety matures in 85 days and is disease and heat resistant. Origin or source: Sandpoint, Idaho, SSE and SSS.

Black Valentine: This is a bush variety. Grower: Luchtan, Balfour.

Blue Lake Pole: Number of years grown in Kootenays: ? With a vine reaching 8 feet and 6 inch pods, this is a very prolific bean. Origin or source: Stokes Seeds, Ontario; Grower: Imrie, Nakusp.

Blue Lake Pole: Number of years grown in Kootenays: 1. Origin or source: Stokes Grower: Derhousoff, Blewett.

Blue Lake: Number of years grown in Kootenays: 21. This is a stringless bush bean with a long, productive growing season. Grower: Imrie, Nakusp.

Broad Doukhor: Number of years grown in Kootenays: 17. This very old bean was grown out and passed onto Winnie by Elyena Lundh's grandmother Vera Strilieve of Shoreacres. Grower: Imrie, Nakusp.

Broad Frost Proof: Number of years grown in Kootenays: 16. Origin or source: Saskatchewan; Grower: Imrie, Nakusp.

Brown Bush: Number of years grown in Kootenays: ?. This drying bean is well adapted to the area and a good producer. Grower: Ruljancich, Deer Park.

Brown Romano: Number of years grown in Kootenays: ?. Netta advised the only cross pollination concern with this bean is with white beans. Origin or source: Russia; Grower: Zeberoff, Passcreek.

Brown Striped Grandmother's Pole: Number of years grown in Kootenays: ?. Frank's Grandmother grew out this drying bean and passed it down to her daughter who then gave it to her son to grow and save. A precious heirloom variety. Origin or source: Yugoslavia; Grower: Ruljancich, Deer Park.

Burgundy Pole: Number of years grown in Kootenays: 20. This flat bean turns green when boiled. Grower: Waslenkoff, Shoreacres.

Grower Profile

Suzanne Miller, a long time seed saver and gardener, has contributed greatly to the preservation of open-pollinated and heritage seeds in the Kootenays. Through a home based business, she also produces Kootenay Flower Essences in cooperation with Penny Bonnet and Marianne Mazzocchi. Suzanne's family is almost completely self-sufficient. Her exceptional gardening and seed saving skills have been featured in the past in the *Nelson Daily News* and other publications. She has been an outstanding mentor to this project and is a member of the Seeds of History Volunteer Community Advisory Committee.

Burpee Stringless Bush: Number of years grown in Kootenays: 17. This dark green bean is a good freezing variety taking only 50 days to maturity. Origin or source: SSE; Grower: Imrie,

California: Number of years grown in Kootenays: 19. As its name suggests, the California bush bean needs lots of heat. It takes 100 days to reach maturity. Origin or source: Stokes; Grower: Imrie, Nakusp.

Calypso: Number of years grown in Kootenays: 3. Origin or source: Nelson Coop; Grower: Leong, Nelson.

Canadian Wonder Green Snap: Number of years grown in Kootenays: 15. The 7-8 inch pods and dark red seeds make this general use bush bean unique. Origin or source: SSE; Grower: Imrie, Nakusp.

Cherokee Pole: Number of years grown in Kootenays: ?. This bean has a multi colored seed inside its pod. Grower: Ruljancich, Deer Park.

Cherokee Trail of Tears: Number of years grown in Kootenays: 5. This heavy producer likes a long growing season and keeps well. Origin or source: Dan Jason; Grower: Fischer Blewett, and Grower: Leong, Nelson.

Combo Lunka: Number of years grown in Kootenays: ?; Age of saved seed: 1. Of Doukhobor origin, this bean is good for many uses. Grower: Zeberoff, Passcreek.

Cranberry Bush 1: Number of years grown in Kootenays: ? ; Age of saved seed: 5. This bush bean is large in size and dries well. Grower: Olivas, Sproule Creek.

Cranberry Bush 2: Number of years grown in Kootenays: ?. This bush variety is similar in description to Cindy Olivas' bean. Could these beans be sisters? Grower: Ruljancich, Deer Park.

Crosley's Broad Fava: Number of years grown in Kootenays: ?. Best eaten fresh, this bean is well adapted to this region. Grower: Ruljancich, Deer Park.

Dry Pinto Bush: Number of years grown in Kootenays: 15. The Pinto is great for refried beans. Grower: Imrie, Nakusp.

Dutch Brown: Number of years grown in Kootenays: 17. Origin or source: Haru; Grower: Imrie, Nakusp.

Emmelou Bush: Number of years grown in Kootenays: 3. This dry bean is yellow in colour and early to mature. Origin or source: Montana, Grower: Olivas, Sproule Creek.

Evelina's Pole: Number of years grown in Kootenays: 20. This prolific drying bean has 6 beans in a pod and stores well. Origin or source: Altino, Abruzzo, Italy; Grower: Santilli, Salmo.

Fava Bean: Number of years grown in Kootenays: 5. Grower: James, Nakusp.

Fava Bush Bean: Number of years grown in Kootenays: 8. Described as big and flat, could it have ancestors in Nakusp and Winlaw? Origin or source: seed company; Grower: Sewell, Procter.

Fava Bush: Number of years grown in Kootenays: 15. This bean is from the Middle East. Origin or source: market in Vancouver; Grower: Imrie, Nakusp.

Fava Medium: Number of years grown in Kootenays: 20. Grower: Shemmaho, Winlaw.

Foot Long Pole Bean: Number of years grown in Kootenays: ?. Known for its huge pods, this variety is a great addition to any garden. Grower: Britton, Passmore.



Red Cranberry Pole Bean

(*Phaseolus vulgaris*)

This is one of the oldest varieties of cultivated bean. It was known before 1670 and it may be the red bean planted by the Native Americans of Maine noted in Lescarbot's 1612 account of New France (Weaver 1997). Its vines are slow to start, but as the season progresses, they begin to grow rapidly. The flowers are pink, producing straight 5-inch pods with rounded ends. The young, flat pods become swollen and bumpy as the seeds develop. Historically, the bean was harvested as a shelling bean and as a drying bean, normally with 7 to 8 seeds per pod (Weaver 1997).

Fortex Pole: Number of years grown in Kootenays: ?. This variety is for fresh eating. Grower: Ruljancich, Deer Park.

French Fillet: Number of years grown in Kootenays: 10+. These beans are described as sticky and delicious. Origin or source: William Dam; Grower: McDowell, Robson.

French Horticultural Pole 1: Number of years grown in Kootenays: ?. It is streaked red, this semi runner is a great green bean for shelling and drying. Origin or source: Imrie, Nakusp; Grower: Leong Nelson.

French Horticultural Pole 2: Number of years grown in Kootenays: 17. Best to shell or dry. Origin or source: Haru; Grower: Imrie, Nakusp.

Glen's Pole: Number of years grown in Kootenays: 10. Grower: Foy, Johnson's Landing.

Golden Rocky: Number of years grown in Kootenays: ?. Unusually high yield for a wax. This yellow bean is tender and tasty. Grower: Aurora, Creston.

Golden Wax Improved: Number of years grown in Kootenays: 15. Eighteen inches in height, this bush variety is good for canning and freezing. Origin or source: Rene Seeds; Grower: Imrie, Nakusp.

Grandma Walters: Number of years grown in Kootenays: 10; Age of saved seed: 1. This pinto type dried bean can be eaten both fresh and dried. Origin or source: Abundant Life; Grower: Miller, South Slokan.

Granny: Number of years grown in Kootenays: 40. This bush bean has been passed down from Doukhobor elders. Grower: Zeberoff, Passcreek.

Granny's Pole: Number of years grown in Kootenays: 63. Grower: Fischer, Blewett.

Great Northern White Bush Bean: Number of years grown in Kootenays: ?. A good sized drying bean that takes 85 days to mature. Origin or source: market in Vancouver; Grower: Imrie, Nakusp.

Green Goliath: Number of years grown in Kootenays: 8. Origin or source: Garden City Seeds; Grower: Popoff, Grand Forks.

Green Pod: Number of years grown in Kootenays: 27. Origin or source: Slokan Coop; Grower: Lundh, Kaslo.

Green Stringless: Number of years grown in Kootenays: 16. The Green Stringless bush bean has 6 inch long tender pods. It is good freezing and canning. Origin or source: Rene Seeds; Grower: Imrie, Nakusp.

Green: Number of years grown in Kootenays: ?; Age of saved seed: 4. This green bean has great flavor. Origin or source: Jake; Grower: Leong, Nelson.

Grey Mix Pole: Number of years grown in Kootenays: ?. Its young pods are good for green beans, but it matures late. Grower: Jmieff, Winlaw.

Guatemalan Black: Number of years grown in Kootenays: ?. Origin or source: Lorenzo; Grower: Luchtan, Balfour.

Horticultural Pole: Number of years grown in Kootenays: 20. This super productive and reliable drying bean is a keeper. Grower: Ruljancich, Deer Park.

Hunter Sappier Pole: Number of years grown in Kootenays: 10+. Origin or source: William Dam; Grower: McDowell, Robson.

Pole Bean Technique

Traditionally, Doukhobors have grown their beans using a 'lunka,' or pole. Dig a circle trench approximately 24 inches in diameter. Place your beans in the trench in a 'W' pattern around the pole. Cover them lightly with soil. Now you have a lunka! (Netta Zeberoff, Pass Creek, May 2000).

Hunter: Number of years grown in Kootenays: 7. This variety produces a green pole bean similar to its distant neighbor in Deer Park. Origin or source: WD, Grower: Judd, Argenta.

Hunters Green Pole: Number of years grown in Kootenays: ?. Great fresh. Grower: Ruljancich, Deer Park.

Indian Yellow Lady: Number of years grown in Kootenays: 3. This bean has adapted well to this area and is a consistent and prolific producer. Origin or source: Garden City Seeds; Grower: Leong, Nelson.

Ireland Creek Annie 1: Number of years grown in Kootenays: ?. A good drying bean. Origin or source: SSS; Grower: Ruljancich, Deer Park.

Ireland Creek Annie 2: Number of years grown in Kootenays: 50. This bush bean is a small prolific plant with a short season. It is a designated heirloom from England. Origin or source: Lamby; Grower: Imrie, Nakusp.

Italian Bush: Number of years grown in Kootenays: 50. Similar Nina Jmieff's Italian bean description. Could these beans be sisters? Origin or source: grandmother; Grower: Samaru, Robson.

Italian Drying Pole: Number of years grown in Kootenays: 60. This bean has a mild flavour and is a strong early producer. Grower: Malekow, Shoreacres.

Italian Long Pole: Number of years grown in Kootenays: ?. This dry bean is great for winter. Origin or source: Salikin, Thrums; Grower: Jmieff, Winlaw.

Italian Pole: Number of years grown in Kootenays: 15. This pole variety is a late producer. Grower: Jmieff, Winlaw.

Italian Romano Bush: Number of years grown in Kootenays: ?. This bean was brought over from Italy by the DeGrindi's. Origin or source: Italy; Grower: DeGrindi, Trail.

Italian Romano Pole: Number of years grown in Kootenays: ?. A prolific bean reaching heights of 14 to 16 feet. Grower: Imrie, Nakusp.

Italian Round: Number of years grown in Kootenays: ?. This bush variety is a great early producer. Grower: Jmieff, Winlaw.

Italian: Number of years grown in Kootenays: ?. Although simple in title, this bean's voyage to the Kootenays was more complex. Origin or source: Italy; Grower: DeGrindi, Trail.

Italianka: Number of years grown in Kootenays: 63. This is a good drying bean that stores well. It likes to be dried in the pod. Handed down from maternal grandmother to mother to granddaughter. There is evidence that it may have come from Russia during the Doukhobor migration at the beginning of the 20th century. Grower: Fischer, Blewett.

Jacob's Cattle 1: Number of years grown in Kootenays: 10. This fabulous bush bean is great green or in soups. Grower: Shemmaho, Winlaw.

Jacob's Cattle 2: Number of years grown in Kootenays: 6. Similar in its description to that of Shemmaho's and Ruljancich's beans. Origin or source: V. Love; Grower: Luchtan, Balfour.

Jacob's Cattle 3: Number of years grown in Kootenays: ?. A good drying bean. Grower: Ruljancich, Deer Park.

Grower Profile

For the last three decades, Diane Luchtan has been growing and saving the seeds of medicinal and culinary plants in the Kootenays. As an avid and adventurous seed saver, she has been a great support and contributor to this project. She was one of the founding members of "Seeds," a group dedicated to the preservation of heritage and heirloom seeds in the Kootenays. Although the group disbanded in the mid-nineties, Diane continues her work today, boasting an incredible collection of open-pollinated saved seed from all over the world.

Bean, Lima, Salmo (Phaseolus lunatus)

Lima beans can be traced back at least to 5,000 B.C. in Peru. According to the observations in Spanish reports, lima beans were eaten by only the Incas and other Native elite. These beans were introduced to North America by European settlers (Weaver 1997).

Jacob's Ladder Bush or Trout Bean: Number of years grown in Kootenays: 5. Taking 88 days to reach maturity, this white bean has attractive brown speckles. Grower: Zeberoff, Passcreek.

Jacob's Ladder Bush: Number of years grown in Kootenays: 4. Origin or source: Jake Grower: Leong, Nelson.

Jade Pole: Number of years grown in Kootenays: ?. Its sleek name represents its slender and long style. A bonus to this variety is its heavy yield which takes only 53 days to reach maturity. Origin or source: WD; Grower: Britton, Passmore.

Keivits Bush: Number of years grown in Kootenays: ?. This bush variety produces a drying bean that has adapted well to the area and tastes great. Grower: Ruljancich, Deer Park.

Kidney Bush: Its mold resistant pods are great for this climate. It is wonderful for hearty winter soups and chili. Grower: Aurora, Creston.

Koozen Drying 1: Number of years grown in Kootenays: 70+. A bush variety, this heritage brown bean is mild in flavour and a good producer. Grower: Koozen, Winlaw.

Koozen Drying 2: Number of years grown in Kootenays: 70+. This drying bean was first grown in Winlaw or Appledale in the Slocan Valley in the 1920's. This mild tasting, mottled brown bean is well suited to soups. Mildew, mold, and wilt resistant, this early variety produces well in cool, wet, short growing seasons. Origin or source: Tina Koozen at the Appledale Seed Exchange in 1993. Grower: Shepard, Sproule Creek.

Lima Lime Light Bush: Number of years grown in Kootenays: 15. This lima bean has rich thick pods and takes 38 days to reach maturity. Origin or source: SSE; Origin or source: England Grower: Imrie, Nakusp.

Lima: Number of years grown in Kootenays: 13. This dark colored prolific bean is great tasting, and flowers a beautiful colour. Origin or source: Italy; Grower: Santilli, Salmo.

Magpie Bush: Number of years grown in Kootenays: ?. Origin or source: seed swap; Grower: Leong, Nelson.

Main Kidney: Number of years grown in Kootenays: 17. Noted for its red pod, this bean matures in 75 days. Origin or source: SSE; Grower: Imrie, Nakusp.

Marconi A Grano Bianco: Number of years grown in Kootenays: 30+. A prolific producer, this pole variety was grown and cooked by Maria's mother in Italy. They need to be started indoors and then transplanted outside. It has been in Maria's family for over 50 years. Origin or source: Italy; Grower: Santilli, Salmo.

Mario's Pole: Number of years grown in Kootenays: 40+. Named after its original Kootenay grower, this productive green eating bean is still too fresh when pulled. Origin or source: Trail; Grower: Santilli, Salmo.

Mexican Black Bush: Number of years grown in Kootenays: 20. The proceeds from the sale of this bean were donated to West Kootenay Central America Support Group. Grower: Luchtan, Balfour.

Montezuma Red: Number of years grown in Kootenays: ?. Its name comes from the northern West Coast of Costa Rica. Could the bean also have originated there? Maybe a research trip is in order. Origin or source: SSS; Grower: Wedge, Crawford Bay.

Multi Colored: Number of years grown in Kootenays: 2. A colourful description of purple, blue, pink and brown was given to this bush bean. Grower: Foy, Johnson's Landing.

Mung 1: Number of years grown in Kootenays: 20. Could this be the same bean as found in Grand Forks? Grower: Imrie, Nakusp.

Bean Tip

For seed saving, keep in mind that runner beans have large flowers that are very attractive to bees. Of all the beans in the garden, runner beans are mostly likely to cross if plants are grown in close proximity to each other. Planting flowers nearby that are attractive to bees will help reduce the likelihood of cross pollination if there are other runner beans being grown nearby (Weaver 1997).

Mung 2: Number of years grown in Kootenays: 8. These bean sprouts are hard to grow in this climate. Grower: Popoff, Grand Forks.

Mystery Pole: Number of years grown in Kootenays: 20+. This prolific bean was sent directly from Italy. Due to shortage of land in Italy it's past grower sent it to the wild promise land, the Kootenays. The bean can be eaten young both pod and seed. Grower: Stoochnoff, Nelson.

Nastia Ostrihoff Pole: Number of years grown in Kootenays: ?. It is Italian in origin, round in shape and matures late. Grower: Jmieff, Winlaw.

Navy Bush: Number of years grown in Kootenays: 15. Six to eight inches in pod length, these small, white, oval beans came from the B.C. Coast. Origin or source: market in Vancouver; Grower: Imrie, Nakusp.

Necker Queen: Number of years grown in Kootenays: 30. This white pole bean is great for canning. Origin or source: Cunningham; Grower: Hummerlink, Blewett.

Netta's: Number of years grown in Kootenays: 60. These ancient beans traveled to Canada sewn into the skirts and hats of Doukhobors from Russia. Grower: Zeberoff, Passcreek.

Nicaraguan: Number of years grown in Kootenays: ?. A great drying bean adapted well to this region. Grower: Ruljancich, Deer Park.

Nickolas Black Seeded Pole: Number of years grown in Kootenays: 15. With 5 inch green pods, this black pole bean is a tender tasty treat. Origin or source: SSE U.S., Grower: Imrie, Nakusp.

Noni's Pole: Number of years grown in Kootenays: 20+. Well adapted to this area. Origin or source: Italy; Grower: Noni.

Northeaster: Number of years grown in Kootenays: 15. This green pole romano bean has great flavor but poor storage qualities. Origin or source: Johnny's; Grower: Judd, Argenta.

Old Italian Pole: Number of years grown in Kootenays: 5. This hardy black seed is resistant to change in temperature. Grower: Wasilenkoff, Shoreacres.

One Thousand Year Old Pole: Number of years grown in Kootenays: 70. Origin or source: seed exchange; Grower: Luchtan, Balfour.

Oregon Giant Pole: Number of years grown in Kootenays: 10+. Grower: Stoochnoff, Blewett.

Painted Lady: Number of years grown in Kootenays: ?; Age of saved seed: 1. A heritage scarlet runner that is one of the oldest runner beans now in existence. Nice big pole bean with no disease trouble. Grower: Miller, South Slokan.

Passcreek Mystery Bush: Number of years grown in Kootenays: 6. This mysterious bean requires lots of room. Grower: Zeberoff, Passcreek.

Pink: Well adapted to these growing conditions, this is a great drying bean. Grower: Ruljancich, Deer Park.

Pink Soup: Number of years grown in Kootenays: ?; Age of saved seed: 2. Origin or source: Frank and Libby; Grower: Leong, Nelson.

Pinto 1: Number of years grown in Kootenays: 100. Origin or source: Kate Astroff; Grower: Idler, Grand Forks.

Pinto 2: Number of years grown in Kootenays: ?. An early bush bean that is good fresh or dried. Grower: Aurora, Creston.

Oregon Giant Bean

Ben received an old envelope from his mother's friend. She was unsure how old they were, and the only thing known about them was their name "Oregon Pole", which was written on the envelope. About 5 years later, Ben's dad was reminiscing about some beans known as Oregon Giant. Ben told him about the envelope he had. Ben's beans matched those his dad remembered, large beige beans with black or blue spots. Ben gave the beans to his daughter to plant; he really thought they were too old to grow. Nearly every one sprouted and the biggest pods were 18 inches long! These beans are still grown and saved by Ben's family today (Pablo Pastor, Nelson, November 2000).

Pinto 3: Number of years grown in Kootenays: ?. Similar to the Pinto in Grand Forks. Could this be the same drying bean? Grower: Ruljancich, Deer Park.
pods and grows well in cool climates. It is an excellent baking bean. Grower: Imrie, Nakusp.

Potoski Pole: Number of years grown in Kootenays: 17. Along with it's catchy name, this is a prolific drying bean of Doukhobor decent. Origin or source: Haro; Grower: Imrie, Nakusp.

Provider: Number of years grown in Kootenays: ?. This fresh green bean is early to mature, dependable, and prolific. Grower: Aurora, Creston.

Puerta Rican Pinto: Number of years grown in Kootenays: 15. This bean is great for cooking with its rich flavor. Grower: Imrie, Nakusp

Purple Bush: Number of years grown in Kootenays: ?. The purple color is a beautiful addition to any garden. Grower: Foy, Johnson's Landing.

Purple Fava: Number of years grown in Kootenays: ?. Great to plant early and splendid in colour. Origin or source: Dan Jason; Grower: Eliza, Slocan.

Purple Podded Doukhobor: Number of years grown in Kootenays: 60+; Age of saved seed: 1. This bean was almost lost in an early frost years ago, luckily family networked with neighbors to replenish seed stocks. It is an excellent drying bean with great flavor. Origin or source: family; Grower: Zeberoff, Pass Creek.

Purple Pole: Number of years grown in Kootenays: ?. It comes early to maturity and is great for winter eating. Origin or source: neighbour; Grower: Jmieff, Winlaw.

Purple Royalty Bush: Number of years grown in Kootenays: 7. Fortunately it is cold tolerant therefore great as an early starter in this climate. Origin or source: Queen Charlottes; Grower: Leong, Nelson.

Purple: Number of years grown in Kootenays: ?; Age of saved seed: 1. Grower: Spear, Nelson.

Red Eye: Number of years grown in Kootenays: ?. This is a drying bean well adapted to this area. Grower: Ruljancich, Deer Park.

Red Honduras: Number of years grown in Kootenays: 6. This bean traveled in the backpack of a young traveller through the sunny southern Honduras climate to the great white north. It found it's new home here in the Kootenays. Origin or source: Honduras; Grower: Ruljancich, Deer Park.

Red Kidney: Number of years grown in Kootenays: 6; Age of saved seed: 1. Origin or source: North Shore; Grower: Luchtan, Balfour.

Red Pole: Number of years grown in Kootenays: 10; Age of saved seed: 1. Grower: Leong, Nelson.

Red Valentine Snap Bush: Number of years grown in Kootenays: 15. Origin or source: Minnesota; Grower: Imrie, Nakusp.

Red: Number of years grown in Kootenays: 15. It has a consistently great yield with 30 inch bushes. Good for chili and rice dishes. Origin or source: Vancouver; Grower: Imrie, Nakusp.

Romano Musica Pole: Number of years grown in Kootenays: 4. It has a tender potato flavor and needs a long season. Origin or source: Territorial; Grower: Leong, Nelson.

Purple Podded Doukhobour Bean

In the early 1900s, thousands of Doukhobors migrated from Russia to Canada and many settled in the Kootenays. They brought with them, among other things, their communal lifestyle and agricultural practices. Various seeds were sewn into the hems and linings of garments, as well as into the bands of hats, to ensure the availability of traditional food staples in their new home. As these people came West, so did their seeds, among them the Purple Podded Doukhobor Bean. This bean continues to be grown and saved in many of the stunning gardens that members of the Doukhobor community are renowned for. Nearly lost in an early frost, it is because of the dedication and seed saving skills of these people that the Purple Podded Doukhobor Bean continues to grow in all its splendor today (Netta Zeberoff, Pass Creek, May 2000).

Romano Pole 1: Number of years grown in Kootenays: 10 This late Romano pole bean has great flavor. Origin or source: Italian community in Nelson; Grower: Waslenkoff, Shoreacres.

Romano Pole 2: Number of years grown in Kootenays: 50+. It has a brilliant pink and green color. The bean is kept for seed or dried to eat. Origin or source: Italy; Grower: Stoochnoff, Blewett.

Rosa's Dry Bush: Number of years grown in Kootenays: 17. This bean is an heirloom variety from England. It takes 85 days to reach maturity with large red and white spots which add to its beauty. Origin or source: Karlington; Grower: Imrie, Nakusp.

Round Kidney: Number of years grown in Kootenays: ?; Age of saved seed: 1. Origin or source: Pacific North West; Grower: Leong, Nelson.

Round Romano: Number of years grown in Kootenays: 50+. This spotted tan bean came from the Voykin family in Russia. Grower: Zeberoff, Passcreek.

Roy Stevans Trout or Jacob's Cattle: Number of years grown in Kootenays: 17. It is also known as Coach Dog bean, with it's pure white colour with red splashes. Origin or source: SSE; Grower: Imrie, Nakusp.

Royal Burgundy: Number of years grown in Kootenays: 7. Grower: Sewell, Procter.

Royal Kidney Large: Number of years grown in Kootenays: 16. It is great for drying with its large flat burgundy seed. Origin or source: SSE and England. Grower: Imrie, Nakusp.

Russian Lunka Pole: Number of years grown in Kootenays: ?. As a semi pole bean, it can be well adapted to your garden space. Grower: Zeberoff, Passcreek.

Russian Pole: Number of years grown in Kootenays: 30; Age of saved seed: 1. This is an old drying bean. Origin or source: Flahavick; Grower: Hummerlink, Blewett.

Russian Purple Pole: Number of years grown in Kootenays: 20+. This bean was originally from a Doukhorbor gardener in this region. Grower: Carter, Winlaw.

Saddle: Number of years grown in Kootenays: 15. This drying bean has adapted well to the area. Origin or source: Blaylock; Grower: Ruljancich, Deer Park.

Santilli: Number of years grown in Kootenays: ?. A heritage pole variety, this productive bean is good for canning. The beans are small but swell to quite a large size when cooked. Origin or source: Russian friend who was given them by an Italian friend; Grower: Santilli, Salmo.

Saviskoff: Number of years grown in Kootenays: 60+. First grown at the Saviskoff homestead on Blue Bird Road in Sproule Creek, this bean was brought o the Kootenays by members of the Doukhorbor community in the 1930's. This productive bush variety produces a bean that is light brown in colour and mild in flavour. It takes 60 to 70 days to reach maturity. Origin: Flo Wharton from Laura Barabanoff of Sproule Creek Road; Grower: Shepard, Sproule Creek.

Scarlet Runner 1: Number of years grown in Kootenays: 17. Similar to its neighbors in Passcreek, it is good for drying or eating early as green. Grower: Sewell, Procter and Ruljancich, Deer Park.

Scarlet Runner 2: Number of years grown in Kootenays: 40. Passed down through two generations these green or dried beans have beautiful flowers. Grower: Zeberoff, Passcreek.

Grower Profile

Suzy Hamilton has been a Kootenay resident for over 15 years. A dedicated and talented seed saver, she organizes springtime seed and plant swaps throughout the region. Among many of her other positions in the community, she is the coordinator of the Kootenay Barter Bank, an organization dedicated to promoting and fostering non-monetary interactions through the direct exchange of services and goods.

Scarlet Runner Bean

(Phaseolus coccineus)

Runner beans are native to the highlands of Central America. Originally grown in high altitudes, they are day-length sensitive and prefer cool weather—perfect for our mountainous environment here in the Kootenays.

Small Brown Pole: Number of years grown in Kootenays: ?. Grower: Britton, Passmore.

Small Navy: Number of years grown in Kootenays: ?. Grower: Ruljancich, Deer Park.

Snap Pole-KalboVeense: Number of years grown in Kootenays: 15. Grower: Imrie, Nakusp.

String: Number of years grown in Kootenays: ?. Similar to DeGrindi's many other Italian vegetables. The two varieties are prolific with 12 inch long pods. Origin or source: Italy; Grower: DeGrindi, Trail.

Striped Romano Bush: Number of years grown in Kootenays: 40. This old Kootenay bean is distinguishable for its tan and brown stripes. Grower: Zeberoff, Passcreek.

Sugar Daddy: Number of years grown in Kootenays: 1. Although these beans have a poor germination rate, they have a nice sweet flavor. Origin or source: Abundant Life; Grower: Kartheins, Krestova.

Swedish Brown: Number of years grown in Kootenays: 15. A drying bean that is prolific and has adapted well to the area. Grower: Ruljancich, Deer Park.

Swedish Brown: Number of years grown in Kootenays: 5. To stress their long lasting commitment, COPE gave out these seeds with their campaign. Origin or source: Woodworth; Grower: Luchtan, Balfour.

Swedish Purple Pod Pole: Number of years grown in Kootenays: 15. Although late maturing, these Swedish beans remain good producers. Origin or source: SSE; Grower: Imrie, Nakusp.

Sweet Loraine Broad or Fava: Number of years grown in Kootenays: ?. This bean is best eaten fresh. Grower: Ruljancich, Deer Park.

Tender Green Improved: Number of years grown in Kootenays: 15. Taking only 45 days to reach maturity it can be grown in this area even though it requires hot weather. Origin or source: Garden Corner; Grower: Imrie, Nakusp.

Tontini Pole: Number of years grown in Kootenays: 4. Another great bean travelling from Italy to the Kootenays. This productive bean stores well and is late to mature in the season. Origin or source: Italy, Altina, Abruzzo; Grower: Santilli, Salmo.

Towle Pole: Number of years grown in Kootenays: 15. Origin or source: SSE; Grower: Imrie, Nakusp.

Tung: Number of years grown in the Kootenays: 80+. This stringless variety is delicious and is best served by Frenching before cooking. The dry seeds are a stunningly shiny brown. Brought to Canada by a Chinese laborer named Tung who was employed by Mr. James Kerr who owned 50 acres at Long Beach on Kootenay Lake. Although Tung returned to China in 1936, his beans have been grown and saved by the Kerr family to this day. The beans were lost for a period of time, but were found again by the granddaughter and her husband while cleaning a long unused garden shed on the family property. The beans came back to the Kootenays with a family from the coast. The beans were given to them by their neighbor, a gentleman who had lived in the Kootenays for years. Upon hearing that they were moving to Nelson, he gave them the beans to bring back to their home. His greatest hope is that someone will plant them at the site of the original homestead at Long Beach so that they may come full circle. Origin: China; Grower: Petersen, Nelson.

Grower Profile

Shemmaho has been a Kootenay resident for 30 years. An enthusiastic gardener, seed saver and herbalist, she has contributed her knowledge, dedication, and experience to the community in a myriad of ways. Specifically, her seeds can be found with growers throughout the region who rave of their hardiness and successes in a variety of micro-climates. She has expressed interest in starting a local seed co-operative and has been a strong supporter of this project, serving as a participant placement mentor and consultant.

Bean Tip

Always leave the beans nearest the bottom of the plant for seed saving, and pick the upper ones for eating. The lower pods ripen and dry first because they come out earliest. As a result, they have the longest time to reach full maturity and make the best seeds for saving.
(Margaret Stoochnoff, Thrums, September 2000)

Cedar Street in Nelson.

Ukrainian Brown Bush: Brought over from our eastern neighbors this bean is good for soups and baking. Origin or source: Alberta; Grower: Imrie, Nakusp.

Vermont Cranberry Dry Pole: Number of years grown in Kootenays: 17. An excellent baking and good in all climates, matures in 90 days. Origin or source: Dr. Wells, Silverton; Grower: Imrie, Nakusp.

Viola Trionfo: Number of years grown in Kootenays: 20. A reliable producer that is short season, cold adapted. Grower: Zeberoff, Passcreek.

Western Forest Pole: Number of years grown in Kootenays: ?; Age of saved seed: 2. Origin or source: Germany; Grower: Elder, Winlaw.

White Bush: Number of years grown in Kootenays: ?. Dry it. Grower: Ruljancich, Deer Park

White Doukhor: Number of years grown in Kootenays: ?. Grower: Zeberoff, Passcreek.

White Italian Pole: Number of years grown in Kootenays: ?. Another drying wonder that came from Frank's Yugoslavian grandma. Grower: Ruljancich, Deer Park.

White Runner: Number of years grown in Kootenays: 5. A flat green bean, tastier than its description. Origin or source:

White: Number of years grown in Kootenays: 13. Good for storage and productive, this is a semi-pole bean. Origin or source: Italy; Grower: Santilli, Salmo.

Yellow Brown Kidney Bush: Number of years grown in Kootenays: ?; Age of saved seed: 1. Grower: Leong, Nelson.

Yellow Bush: Number of years grown in Kootenays: ?; Origin or source: WD; Grower: Britton, Passmore.

Yellow Pole: Number of years grown in Kootenays: 10. Origin or source: Saskatchewan, Grower: Collier, Nelson.

Yellow Snap Pencil Pod Wax: Number of years grown in Kootenays: 21. This meaty bush variety is good for freezing and is a heavy producer. Origin or source: Salmon Arm; Grower: Imrie, Nakusp.



Bean Tip

"Soak your beans overnight in warm (not hot) water before you plant them. It helps them to germinate" (Netta Zeberoff, Pass Creek, May 2000).

Beet

(Beta vulgaris)

The beet is native to the sea coasts of Southern Europe, Africa and Asia Minor. It was introduced into England by tradesman in 1656 and has been grown in North American since the first European settlements were established. Its name is said to come from the resemblance of its seed to the letter beta of the Greek alphabet (Johnson 1978).



Albuna Vereduna: Number of years grown in Kootenays: ?. This beet has adapted well to the area. Grower: Ruljancich, Deer Park.

Always Tender: Number of years grown in Kootenays: ?. This beet keeps well. Grower: Ruljancich, Deer Park.

Borscht: Number of years grown in Kootenays: 70+; Age of saved seed: 1. This heritage variety is the classic Borscht beet, immortalized by Doukhobor cooks all over the Kootenays. It stores well and has an excellent flavor. Origin or source: Russia; Grower: Strelieve, Shoreacres.

Bull's Blood 1: Number of years grown in Kootenays: ?. The red leaves of this beet can be eaten when green or red. Grower: Idler, Grand Forks.

Bull's Blood 2: Number of years grown in Kootenays: ?; Age of saved seed: 1. A heritage variety. Origin or source: Garden City Seeds; Grower: Luchtan, Balfour.

Cylinder: Number of years grown in Kootenays: 30. As the name describes, this salami shaped beet can grow up to 18 inches long. Origin or source: Dominion; Grower: DeGrindi, Trail.

Cylindra: Number of years grown in Kootenays: ?. Sounds similar to the beet in Trail. Grower: Ruljancich, Deer Park.

Detroit Red: Similar to the beet in Blewett and Deer Park. Origin or source: WD; Grower: Judd, Argenta.

Detroit 1: Number of years grown in Kootenays: ?. A fine dark red beet. Grower: Ruljancich, Deer Park.

Detroit 2: Number of years grown in Kootenays: 1. Grower: Derhousoff, Blewett.

Early Wonder Consilles: Number of years grown in Kootenays: ?. As the name suggests, an early producer with good flavor. Grower: Ruljancich, Deer Park.

Ferreno Cyclindrica: Number of years grown in Kootenays: ?. Grower: Wedge, Crawford Bay.

Golden: Number of years grown in Kootenays: ?. It develops a beautiful golden colour, but this one is not sweet. Grower: Ruljancich, Deer Park.

Italian: Number of years grown in Kootenays: 5+. From Italy, as you may have guessed. Grower: Carter Winlaw.

Lutz Green Leaf 1: Number of years grown in Kootenays: 12. A productive, large, non-fibrous variety. Grower: Miller, South Slokan.

Lutz Green Leaf 2: Number of years grown in Kootenays: 22; Age of saved seed: 1. It originally traveled overseas into the Kootenays via Germany. The leaves of this variety are of good quality for eating. Origin or source: Germany; Grower: Miller, Rosslan.

Lutz: Number of years grown in Kootenays: ?. With excellent green leaves, the large roots are sweet and keep well. Grower: Aurora, Creston.

Ruby Queen: Number of years grown in Kootenays: ?. Try it for it's good flavor. Grower: Ruljancich, Deer Park.

Sugar: Number of years grown in Kootenays: ?. Grower: Ruljancich, Deer Park.

Yellow Mangles: Number of years grown in Kootenays: 4; Age of saved seed: 4. This very large beet keeps well. It is primarily used for animal feed but when harvested young, it has a fine flavor. Origin or source: Abundant Life; Grower: Miller, South Slokan.

Grower Profile

"Christopher Spicer farmed in the Nakusp area for more than half a century. Up until his death in the summer of 1998 at age 85, he worked tirelessly to bring high quality produce to residents of the Kootenays. Throughout his farming lifetime, he inspired many with his skill, his generosity, his love of the soil and that of the life it sustains. Sundown often found Chris on the phone, spending hours answering an enormous range of questions about growing food and farming. Despite the fact that most of his farming career also involved a series of land losses through expropriation and the flooding of the Columbia Basin, Chris persevered in his commitment to producing good food in a sustainable manner. We are proud to bear the name of Christopher Spicer and to have the privilege of working to perpetuate his legacy" (Christopher Spicer Centre for Sustainable Agriculture and Rural Life pamphlet, Winlaw, June 2000).

Broccoli

(*Brassica oleracea*)

Broccoli was adapted from the European wild cabbage over two thousand years ago. It was mysteriously lost from historical documentation until the 16th century: at that time, it was introduced as a vegetable in Italy, and later as "Italian Asparagus" in England around 1724 (Hankin and Schmetzer). There are now two distinct types of broccoli. The older type, called the Italica group, is a biennial producing small, tender. The second type is the Botrytis group, an annual producing compact green or purple heads in summer. This second broccoli type includes Calabrese and Romanesco varieties. There is also a Romanesco variety which has yellowish-green heads arranged in a spiral pattern. These mature in late summer and autumn (Hankin and Schmetzer).



Early Purple Head: Number of years grown in Kootenays: ?. Great in flavor but produces small heads. Grower: Ruljancich, Deer Park.

Purple Sprouting: Number of years grown in Kootenays: ?. Another good producer with small heads. Grower: Ruljancich, Deer Park.

Rosaling Purple: Number of years grown in Kootenays: ?. The consistency of small broccoli heads in this region could be geo-climatic. Grower: Ruljancich, Deer Park.

Spartan Early: Number of years grown in Kootenays: ?. Grower: Ruljancich, Deer Park.

Suzy's: Number of years grown in Kootenays: ?. This variety is prolific and early. Origin or source: Collier; Grower: Hamilton, North Shore.

Umqua: Number of years grown in Kootenays: ?. This broccoli demonstrates a case where localization is making it worse.

Cabbage

(*Brassica oleracea*)

Kohlrabies, broccoli, cauliflower, Brussel sprouts, kale, and heading cabbages are all variations of the same plant. The perennial wild cabbage *Brassica oleracea*, with its loosely formed leaves, is the source of all the various European brassica vegetables. The first to be developed was the head-forming type of cabbage (*Brassica oleracea capitata*). This vegetable originated in the Middle East and spread to Europe and Asia perhaps more than three thousand years ago. Phillips and Riz's *Vegetables* states that Greek literature mentions the cabbage as far back as 600 B.C.. Roman doctors are reported to have used cabbage for its medicinal properties. Here in the Kootenays, cabbage is a beautiful addition to many local gardens.



April Green: Number of years grown in Kootenays: 15. A good keeper with great flavor. Grower: Ruljancich, Deer Park.

Borscht: Number of years grown in Kootenays: 70; Age of saved seed: 6. Borscht is a traditional Russian dish. This rich beet soup was brought to this region from Eastern Europe. It is a specialty of many restaurants in the Grand Forks area. This variety is one grown especially for use in this dish. Origin or source: Russia; Grower: Strelieve, Shoreacres.

Brakle Kapusta: Number of years grown in Kootenays: 20+. Literally, broccoli cabbage [Brakle (broccoli spelled phonetically) Kapusta (Russian for cabbage)], these seeds are still kept in the same envelope in which the originals were saved. Origin or source: Shoreacres; Grower: Strelieve, Shoreacres.

Chieftain: Number of years grown in Kootenays: ?. This cabbage matures early and has adapted well to this region. Grower: Ruljancich, Deer Park.

Chinese: Number of years grown in Kootenays: ?. A great open pollinated variety. You can rest assured that it will bolt in hot weather, so pick it early for eating. Grower: Ruljancich, Deer Park

Golden Acre: Number of years grown in Kootenays: ?. Another great early variety. Grower: Ruljancich, Deer Park

Japanese Mizuna: Number of years grown in Kootenays: 2. Rare in this area, the feathery tsaitsoh is a great Japanese mustard green. Origin or source: Shepard, Sproule Creek; Grower: Leong, Nelson.

Langedijker Red Winter Keeper: Adding some Dutch flavour to the Kootenay cabbage list, this variety was originally brought over from Holland. Origin or source: WD; Grower: Ruljancich, Deer Park.

Langedijker Yellow Winter Keeper: Number of years grown in Kootenays: ?. Another great Dutch cabbage brought from Holland. Origin or source: WD; Grower: Ruljancich, Deer Park.

Little League: Number of years grown in Kootenays: ?. Although small in size, this early variety tastes great. Grower: Ruljancich, Deer Park.

Russian: Number of years grown in Kootenays: 1. Grower: Waslenkoff, Shoreacres.

Suzanne's: Number of years grown in Kootenays: ?. Origin or source: Hudson Bay; Grower: Miller, Rosslund.

White: Number of years grown in Kootenays: 25. An attractive curly cabbage that will shock you with its large size. Origin or source: Dominion; Grower: DeGrindi, Trail.

Winter Red: Number of years grown in Kootenays: ?. A great keeper. Grower: Judd, Argenta.

Grower Profile

Frank and Libby Ruljancich's Bright Ridge Farm near Deer Park is a sight to behold. Producing food for nearly three decades, these dedicated seed savers have an impressive collection of seeds, all of which are selected based on their performance in this area. You can rest assured that a seed with Ruljancich is a good choice for any area where temperatures are moderated by the proximity of a lake. Frank and Libby have also been wonderful assets to this project, serving as members of the Volunteer Community Advisory Committee and resource people.

Carrot

(*Daucus carotus*)

The carrot is a member of the Umbelliferacea family, which also contains the celery, parsley and parsnip species, among others. The modern carrot was introduced to the Middle East, India and Europe from Afghanistan in the 10th century. The orange variety that we are familiar with today was developed in Holland, while France and Belgium remained true to the white and purple varieties up until the 19th century (Hankin).

There are many varieties of orange carrots being grown in the Kootenays today. Although most local gardeners have had success, limiting factors here are often associated with the high clay content of our soil which can inhibit carrots from forming their long, edible roots.



Amsterdam: Number of years grown in Kootenays: ?. The sweet flavour and brilliant color begin at an early stage. A great keeper. Grower: Aurora, Creston.

Berlicummer: Number of years grown in Kootenays: ?. A great, reliable winter keeper. Origin or source: WD; Grower: Ruljancich, Deer Park.

Chanteli: Number of years grown in Kootenays: 1. Origin or source: Stokes; Grower: Samaru, Robson.

Danver Half Long: Number of years grown in Kootenays: 18. A crisp, sweet, tender, prolific carrot that likes heavy soils best. Origin or source: WD; Grower: Imrie, Nakusp.

Danver: Number of years grown in Kootenays: ?. This great, big, long carrot is similar to Imrie's Danver Half Long. Grower: Collier, Nelson.

Edible: Number of years grown in Kootenays: ?; Age of saved seed: 2. Keeps well and retains it's great flavor. Origin or source: MacIntyre, Argenta; Grower: Leong, Nelson.

Eliza's: Number of years grown in Kootenays: 2. This crisp, sweet variety is medium in size and great in clay soils. Origin or source: WCS; Grower: Eliza, Slocan.

Flakkee Long Storage: Number of years in Kootenays: ?. This carrot stores well but isn't the tastiest variety ever grown. Grower: Ruljancich, Deer Park.

Forto Selection: Number of years in Kootenays: ?. This is a prolific Nantes type, and it tastes great. Grower: Ruljancich, Deer Park.

Golden Bantam: Number of years grown in Kootenays: 30. This strain of Golden Bantam was introduced by W. Atlee Burpee in 1902. It is known for its longer ears and tenderness, excellent sweet flavor and early crop. Ideal for freezing and fresh eating. 70-85 days to maturity. Origin or source: an unidentified Russian gardener.

Hill: Number of years grown in Kootenays: 17. Grower: Imrie, Nakusp.

Imperator: Number of years grown in Kootenays: 58. Although this variety has been in the Kootenays for nearly 6 decades, it is a new one this year for Frank and Libby so the jury is still out. Grower: Ruljancich, Deer Park.

Nantes 666: Number of years grown in Kootenays: 19. Grower: Imrie, Nakusp.

Nantes coreless: Number of years grown in Kootenays: ?. Age of saved seed: 2. Origin or source: Sproule Creek; Grower: Leong, Nelson.

Okanagan Danver: Number of years grown in Kootenays: 5. A small carrot that tastes great. Origin or source: L. Schindel; Grower: Hamilton, North Shore.

Oxhart: Number of years grown in Kootenays: 19. Origin or source: Abundant Seeds; Grower: Miller, Rossland.

Parisienne: Number of years grown in Kootenays: ?. As the name suggests, this diminutive variety's flavour exudes a gourmet French flare. Grower: Imrie, Nakusp.

Red Core Chantenay 1: Number of years grown in Kootenays: 15; Age of saved seed: 1. This flavourful carrot is productive and stores well. Origin or source: Abundant Life; Grower: Miller, South Slocan.

Red Core Chantenay 2: Number of years grown in Kootenays: ?; Age of saved seed: 1. Fat and short in appearance, yet fine in flavour. Origin or source: Lindenburg in Manitoba; Grower: Judd, Argenta.

Scarlet Nantes: Number of years grown in Kootenays: ?. Grower: Wedge, Crawford Bay.

Special Nantes 616: Number of years grown in Kootenays: 19. This 7 inch carrot grows prolifically and is a great keeper. It takes 62 days to reach maturity. Grower: Imrie, Nakusp.

Sweetness: Number of years grown in Kootenays: ?. Consistently productive in yield and consistently great in taste. Grower: Ruljancich, Deer Park.

Top Weight: Number of years grown in Kootenays: ?. An interesting title, but unfortunately it is not at the top in productivity. Grower: Ruljancich, Deer Park.

Touchon Deluxe: Number of years grown in Kootenays: ?. It shares the same characteristics as its fellow Nantes varieties. Grower: Ruljancich, Deer Park.

Cauliflower **(Brassica oleracea)**

Cauliflowers are grouped together with eight cultivated forms of the cabbage family. Growing cauliflower is seldom an easy task. It demands a lot of labour, thrives in wet, heavy soil, and needs constant watering during hot weather. An interesting variety here in the Kootenays is the Early Snowflake grown in Nakusp, because its small head allows the large leaves to protect it from the sun. The most diverse representation of cauliflowers in this booklet came from the Bright Ridge Farms in Deer Park.



Alpha Fortados: Number of years grown in Kootenays: ?. An adequate specimen but not a prize winner. Grower: Ruljancich, Deer Park.

Alverda: Number of years grown in Kootenays: ?. An interesting and beautiful purple and green variety that tastes great. Grower: Ruljancich, Deer Park.

Amazing: Number of years grown in Kootenays: ?. This variety does not quite live up to its name in flavour or productivity. Grower: Ruljancich, Deer Park.

Andes: Number of years grown in Kootenays: ?. Could this great tasting, reliably productive cauliflower have developed its Kootenay mountain performance qualities from the Andes? Grower: Ruljancich, Deer Park.

Armado Spring Plus: Number of years grown in Kootenays: ?. Overwinters beautifully. Grower: Ruljancich, Deer Park.

Brocoverde: Number of years grown in Kootenays: ?. Similar to the Alpha, it is purple and green in colour. Grower: Ruljancich, Deer Park.

Early Snowball: Number of years grown in Kootenays: ?. These lovely little wonders taste great! Grower: Ruljancich, Deer Park.

Early Snowflake: Number of years grown in Kootenays: 19. Its little head and large leaves protect it from the sun. Origin or source: Dominion; Grower: Imrie, Nakusp.

Extra Early Snowball: Number of years grown in Kootenays: ?. This small cauliflower isn't as productive as some other varieties, but it tastes great. Grower: Ruljancich, Deer Park.

Snow Peak: Number of years grown in Kootenays: ?. Moderate growing qualities. A very average cauliflower. Grower: Ruljancich, Deer Park.

Stardust: Number of years grown in Kootenays: ?. A strong performer that tastes great. Grower: Ruljancich, Deer Park.

Taipan: Number of years grown in Kootenays: 10. Very highly recommended, this is a Ruljancich favourite. Grower: Ruljancich, Deer Park.

Violet Queen: Number of years grown in Kootenays: ?. Unfortunately this beauty hasn't adapted well to this area. Grower: Ruljancich, Deer Park.

Grower Profile

Len and Cindy Caron have an impressive organic garden in South Slokan's Shoreacres. They save seeds from many different vegetables and sell their produce locally. Their primary market crops include Early May asparagus, garlic (for bulbs, wreaths, and seed stock), pumpkins, and winter squash.

Celeriac

(*Apium graveolens*)

A rare vegetable in this region, but after Angelo Degrandi's success in Trail it may attract more gardeners. Also known as turnip rooted celery, this vegetable is more often grown in colder climates as it keeps longer in storage than celery. Its history goes back to the early 1800's when it was brought across the Atlantic by North American settlers (Johnson 1978).



Celery Root: Number of years grown in Kootenays: 30. A flavourful and reliable producer that has been featured in the *Trail Times* for its impressive size. Origin or source: Italy; Grower: DeGrindi, Trail.

Giant Prague: Number of years grown in Kootenays: ?. Although uncommon in this survey, this is a standard Variety. It grows well and tastes great. Grower: Ruljancich, Deer Park.

Celery

(*Apium graveolens*)

Originally the wild variety of celery was called "smallage" in Britain. Celery was uncommon in Europe in the 1600's, but gained popularity in the 1700's. It was during this time that it was brought to North America (Johnson 1978). Celery is another vegetable rarely grown in Kootenay gardens.



Golden: Number of years grown in Kootenays: ?. This self blanching variety is an early producer but small in size. Grower: Ruljancich, Deer Park.

Utah Green: Number of years grown in Kootenays: 10. Origin or source: WD; Grower: Judd, Argenta.

Ventura: Number of years grown in Kootenays: ?. A productive plant that is well adapted to this region. Grower: Ruljancich, Deer Park.

Chard

(*Beta vulgaris*)

Chard varieties are beets that are grown for their greens as opposed to their roots. Originally brought to Europe by the Romans for horse feed, the beet went through hundreds of years of plant selection and seed saving to produce the tender, abundant chard varieties that we enjoy today. Chards, like beets, are biennial, requiring two seasons to produce seed (Ashworth, 1991). Swiss chard did not originate in Switzerland but rather can be traced back to Sicily (Weaver, 1997).



Bright Lights 1: Number of years grown in Kootenays: 3. Its magnificent display of colours explain its name. Grower: Ruljancich, Deer Park.

Bright Lights 2: Number of years grown in Kootenays: 1. Similar to that of its neighbor in Deer Park. Origin or source: WCS; Grower: Wedge, Crawford Bay.

Fordhook Giant 1: Number of years grown in Kootenays: 27. Grower: Imrie, Nakusp.

Fordhook Giant 2: Number of years grown in Kootenays: ?. Could its ancestor be from Nakusp? Origin or source: Alberta Nursery; Grower: Judd, Argenta.

Giant Lucullus Fordhook: Number of years grown in Kootenays: 27. Grower: Imrie, Nakusp.

Giant White: Number of years grown in Kootenays: 15. Productive with strong, thick stems. Grower: Ruljancich, Deer Park.

Perpetual 1: Number of years grown in Kootenays: 5. Its flavour and appearance are similar to spinach. Origin or source: Manitoba; Grower: Judd, Argenta.

Perpetual 2: Number of years grown in Kootenays: 2. Identical in description to the one in Argenta. Grower: Ruljancich, Deer Park.

Swiss 1: Number of years grown in Kootenays: ?; Age of saved seed: 1. A biennial that rarely produces seed. Grower: Leong, Nelson.

Swiss 2: Number of years grown in Kootenays: 10+. A reliably prolific variety; it happily produces seed. Grower: Collier, Nelson.

Corn (Zea Mays)

Corn has a long and fascinating history of cultivation. Its origins can be traced back to at least the times of the Mayan civilization of present-day Mexico (Weaver 1997). Corn originated as a mutation of common grass and now, in its present forms, cannot survive in the wild. The sustenance corn provided to its original cultivators in North America often caused it to be treated with religious significance (Weaver 1997). There are multiple corn varieties grown across the Kootenays.



Amazing Early Alberta: Number of years grown in Kootenays: 15. A great early producer. Origin or source: Alberta; Grower: Imrie, Nakusp.

Amazing Extra Early Alberta: Number of years grown in Kootenays: ?. This variety appears to be similar to its Nakusp neighbor with a little extra spice in its name. Grower: Judd, Argenta.

Art Vernels: Number of years grown in Kootenays: ?. Cannot yet be rated as spectacular. Grower: Ruljancich, Deer Park.

Double Standard: Number of years grown in Kootenays: ?. Canadians require a US permit to buy this seed. The name says it all. Origin or source: Johnny's; Grower: Judd, Argenta.

Dwarf Magenta: Number of years grown in Kootenays: 10. Len and Cindy have 2 plants that each reach 6 feet in height. Grower: Caron, Shoreacres.

Dwarf Strawberry: Number of years grown in Kootenays: ?. These small, pretty ears are for popping or they can be used as ornamental corn. Grower: Aurora, Creston.

Early Golden Bantam: Number of years grown in Kootenays: 15. These sweet cobs have adapted well to the Kootenay region. Origin or source: WD; Grower: Judd, Argenta.

Early Sugar Prince: Number of years grown in Kootenays: 32. As the name implies this corn is sweet in flavour with large ears, and stalks reaching 7 feet in height. Origin or source: Dominion Seed; Grower: Luchtan, Balfour.

Flower: Number of years grown in Kootenays: 10+. Origin or source: Chase Mohabid; Grower: Carter, Winlaw.

Golden Bantam: Number of years grown in Kootenays: ?. A sweet, early producer. Grower: Britton, Passmore.

Golden Giant: Number of years grown in Kootenays: ?. A commendable performer with a consistently large cob. Grower: Ruljancich, Deer Park.

Hooker's Blue Indian: Number of years grown in Kootenays: ?. Both prolific and sweet, these kernels produce wonderful corn meal. Grower: Ruljancich, Deer Park.

Hooker's Sweet Indian: Number of years grown in Kootenays: ?. With thin 5 to 7 inch long ears and white or bi-color kernels, this variety possesses the finest taste. At maturity, some of the kernels are blue-black. Grower: Aurora, Creston.

Hopi Red: Number of years grown in Kootenays: ?; Age of saved seed: 1. These very tall plants should make for years of great production. Origin or source: Abundant Life; Grower: Kartheins, Krestova.

Kalico Popcorn: Number of years grown in Kootenays: 16. Taking 85 days to reach maturity, these white kernels dry fast. Origin or source: SSE; Grower: Imrie, Nakusp.

Kodiak Sweet: Number of years grown in Kootenays: 15. Origin or source: Alberta Nurseries; Grower: Judd, Argenta.

Mandan Bride 1: Number of years grown in Kootenays: 17. Named after an aboriginal people. Although different in colour from the traditional corn still grown by the Mandan today, this variety may have originated with the Mandan people of North Dakota. It dries and grinds beautifully, producing soft, white flour. Origin or source: Minnesota; Grower: Imrie, Nakusp.

Mandan Bride 2: Number of years grown in Kootenays: ?. This variety produces a beautiful red flour when ground. A traditional variety grown by the Mandan people of North Dakota. Origin or source: The Mandan people of North Dakota; Grower: Aurora, Creston

Prince: Number of years grown in Kootenays: 3. The productivity of this Prince remains variable. Origin or source: Sigrid Shepard, Sproule; Grower: Ambry, Riondel.

Rainbow: Number of years grown in Kootenays: 14. This exquisitely multi-coloured variety is a great keeper. Origin or source: SSE; Grower: Lundh, Kaslo.

Striped Candy: Number of years grown in Kootenays: ?. This corn can be recognized by its brilliant colour. Grower: Idler, Grand Forks.

Sugar Prince: Number of years grown in Kootenays: 30. This Prince has adapted well to the area. Origin or source: Dominion; Grower: Heuston, Balfour.

Super Sweet: Number of years grown in Kootenays: 12. Unfortunately, Angelo needs a longer season to grow and save this sweet treat. Origin or source: Dominion; Grower: DeGrindi, Trail.

Sweet Prince: Number of years grown in the Kootenays: 30+. This short season, cold adapted variety is a Kootenay wonder. This is the only variety of corn to ever reliably reach maturity in Sproule Creek, an area noted for its gardening challenges due to late springs, short summers, and early winters. The golden kernels are wonderfully sweet and dry magnificently for seed and storage. See Sigrid Shepard's tips for growing success. Grower: Shepard, Sproule Creek.

Tom Thumb Popcorn: Number of years grown in Kootenays: ?. This corn has small husks and requires a long drying period. Grower: Judd, Argenta.

Grower Profile

Lifelong resident of the Kootenays, Netta Zeberoff continues to grow and save generations of Doukhobor seeds in her garden. Her interest in seed saving began at an early age, as she watched her parents, grandparents, and other relatives growing their food and saving the seed for both eating and planting season after season. She continues her family's commitment to sustainable living and seed saving. In the late eighties, Netta was a founding member of the Doukhobor Heritage Seed group which endeavoured to collect heritage and heirloom seeds from Doukhobour elders and grow them out to ensure the varieties' survival on an informal basis. This group later disbanded, but the seeds continue to be grown out and exchanged throughout the community. As a Master Herbalist currently completing her Clinical Herbal Therapist Degree at Dominion Herbal College, Netta also practices the age old Doukhobor custom of living in harmony with the earth.

Vera's: Number of years grown in Kootenays: 30+. This great yielder makes good eating and stores well once dry. Grower: Lundh, Kaslo.

Cucumber (*Cucumis sativus*)

The original form of cucumber came from the subtropical valleys of the Himalayas in India. The natural bitterness of this variety can still be tasted in many cultivated varieties today (Weaver, 1997). A diverse range of cucumber varieties has been found here in the Kootenays.



African: Number of years grown in Kootenays: ?. A strange gourd-like cucumber with spines and a thick rind, it is an acquired taste for the adventurous. Origin or source: Redwood City Seeds; Grower: Ruljancich, Deer Park.

Almira 2: Number of years grown in Kootenays: ?. This is a half and half: eat half of the crop fresh, the other half pickled. Grower: Ruljancich, Deer Park.

Early Pickling Russian: Number of years grown in Kootenays: 10+. A very prolific plant. Grower: Carter, Winlaw.

Hooritzi: Number of years grown in Kootenays: 40+; Age of saved seed: 6. Russian for cucumber, this old variety is great for pickling. Grower: Strelieve, Shoreacres.

Japanese Long: Number of years grown in Kootenays: ?. Age of saved seed: 2. Origin or source: New Denver; Grower: Elder, Winlaw.

Lemon 1: Number of years grown in Kootenays: ?; Age of saved seed: 2. This cucumber is round in shape. Origin or source: Nelson seed swap; Grower: Leong, Nelson.

Lemon 2: Number of years grown in Kootenays: ?. This gem is great for pickling. Origin or source: Stokes; Grower: Sewell, Procter.

Marketmore 1: Number of years grown in Kootenays: ?; A great slicer with a long history of growing success in the Kootenays. Grower: Aurora, Creston.

Marketmore 2: Number of years grown in Kootenays: 4. Similar to the Aurora variety. Could this be the source of seed? Grower: Judd, Argenta.

Phona Khera: Number of years grown in Kootenays: ?. This native of India's desirability due to its strong productivity is dampened by its extremely limited flavour. Not recommended for fresh eating. Origin or source: India; Grower: Ruljancich, Deer Park.

Russian: Number of years grown in Kootenays: ?. Age of saved seed: 3. This variety is a good pickling cucumber that grows 5 to 6 inches in length. Origin or source: unidentified seed swap; Grower: Leong, Nelson.

Straight 8: Number of years grown in Kootenays: 4. This cucumber grows well in the Kootenays. Grower: Judd, Argenta.

Sweet Slice: Number of years grown in Kootenays: ?. Another variety well adapted to this area. A good choice for the garden. Grower: DeGrindi, Trail.

Doukhorob Hot Bed Technique

Passed on from generation to generation, many Doukhorob gardeners credit their successes with early produce, most notably ripe May 1st cucumbers and red July 1st tomatoes, to the hot bed technique. A covered bed is constructed against a south facing wall of the home. The wall of the house holds the heat and keeps the earth warm thereby protecting the plants and lengthening the growing season: a good tip in the Kootenay climate. This practice is used by many other Kootenay gardeners in different forms (Elyena Lundh, Kaslo, June 2000).

Eggplant

(*Solanum melongena*)

Beginning as bitter-fruited, spiny plants in India, the eggplant has been selectively cultivated for centuries to produce what we know today as a favourite of several cultures. Originally small, white, egg-shaped fruits, non-bitter eggplants were documented in 5th century B.C. China, and subsequently travelled to Spain, Africa, and Italy. These perennials do not tolerate frost, but rooted cuttings will overwinter in a greenhouse (Ashworth, 1991).



DeGrindi: Number of years grown in Kootenays: ?. Very few gardeners encountered by this project have been able to bring eggplants to maturity in the Kootenay climate, even in a greenhouse. Angelo is in a class of his own to be saving the seeds of this Mediterranean champion. Origin or source: Italy; Grower: DeGrindi, Trail.

Garlic

(*Allium sativum*)

The softneck varieties of garlic are propagated from bulbs reserved after harvest. All garlic should be planted in the late fall to produce the best bulb development for the following year. The hardneck varieties form top-sets on stems that rise up like snakes (Caron 2000).



Aliah's: Number of years grown in Kootenays: ?. This hard neck variety has 9 cloves per head and is purple in colour. Origin or source: SSS and A. Hart; Grower: Caron, Shoreacres.

Asiatic: Number of years grown in Kootenays: ?. Grower: Caron, Shoreacres.

Chesnok Red: Number of years grown in Kootenays: ?. This variety has 8 cloves per head. Origin or source: R. England, Rock Creek; Grower: Caron, Shoreacres.

Chinese: Number of years grown in Kootenays: 8. A rare soft neck variety with a hot flavour. Grower: Leong, Nelson.

Continental: Number of years grown in Kootenays: ?. A hard neck variety with 10 to 12 large cloves per head. Grower: Caron, Shoreacres.

Czech: Number of years grown in Kootenays: ?. Another flavourful hard neck variety with 10 cloves per head. Origin or source: SSS and P. Johnston, Lasqueti Island; Grower: Caron, Shoreacres.

Denman Gold: Number of years grown in Kootenays: ?. This garlic has 8 to 12 cloves per head. Origin or source: Hills; Grower: Caron, Shoreacres.

Denman Island: Number of years grown in Kootenays: ?. A hard neck with purple and brown skinned cloves. Origin or source: SSS and D. Nagler; Grower: Caron, Shoreacres.

Garlic Trivia

Garlic has no seeds - it has bulbils - and these take two years to grow back into bulbs. Garlic does not produce a true flower. It is one plant that has forgotten how to flower and seed. The cloves we plant create clones of the mother plant, the genetic material is identical. For this reason, garlic is very susceptible to disease. All the cloves in a patch have the same genetic makeup, so they cannot develop resistance as you get the same thing year after year (Gregoire Lamoureux, Winlaw, May 2000).

Elephant: Number of years grown in Kootenays: 8. The great storage and mild taste of this garlic is similar to a leek. It produces 4 large cloves per head. Origin or source: Charlottes; Grower: Leong, Nelson.

Enchalium: Number of years grown in Kootenays: ?. The result of a lucky exchange, this garlic is great cultural addition to the Kootenays. Origin or source: A First Nation's community 60km south of the Canadian-US border; Grower: Miller, Rossland.

F31: Number of years grown in Kootenays: ?. Origin or source: Ontario; Grower: Caron, Shoreacres.

Fish Lake Number 3: Number of years grown in Kootenays: ?. Another hard neck, it is noted for its oil and hard, crunchy texture. Origin or source: Ontario; Grower: Caron, Shoreacres.

Frances: Number of years grown in Kootenays: 20; Age of saved seed: 1. This hardneck variety keeps well. Grower: Olivas, Sproule Creek.

German Red: Number of years grown in Kootenays: ?. Distinctive with its reddish-bronze coloured skin, this is a strong variety with 10-12 cloves per head. Origin or source: Sloss, Creston; Grower: Caron, Shoreacres.

Inchelium Red: Number of years grown in Kootenays: ?. This garlic variety is the only soft neck variety grown by the Carons of Shoreacres. It has 12 large cloves per head, whereas soft necks usually have 30-40 small cloves. A great garlic. Origin or source: R. England, Rock Creek; Grower: Caron, Shoreacres.

Kilarny Red: Number of years grown in Kootenays: ?. This variety stores well. Grower: Miller, Rossland.

Korean Purple: Number of years grown in Kootenays: ?. Similar to other hard necks, this 10 clove variety is known for its soft and oily texture. Origin or source: SSS; Grower: Caron, Shoreacres.

Leningrad: Number of years grown in Kootenays: ?. This Russian garlic is extremely rare in the Kootenays. Origin or source: Castlegar.

Music: Number of years grown in Kootenays: ?. This soft and oily hard neck has 8 cloves per head and is a good keeper. Origin or source: SSS and Ontario; Grower: Caron, Shoreacres.

Northern Quebec: Number of years grown in Kootenays: ?. This garlic grows 6 to 7 feet tall and is robust and slow to multiply. Origin or source: SSS and J. Hjordleifson; Grower: Caron, Shoreacres.

Persian Star: Number of years grown in Kootenays: ?. This hard neck has 8 cloves per head. Origin or source: R. England, Rock Creek; Grower: Caron, Shoreacres.

Porchelin: Number of years grown in Kootenays: ?. Scottie grows 7 large Porchelin varieties. They are similar in resemblance to elephant garlic. Grower: Miller, Rossland.

Puslinch: Number of years grown in Kootenays: ?. With 10-12 cloves per head, this variety grows prolifically and is oily with a crunchy texture. Origin or source: SSS and Ontario; Grower: Caron, Shoreacres.

Red Spanish: Number of years grown in Kootenays: 8. Try this one for its great flavor. Origin or source: Charlottes; Grower: Leong, Nelson.

Russian: Number of years grown in Kootenays: 8. This variety keeps well. Grower: Leong, Nelson.

Spanish Roja Garlic

This variety was introduced in the latter part of the nineteenth century. Also known as serpent garlic because of its elongated stalks that twist in circular loops as they grow (Ashworth, 1991), this red Rocombole type has been consistently popular with kitchen gardeners (Weaver 1997).

Inchelium Red Garlic

One of the most productive of all the heirloom garlic, this softneck variety is also an artichoke type. This means that its bulbs cluster in layers like artichoke petals. It has consistently won high marks in garlic tastings (Weaver 1997).

Salt Spring: Number of years grown in Kootenays: ?. With a fresh rich flavour and crunchy texture, this garlic is an interesting hard neck variety to try. There are 8 cloves per head. Origin or source: Salt Spring Island; Grower: Caron, Shoreacres.

Spanish Roja 1: Number of years grown in Kootenays: 4. A heirloom variety, this garlic stores well and has 10-12 cloves per head. The Caron's sell it for seed stock. Origin or source: Barasoft, Winlaw; Grower: Caron, Shoreacres.

Spanish Roja 2: Number of years grown in Kootenays: ?. Grower: Miller, Rossland.

Susan Delafields: Number of years grown in Kootenays: ?. A 7 foot high plant with 4 huge cloves per head, this creamy, oily and crunchy garlic produces well in the Kootenays. Origin or source: Ontario; Grower: Caron, Shoreacres.

Tibetan: Number of years grown in Kootenays: ?. As its name suggests, this garlic came to the Kootenays from the mountainous region of Tibet. Grower: Caron, Shoreacres.

Ukrainian Mavniv: Number of years grown in Kootenays: ?. A hard neck with a European flare. This garlic has an oily texture and fine flavour. Origin or source: The Ukraine; Grower: Caron, Shoreacres.

Yugoslavian: Number of years grown in Kootenays: 4. This hard neck keeps well. Origin or source: Johnson; Grower: Caron, Shoreacres.

Grain

Grains are the seeds of the green grasses, the only vegetation on Earth that can supply sole nutritional support throughout the life cycle (Herbal Information Centre, 2000). Cultivated for millennia, these crops have provided sustenance for people of all cultures. A corner stone of most human (and many animal) diets, a variety of grains, including barley, buckwheat, spelt, wheat, rye, rice, Kamut, and oats are grown in Canada. The varieties and growing techniques found in the Kootenays were astounding and for this reason they have been included as a section unto themselves. The high production rate at Lofstead Farm in Kaslo would disprove the common local assumption that, "You can't grow grains in the Kootenays!"



Amaranth, Green: Number of years grown in Kootenays: ?; Age of saved seed: 1. Although this season's germination rate was poor, the surviving plants reached heights of up to 8 feet. Origin or source: Richter's; Grower: Leong, Nelson.

Amaranth, Tampala: Number of years grown in Kootenays: 2. The Tampala plant is prolific but small. Origin or source: William Dam; Grower: Leong, Nelson.

Barley, Hulless: Number of years grown in Kootenays: 10. Barley lodges early. Origin or source: Germany; Grower: Baumann, Lofstead Farm, Kaslo.

Barley: Number of years grown in Kootenays: 21. Grower: Imrie, Nakusp.

Buckwheat 1: Number of years grown in Kootenays: 10. Origin or source: Sunset Seeds; Grower: Baumann, Lofstead Farm, Kaslo.

Buckwheat 2: Number of years grown in Kootenays: 18. Origin or source: Salmon Arm; Grower: Imrie, Nakusp.

Buckwheat, Common: Number of years grown in Kootenays: ?. Grower: Baumann, Lofstead Farm, Kaslo.

Buckwheat, Tartary: Number of years grown in Kootenays: 10. This buckwheat is very rare. The Baumann's use it for green manure on their farm. It is remarkable for its productivity, yielding 100 pounds per acre. Origin or source: Tartar, Siberia; Grower: Baumann, Lofstead Farm, Kaslo.

Froze Wild Rice: Number of years grown in Kootenays: ?. Grower: Imrie, Nakusp.

Kamut: Number of years grown in Kootenays: ?. An interesting grain for a Kootenay garden. The Caron's Kamut grows exceedingly well in this climate. Seed saving is a lengthy process, though well worth the while. Grower: Caron, Shoreacres.

Oats, Hulless 1: Number of years grown in Kootenays: 7. Origin or source: Saskatoon; Grower: Popoff, Grand Forks.

Oats, Hulless 2: Number of years grown in Kootenays: 5. These oats are late producers. Origin or source: Germany; Grower: Baumann, Lofstead Farm, Kaslo.

Phacelia Tanacetifolia Var. Julia: Number of years grown in Kootenays: 10. An excellent grain that grows exceedingly well in the Kootenays. Origin or source: Hungary

Quinoa 1: Number of years grown in Kootenays: ?; Age of saved seed: 1. Quinoa was grown this year as an experimental crop to see how it would adapt to the area. It is noted for its beautiful spirals. Origin or source: SSS; Grower: Caron, Shoreacres.

Quinoa 2: Number of years grown in Kootenays: 2. This variety likes heat in late summer and has great storage qualities. Origin or source: Dan Jason; Grower: Eliza, Slocan.

Rye 1: Number of years grown in Kootenays: ?. Good for green manure. Origin or source: Ellison's; Grower: Ambry, Riondel.

Rye 2: Number of years grown in Kootenays: 10+. Origin or source: Kaslo; Grower: Baumann, Lofstead Farm, Kaslo.

Spelt, Red: Number of years grown in Kootenays: 10. Red Spelt is used for cattle feed. Origin or source: Germany; Grower: Baumann, Lofstead Farm, Kaslo.

Wheat, Durham: Number of years grown in Kootenays: 20. Origin or source: Saskatchewan; Grower: Imrie, Nakusp.

Wheat, Thatcher Red Winter: Number of years grown in Kootenays: 32. Origin or source: Peace River; Grower: Imrie, Nakusp.

Wheat, Winter Hard Red: Number of years grown in Kootenays: 20. Grower: Imrie, Nakusp.

Wheat, Winter: Number of years grown in Kootenays: ?. An excellent cover crop. Grower: Baumann, Lofstead Farm, Kaslo

Barley

(*Hordeum vulgare*)

Barley has played a role as a staple in most cultures, serving as food and medicine since time immemorial. This ancient cereal grass has been cultivated since 7000 BC. Roman gladiators ate barley for strength and stamina. In the Western Hemisphere, barley is widely grown for its grain, which is used as a food and in brewing processes* (Herbal Information Centre, 2000).



Barley Fact

The juice extracted from barley grass contains 11 times the calcium found in cows' milk, 7 times the vitamin C in oranges, and nearly 5 times the iron in spinach (Herbal Information Centre, 2000).

Greens

(Brassicaceae, Chenopodiaceae, and compositae families)

The diversity of greens grown by Kootenay gardeners was discovered to be abundant and included members of the! Brought from Asia to the Kootenays, many of the rare and unusual varieties included in this section can provide wonderful additions to salads, sandwiches, and stir fries.



Arugula 1: Number of years grown in Kootenays: ?. Origin or source: Shannon from Montreal; Grower: Luchtan, Balfour.

Arugula 2: Number of years grown in Kootenays: ?. This variety is a great early spring green that can be planted in the fall. Origin or source: ?; Grower: Leong, Nelson.

Arugula 3: Number of years grown in Kootenays: 6. Origin or source: ALM Farms, Sooke; Grower: Wedge, Crawford Bay.

Bok Choi: Number of years grown in Kootenays: 2. Origin or source: WCS; Grower: Eliza, Slocan.

Bok Choy 1: Number of years grown in Kootenays: ?. A vigorous plant with deep green, thick leaves and wide, white stems, it is wonderful in stir fries and soups. Plant in early spring or late summer. Grower: Aurora, Creston.

Bok Choy 2: Number of years grown in Kootenays: ?; Age of saved seed: 2. Origin or source: seed house; Grower: Elder, Winlaw.

Bok Choy 3: Number of years grown in Kootenays: ?. Origin or source: Abundant Life; Grower: Judd, Argenta.

Bok Choy 4: Number of years grown in Kootenays: 1. This bok choy bolts late in the season. Grower: Shemmaho, Winlaw.

Bok Choy 5: Number of years grown in Kootenays: 10. An early variety which naturally re-seeds itself. Origin or source: Carter, Winlaw.

Bok Choy 6: Number of years grown in Kootenays: 20. Origin or source: Tsang and Ma; Grower: Luchtan, Balfour.

Bok Choy 7: Number of years grown in Kootenays: 3. A very prolific vegetable. Grower: Collier, Nelson.

Bok Choy Tsoi: Number of years grown in Kootenays: ?; Age of saved seed: 2. This variety has great green leaves. Origin or source: D. Walters; Grower: Leong, Nelson.

Broad Leaf Endive: Number of years grown in Kootenays: 10. Origin or source: WD; Grower: Judd, Argenta.

Broad Leaf Indian Mustard: Number of years grown in Kootenays: 20. Origin or source: Tsang and Ma; Grower: Luchtan, Balfour.

Broccoletto O Cima di Rapa: Number of years grown in Kootenays: 13. This canola is a common cooked green found in the Italian diet. Its high calcium content makes it a wonderful addition to most menus. It is a prolific producer

Arugula

Arugula is a tangy mustard green also known as Rocket, Mediterranean Salad, Rucola or Roquette in Europe, and Gharghir by people in the Middle East. Grown throughout history, the ancient Romans are known to have used its leaves. The pungent seeds are also used to spice many Indian dishes. It is currently enjoying a resurgence as a swishy new gourmet salad green. Arugulas will not cross with other members of the Brassicaceae family, but they will cross with each other. The flowers are self sterile and thus require insects for pollination (Ashworth, 1991).

Arugula Tip

The hotter and longer the growing days, the hotter tasting you arugula will be (Ashworth, 1991).

and keeps well. Origin or source: Italy; Grower: Santilli, Salmo.

Chinese Cabbage Chihli: Number of years grown in Kootenays: 16. Origin or source: MacKenzie Seeds; Grower: Imrie, Nakusp.

Chinese Mixed: Number of years grown in Kootenays: ?. Origin or source: Leong, Nelson; Grower: Hamilton, North Shore.

Chinese Mustard: Number of years grown in Kootenays: 10+. This green re-seeds itself naturally. Beware of club root. This disease is easily transferred among greens and can cause problems in a garden. Origin or source: China; Grower: Leong, Nelson.

Chinese Tender: Number of years grown in Kootenays: 5. Origin or source: WD; Grower: Judd, Argenta.

Chinese: Number of years grown in Kootenays: 10+. This variety re-seeds itself well. Origin or source: Carter Winlaw.

Ching Chiang: Number of years grown in Kootenays: 1. This green is a form of baby bok choy. Grower: Ruljancich, Deer Park.

Corn Salad Large Leaved Round: Number of years grown in Kootenays: 15. Origin or source: WD; Grower: Imrie, Nakusp.

Corn Salad Valerianella: Number of years grown in Kootenays: 3. The buttery flavor and high productivity make up for the messy work of collecting Valerianella's seed. Origin or source: Italy; Grower: Leong, Nelson.

Corn Salad: Number of years grown in Kootenays: ?. The Ruljancich's grow this variety indoors through the winter. Grower: Ruljancich, Deer Park.

Domesticated Pig Weed: Number of years grown in Kootenays: 50. The Wasilenkoff's grow many varieties of pig weed. The colours vary from green to lime green to red. Its uses parallel those of spinach. Origin or source: The Ukraine and then Alberta; Grower: Wasilenkoff, Shoreacres.

Doukhorob Mustard: Number of years grown in Kootenays: 30. This mustard bolts early. Origin or source: mother-in-law; Grower: Derhousoff, Blewett.

Escarol Endive: Number of years grown in Kootenays: 43. Origin or source: Italy; Grower: DeGrindi, Trail.

Gai Iohn Chinese: Grower: Judd, Argenta.

Gai Lan: Number of years grown in Kootenays: 20. This variety came to Kootenays from the Orient. It is great for stir fries and other Asian dishes. Origin or source: mom; Grower: Leong, Nelson.

Garden Cress 1: Number of years grown in Kootenays: ?; Age of saved seed: 1. This green is a cool weather crop. Grower: Imrie, Nakusp.

Garden Cress 2: Number of years in Kootenays: ?. A great early green, it is a wonderful addition to Mesclun salad mix. Origin or source: WD; Grower: Judd, Argenta.

Giant Mustard: Number of years grown in Kootenays: ? A very prolific producer. Origin or source: Carter, Winlaw.

Giant Red Mustard: Number of years grown in Kootenays: 3. This mustard is

Endive

(*Cichorium endivia*)

Found in Europe by 1200 AD, endive was used by the Egyptians for centuries (Ashworth, 1991). The endive, also known as escarole or chicory, was first cultivated by British gardeners in 1548 (Johnson, 1978). Used fresh in salads today, the endive initially made its way into North American cuisine in the 1800s as a cooked vegetable. Endive and escarole are *Cichorium endivia*, and are not the same as Belgian endives nor Witloof chicory, which are both *Cichorium intybus*. Endive is a close relative of chicory, and probably developed out of a chance cross of two wild chicory species. Chicory cannot cross-pollinate endive, but endive can cross-pollinate chicory, as well as another endive (Ashworth, 1991).

Endive Fact

Opening at first light and closing again by noon, endive flowers are perfect (have both male and female parts) and self-pollinating (Ashworth, 1991).

a good producer and stores well. Watch out, it's susceptible to the flea beetle. Origin or source: Dan Jason; Grower: Eliza, Slokan.

Green Curly Endive: Number of years grown in Kootenays: ?. Origin or source: WD; Grower: Judd, Argenta.

Green Giant Curly Mustard: Number of years grown in Kootenays: 21. Vigorous and delicious, this variety matures in 50 days. Origin or source: Dominion; Grower: Imrie, Nakusp.

Green Purslane: Number of years grown in Kootenays: ?. This variety is larger than the common weed. Grower: Ruljancich, Deer Park.

Green Stem Asian: Number of years grown in Kootenays: 20. Grower: Luchtan, Balfour; Judd, Argenta.

Komatsum Oriental: Number of years grown in Kootenays: ?. This green bolts early. Origin or source: West Coast Seeds; Grower: Ambry, Riondel.

Lai Choy: Number of years grown in Kootenays: 15. Origin or source: Stokes; Grower: Leong, Nelson.

Ming Choi: Number of years grown in Kootenays: 3. This green is a newer variety of Pak Choi. Grower: Ruljancich, Deer Park. A good source of mustard seeds. Origin or source: Carter, Winlaw.

Pak Choi: Number of years grown in Kootenays: 10. Plant early for best results. Grower: Ruljancich, Deer Park.

Palla Rosa: Number of years grown in Kootenays: ?. Grower: Ruljancich, Deer Park.

Pepper Cress 1: Number of years grown in Kootenays: 2. This green is a very prolific producer. Origin or source: WCS; Grower: Eliza, Slokan.

Pepper Cress 2: Number of years grown in Kootenays: 20. Origin or source: unidentified seed house; Grower: Elder, Winlaw.

Red Giant Mustard: Number of years grown in Kootenays: 3; Age of saved seed: 1. Origin or source: William Dam; Grower: Elder, Winlaw.

Red Mustard: Number of years grown in Kootenays: 1. This tall strong mustard bolts easily and naturally re-seeds well. Origin or source: seed swap; Grower: Leong, Nelson.

Rocket: Number of years grown in Kootenays: ?. Origin or source: Italy; Grower: Judd, Argenta.

Roquette: Number of years grown in Kootenays: ?. Roquette is a hardy annual. It is a flavorful, spicy green used in salads. Origin or source: ?; Grower: Sewell, Procter.

Tah Tsai: Number of years grown in Kootenays: 2. A great green for use in Asian dishes. Grower: Elder, Winlaw.

Tatsoi/Mizuna: Number of years grown in Kootenays: 2. This grows beautifully and keeps well. Origin or source: WCS; Grower: Eliza, Slokan.

Tatsoi: Number of years grown in Kootenays: 4. Plant it early because it bolts in hot weather. Grower: Britton, Passmore.

Tender Mustard Spinach: Number of years grown in Kootenays: 18. This mustard likes hot weather. Grower: Imrie, Nakusp.

Grower Profile

Angelo DeGrindi was born and raised in Italy. He came to Canada in 1957 and was able to bring a number of his seeds with him. He continues to grow and save these seeds in his garden in Trail. His vegetables have been featured in the *Trail Times* and in displays in front of local groceries. Famous throughout the Italian community for his remarkably gigantic produce, including the 7 pound Tubby Tomato, 10 pound White Kohlrabi, 2 3/4 pound spinach, and 6 pound celeriac, he is a true heavy weight in the world of seed saving.

Seed Saving

"Only the serious need apply" (Sigrid Shepard to perspective seed savers).

Totsoi Chinese: Number of years grown in Kootenays: 22; Age of saved seed: 1. Great for stir fries and other Asian dishes. Origin or source: Okanagan Shesaw Commune; Grower: Miller, Rosland.

Upland Cress: Number of years grown in Kootenays: ?. This garden cress naturally re-seeds itself. Grower: Ruljancich, Deer Park.

Watercress: Number of years grown in Kootenays: 80. Its flat leaf and scalloped edge make this old variety unique. Origin or source: Russia; Grower: Waslenkoff, Shoreacres.

White Stem Asian: Number of years grown in Kootenays: 20. Grower: Luchtan, Balfour.

Kale

(*Brassica oleracea*)

From a botanical perspective, kale (also known as borecole, cole, or German greens) and collards are the same species. However, kale is cold hardy and can be over-wintered. Conversely, collards are a summer vegetable and come from the southern United States. The majority of kale documented in this booklet appear to be the same variety. All were included to show the adaptations of kale to different Kootenay regions.



Blewett: Number of years grown in Kootenays: 5; Age of saved seed: 1. Waterfall, an exceptional Kootenay gardener, has been committed to growing out her own variety of kale for a number of years now. It has a fabulous flavour. Origin or source: J. Urech; Grower: Waterfall, Blewett.

Curly: Number of years grown in Kootenays: ?. Grower: Wasilenkoff, Shoreacres.

Dwarf Blue Curled Vates: Number of years grown in Kootenays: ?. Grows well in this region. Grower: Ruljancich, Deer Park.

Green: Number of years grown in Kootenays: 70+. This old Kootenay variety is prolific and a great keeper. Origin or source: Allan's Grandmother; Grower: Collier, Nelson.

Green Curly 1: Number of years grown in Kootenays: 5. Grower: Ambry, Riindel.

Green Curly 2: Number of years grown in Kootenays: ?. A strong and productive variety. Grower: M&K, Lemon Creek.

Green Curly Leaf: Number of years grown in Kootenays: 5. Grower: Sewell, Procter.

Green Peace: Number of years grown in Kootenays: 15. This variety is from an experimental Green Peace farm on Denman Island, BC. Grower: Imrie, Nakusp.

Purple: Number of years grown in Kootenays: 1. A prolific producer. Origin or source: WCS; Grower: Kartheins, Krestova.

Red Russian 1: Number of years grown in Kootenays: ?. Grower: Wedge, Crawford Bay.

Red Russian 2: Number of years grown in Kootenays: 4. Origin or source: Sasha at seed swap; Grower: M&K, Lemon Creek.

Red Siberian: Number of years grown in Kootenays: ?; Age of saved seed: 2. This variety is reliable and overwinters nicely. Origin or source: Aurora Farms; Grower: Olivas, Sproule Creek.

Red Winter Russian: Number of years grown in Kootenays: 10. This popular variety can also be found in Krestova, Lemon Creek, Slocan and Sproule Creek. Origin or source: Abundant Life; Grower: Judd, Argenta.

Russian: Number of years grown in Kootenays: ?. Origin or source: Dan Jason of SSS; Grower: Eliza, Slocan.

Russian Curly Leaf: Number of years grown in Kootenays: 100. The consistently huge size of these kale plants is wondrous. One of the oldest Kootenay seeds in this document, this variety has been a staple for over a century. Origin or source: Russia; Grower: Hummerlink, Blewett.

Russian Red 1: Number of years grown in Kootenays: 8. Origin or source: Charlottes; Grower: Leong, Nelson.

Russian Red 2: Number of years grown in Kootenays: ?. These red frilly plants have oakleaf shaped leaves and excellent flavor. Grower: Aurora, Creston.

Siberian Early Curly: Number of years grown in Kootenays: 17. These plants reach 24 inches in height. Their flavour improves with after a light frost. Origin or source: SSE; Grower: Imrie, Nakusp.

Siberian Hardy: Number of years grown in Kootenays: ?. This plant is fast growing with blue-green slightly curled leaves. Grower: Aurora, Creston.

Siberian: Number of years grown in Kootenays: 10+. Origin or source: Tambry and Dirk Visser; Grower: Carter, Winlaw.

Tall Green Curl: Number of years grown in Kootenays: 15. These plants are distinguishable by their deeply cut leaves. They also make great animal feed. Origin or source: Fauquier; Grower: Imrie, Nakusp.

Westland Winter: Number of years grown in Kootenays: ?. A good variety. Grower: Ruljancich, Deer Park.

Kohlrabi

(*Brassica oleracea*)

A rare Kootenay vegetable, kohlrabi has been grown in Europe for hundreds of years. It is another variety of that same cabbage plant that has brought you broccoli, cauliflower and Brussel sprouts—among others!



Grower Profile

Vera Strilieve's family, along with thousands of other Doukabor families, came to Canada from Russia at the end of the 19th and beginning of the 20th centuries with the help of Tolstoy and the Queen of England. Vera was born in Saskatchewan in 1906 and moved to the Kootenays when she was 6 years old. Her family settled in the South Slocan area and she lived there until she died in 1994. Known in Russian as Procrasnia, which means beautiful place, Shoreacres was home to generation after generation of Vera's grandmother's, mother's, and her own gardens. Vera's granddaughter, Elyena Lundh of Kaslo, still has all her grandmother's heritage seeds. The seeds are kept in their original container, a commemorative tin which is a souvenir from Queen Elizabeth's coronation on June 2nd, 1953.

Super Schmeltz: Number of years grown in Kootenays: ?. These plants are consistently productive and never woody. Origin or source: WD; Grower: Ruljancich, Deer Park.

Purple: Number of years grown in Kootenays: 10. Origin or source: Dominion; Grower: DeGrindi, Trail.

White: Number of years grown in Kootenays: 10. As a result of its enormous size, one 10 pound specimen of this variety was featured in *Trail Times*. Origin or source: Dominion; Grower: DeGrindi, Trail.

Leek

(*Allium ampeloprasum*)

Leeks are a member of the Amaryllidaceae family, which includes garlic and onions. It is mentioned in ancient texts as one of the vegetables of the Egyptians along with the onion. Leeks were sometimes actually buried in Egyptian grave sites as part of the ceremonial meal for the afterlife (Weaver, 1997). With such an interesting history and great taste it is surprising that the leek seed is not more abundantly saved here in the Kootenays.



Carentan: Number of years grown in Kootenays: ?. A good variety to try, this East Kootenay variety has excellent flavour and storage qualities. Grower: Aurora, Creston.

Giant Mussel: Number of years grown in Kootenays: 21. These 2 1/2 inch thick, white, tender stems take 90 days to reach maturity. Origin or source: Buckfield; Grower: Imrie, Nakusp.

Juanita's: Number of years grown in Kootenays: 15; Age of saved seed: 2. If started indoors in January, these plants finish in one season. Grower: Olivas, Sproule Creek.

King Richard: Number of years grown in Kootenays: ?. This regal leek is fast growing with a mild flavor. Grower: Aurora, Creston.

Unique: Number of years grown in Kootenays: ?. A real prize winner, this Kootenay adapted variety grows very well. Grower: Ruljancich, Deer Park.

Lentil

(*Lens culinaris*)

Lentil plants are delicate and do not like long, hot days in full sun. They are known globally for their large role in numerous cuisines, including those of France and India. When harvesting the seed, great care must be taken as though the pods shell easily, they are extremely brittle and shatter easily. This nutritious legume is one of the earliest domesticated crops documented today (Ashworth, 1991).

Beth's: Number of years grown in Kootenays: 3. Grower: James, Nakusp.

Brown: Number of years grown in Kootenays: 17. Grower: Imrie, Nakusp.

French: Number of years grown in Kootenays: ?. This variety is dark green in colour. Origin or source: Montana; Grower: Miller, Rossland.

Russian: Number of years grown in Kootenays: ?. These lentils are almost identical to the French variety in colour. Origin or source: Montana; Grower: Miller, Rossland.

Lettuce

(*Lactuca sativa*)

The lettuce plant is generally considered a native of Asia. The *Cos* Lettuce is named for its reputed place of origin, the Greek Island of Cos. It has been cultivated in England since 1562 (Johnson 1978). There are a large number of varieties that are being saved here in the Kootenays at present.



Apollo 1: Number of years grown in Kootenays: 12. This variety must be over-wintered due to the short local growing season. Origin or source: WD; Grower: Judd, Argenta.

Apollo 2: Number of years grown in Kootenays: ?. A butterhead variety. Grower: Ruljancich, Deer Park.

Batavia Laura: Number of years grown in Kootenays: ?. This is a small Savoy variety that produces light green heads. Grower: Aurora, Creston.

Bibb: Number of years grown in Kootenays: ?; Age of saved seed: 1. Grower: Spear, Nelson.

Big White Boston: Number of years grown in Kootenays: 20. A butterhead variety that loves to grow in the Kootenays. Grower: Ruljancich, Deer Park.

Black Seeded Simpson 1: Number of years grown in Kootenays: 8. Origin or source: Stokes; Grower: Sewell, Procter.

Black Seeded Simpson 2: Number of years grown in Kootenays: ?. A large tender lettuce that is slow to bolt. Grower: Aurora, Creston.

Bronze Grand: Number of years grown in the Kootenays: ?. This variety is relatively bolt resistant and has keeps its wonderful flavour even when producing seed. Origin or source: WCS; Grower: Wedge, Crawford Bay.

Butterking: Number of years grown in the Kootenays: ?. A great Kootenay Butterhead variety. Grower: Ruljancich, Deer Park.

Butterleaf: Number of years grown in the Kootenays: ?. Grower: Britton, Passmore.

Canasta: Number of years grown in Kootenays: 7. This Batavian variety does very well in this region. Grower: Ruljancich, Deer Park.

Cardinale: Number of years grown in Kootenays: 3. A French Batavian red and green looseleaf lettuce. Grower: Ruljancich, Deer Park.

Crisp and Sweet: Number of years grown in Kootenays: 15. Similar to romaine lettuce, the name says it all. Grower: Ruljancich, Deer Park.

Divina: Number of years grown in Kootenays: 7. This variety doesn't get bitter. Origin or source: WD; Grower: Britton, Passmore.

Dunsel: Number of years grown in Kootenays: 17. Great early variety with round leaves. Origin or source: WD; Grower: Imrie, Nakusp.

Lettuce

"One thing I want to sell at the market is lettuce. Ten years ago maybe, we trialed about 15 kinds of lettuces and only 2 that we fall-planted of that whole 15 came up strong in the spring. Those ones I marked and saved their seed. So now I have one red and one green lettuce. They're both leaf lettuces, not head lettuces" (Diane Luchtan, Balfour, August 2000).

Four Seasons: Number of years grown in Kootenays: 6. This tasty leaf lettuce is a wonderful addition to any salad bowl. Also successfully grown and saved in Argenta, it loves the Kootenays and is an excellent choice for seed saving. Origin or source: SOC; Grower: Olivas, Sproule Creek.

Grand Rapid: Number of years grown in Kootenays: 17. A light green curly leaf lettuce that takes 45 days to reach maturity. Grower: Imrie, Nakusp.

Grand Rapids: Number of years grown in Kootenays: 15+. This looseleaf is well adapted to this area. Grower: Ruljancich, Deer Park.

Green Leaf: Number of years grown in Kootenays: ?; Age of saved seed: 1. Grower: Spear, Nelson

Grow Fast: Number of years grown in Kootenays: 15. A tasty looseleaf that can be planted early or late in the season. Grower: Ruljancich, Deer Park.

Integra Red: Number of years grown in Kootenays: 1. Origin or source: Johnny's; Grower: Judd, Argenta.

Italian: Number of years grown in Kootenays: 43. This variety's leaves have flecks that resemble freckles. A great Italian lettuce that has adapted wonderfully to the Kootenays. Origin or source: Italy; Grower: DeGrindi, Trail.

Little Leprechaun: Number of years grown in Kootenays: 1. A good romaine variety that is flavourful and produces well in this climate. Grower: Ruljancich, Deer Park.

Little Pearl Gem: Number of years grown in Kootenays: 3. This heritage romaine reaches 6 inches in height and grows happily in the Kootenays. Grower: Ruljancich, Deer Park.

Marvel of 4 Seasons: Number of years grown in Kootenays: 4; Age of saved seed: 1. This red leaf lettuce is high in vitamins but quickly becomes bitter in the heat. It is best to start it in early spring. Grower: Leong Nelson.

Nevada: Number of years grown in Kootenays: 1. A Batavian variety. Grower: Ruljancich, Deer Park.

New Red Fire: Number of years grown in Kootenays: 5. This variety is a red looseleaf. Grower: Ruljancich, Deer Park.

New York 12: Number of years grown in the Kootenays: ?. An iceberg variety. Grower: Ruljancich, Deer Park.

Red Cos: Number of years grown in Kootenays: 10. A green variety. Origin or source: WCS; Grower: Luchtan, Balfour.

Red Curl: Number of years grown in Kootenays: 5. A great looseleaf variety taking only 35 days to reach maturity. Grower: Ruljancich, Deer Park.

Red Green Raddichio: Number of years grown in Kootenays: ? This is a very leafy variety. Origin or source: Nelson's Farmer Supply; Grower: Judd, Argenta.

Red Leaf: Number of years grown in Kootenays: 4; Age of saved seed: 1. This variety bolts late. Origin or source: Kim Marshall; Grower: Leong Nelson.

Red Oak: Number of years grown in Kootenays: ?; Age of saved seed: 2. This variety is fast to bolt but it is worth growing for its beautifully coloured and exquisitely shaped leaves. Origin or source: Seed Swap; Grower: Leong, Nelson.

Seed Saving

"It's good to know what the seeds are that grow well in your area - the seeds that have been grown here for a long time so that they're adapted to the particular problems. So that those seeds adjust to this climate" (Diane Luchtan, Balfour, August 2000).

Seed Saving

"One of my favourite things about seed saving is that I get to watch the plants go through their whole life cycle. I get to see them in the latest stages, which are incredibly beautiful and which I would miss if I didn't let them go to seed" (Cindy Olivas, Sproule Creek, July 2000).

Red Romaine: Number of years grown in Kootenays: ?; Age of saved seed: 3. Origin or source: Shepard, Sproule Creek; Grower: Leong, Nelson.

Red Sails 1: Number of years grown in Kootenays: 10. Similar to the Red Sails also grown in Argenta and Nelson, this lettuce is a spring looseleaf variety and a reliable bet for any Kootenay garden. Grower: Ruljancich, Deer Park.

Red Sails 2: Number of years grown in Kootenays: 12. Origin or source: US seed exchange; Grower: Judd, Argenta.

Red Sails 3: Rose saves this variety every year. It has a high vitamin content, grows quickly, and bolts in the heat. Origin or source: Shepard, Sproule Creek; Grower: Leong, Nelson.

Romaine Pludo: Number of years grown in Kootenays: 7. Origin or source: Manitoba; Grower: Judd, Argenta.

Romaine: Number of years grown in Kootenays: ?. Origin or source: Olga; Grower: Britton, Passmore.

Rouge d'Hiver: Number of years grown in the Kootenays: ?. This variety is a favourite French heirloom with butterhead and romaine characteristics. Grower: Aurora, Creston.

Sangria: Number of years grown in Kootenays: 8. Origin or source: Johnny's; Grower: Judd, Argenta.

Sierra Batavian: Number of years grown in Kootenays: 10. A combination of a leaf and iceberg varieties. Origin or source: Johnny's; Grower: Judd, Argenta.

Sierra: Number of years grown in the Kootenays: ?. A Batavian-like Canasta that tastes good. Grower: Ruljancich, Deer Park.

Slo Bolt: Number of years grown in Kootenays: 10. A good looseleaf that holds well in the summer. Grower: Ruljancich, Deer Park.

Summertime: Number of years grown in the Kootenays: ?. This variety is similar to an iceberg lettuce. Grower: Ruljancich, Deer Park.

Tom Thumb: Number of years grown in the Kootenays: ?. A great butterhead variety. Grower: Ruljancich, Deer Park.

Verona Raddichio: Number of years grown in Kootenays: ? This raddichio is good for winter and hardy. Grower: Judd, Argenta.

Winter Density: Number of years grown in Kootenays: 7. A good mini romaine. Origin or source: Johnny's; Grower: Judd, Argenta.

Melon

(Genus Citrullus, Cucumis and Momordica)

Melons are tasty variety of the Cucurbitaceae family, which includes the likes of squash and cucumbers. Melons are thought to have originated in West Africa, where more than 40 species have been found in the wild (Ashworth 1991). In North America we often think of melons as a sweet fruit, but in Asia they are often grown for pickling. Melons are often difficult to grow in this area because of their fondness of hot, humid weather, but with the help of a greenhouse, you could be able to grow some of these delicious varieties.



Bajan Watermelon: Number of years grown in Kootenays: 32; Age of saved seed: 16. Origin or source: Barbados. Grower: Imrie, Nakusp.

Bitter Asian: Number of years grown in Kootenays: 1. This melon was originally from the Philippines. It is now grown using hydroponics in a local greenhouse. It is excellent for oriental dishes. Grower: Grimshire, Nakusp.

Casaba: Number of years grown in Kootenays: 7. This medium sized sweet melon is yellow on the outside and green on the inside. Origin or source: Stokes, Grower: Leong, Nelson.

Early Canada Watermelon: Number of years grown in Kootenays: ?. This Canadian titled variety produces one melon a year. Grower: Ruljancich, Deer Park.

Early Sugarshaw: Number of years grown in Kootenays: ?. This melon grows well in this area. Grower: Ruljancich, Deer Park.

Early: Number of years grown in Kootenays: ?; Age of saved seed: 2. Grower: Elder, Winlaw.

Marygold Casaba: Number of years grown in Kootenays: 5. A very prolific melon. Grower: Ruljancich, Deer Park.

Navaho Watermelon: Number of years grown in Kootenays: 5; Age of saved seed: 2. This variety is small in size and is a poor producer in this area. A good keeper. Grower: Leong, Nelson.

Yellow Sugar Baby Watermelon: Number of years grown in Kootenays: 3. The productivity of this melon is variable depending on weather. Origin or source: Penticton; Grower: Spear, Nelson.

Bitter Melon

The history of the Bitter Melon or Asian Squash can be traced back to the Philippines. The Grimshire family in Nakusp was given the seeds by a friend who grew up in the Philippines. They have grown and saved this squash ever since as it does well in their greenhouse and adds a rare flavour to stir fries and other Asian dishes. These seeds have never been available commercially in North America and as such are only available from people who grow out this seed year after year (Mr. and Mrs. Grimshire, Nakusp, July 2000).

Onion

(*Allium cepa*)

The history of the onion can be traced back to ancient Persia (Johnson 1978). In contemporary history, onions have been recognized by the medical world for containing quercetin, a natural substance that suppresses some types of cell mutations that lead to cancer (Weaver 1997). Never underestimate the Amaryllidaceae family (of which garlic and onions are members) for helping to get rid of a cold. Worldwide, there are now more than 400 species of alliums, and they are a cornerstone ingredient of many cultural cuisines.



Amy's Bunching: Number of years grown in Kootenays: ?. Origin or source: woman in Rossland; Grower: Wedge, Crawford Bay.

Bunching White Welsh: Number of years grown in Kootenays: 18. With mostly green stocks it is similar to chives. Origin or source: WD, originally from Europe. Grower: Imrie, Nakusp.

Kelsey Giant: Number of years grown in Kootenays: 5. A very productive onion. It is a large sweet Spanish variety and white and white in colour. Origin or source: Stokes; Grower: Waslenkoff, Shoreacres.

Mountain Danver: Number of years grown in Kootenays: 15. This onion has both a great strong flavour and a good keeper. Grower: Ruljancich, Deer Park.

Multipliers: Number of years grown in Kootenays: ?. Grower: Hummerlink, Blewett.

New York: Number of years grown in Kootenays: ?. An early variety that grows and stores well here. Grower: Olivas, Sproule Creek.

Oversize: Number of years grown in Kootenays: ?. An impressive size. Origin or source: Dominion; Grower: DeGrindi, Trail.

Pink: Number of years grown in Kootenays: ?. An old large tasty variety. Origin or source: WD; Grower: Hummerlink, Blewett.

Red Man: Number of years grown in Kootenays: 2. This onion stores well. Origin or source: Sproule Creek; Grower: Leong, Nelson.

Sweet Spanish: Number of years grown in Kootenays: ?. A great variety to overwinter. Grower: Samaru, Robson.

Walking: Number of years grown in Kootenays: ?. This onion has great flavour and is well adapted to the area. Grower: Idler, Grand Forks.

Wallawalla: Number of years grown in Kootenays: ?. This onion often produces a relatively soft crop but it stores well. Grower: Samaru, Robson.

Welsh: Number of years grown in Kootenays: ?. Origin or source: Fort Nelson; Grower: Miller, Rosslund.

Yellow Danver: Number of years grown in Kootenays: ?. Small in size. Grower: Ruljancich, Deer Park.

Yellow Globe 1: Number of years grown in Kootenays: 2. Grower: Imrie, Nakusp.

Yellow Globe 2: Number of years grown in Kootenays: 5. It is best to start in February to get sets. Grower: Carter, Winlaw.

Seed Saving

"When nature throws the seed, that is the best time for it to happen. Some are sown in winter on the snow, and nature always keeps a reserve - just in case something happens" (Gregoire Lamoureux on 'Nature knows best,' Winlaw, May 2000).

Onion Tip

Store the onions all winter long near a warm stove, and plant them as usual in the spring. The onions will grow so large that each one will weigh more than a pound (Weaver 1997).

Orach

(*Atriplex hortensis*)

Orach, also known as Mountain Spinach, Siberian Spinach, or Alaskan Spinach, is a member of the *Chenopodiaceae* family, which includes swiss chard, spinach and quinoa. A fairly hardy plant that can withstand saline soils, orach was used by the ancient Greeks first as a medicine and later as a vegetable (Ashworth 1991). Orach can be substituted for spinach or chard in any recipe.

Green Orach: Number of years grown in Kootenays: 40. Also known as Mountain Spinach, Chinese Spinach, and *Atriplex Hortensis*. Origin or source: Griswald; Grower: Luchtan, Balfour.

Orach: Number of years grown in Kootenays: ?; Age of saved seed: 1. Origin or source: Shemmaho; Grower: Elder, Winlaw.

Red Orach 1: Number of years grown in Kootenays: ?. Origin or source: S. Miller; Grower: Luchtan, Balfour.

Red Orach 3: Number of years grown in Kootenays: 4. A good producer in this area. Grower: Collier, Nelson.

Red Orach 4: Number of years grown in Kootenays: 4; Age of saved seed: 1. Similar to it's neighbors it is very productive. Origin or source: Abundant Life; Grower: Elder, Winlaw.

Red Orach 5: Number of years grown in Kootenays: 5. Grower: James, Nakusp.

Red Orach 6: Number of years grown in Kootenays: ?. This is a mountain spinach reaching 2 to 6 feet tall. It has beautiful red leaves. It is delicious in salads. Grower: Aurora, Creston.

Red Orach 7: Number of years grown in Kootenays: 7. Similar to red spinach, you can eat it when it has seeds on it. Origin or source: Mr. Munch; Grower: Sewell, Procter.

Russian Orach: Number of years grown in Kootenays: 9. Origin or source: Zeberoff; Grower: Shemmaho, Winlaw.

Russian Spinach, Kaslo Spinach, Mountain Spinach: Number of years grown in Kootenays: 90. This vegetable goes by many names. It is an annual and an early producer. This large leafed green is best used like spinach or chard. A great hardy vegetable that is frost tolerant. Origin or source: Luchtan via Griswold of Kaslo; Grower: Shepard, Sproule Creek.

Parsnip

(*Pastinaca sativa*)

Stone age remains in Switzerland and South Germany show indications of parsnip consumption dating back thousands of years, although the genetic home of the parsnip is believed to be the Italian peninsula (Weaver 1997). Parsnip grows wild in various parts of Europe and North America.



Andover: Number of years grown in Kootenays: ?. This long white parsnip has raised crowns, smooth rounded shoulders and is disease resistant. It also has excellent storing ability and takes 110 days to reach maturity. Grower: Imrie, Nakusp.

Hollow Crown Improved: Number of years grown in Kootenays: ?. This parsnip has average growing features. Grower: Ruljancich, Deer Park.

Hollow Crown 1: Number of years grown in Kootenays: ?. Similar to it's neighbor in Winlaw this variety has a long, smooth, sweet root with excellent storing qualities. Grower: Aurora, Creston.

Hollow Crown 2: Number of years grown in Kootenays: 5+. Grower: Carter, Winlaw.

Parsnip: Number of years grown in Kootenays: 15. This parsnip is a dry land crop. Grower: Collier, Nelson.

Sigrid's: Number of years grown in Kootenays: 70+. A biennial with 1st year root crop. It is best to plant 6 inches apart if you want large roots. Origin or source: Enewold's grandfather Kuinzick's farm in Thrums; Grower: Shepard, Sproule Creek.

Parsnip Tip

When cold weather begins to set in, do not harvest immediately: parsnips' flavour increases greatly after a couple of frosts (Fischer, Blewett).

Turga: Number of years grown in Kootenays: ?. This is a sweet parsnip that has been grown biodynamically for generations. Grower: Aurora, Creston.

Pea

(*Pisum sativum*)

Along with corn, the pea is one of the oldest cultivated vegetables. It can be traced back to 7800 B.C. in the Eastern Mediterranean. The more common varieties that we grow today originated in England. The cool climate of the British Isles is conducive to pea culture which requires a long mild growing season (Weaver 1997). The diversity of pea varieties recorded during this project is indicative of their local success.



Ancient Homestead: Number of years grown in Kootenays: 26. Each pod has 8 to 9 peas. The plant takes 67 days to reach maturity. Origin or source: Mackenzie; Grower: Imrie, Nakusp.

Austrian Winter: Number of years grown in Kootenays: ?. Origin or source: Austria; Grower: Baumann, Kaslo.

Black Eyed Susan Pole: Number of years grown in Kootenays: 16. Origin or source: Alberta; Grower: Imrie, Nakusp.

Blue Pod Capucijner: Number of years grown in Kootenays: 7. This pea produces a unique blue pod on the vine. It is a prolific drying variety reaching over 6 feet in height. Origin or source: Ontario; Grower: Sewell, Procter.

Capucijner Soup: Number of years grown in Kootenays: 20. Like it's many Kootenay neighbors this variety has a sweet smelling flower and is disease free. Grower: Shemmaho, Winlaw.

Capucijner 1: Number of years grown in Kootenays: 17. This large brownish pea is great for winter use. The vines can reach 2 feet. Origin or source: WD; Grower: Imrie, Nakusp.

Capucijner 2: Number of years grown in Kootenays: 2. Origin or source: Shepard; Grower: Ambry, Riondel.

China Snow Dwarf: Number of years grown in Kootenays: ?. A tasty edible pod makes up for the smaller plant and small pea size. Grower: Ruljancich, Deer Park.

Chinese Snow: Number of years grown in Kootenays: 7. This plant reaches 2 meters in height and is late producing. It continues to produce while drying. Origin or source: seed exchange; Grower: Sewell, Procter.

Doukhor Square: Number of years grown in Kootenays: 80. This old variety is very productive, and an excellent drying pea. Grower: Lundh, Kaslo.

Doukhor Dry: Number of years grown in Kootenays: 21. This bush pea is rumoured to be poisonous. Origin or source: Doukhor; Grower: Imrie, Nakusp.

Blue Capucijner Pea

The Blue Capucijner Pea is a Dutch variety similar to the English grays. Folklore has assigned the development of the Capucijner pea to the Capucan areas in Holland (Weaver 1997).

Doukhor Square Pea

"This fabulous dried pea puffs up enormously when added to soup or stew. We loved watching our baba [Russian for grandmother] add it to soup. One second a little dried pea, then 'splash', a puff-ball" (Elyena Lundh, Kaslo, June 2000).

Tall Telephone Pea

The Tall Telephone Pea is one of the most popular heirloom peas. It is known for its huge, fat pods. It produces 7 to 8 foot vines with hundreds of pods that hang straight down for easy picking (Weaver 1997).

Green Arrow Vine: Number of years grown in Kootenays: ?. Like its many Kootenay neighbors this variety's pod is 10cm long with 9 to 10 seeds per pod. It is wonderful frozen. Grower: Imrie, Nakusp.

Green Arrow 1: Number of years grown in Kootenays: ?. Grower: Ruljancich, Deer Park.

Green Arrow 2: Number of years grown in Kootenays: 13. Grower: Sewell, Procter.

Green Arrow 3: Number of years grown in Kootenays: 15. Grower: Judd, Argenta.

Green Arrow 4: Number of years grown in Kootenays: 4. This common Kootenay pea is a late and productive shelling variety. Origin or source: Evergreen; Grower: Miller, South Slocan.

Green Arrow 5: Number of years grown in Kootenays: 10+. Origin or source: Russian; Grower: Carter Winlaw.

Grey Dutch Capucijner: Number of years grown in Kootenays: 17. This heavy producer is best to let dry on vine. Origin or source: Argenta; Grower: Imrie, Nakusp.

Japanese Edible Pod 1: Number of years grown in Kootenays: ?. The path of this pea is well illustrated by the following entries. Origin or source: Shepard; Grower: Zeberoff, Passcreek.

Japanese Edible Pod 2: Number of years grown in Kootenays: ?. This pea has adapted very well to a variety of Kootenay climates. The smoother the skin of the seed, the more cold adapted the pea. Grower: Shemmaho, Winlaw.

Japanese Edible Pod 3: Number of years grown in Kootenays: 60. Origin or source: Shepard; Grower: Luchtan, Balfour.

Japanese Snow: Number of years grown in Kootenays: 50+. Origin or source: Brought from the West Coast of B.C. to the New Denver Internment Camp. A direct relative of the 3 preceding entries. Grower: Hamilton, North Shore.

Kazansky Soup: Number of years grown in Kootenays: 15. Origin or source: woman in Minestota; Grower: Imrie, Nakusp.

Kim's Big: Number of years grown in Kootenays: 2. This is best grown on a 3 pole set. Origin or source: Kim; Grower: Hamilton, North Shore.

Knight: Number of years grown in Kootenays: 2. It takes only 55 days to reach maturity. This bush variety is resistant to powdery mildew. Origin or source: WD; Grower: Britton, Passmore.

Lazy Susan Edible Pod Snow: Number of years grown in Kootenays: 15. This variety grows 6 feet tall. Grower: Imrie, Nakusp.

Little Marvel Small Vine Freezer Tight: Number of years grown in Kootenays: 21. The name says it all. Origin or source: Pit Meadows; Grower: Imrie, Nakusp.

Mega: Number of years grown in Kootenays: 5. As its name hints, this pea is large in size and grows well here. Grower: Ruljancich, Deer Park.

Melting Sugar Edible Pod: Number of years grown in Kootenays: 15. This is a pole pea. Origin or source: Buckerfields; Grower: Imrie, Nakusp.

Mistro: Number of years grown in Kootenays: 3. Grower: James, Nakusp.

Norly: Number of years grown in Kootenays: 15. This is a flat podded Chinese pea. Origin or source: WD; Grower: Judd, Argenta.

Oregon Giant Pod: Number of years grown in Kootenays: 5. Origin or source: WD; Grower: Judd, Argenta.

Japanese Snow Pea

From a very sad beginning to a beautiful legacy, the Japanese Snow Pea was brought to the Kootenays by Japanese Canadians during the internment policies of the Canadian government during the Second World War. Tragically removed from their homes on the coast and forced to relocate in internment camps in the Slocan Valley and area, some of the people brought this seed, among others, from their homes. Grown and saved year after year, passed from hand to hand, this hardy and beautiful snow pea grows prolifically in this climate, and is a welcome addition to innumerable Kootenay gardens (Sigrid Shepard, Sproule Creek, June 2000).

Oregon Giant 1: Number of years grown in Kootenays: ?. Probably similar to its Argenta neighbor. This pea has an edible pod, is huge in size, and is tasty to eat. Origin or source: Veasey's Seeds; Grower: Ruljancich, Deer Park.

Oregon Giant 2: Like its partner, it has an edible pod but is smaller and tastier than #1. Grower: Ruljancich, Deer Park.

Purple Podded: Number of years grown in Kootenays: ?. This variety has the same colour inside and out. Grower: Idler, Grand Forks.

Purple: Number of years grown in Kootenays: 1. This variety is a heritage pea from Belgium. Origin or source: Sewell; Grower: Ambry, Riondel.

Round Green 1: Number of years grown in Kootenays: ?. Like its Nakusp neighbor it is productive pea that is good for drying. Grower: Ruljancich, Deer Park.

Round Green 2: Number of years grown in Kootenays: 20. This round dry soup pea has a 2 foot vine. Origin or source: WD; Grower: Imrie, Nakusp.

Slocan Snow: Number of years grown in Kootenays: 60; Age of saved seed: 5. This pea is 5 to 6 feet tall and very productive. Origin or source: Shepard, Sproule Creek; Grower: Miller, South Slocan.

Slocan Valley Japanese Snow: Number of years grown in Kootenays: 58. This plant is indeterminate, 8 to 10 feet high, and well adapted to cool climates. It is edible throughout the season. Sigrid has supplied this pea to growers all over the Kootenays. Origin or source: Japanese community internment camp in Slocan City, originally brought from Japan; Grower: Shepard, Sproule Creek.

Snow: Number of years grown in Kootenays: 10. This pea is very prolific. Origin or source: Saskatchewan; Grower: Collier, Nelson.

Sugar Snap Pole: Number of years grown in Kootenays: 19. The pea's 7 foot tall vine needs support to grow. Origin or source: Armstrong, Sunset Seeds; Grower: Imrie, Nakusp.

Sugar Snap 1: Number of years grown in Kootenays: ?. Like its many Kootenay neighbors, it is hard to start when it's cold. Grower: Ruljancich, Deer Park.

Sugar Snap 2: Number of years grown in Kootenays: ?. Origin or source: Abundant Life; Grower: Eliza, Slocan.

Sugar Snap 3: Number of years grown in Kootenays: ?; Age of saved seed: 1. Origin or source: Territorial; Grower: Gonzales, Appledale.

Super Sugar Snap: Number of years grown in Kootenays: ?. A lovely, fresh eating pea that is a sweet treat. Grower: Ruljancich, Deer Park.

Sweet and Snappy: Number of years grown in Kootenays: 16. It is great to eat this dwarf sugar pea raw. Origin or source: MacKenzie; Grower: Imrie, Nakusp.

Tall Telephone Vine: Number of years grown in Kootenays: 17. This plant reaches 5 feet in height and takes 72 days to reach maturity. Grower: Imrie, Nakusp.

Tall Telephone: Number of years grown in Kootenays: ?; Age of saved seed: 1. Grower: Caron, Shoreacres.

Winter: Number of years grown in Kootenays: 10. Origin or source: Sunset Seeds; Grower: Baumann, Kaslo.

Yellow Dry: Number of years grown in Kootenays: 21. This is a heavy yielding, quick growing, yellow coloured pea. Origin or source: WD; Grower: Imrie, Nakusp.

Yellow Podded: Number of years grown in Kootenays: ?. This pea has a brilliant colour inside and out. Grower: Idler, Grand Forks.

Seed Saving

"I save lots of my own seed and I value that highly. I'm also always trying out stuff" (Diane Luchtan, Balfour, August 2000).

Pepper

(*Capsicum annuum*)

(includes Sweet Peppers and Chili Peppers)

Peppers are native to tropical regions, although some types have been grown in England for over 400 years (Johnson 1978). Historically peppers were classified by pod type since two varieties of the same pod type can cross pollinate. Peppers have been found to be most productive in the Kootenays when protected by a greenhouse.



Anaheim: Number of years grown in Kootenays: 8. Great semi hot pepper for Chili Rancheros. Grower: Judd, Argenta.

Ancho Semi Hot: Number of years grown in Kootenays: 8. This pepper is called Pablomo dried. It is great for pickling. Origin or source: Abundant; Grower: Judd, Argenta.

Banana: Number of years grown in Kootenays: 1. This pepper is red and not hot. Origin or source: L. Michvolodoff; Grower: Waslenkoff, Shoreacres.

Caspicum Annum: Number of years grown in Kootenays: ?. This pepper takes 60 to 70 days to reach maturity. Origin or source: Central and South America; Grower: Shepard, Sproule Creek.

Cayenne: Number of years grown in Kootenays: 2 to 3. Origin or source: VC seeds; Grower: Riley, Nakusp.

Cayenne 1: Number of years grown in Kootenays: 10. Grower: Leong, Nelson.

Cayenne 2: Number of years grown in Kootenays: 10. Like its Nelson and Nakusp neighbors, it is huge in size. Grower: Judd, Argenta.

Cayenne: Number of years grown in Kootenays: 15. These peppers ripen here and they are great dried. Grower: Ruljancich, Deer Park.

Chilli: Number of years grown in Kootenays: 15. These red, long peppers dry well. Grower: Ruljancich, Deer Park.

Chocolate Beauty: Number of years grown in Kootenays: 6. This pepper is early and prolific. Origin or source: seed company; Grower: Sewell, Procter.

Earlived: Number of years grown in Kootenays: 18. It is sweet and conical shaped. Grower: Ruljancich, Deer Park.

Early California Wonder: Number of years grown in Kootenays: ?. Grower: Ruljancich, Deer Park.

Early Jalapeno: Number of years grown in Kootenays: 1. This is a prolific variety. Origin or source: WCS; Grower: Kartheins, Krestova.

Fazziáno Italian Sweet Green: Number of years grown in Kootenays: 20. This early rams horn type pepper is sweet and matures in 70 days. It is best to start it indoors in early March. Origin or source: Fazziano; Grower: Shepard, Sproule Creek.

Golden Bell: Number of years grown in Kootenays: 10. Origin or source: Cathy Stewart. Grower: Collier, Nelson.

Golden Summer: Number of years grown in Kootenays: 12. This is an early variety. Origin or source: Dominion; Grower: Sewell, Procter.

Golden Summer Sweet Bell: Number of years grown in Kootenays: 7. Origin or source: Vancouver Island; Grower: Sewell, Procter.

Gourmet: Number of years grown in Kootenays: ?. This pepper has a brilliant orange colour. Grower: Ruljancich, Deer Park.

Green Bell: Number of years grown in Kootenays: 10. Origin or source: Cathy Stewart; Grower: Collier, Nelson.

Habanero 1: Number of years grown in Kootenays: ?; Age of saved seed:1. Origin or source: Cayo; Grower: Britton, Passmore.

Habanero 2: Number of years grown in Kootenays: 1. Fiery hot, watch out! Origin or source: WCS; Grower: Kartheins, Krestova.

Heritage Hot: Number of years grown in Kootenays: ?. Origin or source: Shepard; Grower: Zeberoff Passcreek.

Hot Salsa: Number of years grown in Kootenays: 7. This variety turns green to reddish brown when ripe. Origin or source: seed company; Grower: Sewell, Procter.

Hungarian Hot Wax: Number of years grown in Kootenays: ?. This variety produces a very hot yellow pepper. Grower: Ruljancich, Deer Park.

Hungarian Semi Hot: Number of years grown in Kootenays: ?. This is an early, small, yellow pepper. Grower: Judd, Argenta.

Hungarian Sweet: Number of years grown in Kootenays: 8. Origin or source: WD; Grower: Judd, Argenta.

Italian: Number of years grown in Kootenays: ?. An early, big, sweet, red variety. Origin or source: Johnny's; Grower: Judd, Argenta.

Italian Sweet: Number of years grown in Kootenays: 15. Count on this one to be sweet and productive. Grower: Ruljancich, Deer Park.

Lipstick: Number of years grown in Kootenays: 10. Like its fancy and intriguing name, it is small, cute, and red. Origin or source: Johnny's; Grower: Judd, Argenta.

Long Thin Cayenne: Number of years grown in Kootenays: 1. This is a drought tolerant, cayenne pepper. Origin or source: WCS; Grower: Kartheins, Krestova.

Lyn's Hot: Number of years grown in Kootenays: 4. These will turn red but can also be eaten green. Origin or source: Cayo; Grower: Hamilton, North Shore.

Mary's Cayenne: Number of years grown in Kootenays: ?. Grower: Zeberoff, Passcreek.

Mexico Salsa: Number of years grown in Kootenays: ?. This is a spicy chili pepper. Grower: Ruljancich, Deer Park.

Mulatto Islanio: Number of years grown in Kootenays: ?; Age of saved seed:1. This pepper takes a long time to germinate. It is trying to acclimatize to the Kootenays from its sunny Mexican origin. It is not too hot. Origin or source: Shepard, Sproule Creek; Grower: Leong, Nelson.

Seed Saving

"Seed saving is a political act" (Gregoire Lamoureux, Winlaw, May 2000).

Seed Saving

"If you live with other people, always identify the whatever it is you are saving for seed. Tie a little ribbon or some other colourful marker to it and tell everyone not to eat the marked ones. More than one batch of seed has been lost to grazing family members" (Sigrid Shepard, Sproule Creek, September 2000).

Paprika: Number of years grown in Kootenays: 8. A great drying pepper. Origin or source: Abundant; Grower: Judd, Argenta.

Pepperonci: Number of years grown in Kootenays: ?. This pepper is sold in jars pickled with garlic. Origin or source: Nickel's Nursery, Oregon; Grower: Judd, Argenta.

Pimento: Number of years grown in Kootenays: ?. An interesting combination of yellow and brown colour when ripe. Origin or source: Nelson Italian community; Grower: Miller, Rosslund.

Pimento: Number of years grown in Kootenays: ?; Age of saved seed: 1. This is a sweet variety. Origin or source: Park Cowan, Glade Mountain Farm; Grower: Elder, Winlaw.

Poblano: Number of years grown in Kootenays: ?; Age of saved seed: 1. Origin or source: seed house; Grower: Elder, Winlaw.

Purple Beauty 1: Number of years grown in Kootenays: 8. Although the pepper's name is purple its colour is green. Grower: Johnny's, Argenta.

Purple Beauty 2: Number of years grown in Kootenays: ?. It's not productive. Grower: Ruljancich, Deer Park.

Ram's Horn: Number of years grown in Kootenays: 40+. This heritage variety, also known as the Nelson pepper, can difficult to germinate if picked early. It is very important to allow the peppers to reach full maturity (they turn a very, very deep red) and dry on the plant for seed saving. It produces beautiful, long, sweet, red peppers for eating. Origin or source: Shepard, Sproule Creek; Grower: Leong, Nelson.

Romain Early Sweet Anatoli: Number of years grown in Kootenays: 1. This early pepper turns red. It is originally from Eastern Europe. Origin or source: Johnny's; Grower: Judd, Argenta.

Round Bell: Number of years grown in Kootenays: 10. This variety is an average producer depending on season. Origin or source: Cathy Stewart; Grower: Collier, Nelson.

Serano: Number of years grown in Kootenays: 8. Great for salsa. Origin or source: Abundant; Grower: Judd, Argenta.

Sweet California Wonder: Number of years grown in Kootenays: ?. Grower: Ruljancich, Deer Park.

Sweet Chocolate: Number of years grown in Kootenays: 5. Origin or source: Johnny's; Grower: Judd, Argenta.

Sweet Italian: Number of years grown in Kootenays: ?; Age of saved seed: 1. Origin or source: Shepard; Grower: Leong, Nelson.

Sweet Maroon: Number of years grown in Kootenays: 5. An amazing heart shaped pepper. Origin or source: Northern Chili; Grower: Judd, Argenta.

Uli's Hot: Number of years grown in Kootenays: 5. This variety is small, hot, and early. Origin or source: Uli; Grower: Judd, Argenta.

Yankee Bell: Number of years grown in Kootenays: 4. A green pepper. Origin or source: Johnny's; Grower: Judd, Argenta.

Yellow Banana: Number of years grown in Kootenays: ?. A sweet yellow pepper. Origin or source: Nina Jmieff, Winlaw; Grower: Carter, Winlaw.

Poppy

(*Papaver somniferum*)

Originating in the Mediterranean, the tiny nutty tasting seeds found in the head of the poppy flower have been a favourite for centuries. Since antiquity, poppies have symbolized honour. Women in 2nd century Crete cultivated poppy plants for opium, and Hippocrates suggested the use of opium in medicine. Since the 6th century, opium has been used as a medicine and narcotic in many parts of the world. The Greeks used the seeds as flavouring for breads in the 2nd century, and medieval Europeans used them as a condiment in their baking. Europeans began trafficking the drug in the 19th century, culminating in the Opium Wars, in which China lost control of the industry (Culinary Café, 2000). A not uncommon site in Kootenay gardens, poppy pods are left to dry before being collected for seed and food.



Giant: Number of years grown in Kootenays: 10+. The seed heads stay closed a long time so fewer seeds are lost. Origin or source: passed on by local elder; Grower: Wasilenkoff, Shoreacres.

Mary's Russian: Number of years grown in Kootenays: 80. Its gray soft seed is great for baking. It reaches 4 to 5 feet tall. Origin or source: Zeberoff, Pass Creek; Grower: Shepard, Sproule Creek.

Opium: Number of years grown in Kootenays: 20. A Doukhobor variety by origin. Grower: Winlaw.

Planedin Russian: Number of years grown in Kootenays: 50. Inside the poppy's slightly elongated, ridged, one inch pod are hard, black seeds. Twenty-five feet of isolation distance is required to keep the seed true for saving. Origin or source: The Planedin Family, Grand Forks; Grower: D. Planedin, Grand Forks.

Poppy: Number of years grown in Kootenays: ?. Grower: Foy, Johnson's Landing.

Potato

(*Solanum tuberosum*)

The potato that we know and love in North America is a native to the Western side of South America, and is actually a member of the same family as tomatoes and peppers. Farmers in ancient Peru are reputed to have grown over 3,000 varieties of potatoes (Ashworth 1991)! Growing heirloom potatoes presents special problems for gardeners because the old varieties are not as resistant to disease as modern ones. When potatoes are propagated through cuttings, each succeeding generation is a genetic clone of its parents, carrying down with it all of the inherited strengths and weaknesses of the variety (Weaver 1997). Late potatoes are good winter-keepers, and can be last for up to six months.



Banana: Number of years grown in Kootenays: ?. This is a very tasty variety. Grower: Gonzales, Appledale.

Bintje: Number of years grown in Kootenays: ?. This potato keeps well and has great flavour. Origin or source: Trout Lake; Grower: Leong, Nelson.

Blue MacIntyre: Number of years grown in Kootenays: ?. A Kootenay Organic Gardens farm product that tastes great. Grower: Caron, Shoreacres.

Caribou: Number of years grown in Kootenays: 3. This variety stores and grows well. It is brown in colour and has pink eyes. Origin or source: Lamoureux, Winlaw; Grower: Leong, Nelson.

MacIntyre: Number of years grown in Kootenays: 2. This is a heavy potato that stores well and has a high protein content. Origin or source: MacIntyre Farms, Argenta; Grower: Leong, Nelson.

Netted Gem: Number of years grown in Kootenays: ?. A good baking potato. Grower: Carter, Winlaw.

Purple Parisian 1: Number of years grown in Kootenays: ?. This late variety stores well. It is purple inside and out and is long and skinny. Grower: Leong, Nelson.

Purple Parisian 2: Number of years grown in Kootenays: ?. This variety sounds similar to the one grown in Nelson. Grower: Carter, Winlaw.

Purple 1: Number of years grown in Kootenays: 20. This purple potato is soft and an early producer. Grower: Jmieff, Winlaw.

Purple 2: Number of years grown in Kootenays: 4. This purple potato has a great taste. It's a good dry land potato. Origin or source: C. Stewart; Grower: Collier, Nelson.

Purple 3: Number of years grown in Kootenays: ?. This variety is not a good producer. It has a purple outside and white inside. Origin or source: health food store; Grower: Leong, Nelson.

Red Gold: Number of years grown in Kootenays: 8. This potato is yellow on the inside with red skin. It has great flavour but poor storage qualities. Origin or source: Trout Lake Farms, Ontario; Grower: Leong, Nelson.

Red: Number of years grown in Kootenays: 20. Grower: Jmieff, Winlaw.

Russian Banana: Number of years grown in Kootenays: 8. Origin or source: Trout Lake Farms, Ontario; Grower: Leong, Nelson.

Rute Esterling: Number of years grown in Kootenays: ?. A early potato that is good for mashing. Grower: Leong, Nelson.

Yellow Banana: Number of years grown in Kootenays: 4. Grower: Caron, Shoreacres.

Yellow: Number of years grown in Kootenays: 20. Grower: Jmieff, Winlaw.

Yukon Gold: Number of years grown in Kootenays: 3. Grower: Caron, Shoreacres.

Radish

(*Raphanus sativus*)

The Egyptians grew these vegetables over 2,000 years ago, and radishes were considered so important that their pictures were inscribed on many pyramid walls (Ashworth 1991). In Europe, radishes date back to the mid-1500's, when they were known to have been grown in England. In North America, we often tend to think of radishes as round, red and white balls of spice, but radish varieties come in almost any size, shape or colour you can imagine. Many radish varieties are currently being grown out in this area.



Radish 1: Number of years grown in Kootenays: 20. Grower: Collier, Nelson.

Radish 2: Number of years grown in Kootenays: ?. Origin or source: Evergreen, South Slokan; Grower: Britton, Passmore.

Cherry Bell: Number of years grown in Kootenays: 1. Origin or source: catalogue; Grower: Derhousoff, Blewett.

Chinese White: Number of years grown in Kootenays: 1. This is a prolific variety. Origin or source: seed swap; Grower: Collier, Nelson.

Multi: Number of years grown in Kootenays: ?. This variety produces a mixed red and white radish. Origin or source: Dominion; Grower: DeGrindi, Trail.

Multicolour: Number of years grown in Kootenays: 15. Grower: Judd, Argenta.

Passmore: Number of years grown in Kootenays: ?. This plant is tall with pinkish white flowers. Origin or source: WD; Grower: Britton, Passmore.

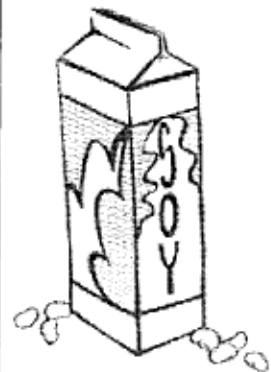
Red: Number of years grown in Kootenays: 3. Grower: Ambry, Riindel.

Winter: Number of years grown in Kootenays: 1. Long and black in appearance. Grower: Derhousoff, Blewett.

Soybeans

(*Glycine max*)

Soybeans are one of the world's oldest crops, and have been grown in Asia for 5,000. They are one of the twelve crops that provide the world with 90% of its food. Soybeans are an important source of plant protein, and are also used to make oil. Soybeans have been subject to genetic engineering, and soy *GMO's* (genetically modified organisms) are one of the most common *GMO's* available on the market today. Therefore, the preservation of open pollinated varieties is all the more crucial.



Endivy: Number of years grown in Kootenays: ?. Origin or source: Johnny's; Grower: Judd, Argenta.

Friskeby: Number of years grown in Kootenays: 19. A prolific variety with 3 inch pods and 50 pods per plant. It takes 70 days to reach maturity. Origin or source: Stokes originally from Sweden; Grower: Imrie Nakusp.

Japanese Soybean Hakucho: Number of years grown in Kootenays: ?. This rare bean matures early here in the Kootenays. Origin or source: West Coast Seeds; Grower: Leong, Nelson.

Japanese: Number of years grown in Kootenays: ?; Age of saved seed: 1. Grower: Zeberoff, Passcreek.

Soybean: Number of years grown in Kootenays: 1. Origin or source: Grand Forks; Grower: Luchtan, Balfour.

Spinach

(*Spinacia oleraceae*)

Spinach has been grown in Europe for almost seven hundred years. It is one of the most nutritious green vegetables in the garden, having high iron and Vitamin D content. Spinach is a favourite amongst local gardeners because, among other things, it is easy to save spinach seed (Ashworth, 1991).

Alaska: Number of years grown in Kootenays: 10. An average spinach. Grower: Ruljancich, Deer Park.

America: Number of years grown in Kootenays: 20. This small leaf spinach over winters well. Grower: Ruljancich, Deer Park.

Bloomsdale: Number of years grown in Kootenays: 15. Grower: Judd, Argenta.

Cold Resistant Calboy: Number of years grown in Kootenays: ?. Grower: Imrie, Nakusp.

Denmark: Number of years grown in Kootenays: 3. Grower: Derhousoff, Blewett.

Elagbade: Number of years grown in Kootenays: 10; Age of saved seed: 1. This is an Asian spinach. Origin or source: Philippines. Grower: DeGrindi, Trail.

Giant Winter 1: Number of years grown in Kootenays: ?. This smooth, large, tasty variety sounds similar to the one in Deer Park. Grower: Aurora, Creston.

Giant Winter 2: Number of years grown in Kootenays: 20. It has big leaves and over winters well. Grower: Ruljancich, Deer Park.

Green Orach: Number of years grown in Kootenays: ?. A new variety this year, so the jury is still out.. Grower: Ruljancich, Deer Park.

King of Denmark: Number of years grown in Kootenays: 20. This glossy green variety takes 45 days to reach maturity. Origin or source: WD; Grower: Imrie, Nakusp.

Libeeda: Number of years grown in Kootenays: 15. This variety has both red and green stalks. Origin or source: Russia; Grower: Verigin, Nelson.

Grower Profile

Gregoire Lamoureux has lived in the Slocan Valley for nearly 10 years. A Seeds of Diversity Canada Area Representative and Board Member, he has been growing and saving seeds for many years. He has been a wonderful asset to this project as his knowledge of seeds, seed saving and food security is inspiring and extensive. Additionally, he is the founder and coordinator of the Kootenay Permaculture Institute, an organization dedicated to the education and promotion of the principles and practices of permaculture, a model for sustainable gardening and living.

Monnopa: Number of years grown in Kootenays: 20. This is a rare, low acid spinach with great flavour. Origin or source: Thompson and Morgan; Grower: Imrie, Nakusp.

Norfolk: Number of years grown in Kootenays: 16. Origin or source: Quebec; Grower: Imrie, Nakusp.

Pacific Giant: Number of years grown in Kootenays: 3. It's great big leaves explain it's name. Origin or source: Aurora Farms, Creston; Grower: Leong, Nelson.

Savoy King: Number of years grown in Kootenays: ?. Grower: DeGrindi, Trail.

Spinach: Number of years grown in Kootenays: 7. This variety tends to bolt when too warm and has a short growing season. Grower: Britton, Passmore.

Steadfast: Number of years grown in Kootenays: 5. This requires a long growing season but has good flavour. Grower: Ruljancich, Deer Park.

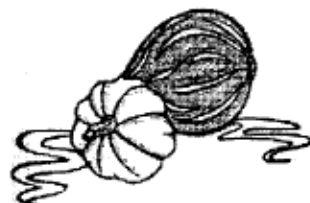
Suzy's: Number of years grown in Kootenays: ?. Grower: Hamilton, North Shore.

Winter Bloomsdale: Number of years grown in Kootenays: ?. This is a good Savoy variety with excellent flavour. It's hardy and dependable. Grower: Aurora, Creston.

Squash

(*Cucurbita maxima, mixta, moschata* and *pepo*)

The squash plant is native to South America, and has been used for centuries among Native gardeners in South and North America. It was first brought to England in the late 1500s. The word squash is from the Algonquin word *askutasquash*, meaning something that is eaten green, in an unripe state (Weaver 1997). Squash, which are sometimes called gourds, were prized by our ancestors because a big, hefty one could feed an entire family. Squashes were also used as edible mixing bowls and water containers (Ashworth 1991). Squash varieties cross pollinate readily, and as a result many Kootenay seed savers found themselves growing odd-looking vegetables that had no flavour! Other peculiar varieties would literally look like two different types fused together, and still others would taste great. All varieties can be eaten when young and tender, and some varieties have been grown for their outstanding keeping qualities (often called winter squash).



Acorn 1: Number of years grown in Kootenays: ?; Age of saved seed: 2. This is not a good keeper. Grower: Leong, Nelson.

Acorn 2: Number of years grown in Kootenays: 10. Origin or source: Saskatchewan; Grower: Collier, Nelson.

Blue Hubbard: Number of years grown in Kootenays: ?. A very prolific variety. Grower: M&K, Lemon Creek.

Buttercup C. Maxima: Number of years grown in Kootenays: 19. A turban shaped, dark green variety taking 100 days to reach maturity. Grower: Imrie, Nakusp.

C. Maxima Green Hubbard: Number of years grown in Kootenays: 17. This is a large sweet variety that stores well. Grower: Imrie, Nakusp.

C. Pepo Spaghetti: Number of years grown in Kootenays: 21. It is best to cook with the skin and pull out flesh. Grower: Imrie, Nakusp.

Cinderella Pumpkin: Number of years grown in Kootenays: 6; Age of saved seed: 2. Little maintenance is required to grow this brilliantly orange coloured pumpkin. It reaches up to 45 pounds and keeps till March. Origin or source: SOS; Grower: Leong, Nelson.

Dalkata: Number of years grown in Kootenays: ?. It has a remarkable flavour similar to that of a sweet potato. Grower: Leong, Nelson.

Dark Green Zucchini: Number of years grown in Kootenays: ?. As its name implies, it is dark green in colour and is a prolific plant. Grower: Judd, Argenta.

Dark Zucchini: Number of years grown in Kootenays: ?. Another DeGrindi special. Did you see it this year in the Trail Times? Grower: DeGrindi, Trail.

Green Hubbard: Number of years grown in Kootenays: ?. Grower: Carter, Winlaw.

Halloween Pumpkin: Number of years grown in Kootenays: 5. Origin or source: US seed company; Grower: Hummerlink, Blewett.

Hopi: Number of years grown in Kootenays: ?. This is a pale grey squash with very vigorous vines producing 6 to 10 pound fruit. It is also a good keeper. Grower: Aurora, Creston.

Hubbard: Number of years grown in Kootenays: ?. This variety requires a long growing season taking 120 days till eating, and 140 days till seed harvest. Origin or source: North and South America. Grower: Shepard; Sproule Creek.

Italian Light Green Zucchini: Number of years grown in Kootenays: 10. This is another prolific variety. Origin or source: Italy; Grower: DeGrindi, Trail.

Italian Stripped Zucchini: Number of years grown in Kootenays: 10. Origin or source: Italy; Grower: DeGrindi, Trail.

Land Godiva Pumpkin: Number of years grown in Kootenays: ?. A poor producer in this climate. Grower: Ruljancich, Deer Park.

Long Green Zucchini: Number of years grown in Kootenays: 5. A very prolific variety. Grower: Collier, Nelson.

New England Sugar Pumpkin: Number of years grown in Kootenays: 10-12. Origin or source: WD; Grower: Judd, Argenta.

Porca Butternut: Number of years grown in Kootenays: 10. This variety has a creamy tan colour. Grower: Ruljancich, Deer Park.

Red Curry 1: Number of years grown in Kootenays: 10. A Japanese variety in the hubbard family. Origin or source: Johnny's. Grower: Judd, Argenta.

Red Curry 2: Number of years grown in Kootenays: 5. This variety keeps well, has a nice size and a great flavour. Origin or source: Shemmaho, Perry's Siding; Grower: Leong, Nelson.

Redlands Trailblazer: Number of years grown in Kootenays: ?. Origin or source: Australia; Grower: Ruljancich, Deer Park.

So is a pumpkin a squash, or a squash a pumpkin?

Let's settle this once and for all. A pumpkin is really an oversized squash. The term pumpkin is for convenience (or some would say for confusion). They are not even a "subspecies"! In North America, we often think of pumpkins as the jolly, orange gourds used in pies, and for jack-o'-lanterns during Hallowe'en, but these are simply a variety of squash. Perhaps the term "squash pie" just doesn't sound as appetizing as "pumpkin pie." How about "squash-o'-lanterns"? I guess it doesn't sound the same, although it sure does taste good.

Robson Pumpkin: Number of years grown in Kootenays: 10. A very productive variety. Grower: Samaru, Robson.

Ronde de Nice: Number of years grown in Kootenays: ?. It is round and not very long, similar to the size of a tennis ball. Origin or source: Nelson Italian Community; Grower: Leong, Nelson.

Sharon's Pumpkin: Number of years grown in Kootenays: ?. This variety is huge in size. Grower: Hamilton, North Shore.

Small Sugar Pumpkin: Number of years grown in Kootenays: ?. This is a very sweet variety that is excellent for pies and stores well. Grower: Aurora Farms, Creston.

Spokane Pumpkin: Number of years grown in Kootenays: ?. A high yield variety of pumpkin. Grower: Hamilton, North Shore.

Standard Buttercup: Number of years grown in Kootenays: 10. Grower: Judd, Argenta.

Sweet Meat C. Maxima: Number of years grown in Kootenays: 17. This is a good keeper with great flavour. Grower: Imrie, Nakusp.

Sweet Meat: Number of years grown in Kootenays: ?. This squash has an interesting blue, white colour. Origin or source: WD; Grower: Judd, Argenta.

Sweetkeeper: Number of years grown in Kootenays: 15+. This is an excellent, old variety. Libby's grandmother used to grow it. Grower: Ruljancich, Deer Park.

Tahiti: Number of years grown in Kootenays: 15. This is a big, long, sweet butternut variety. Origin or source: Exotica Seeds in Florida; Grower: Ruljancich, Deer Park.

Waltham Butternut: Number of years grown in Kootenays: 15. A good butternut type squash that stores well. Grower: Ruljancich, Deer Park.

Winter Acorn, cucurbita Piepo: Number of years grown in Kootenays: 19. Grower: Imrie, Nakusp.

Winter 1: Number of years grown in Kootenays: 10. This is shaped like a Japanese lantern with dark orange, creamy flesh. Origin or source: Ponderae; Grower: Shemmaho, Winlaw.

Winter 2: Number of years grown in Kootenays: 3. A prolific variety. Origin or source: seed swap; Grower: Ambry Riondel.

Yellow Hubbard: Number of years grown in Kootenays: ?. Origin or source: R. Ludwin; Grower: M & K, Lemon Creek.

Sunflower (*Helianthus annuus*)

Natives of North and South America used the sunflower plant in its entirety. The stalks were used for bean poles, animal feed, or were peeled into thin sheets for use like paper. The plant's young leaves, flower petals and roots were all cooked as vegetables. Mature leaves were used as a tobacco substitute and for animal fodder. Sometimes, the shells of the seeds were used as containers for paint or dye. Sunflowers are grown today for their edible seeds and oil. They are also beautiful to grow as garden flowers or as a food source for birds and other small animals (Ashworth, 1991).



Beth's: Number of years grown in Kootenays: 3. Grower: James, Nakusp.

Black Oil: Number of years grown in Kootenays: ?; Age of saved seed: 1. This is an excellent variety for oil. It is also good for animal feed. Origin or source: P. Bonnett, New Denver; Grower: Miller, South Sloca.

Herlianthus Valentine: Number of years grown in Kootenays: ?. This variety is difficult to keep pure. Grower: McDowell, Robson.

Long Russian: Number of years grown in Kootenays: ?. Known for its remarkably long seed length. Grower: McDowell, Robson.

Mammoth Russian Popular: Number of years in Kootenays: ?. This is a large headed variety reaching up to 12 feet in height. Grower: Aurora, Creston.

Mammoth Russian 1: Number of years in Kootenays: ?. Grower: Ruljancich, Deer Park.

Mammoth Russian 2: Number of years grown in Kootenays: 8. Sounds similar to the sunflower in Deer Park. It has 100% germination, big heads and large seeds. Origin or source: Garden City Seeds; Grower: Popoff, Grand Forks.

Robson: Number of years grown in Kootenays: 20. Great long seeds. Grower: Samaru, Robson.

Russian 1: A native variety to the Kootenays. Origin or source: Ed Heidi; Grower: M&K, Lemon Creek.

Russian 2: Number of years grown in Kootenays: 4. Age of saved seed: 1. It is a tall plant with long seeds. Origin or source: seed swap; Grower: Leong, Nelson.

Shoreacres: Number of years grown in Kootenays: 70. Excellent productivity and storage. Origin or source: Russia; Grower: Strelieve, Shoreacres.

Skyscraper: Number of years grown in Kootenays: ?; Age of saved seed: 1. Like the name describes, it is a tall variety with a big head. Origin or source: seed swap; Grower: Leong, Nelson.

Tarahumara: This pure white seed has solid gold flowers. Origin or source: Mexico. Grower: Aurora, Creston.

White Seeded: Number of years grown in Kootenays: ? Age of saved seed: 1. This variety has a huge head. Origin or source: neighbor; Grower: Stoochnoff, Blewett.

Tomatillo

(Physalis ixocarpa)

Translations of Mexican recipes often refer to tomatillos as green tomatoes, but they are actually a completely different species. This small green fruit enclosed in a papery husk is the main ingredient of numerous Mexican recipes, including the tasty Salsa Verde. This multi-branched species can be grown in its original form on the ground or can be supported in tomato cages to conserve garden space (Ashworth, 1991).

Husk: Number of years grown in Kootenays: 21. Grower: Imrie, Nakusp.

Tomatillo 1: Number of years grown in Kootenays: ?; Age of saved seed: 1. A truly beautiful flower. Origin or source: S. Hamilton; Grower: Leong, Nelson.

Tomatillo 2: Number of years grown in Kootenays: ?; Age of saved seed: 2. Very productive variety. Origin or source: Hamilton; Grower: Ambry, Riondel.

Toma Verde: Number of years grown in Kootenays: ?. Grower: Kartheins, Krestova.

Tomato

(*Lycopersicon lycopersicon*)

The tomato, also known as Jerusalem Apple or Love Apple, is native to Central and South America and introduced into England in 1596. Initially it was grown for its beauty and not for its culinary use, because in Europe it had the reputation of being poisonous and was associated with witches and fairies. At present, tomatoes are a main staple of most Canadian diets. Numerous tomato varieties are throughout the Kootenays, and gardeners from both the Doukhobor and Italian communities specialize in this vegetable. Many local gardeners grow their tomatoes in greenhouses throughout the entire season in order to protect this crop that can sometimes be subject to our mountainous climate.



Acid Free: Number of years grown in Kootenays: 18. This tomato has great productivity, and good storage qualities. Origin or source: Polly, Shoreacres; Grower: Strelieve, Shoreacres.

Arctic: Number of years grown in Kootenays: 5. This is an early variety. Origin or source: Dominion; Grower: DeGrindi, Trail.

Arkansas Traveller: Number of years grown in Kootenays: 1. Origin or source: WCS; Grower: Kartheins, Krestova.

Basket V: Number of years grown in Kootenays: ?. This variety is on some endangered seed lists. Origin or source: Russia; Grower: Zeberoff, Passcreek.

Beefstake Bush: Number of years grown in Kootenays: ?. A large determinant variety. Grower: Ruljancich, Deer Park.

Bellestar: Number of years grown in Kootenays: 7. A good sauce tomato and prolific. Grower: Ruljancich, Deer Park.

Ben's Italian Paste: Number of years grown in Kootenays: 30. This tomato is indeterminate, 10-12 feet tall, and a tender perennial. It is grown as an annual in cold climates. The large rounded slightly elongated shape is good for canning. Note it is frost sensitive. Origin or source: Hummerlink, Blewett and Italian community; Grower: Shepard, Sproule Creek.

Ben's Paste: Number of years in Kootenays: ?. This tomato looks like a Roma. Grower: Hamilton, North Shore.

Brandy Wine 1: Number of years grown in Kootenays: ?. The sweetest variety in Passcreek. Grower: Zeberoff, Passcreek.

Imur Prior Beta Tomato

The Imur Prior Beta tomato is originally from the mountains in Norway. It was subsequently taken to the mountainous regions of Chile in South America. Noting how well it grew in high elevations, it was brought to the Kootenays and continues to be grown and saved today. One of the earliest tomatoes to ripen in this area, it is an excellent canning tomato because its size allows it to be canned whole (Diane Luchtan, Balfour, August 2000).

Brandy Wine 2: Number of years grown in Kootenays: 5. This has great taste, large tomatoes, but is not prolific. It is from the Amish community tracing back to the 1880s. Origin or source: SOS; Grower: Leong, Nelson.

California Wonder: Number of years grown in Kootenays: ?. Grower: Zeberoff, Passcreek.

Calypso: Number of years grown in Kootenays: 2. A great sauce tomato and a good producer. Grower: Ruljancich, Deer Park.

Centennial Rocket: Number of years grown in Kootenays: 23; Age of saved seed: 6. A very productive variety that stores well. Grower: Strelieve, Shoreacres.

Chadwich's Cherry: Number of years grown in Kootenays: ?. This rare and productive variety is from Alan Chadwick's garden. Grower: Aurora, Creston.

Cherry CN415: Number of years grown in Kootenays: 7. This medium sized variety is high in Vitamin C. It is also firm and tasty. Origin or source: Ontario; Grower: Popoff, Grand Forks.

Cherry Peace: Number of years grown in Kootenays: 6. Small, tasty and high in Vitamin C. Origin or source: New Mexico; Grower: Popoff, Grand Forks.

Cherry Principe Borgese: Number of years grown in Kootenays: 5; Age of saved seed: 1. It is best to ripen this variety on the vine. Origin or source: Dan Jason; Grower: Leong Nelson.

Cherry Red: Number of years grown in Kootenays: 20. A larger cherry tomato from a prolific plant. Grower: Leong, Nelson.

Collier: Number of years grown in Kootenays: 10. Since its arrival from the east, this variety has adapted to the mountainous Kootenays well. Origin or source: University of Saskatchewan; Grower: Collier, Nelson.

Doukhobor Russian: Number of years grown in the Kootenays: ?. This early variety is not prolific. Origin or source: Shepard, Sproule Creek; Grower: Hamilton, North Shore.

Early Russian 1: Number of years grown in Kootenays: 30. This is another prolific, early variety. Grower: Carter, Winlaw.

Early Russian 2: Number of years grown in Kootenays: 40. This variety is an early starter and early producer. Origin or source: grower's mother; Grower: Derhousoff, Blewett.

Finnish: Number of years grown in Kootenays: 50. This is a determinate heritage tomato reaching 3 to 4 feet on sturdy stalks. A tender perennial grown as an annual in cold climates. Origin or source: Argenta from Ms. Kalesnikoff from Finland; Grower: Shepard, Sproule Creek.

Floramerica: Number of years on Kootenays: ?. A big tomato from a short plant. Origin or source: catalogue; Grower: Derhousoff, Blewett.

Giant: Number of years grown in Kootenays: 10; Age of saved seed: 1. As the name suggests this huge tomato can weigh up to 3 pounds. Origin or source: Switzerland; Grower: Lus, Trail.

Golden Nugget: Number of years grown in Kootenays: 2. A beautiful, yellow cherry tomato. Grower: Judd, Argenta.

Imur Prior Beta Tomato

"We did a blind test. We put about 15 different kinds of tomato varieties in a row, and the I.P.B. (Imur Prior Beta) Tomato won no matter what order you ate it in. That one won hands down" (Diane Luchtan, Balfour, August 2000).

Market Miracle Tomato

While touring Russia 8 years ago, a Kootenay traveller was given a tomato seed from a local mountain man. The man had heard of the traveller's interest in vegetables that were adapted to growing in high altitudes. The man walked two days through the mountains to bring the traveller some of his tomato seed. The seed journeyed back with the traveller to the Kootenays. Now known as the Market Miracle Tomato, it has since been passed on to other Kootenay growers who have raved about its consistent production, "perfect sandwich" size, excellent flavour, and great marketability (Scott Miller, Rossland, June 2000).

Golden Queen: Number of years grown in Kootenays: 7. It is yellow and orange in colour and has a low acid content. Origin or source: Dominion; Grower: Sewell, Procter.

Ground Cherry: Number of years grown in Kootenays: 20. An excellent storage tomato. It is very sweet and similar to a tomatillo. Grower: Imrie, Nakusp.

Imur Prior Beta: Number of years grown in the Kootenays: 20. This tomato is first to mature, small in size and well adapted to high altitudes. Origin or source: D. Copen; Grower: Luchtan, Balfour.

Italian Large: Number of years grown in Kootenays: 12. Best as a hot house variety. Grower: DeGrindi, Trail.

Italian Paste: Number of years grown in Kootenays: 40. Tall plants that produce a long pear-like Roma tomato. Origin or source: Italy; Grower: Hummerlink, Blewett.

Keeping Tom 1: Number of years grown in Kootenays: ?; Age of saved seed: 5. Good to pick these green. They keep well, but are small in size. Origin or source: 1992 from P. Fuller; Grower: Miller, South Slocan.

Keeping Tom 2: Number of years grown in Kootenays: 10. This is a good keeping tomato and turns either green or orange in fall. Grower: Ruljancich, Deer Park.

Kootenai 1: Number of years grown in Kootenays: ?. An early bush variety with compact vines, large juicy fruit and a heavy yield. Grower: Aurora, Creston.

Kootenai 2: Number of years grown in Kootenays: 12; Age of saved seed: 1. This variety is propagated and sold in pots. Origin or source: Territorial. Grower: Elder, Winlaw.

Kootenay Paste: Number of years grown in Kootenays: ?. This late, great flavoured, large Roma has acclimatized to this region. Origin or source: Shepard; Grower: Sewell, Procter.

Kootenay Russian: Number of years grown in the Kootenays: ?. This tomato takes 50-60 days till harvest. Origin or source: Andean area of South America, Mexico; Grower: Shepard, Sproule Creek.

Large Roma: Number of years grown in Kootenays: 30+. Origin or source: Italy; Grower: Heuston, Balfour.

Long Keeper: Number of years grown in Kootenays: 3. This tomato has excellent storage qualities. Origin or source: C. Stewart; Grower: Collier, Nelson.

Market Miracle: Number of years grown in Kootenays: 8. As big as a tennis ball and very prolific. Origin or source: Russia. The legend is that a traveller was given these seeds by a local man who walked 2 days through the mountains to retrieve them. Grower: Miller, Rosslan.

Marvel: Number of years grown in Kootenays: ?. Origin or source: Peru. Grower: Zeberoff, Passcreek.

Money Maker 1: Number of years grown in Kootenays: ?. This is a prolific, heritage variety. Grower: Zeberoff, Passcreek.

Money Maker 2: Number of years grown in Kootenays: ?. This is an old English variety that sets freely in any weather. It has deep red globes and heavy yields. Grower: Aurora, Creston.

My Kootenay: Number of years grown in Kootenays: 30. This is a very productive variety that stores well. Grower: Strelieve, Shoreacres.

Nelson Paste: Number of years grown in Kootenays: 15; Age of saved seed: 1. This variety has great flavour and is huge in size. Origin or source: Nelson gardener; Grower: Miller, South Slocan.

Tomato Grower Fact

Maria Santilli was the first Italian gardener to successfully grow tomatoes in Salmo. She grew the plants by the cement wall of her garage to keep them warm. This enabled them to finish their full cycle, thereby acclimatizing them to the region and ensuring viable seeds for a succession of good crops for years to come (Maria Santilli, Salmo, September 2000).

Nepali: Number of years grown in Kootenays: 4. Origin or source: Kootenay friend; Grower: Judd, Argenta.

Nova: Number of years grown in Kootenays: 3; Age of saved seed: 1. This is a very prolific paste tomato. Origin or source: Aurora; Grower: Leong, Nelson.

Nova's: Number of years grown in the Kootenays: ?. This tomato looks like a Roma. Origin or source: Leong, Nelson; Grower: Hamilton, North Shore.

Opal's Homestead: Number of years grown in Kootenays: ?. An old Kentucky strain with wonderfully flavoured, large, red, flattened fruits. Grower: Aurora, Creston.

Oregon Pride: Number of years grown in Kootenays: ?. New this year. Grower: Ruljancich, Deer Park.

Oregon Spring 1: Number of years grown in Kootenays: ?. This is an early variety with good flavour. Grower: Aurora, Creston.

Oregon Spring 2: Number of years grown in Kootenays: ?. Grower: Luchtan, Balfour.

OrtoMio: Number of years grown in Kootenays: 4. This is a late variety that eventually starts to crack due to this climate. Origin or source: Italy; Grower: Santilli, Salmo.

Oxhand: Number of years grown in the Kootenays: ?. Origin or source: Russia; Grower: Zeberoff, Passcreek.

Paste: Number of years grown in Kootenays: 12. Grower: Judd, Argenta.

Pepper: Number of years grown in Kootenays: 6. This is a very productive variety with great storage qualities. Good for cooking and has very few seeds inside. Origin or source: Australia; Grower: Santilli, Salmo.

Peron: Number of years grown in Kootenays: 20. Origin or source: Brazil. Grower: Ruljancich, Deer Park.

Pomadora Boie: Number of years grown in Kootenays: 15. Pomadora is Russian for tomato. This variety is named literally Tomato Boy. An early variety. Grower: Strelieve, Shoreacres.

Pomodora: Number of years grown in Kootenays: 10. This tomato is prolific but stores poorly. Origin or source: Italy; Grower: Santilli, Salmo.

Pomodoro Cuordi Bue: Number of years grown in Kootenays: 13. An interesting cow's heart tomato that is prolific and keeps well. Origin or source: Italy; Grower: Santilli, Salmo.

Prairie Fire: Number of years grown in Kootenays: ?. This is an old variety that produces small plants. Grower: Ruljancich, Deer Park.

Principe Borgee: Number of years grown in Kootenays: 7. This tomato is good for drying. Origin or source: Abundant; Grower: Judd, Argenta.

Procrasnia: Number of years grown in Kootenays: 50; Age of saved seed: 6. This is an old and productive variety. Grower: Strelieve, Shoreacres.

Tomato Tip

Trim the tops off your tomato plants, and they will produce more fruit (Maria Santilli, Salmo, September 2000). All tomatoes are the descendants of a perennial South American vine with bitter tasting little fruit. The tomatoes that we now grow in Canada have been selectively adapted to our climate over generations of seed saving. However, some of these plants still display many of the genetic memories of their ancestors. One of these is determinancy. Some varieties of tomato are determinant (technically annual): they grow to a certain size and then stop. They have forgotten that their ancestor is a perennial vine. Other varieties are indeterminant (technically perennial): given the right conditions, they will live through many, many seasons. These ones are still vines, though they never get to show it because it gets too cold and they die. These are the ones that benefit from a trim, because, once they are cut back, they put their energy into setting fruit as opposed to growing bigger (Sigrid Shepard, Sproule Creek, August 2000).

Red Pear: Number of years grown in Kootenays: ?. This is a prolific, scarlet pear-shaped small tomato. A favourite for canning or eating fresh. Grower: Aurora, Creston.

Russian Large: Number of years grown in Kootenays: 40. Age of saved seed: 1. This is used for canning and eating fresh. It is sweet, really meaty, weighing up to almost 3 pounds. Origin or source: cousin, P. Posnikoff before she passed away. Grower: Woykin, Krestova.

Russian 1: Number of years grown in Kootenays: ?. An early variety. Origin or source: Shepard; Grower: Leong, Nelson.

Russian 2: Number of years grown in Kootenays: 20. This is a late variety. It has a similar name but different characteristics than its many neighbors. Grower: Jmieff, Winlaw.

Russian 3: Number of years grown in Kootenays: 28; Age of saved seed: 1. This is a short stocky determinate plant with a high yield. Grower: Elder, Winlaw.

Russian 4: Number of years grown in Kootenays: ?. Scotty has two successful Russian tomato varieties. Grower: Miller, Rossland.

Ruth's Perfect: Number of years grown in Kootenays: ?. It is variable in size and produces a nicely shaped fruit. This tomato averages 2 to 3 pounds. It is best to stake it. Grower: Aurora, Creston.

Saucy: Number of years grown in Kootenays: 6. As the name states, this is a sauce tomato. Grower: Ruljancich, Deer Park.

Sausage: Number of years grown in Kootenays: 3. Another great sauce tomato. Origin or source: friend; Grower: Idler, Grand Forks.

Shadwicks Cherry: Number of years grown in Kootenays: ?. This has been labeled a heritage variety in the Kootenays. Grower: Zeberoff, Passcreek.

Shasha's Altai: Number of years grown in Kootenays: ?. This is a very prolific variety. Grower: Miller, Rossland.

Siberian Russian: Number of years grown in Kootenays: ?. Grower: James, Nakusp.

Siberian: Number of years grown in Kootenays: 20. Its description is similar to the legendary Doukhorbor tomatoes. Origin or source: F. Nickson; Grower: Elder, Winlaw.

Siletz: Number of years grown in Kootenays: ?. An early prolific variety. Grower: Ruljancich, Deer Park.

Silits: Number of years grown in Kootenays: ?. It is big in size. Grower: Luchtan, Balfour.

Soaker Hose: Number of years grown in Kootenays: ?. Grower: Zeberoff, Passcreek.

Stupas: Number of years grown in Kootenays: ?. In 1897 members of the Amish community used to grow this variety. It is less acidic than most tomatoes and has potato plant like leaves. Grower: Zeberoff, Passcreek

Stupus: Number of years grown in Kootenays: 12. A great Eastern European variety. Origin or source: Johnny's; Grower: Judd, Argenta.

Sungold: Number of years grown in Kootenays: 1. A great cherry tomato. Origin or source: WCS; Grower: Wedge, Crawford Bay.

Suzanne's Italian Paste: Number of years grown in Kootenays: 50. This indeterminate tender perennial grows up to 10 to 12 feet in height. It can be grown as an annual in cold climates. Best known for its large plum paste, long growing season, and disease resistance. It takes 70 days to reach maturity. Origin or source: Miller, Nelson; Grower: Shepard, Sproule Creek.

Sweet Cherry: Number of years grown in Kootenays: 3. Grower: Hamilton.

Sweetie: Number of years grown in Kootenays: ?. This is a super productive variety, but small in size. Grower: Ruljancich, Deer Park.

Tubby: Number of years grown in Kootenays: ?. Known for its huge size, it was featured in the *Trail Times* in 1987. Grower: DeGrindi, Trail.

Vee Pick: Number of years grown in Kootenays: 10. Grower: Ruljancich, Deer Park.

Vee Pro: Number of years grown in Kootenays: 10. This is disease susceptible. Grower: Ruljancich, Deer Park.

Yellow Pear 1: Number of years grown in Kootenays: ?. Noteworthy for its great big vines. Grower: Ambry, Riondel.

Yellow Pear 2: Number of years grown in Kootenays: ?. Origin or source: WCS; Grower: Wedge, Crawford Bay.

Yellow Pear 3: Number of years grown in Kootenays: ?. The mysterious arrival of the Yellow Pear in the Kootenays could be explained by this Creston variety. It is described as having a low acid content, pear shaped fruits, and is an heirloom from the late 1800s. Grower: Aurora Farms, Creston.

Yellow Pear 4: Number of years grown in Kootenays: 7. This has a sweet flavour and is a type of cherry tomato. Origin or source: Vancouver Island; Grower: Sewell, Procter.

Yellow: Number of years grown in Kootenays: ?; Age of saved seed: 5. This is a large and very juicy variety. Origin or source: Doukhobor woman at the Kootenay Coop; Grower: Miller, South Slocan.

Turnip

(*Brassica rapa*)

The turnip dates back to prehistoric times. It continues to be a favorite in European and Asian cuisines. Many of the existing North American heirloom varieties originated in England. Although the number of varieties documented in this section is fairly small, it is interesting to note that the turnip was originally as popular in gardens as the tomato is today (Ashworth, 1991).

Aruguba Swedish: Number of years grown in Kootenays: 20. This is a globe shaped variety that stores well, taking 90 days to reach maturity. Origin or source: Spicer, Nakusp and Sweden; Grower: Imrie, Nakusp.

Diane's: Number of years grown in Kootenays: ?. An interesting white variety with a purple top. A true turnip. Origin or source: Carter, Winlaw.

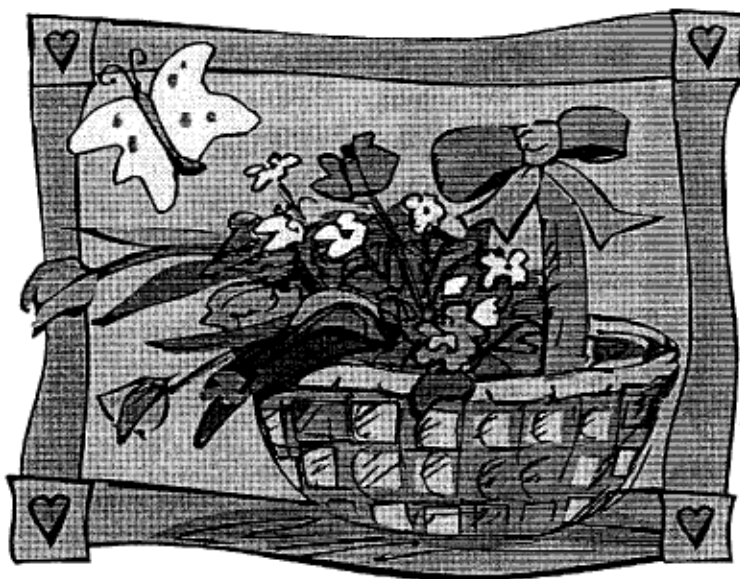
Scotty's: Number of years grown in Kootenays: ?. Origin or source: Hudson Bay; Grower: Miller, Rossland.

Conclusion



The Kootenay region is exceptional in its diversity and isolation as a geographic area. The evolution of this diversity has left evidence all around in the tangible depiction of human history, available to us as "heritage resources". Development of these heritage resources for public appreciation gives us an opportunity to enhance the quality of life for local residents and visitors to the area.

Undertakings such as the Earth Matters' Seeds of History project help communities learn about and continue valuable traditions. The findings included in this booklet are a combination of cultural and agricultural histories. The two are closely linked; local interviews with both seed savers and historians have been an integral source of information for this booklet. Seed catalogues and heirloom gardening books have also contributed greatly to this research. Additionally, archival and other historical materials have provided valuable insight into lifestyles and experiences of the region's past, because culture is an intrinsic part of agriculture. Seeds of History has worked to illustrate this relationship in a colorful, exciting, and informative manner by presenting a beautiful tapestry of our area's past.



APPENDIX A

Seed Viability Chart



This chart shows the number of years properly cured seeds will stay viable under cool, dry storage conditions.

Seed	Years	Seed	Years
asparagus	3	leeks	3
beans	3	lettuce	5
beets	4	martynia	2
broccoli	5	muskmelon	5
Brussel sprouts	5	okra	2
cabbage	5	onions	1
cardoon	5	parsley	1
carrots	3	parsnip	1
cauliflower	5	peas	3
celeriac	5	southern peas	3
celery	5	peppers	2
chervil	3	pumpkins	4
Chinese cabbage	5	radishes	5
ciboule	2	roselle	3
collards	5	rutabaga	4
corn	2	salsify	1
corn salad	5	sorrel	3
cow peas	3	spinach	5
cucumbers	5	squash	4
dandelions	2	Swiss chard	4
endive	5	tomatoes	4
fennel	4	turnips	4
garden cress	5	watercress	5
kale	5	watermelons	4
kohlrabi	5		
sea kale	1		

From Oscar A. Lorenz and Dald N. Maynard. *Knotts Handbook for Vegetable Growers*, Second Edition, John Wiley and Sons, New York, 1980.

APPENDIX B

How to Request Seeds

Below is a list of growers from the booklet. These seed savers are interested in providing their seeds to people who would like to grow them in the future. Please send a self-addressed, stamped envelope and a request for specific varieties that you are interested in growing to people in the left column. You may phone people in the right column directly. Please refer to the booklet to ascertain which seeds are available from the seed savers listed below.



Caron, Len and Cindy
(250) 352-3008
Castlegar

Collier, Dave
RR#2, S-23, C-1

Fischer, Bev
802 Observatory
Nelson, V1L 4Z4

Olivas, Cindy
(250) 354-1228

Grimshire, Dave
RR#1, S-1
Nakusp, VOG 1R0

Santilli, Maria
(250) 357-9597

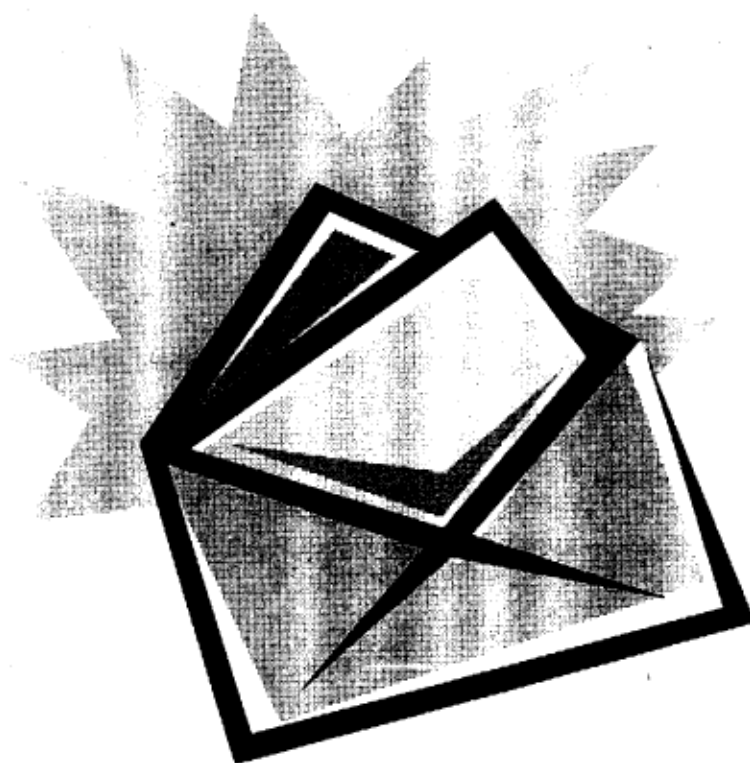
Miller, Suzanne
RR#1, S-12, C-110
South Slocan, VOG 2G0

Wedge, Jacqueline
Box 211
Crawford Bay, V0B 1E0

Imrie, Winnie
RR#2, S-33, C-21
Nakusp, NOG 1R0

Frank and Libby Ruljancich
RR#3, S-7, C-17
Castlegar, V1N 4H9

Bonnie Lee Petersen
(250) 354-6120

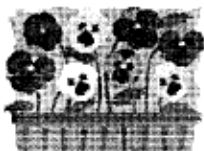


APPENDIX C

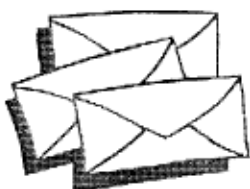
Booklet Ordering Information

Additional copies of this booklet can be obtained for \$5 at:

Earth Matters



669 Baker Street, Nelson, B.C.



P.O. Box 746, Nelson, B.C. V1L 5R4



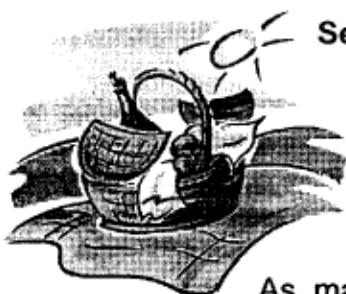
Phone (250) 352-2140 Fax (250) 352-2146



Email: earth@netidea.com

Website: www.kics.bc.ca/earthmatters

APPENDIX D



Seed Saving and Food Security

"In the last 50 years, 70% of our cultivated food crops and their parents have become extinct. The remainder is now severely threatened."

(Planting Seeds Project publication)

As many of the elders in the region can no longer garden in the same capacity, who will carry the torch? This question poses one of the main threats to local food security and is a big concern to many of the older generation seed savers. It seems to be a global trend that a lot of the younger generations are expressing less interest in maintaining traditional practices, including gardening. Many people are content to purchase their food rather than to grow it. It is the work of many generations of gardeners that have kept the genetic diversity we see today alive. Unless current and future generations of gardeners continue the practice of saving seed, the work and efforts of many previous generations will be lost.



To fully understand the issues surrounding seeds in regards to food security, it's important to understand seeds. Open pollinated (non-hybrid) varieties are ones that will reliably reproduce themselves as a consistent variety. These seeds contain a multitude of adaptive genetic traits and memories. When grown out, they will grow true to the parent variety, meaning that the plants grown out from the saved seed will have the same genetic characteristics as the plant it was saved from, thus allowing the legacy of that variety to continue. This is what has allowed farmers for generations to save seed with the knowledge of what it is that they are saving. This practice thus retains the control over the next year's seed stock in the hands of the farmers. The many genetic traits also allow the plant to adapt more readily to the different conditions the plant may encounter (disease, drought, weather changes, etc.) It is also this raw genetic material that encompasses the specific characteristics sought out for other seed technologies (hybrid and genetically engineered crops). Without this diverse genetic pool to adapt to changing conditions, certain defects almost always occur further down the line. This is true for plants in the same way as it applies to animals. Extensive inbreeding eventually requires the input of more genetic material. Without the original open-pollinated varieties and landraces (term used to define native varieties) the genetic material required for other seed technologies would be greatly compromised, if not eliminated.



Most of the food we eat today comes from hybrid seed stock. These seeds are the offspring of a cross between different parent varieties. They are inbred for specific traits and are often sterile. Even if these seeds were to re-germinate the next season, most would revert back to the characteristics of any of the parental genes, the result being a plant that isn't true to the variety of the previous generation (unstable seed). Hybrid seeds are also often developed to be more resistant to (and dependent on) chemicals such as pesticides and herbicides. They are bred for production, compatibility with mechanization, and a longer shelf life taking priority over factors such as nutrition and flavour. They are also developed to be more dependent on



synthetic fertilizers. More and more, the companies that develop these seeds are also the ones that produce these inputs. At the same time, another dependency is created: because these seeds will not reproduce reliably the following year, farmers must depend on the companies for their yearly supply of seeds, adding yet another expense that was previously non-existent.



Every step of the industrial agriculture process, from the seeds to the produce at the local supermarket, is designed for industrial efficiency and profit. Seeds are designed to be compatible with such a system. Like the single crop fields (monoculture), the push is for uniformity rather than diversity. Genetic engineering is the latest technology that severely threatens diversity, as well as people's ability to save seed. Vandana Shiva points out in her book *Biopiracy*, "Although genetic engineering and biotechnology only relocate existing genes rather than create new ones, the ability to relocate and separate genes is translated into power and right to own. The power to own a part is then translated into control of the entire organism." Products of biotechnology include tomatoes with the DNA of fish, corn with scorpion genes, as well as plants with genes from viruses and bacteria. The biotechnology industry (as well as the seed, agriculture, food, and beverage industries) is dominated by a handful of global pharmaceutical and petrochemical corporations. Many of these corporations own many smaller subsidiary companies, and are merging at rapid rates. Many corporations are re-inventing themselves as life science companies, to promote a humanitarian image. These include Monsanto (makers of PCB's, Round Up, and Agent Orange), Du Pont (makers of weapons grade plutonium, leaded gas, and ozone depleting CFC's), Dow (makers of napalm and silicone breast implants), as well as Novartis and Aventis. These are some of the world's worst pollutants, and yet they are monopolizing the food industry. Some of these companies claim that genetically engineered crops will reduce chemical spraying, but in fact it has increased because plants are being designed to be resistant to specific herbicides (such as Round Up Ready Soybeans) so as to allow them to be sprayed throughout the entire growing cycle as opposed to in between crops. The corporations engineering these plants are often the same ones engineering the chemical sprays. One of the most frightening inventions of biotechnology is terminator or traitor technology. This technology through genetic manipulation creates seeds that will grow only one generation of plants. These plants produce sterile seed. This serves to further the control of the corporations by again creating a dependency on the companies for the yearly seed stock. Terminator technology has caused so much controversy that Monsanto has publicly announced it has abandoned it (though the technology exists). However, there are many patents with terminator traits. This technology is not limited to one company, it is an industry wide endeavour. Many corporations, including Delta and Pine Land (who owns the largest seed stocks for cotton in North America) continue to develop this technology in the hopes of commercializing it soon. The U.S. Department of Agriculture also holds a joint patent on traitor technology with this company. There's also the possibility that these tampered genes can be passed on to someone else's crop. Even if someone is gardening organically with non-hybrid varieties, they could cross with genetically engineered crops nearby. Already there is evidence of crossing of genetically modified crops to wild weedy relatives. This process is referred to by some as genetic pollution. Genetic pollution poses serious dangers such as "super weeds" (weeds that have herbicide resistant genes) and new allergens in food (to name a few). Once this form of "pollution" enters the environment, it is almost impossible to retrieve and the long-term effects have yet to be determined. In Saskatchewan, a canola farmer named Percy



Schmeiser is being sued by Monsanto on the claim that he has grown Round Up Ready rape seed (canola) without paying the royalties required by Monsanto's patent on the seeds. He is counter suing Monsanto on claims that his canola field was "polluted" by nearby canola fields using the Monsanto technology.

Vandana Shiva, a physicist, ecologist, and activist, in her book *Biopiracy* states the following: "The commodified seed is ecologically incomplete and ruptured at two levels: *First, it does not reproduce* itself, while by definition, a seed is a regenerative resource. Genetic resources are thus, through technology, transformed from a renewable to a nonrenewable resource. *Second, it does not produce by itself*, it needs the help of other purchased inputs. And, as the seed and chemical companies merge, the dependence on inputs will increase. It is this shift from ecological processes of production through regeneration to technological processes of non-regenerative production that underlies the dispossession of farmers and the drastic reduction of biological diversity in agriculture. It is at the root of the creation of poverty and of non-sustainability in agriculture."



With the push towards a global economy (globalization) come certain policies which are meant to better serve the interests of trade and corporations. These policies are overseen and implemented by international trade institutions such as the World Bank, the I.M.F., and the World Trade Organization, as well as international trade agreements such as N.A.F.T.A. and A.P.E.C. They are meant to create a safe and stable climate for investment. This has led to the creation of international trade laws that override the limitations posed by national laws and regulations. Intellectual property rights are an example of some of these policies. As Vandana Shiva puts it, "Where technological means fail to prevent farmers from reproducing their own seed, legal regulations in the form of intellectual property rights and patents are brought in. Patents are central to the colonization of plant regeneration, and like land titles, are based on the assumption of ownership and property." Biopiracy is the use of intellectual property to legitimize the exclusive ownership and control of biological resources (life) and knowledge, without recognition, reward or protection to informal innovators.



The connections between the rapid loss of diversity and the increase of corporate control are alarming, but these are just some of the many issues surrounding seeds and their relationship to food security, both on a local and global level. Saving open pollinated varieties of seed is one way of safeguarding against both the erosion of genetic diversity and increased corporate control. It gives us a connection to the past and hope for the future.



This section was compiled and written by Pablo Pastor of the Seeds of History project. Sources: *Planting Seeds Project* pamphlet, *Council of Canadians* information package on biotechnology, and *Biopiracy* by Vandana Shiva.

APPENDIX E

Recommended Reading

Ashworth, Susan. *Seed to Seed*. Seed Savers Exchange Inc., Decorah, Iowa, 1991.



A comprehensive, indepth, informative resource about vegetable varieties and seed saving techniques for gardeners.

Ausubel, Kenny. *Seeds of Change: The Living Treasure*. Harper Collins Publishers, New York, New York, 1994.

The passionate story of the growing movement to restore biodiversity and revolutionize the way we think about food.

Creasy, Rosalind. *The Edible Heirloom Garden*. Periplus Edition (HK) Ltd., Boston, Massachusetts, 1999.

A guide to planting , growing, and harvesting heritage vegetable varieties. In addition to fascinating histories, this book includes a delightful selection of traditional recipes.

Dennis, Clue Tyler and Miller, Luke. *If You Like My Apples*. Avery Publishing, New York, 1997.

How to grow fruits and vegetables organically in step with nature. This book is a simple guide to biodynamic gardening.

Doyle, Jack. *Altered Harvest: Agriculture, Genetics, and the Fate of the World's Food Supply*. Penguin Books, 1986.

Discusses the impact of the genetics industry on the environment, biological diversity, and the world's food supply.

Martin, Deborah L. and Gershuny, Grace. *The Rodale Book of Composting*. Rodale Press, Emmaus, Pennsylvania, 1992.

Improve your soil and recycle your kitchen and yard waste while growing healthier plants and creating an Earth-safe garden.

Greene, Janet, Hertzberg, Ruth, and Vaughan, Beatrice. *The New Putting Food*. Stephen Greene Press, Brattleboro, Vermont, 1973.

A classic work of the best ways to can, freeze, pickle, dry, and preserve food

Harris, L. *Growing Seeds: Starting From Scratch*. Fulcrum Publishing, Golden, Colorado, 1999.

Great definitions and helpful descriptions of seedling conditions.

Kloppenber, Jack. *First the Seed*. University Press, New York, New York, 1988.
The Political Economy of Plant Biotechnology, 1492 – 2000.

Kneen, Brewster. *Farmageddon*. New Society Publishers, B.C., Canada, 1999.
Food and the culture of biotechnology.

Kneen, Brewster. *From Land to Mouth*. NC Press Limited, Toronto, Ontario, 1989.
A great guide to understanding the food system.

Kruckeberg, Arthur R. *Gardening With Native Plants of the Pacific Northwest*. University of Washington Press, Seattle, Washington, 1982.
Includes thorough and valuable information on gardening potential for regions of the Pacific Northwest.

Weaver, William Woys. *Heirloom Vegetable Gardening*. Henry Holt and Company Inc., New York, New York, 1997.
This book gives an in depth history of all vegetables and certain heirloom varieties.

Shiva, Vandana. *Biopiracy: The Plunder of Nature and Knowledge*. Between the Lines, Toronto, Ontario, Canada, 1997.
Vandana Shiva is a physicist, ecologist and activist. "An important book for anyone wanting to understand issues surrounding the patenting of life".

Web Sites of Interest

Rural Advancement Foundation International: www.rafi.ca

Third World Network: www.twinside.org.sg

Food First: www.foodfirst.org

City Farmer: www.cityfarmer.org

Sustain UK: www.sustainweb.org

Canadian Leftist and Progressive Links: www.finearts.uvic.ca/~vipirg and www.tao.ca/~resist

APPENDIX F

Glossary of Terms



Annual: A plant that produces seed within one growing season.

Biennial: A plant that goes through the vegetative cycle within its first growing season. It completes its life cycle and produces seed in its second year.

Bolt: When the plant produces seed stalk.

Cultivars: Cultivated seed development of wild species.

Cross-Pollination: Transfer of pollen from an anther of one plant to the stigma of a flower on another plant.

Fertilization: The process of joining pollen with the ovule. This enables the plant to produce seed.

Genetic Diversity: All the different genetic characteristics of the plant.

Genetic Vulnerability: When plants of the same species become so genetically uniform that the evolution of that variety is in danger.

Germination: The initial sprouting of a seed from its sleeping state.

Heirloom Vegetable: An open pollinated plant that can be traced back many generations.

Hybrid: A plant produced from the controlled cross pollination of parent varieties. These will not consistently reproduce the same plant.

Isolation: To ensure one variety does not cross with another it is best to separate them.

Open-Pollinated: The consistent result of crossing two parent plants of the same variety. All seeds will produce identical fertile offspring.

Perennial: A plant that produces seeds and flowers from the same root for more than two years.

Seed: An ovule together with its embryo that is able to produce a new plant.

Standard Variety: A stabilized non-hybrid variety chosen to strengthen its characteristics for generations.

Threshing: A method of removing seeds from their pods.

Source: Ashworth, Suzanne. *Seed to Seed*. 1991.

APPENDIX G



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