

# The Heirloom Times

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## Fall and Winter Gardening Plan in the Summer for Cool-Season Harvests

**M**any people, when asked about Fall and Winter gardening in the height of Summer, will want to wait a bit before planning and planting anything for the Fall. Yet, planning in Summer is exactly what you must do to have a spectacular cool-season garden that delivers loads of delicious, crispy vegetables when everyone else's gardens have stopped.

Fall and Winter gardening is somewhat counter-intuitive, as many gardeners have grown up with the traditional "Plant in Spring, harvest in Fall" concept. There is much more to the home garden, both in the amount of food that can be produced, and in the number of seasons in which food can be grown.

Most home gardens throughout North America can grow vegetables for 3 seasons, up to 8 or 9 months, with very little change to your current garden setup.

With a little more structure, growing year-round is entirely possible. Don't believe me? Eliot Coleman is perhaps the best-known spokesman for year-round vegetable production.

Coleman lives on a small acreage in Maine and has been successfully growing almost year round since the late 1970s. Once he developed the systems that work for his farm, he routinely out-produces farms that are 3 times his size.

If this is possible in Maine, a state not known for its long growing seasons, can it be possible in your garden? Absolutely! Coleman's book, *The Winter Harvest Handbook*, details exactly how to setup your garden for the best production, along with the methods and tools he uses.

Planting is generally done from 8-10 weeks prior to the first frost, giving seedlings a head start before the weather turns cooler.

A great guide to the first and last frost dates by ZIP code is from Dave's Garden (<http://davesgarden.com/guides/freeze-frost-dates/>). This chart shows both first and last frost dates by percentage based on historical data from weather stations in your area. Different temperatures are listed as well—32, 28 and 24 degrees F, which gives useful information on how hard the frost/freeze is by what date.



At left, Cindy and Stephen Scott, owners of Terroir Seeds LLC, show a sampling of the produce from their Fall garden in Chino Valley, Arizona. Above, Tatsoi Mustard is a great vegetable to plant in your cool-season garden.

For Fall planting, simply work backwards from a few known details. You need to know the average date of the first killing frost and the number of days to maturity for the variety you are growing.

The following formula will give you what you need.

- Number of days from planting seeds to harvest (outside)
- Number of days from planting seed to transplanting (if you grow your own seed)
- Add average days to maturity (harvest time frame)
- Add fall weather factor (usually about 2 weeks)
- Equals the number of days to count backwards from first frost date to ensure good garden production.

The number of days from seed to transplant will only apply for those crops that are started inside as seeds and then transplanted into the garden as seedlings. A good rule of thumb is to add 5 days for sprouting the seeds.

Many fall crops will benefit from being pre-sprouted inside, then transplanted into

the garden as young seedlings. The process is similar to traditional tomato and pepper seedlings, but not as long, as the seedling is transplanted as soon as it is an inch or more above the soil.

Plant these seedlings a little deeper than normal so that they don't dry out as quickly once transplanted into the garden. A thick layer of straw mulch will help get them off to a great start by retaining needed moisture.

Remember, these seedlings are being transplanted in the heat of the summer, so they will need different protection than those planted in the early spring. The fall weather factor takes into account the slower growth from cool weather and short days in the fall, and is usually about 2 weeks.

For example, our 50% chance of frost to 32F is Oct. 21. The Bull's Blood Beet is a 55-day beet. Add 5 days to pre-sprout the beet for transplanting and 2 weeks for the Fall weather factor. This adds up to 74 days, or 10½ weeks.

Counting 10½ weeks backwards from Oct. 21 is Aug. 7 or so. Thus, the planning happens in July—order seeds mid- to late-July and plant the beginning of the second week of August.

This provides a couple of hedge factors, as the 32F date is at 50%, meaning a medium chance of a lighter frost, which will usually give a week or more past that. This is where a Garden Journal will come in handy, as you can record the frost dates for use in the coming years.

Do the math for each variety you want to plant, or use the maturity date ranges to plan the planting dates. Now that you know when to plant, what should you plant? The obvious answer is to start with what you like to eat and go from there.

The list of what will do well in the Fall garden is pretty extensive. Kale, beets, cabbage, carrots, Swiss chard, leeks,

spinach, lettuces, garlic and onions are pretty easy. Maché, radish, mustard greens, kohlrabi, parsley, radicchio, sorrel, turnips and cress are not so familiar to most gardeners, yet are delicious and extremely nutritious.

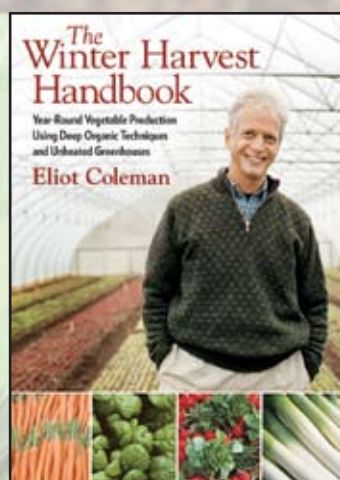
How to integrate this into your existing garden? That's the easy part! As veggies are harvested, this opens space for the Fall and Winter planting. The ideal place to start the cool season planting is in rows that have fast-growing vegetables—lettuces, carrots, beets, radishes, etc. to use the space opened up from their harvesting.

Using this information, you now can confidently plan, plant and harvest some of the tastiest vegetables and greens from your own garden! Many of the varieties that do well for Fall gardening gain flavor as the weather turns cool. Some get sweeter while others add complexity to their flavor profile, and you won't be able to find these flavors anywhere else.

### The Winter Harvest Handbook by Eliot Coleman

Building on the techniques that hundreds of thousands of farmers and gardeners adopted from "The New Organic Grower and Four-Season Harvest," this book focuses on growing produce of unparalleled freshness and quality in customized unheated or, in some cases, minimally heated, movable plastic greenhouses. Coleman offers clear, concise details on greenhouse construction and maintenance, planting schedules, crop management, harvesting practices, and even marketing methods in this complete, meticulous, and illustrated guide.

T1061 \$29.95



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# Africa's Healing and Moisturizing Miracle for Gardener's Hands

## From Nature to You

**H**ome gardeners are beginning to experience the benefits of Shea butter, as are people who are looking for a naturally based, unrefined and unprocessed skin care product that has powerful abilities as a superb moisturizer with exceptional healing properties for the skin.

The best Shea butter originates from nuts that are gathered, extracted and prepared without the use of chemicals from the Shea or Karite tree that grows wild in the African savannah.

Shea butter contains important nutrients, vitamins A and E, and other valuable phytonutrients required for healing. Regular use of this natural cream can treat many skin problems and maintain a healthy, vibrant skin condition.

The highest-quality Shea butter is prepared by hand in small villages across western Africa. The nuts are picked from the Shea trees, then cracked, lightly roasted, and ground to a powder.

This powder is then whipped and kneaded in water until a color change occurs. Warm water is then added, separating the oils, which rise to the surface of the kettle.

The oil is collected and slightly heated to remove any remaining water, then filtered into settling basins. After it cools and solidifies into a butter-like consistency, it is stirred to initialize the crystallization process. This Shea butter is then packaged and shipped, providing us with a pure, high-quality and natural product.

High-grade Shea butter will have a distinctive aroma that is identifiable but not unpleasant. Once melted into the skin, the aroma should subdue within a

few minutes.

Due to its wildcrafted origins, it will be shades of light to medium creamy yellow. This color is an indication of the vitamin A content. Consistency should be smooth and creamy and might have a slight crystalline structure, but should never feel granular or gritty.

Pure Shea butter starts melting at 75°F and should easily melt into the palm of your hand. Pure white or deep yellow Shea butter has been chemically refined or diluted with palm kernel oil and has lost its ability for healing.

Strong, unpleasant odors—or those that last more than a few minutes after melting into the skin—indicate old or rancid butter.

Uses for Shea butter are many, from a simple daily hand, face and foot cream to keep the skin hydrated and healthy; a scalp and hair moisturizing tonic; an aftershave emollient that soothes and relieves the skin; a luxurious healing bath experience when a spoonful is added to hot bath water to a highly beneficial massage for tired and overtaxed muscles, especially when a small amount of essential oils are added.

### Additional uses include:

- Heals sunburn and soothes peeling skin after sun exposure
- Blemishes and wrinkles
- Itching skin or insect bites
- Treatment for skin allergies, poison ivy and poison oak
- Small skin wounds and dry, cracking skin
- Helps heal frostbite
- Relieves muscle fatigue, aches and tension
- Prevents or greatly reduces stretch marks during and after pregnancy



Shea butter comes from the nuts of the Shea, or Karite, tree that grows on the African savannah. The highest quality Shea butter is prepared by hand in small villages across western Africa.



### Original 100% Shea Butter 4 oz

Unprocessed, grade A, 100% pure Shea butter is an unparalleled moisturizer with exceptional healing properties for blemishes, wrinkles, eczema, dermatitis, chapping, skin allergies, insect bites, sunburn, frostbite and other skin conditions. (Itching is relieved immediately, wrinkles require 4 to 6 weeks of daily use.)

Finding such a high-quality Shea butter is difficult. Less pure grades, or those cut with other ingredients, may moisturize but do not heal. We found a premium, pure, grade A Shea butter for a remarkable price. Join us in getting face, hand and body skin more supple and beautiful by the day!

T1023 \$13.95

### Shea Butter with Lavender 4 oz

Lavender, revered for its fragrance and healing properties down through the ages, is renowned for its antiseptic, deodorant and insect-repelling properties. Adding highest quality lavender oil to pure, grade A Shea butter enhances its ability to treat acne, athlete's foot, bruises, insect bites, psoriasis, eczema and all wounds. A wonderful addition to your skin care arsenal!

T1022 \$14.95

### Shea Butter "Happy Feet" 2 oz

Research shows the condition of feet affects the wellness and energy of the entire body. Rub this on before bedtime; wake up feeling like your feet have been massaged all night! Best sleep you've had in a while. It takes the sting out of sore tired feet, alleviates heel-spur pain, helps remove and prevent nail fungus, heals and prevents cracking or flaking of the skin on feet. Safe for diabetics to use.

T1021 \$8.50

## ➤ Sprouting Seeds and Supplies ➤

**A**re you interested in an easy-to-grow vegetable that will grow in any climate regardless of the time of year, needs no soil or sunshine, matures in 4-6 days, rivals tomatoes in Vitamin C content and meat in nutritional value, and contains more nutrients per calorie than any other type of food? How about one that has no waste in preparation for eating and is tasty to boot?

Welcome to the incredibly diverse, tasty and nutritious world of sprouts. Whether it is leafy sprouts that are well known like Alfalfa and Red Clover, or the loved Mung bean sprouts used extensively throughout Asian cooking, sprouts are tender, crisp tiny plants that have flavors from mild and nutty to sweet, tangy and peppery. Their crunchiness and texture vary as well from the delicate Alfalfa and Clover to the thick and hearty Mung bean sprouts that hold up well to the heat of stir-frying.

Whether you choose our Sprouting 101 Collection, the Sandwich Mix Sprouting Seeds, or one of the single variety sprouts, you will be getting the absolute best flavor and nutrition in a very short time, with no experience needed. Each packet includes easy instructions on growing sprouts along with recipes to showcase your new flavors.

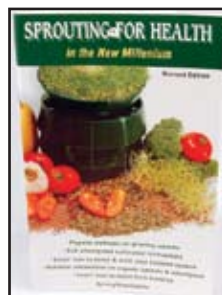
### Sprouting Seeds

(All sprouting seeds Certified Organic. 4 oz packages.) Sprouting instructions included.

Alfalfa	V1288 \$4.00
Radish	V1395 \$3.50
Mung Bean	V1396 \$2.50
Sandwich Mix (alfalfa, red clover, radish seed and mung beans)	V1394 \$4.00

### Sprouting for Health in the New Millennium

During sprouting, seeds resume life and undergo many internal changes. Many nutrients are created inside the sprouting seed. Enzymes become active and create a host of beneficial nutritional changes. Sprout proteins contain all of the essential amino acids, along with nutrients and enzymes to assimilate them. Sprouts really are a complete food. This 32-page fully illustrated sprouting booklet (revised edition) covers all the basics on growing vegetable sprouts and wheatgrass!



T1108 \$7.50

### Sprouting Jar Lid

The Sprouting Jar Lid makes getting started in sprouting effortless. It is made from a high-density, food-grade plastic that is very durable and fits most wide-mouth mason jars. The mesh screen holes are large enough to drain well but still small enough to retain even tiny alfalfa seeds. If you like sprouts or want a great way to boost your healthy eating, buy 2 lids to be able to do "succession sprouting," where one crop is soaking and another is finishing up, while you enjoy the most recent sprouts.



T1107 \$3.95

### Sprouting 101 Collection

Intrigued by sprouts and the ability to grow nutrient dense fresh vegetables in days instead of weeks? Don't quite know where to begin? No real space to garden, but want to grow some healthy food, any time of year, regardless of weather or sunshine? This special collection of sprouts, sprouting lid and introductory book will have you munching on crisp, crunchy, tasty and highly nutritious sprouts in just a few days!

The collection includes the book "Sprouting for Health in the New Millennium," Sprouting Jar Lid and the following 4 oz sprouting seed packets: Sandwich Mix Sprouting Seeds and Alfalfa Sprouting Seeds.

C1024 \$15.50



At left, Mung Bean sprouts; above, Alfalfa sprouts.

# ❁ Fall and Winter Garden Seeds ❁

**Bull's Blood Beet** (*Beta vulgaris*) 35 DAYS to baby leaf tops; 55 DAYS for edible roots. Exceptional dual purpose heirloom. Stunning dark red young tops make attractive additions to salad mixes; the tasty round roots have a remarkably sweet, wholesome flavor. The juice from the beets is used to make the only red food coloring allowed by Swedish law. (Approx 150 seeds per pack.) **V1020 pkt. \$2.95**

**Chioggia/CandyStripe Beet** (*Beta vulgaris*) 35 DAYS to baby leaf tops; 55 DAYS for edible roots. Pre-1840 Italian heirloom variety from the Chioggia region of northeast Italy. Candy-red exteriors and beautifully marked interiors of alternating white and cherry-red rings. Exceptional sweetness and long harvest. Noted as one of the earliest producers every year. Tender, mild, sweet greens, as well. (Approx 150 seeds per pack.) **V1021 pkt. \$2.95**

**Raab/Rapini Broccoli** (*Brassica rapa*) 45 DAYS. Called "asparagus broccoli" in Italy, its tender shoots have a slightly spicy/peppery, broccoli-asparagus flavor that gives zing to salads, stir-fries and steamed dishes. It is grown as much for its long-standing, tasty mustard-like tops as for their multiple small florets with clusters of broccoli-like buds. Cook sprouts and leaves as you would broccoli. Connoisseur's delight. (Approx. 100 seeds per pack.) **V1125 pkt. \$3.00**

**For more varieties, details and photos, please visit our Fall/Winter Gardening Department.**  
[www.UnderwoodGardens.com](http://www.UnderwoodGardens.com)

**Catskill Brussels Sprout** (*Brassica oleracea*) 85-110 DAYS. Dwarf or semi-dwarf with heavy yields. Large, firm dark-green, early, 1 1/4 - 1 3/4" sprouts on 20-24" plants with medium green leaves. Used mainly as Fall crop or in cool climates. Open-pollinated Brussels Sprouts lack the uniformity and roundness of modern hybrids, but have a depth of flavor that is unmatched. Very hardy and uniform, becoming sweeter after first frosts. (Approx 150 seeds per pack.) **V1271 pkt. \$3.00**

**Early Jersey Wakefield Cabbage** (*Brassica oleracea*) 64 DAYS. Introduced about 1840, these small 2-3 lb distinctly pointed, conical-shaped heads are fast growing. Regarded by many as one of the best-tasting cabbages. Compact size is ideal for raised beds; it's easy to space 4 or 5 closely across the width of raised bed without overcrowding. (Approx 100 seeds per pack.) **V1257 pkt. \$2.95**

**Little Finger Baby Carrot** (*Daucus carota*) 50-70 DAYS. Baby gourmet carrot with a sweet flavor and delicious crunch.

Slender, 3-3 1/2" roots, very small core, smooth skin, deep-orange color and full carrot taste. Color develops quickly, can and should be pulled early. Developed in France for using whole. (Approx 500 seeds per pack.) **V1027 pkt. \$2.95**

**Red-Cored Chantenay Carrot** (*Daucus carota*) 60-75 DAYS. Introduced from France in the late 1800s, this crisp, tender, sweet, and crunchy carrot is large bodied, deep red-orange to the center. Fine-grained smooth refined shape with wide shoulders great for bunching. Sweetens in storage. For table use, canning, juicing, freezing or root cellaring. (Approx 500 seeds per pack.) **V1026 pkt. \$2.95**

**Wrinkled Crinkled Crumpled Cress** (*Lepidium sativum*) 30 DAYS. Quick-growing, broad leaves are extremely wrinkled and ruffled along the edges and savoyed in the middle, giving lots of extra leaf to enjoy. A fluffy, spicy addition to any salad or sandwich. Along with the spicy tang, a sweetness lingers on the tongue. Excellent for bunching for fresh market sales. Great to nibble on in the garden and kitchen. (Approx 150 seeds per pack.) **V1040 pkt. \$2.95**

**Lacinato Kale** (*Brassica oleracea*) 60-90 DAYS. Kale from 18th century Tuscany. Strap-like, blue-green leaves are heavily savoyed 3" wide x 10" long. Flavor is enhanced by frost, extremely winter hardy. Best eaten when small and tender, this is packed with nutrients. Kale is one of the standard Fall/Winter garden crops. (Approx 200 seeds per pack.) **V1259 pkt. \$2.95**

**Red Russian Kale** (*Brassica oleracea*) 50-65 DAYS. Uncommon, old European variety—quite different from either of the more common curly and Tuscan varieties. The base color is a blue-green with brighter purple accents, and the leaves are flatter than other types, with long, frilled edges. Tasty steamed, stir-fried or in salads. Cold hardy, it can be picked continually until early winter. Does best in cool weather. Looks beautiful in the

garden and has wonderful flavor as well as being very nutritious. (Approx 200 seeds per pack.) **V1052 pkt. \$2.95**

**Tatsoi Mustard** (*Brassica rapa*) 21-45 DAYS. Non-heading, broad, dark-green, spoon-shaped leaves in a large rosette, mild-flavored salad green, also good for stir fry. A great green that is featured in Eliot Coleman's "The Winter Harvest Handbook." (Approx 100-200 seeds per pack.) **V1283 pkt. \$2.95**

**Gourmet Blend Radish Mix** (*Raphanus sativus*) 25-35 DAYS. A mix of at least 11 old-fashioned varieties, including reds, pinks, whites, bi-colors and blacks in both round and long shapes. Early- and late-maturing varieties spread the harvest over many weeks. Plant spring and fall. Approx 300 seeds per pack.) **V1122 pkt. \$2.95**

**Bloomsdale Spinach** (*Spinacia oleracea*) 39-60 DAYS. Bloomsdale Spinach, known also as Long Standing, was introduced by the D. Landreth Seed Company in 1826, and is the most popular home gardener spinach sold. Early, glossy dark green, savoyed leaves are exceptionally tender and richly flavorful. Can be sown in Spring or Fall, plants are vigorous, upright and slow to bolt in hot weather. (Approx 50-100 seeds per pack.) **V1333 pkt. \$2.95**

**Fordhook Giant Swiss Chard** (*Beta vulgaris var. cicla*) 50-60 DAYS. Broad, dark-green, heavily crumpled leaves with white veins and thick stalks, excellent greens. Abundant producer all season, even after light frosts. Introduced commercially in 1934 by W. Atlee Burpee & Co. (Approx 100 seeds per pack.) **V1249 pkt. \$2.95**

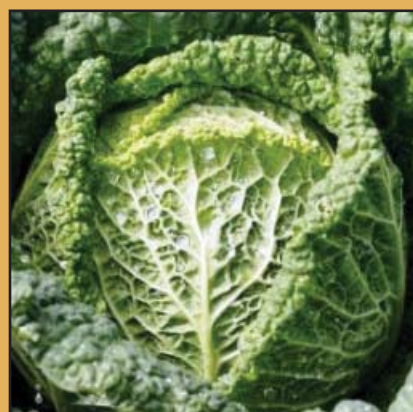
**Spinach-Beet Greens Swiss Chard** (*Beta vulgaris var. cicla*) 60 DAYS. Large soft-green leaves on bushy 2' plants are a great spinach substitute with a sweeter, unique flavor. Pick outer leaves for a constant supply, May through Fall. Good in salads, cooked like spinach or stir-fried. Warm weather spinach substitute withstands heat, producing well until heavy frost. In 1869, The American Horticultural Annual remarked: "not altogether a new variety, deserves to be better known." (Approx 100 seeds per pack.) **V1131 pkt. \$3.50**

## Savoy Cabbage Perfect for Fall and Winter Garden

The remarkable book *Field and Garden Vegetables of America* by Fearing Burr was one of the first gardening treatises written in 1863 for the American Gardener. The subtitle is "Containing the full descriptions of nearly eleven hundred species and varieties; with directions for propagation, culture, and use; illustrated". We love old books because they always tell you what you are going to be reading in full detail right on the title page!

We thought we would share with you a little history of an heirloom from the past.

Here's what Fearing had to say about Savoy Cabbage in 1863.



**Savoy Perfection V1328 \$2.95**

"This class of Cabbages derives its popular name from Savoy, a small district adjoining Italy, where the variety originated, and from whence it was introduced into England and France more than a hundred and fifty years ago. The Savoys are distinguished from the common head or closehearted Cabbages by their peculiar, wrinkled, or blistered leaves. According to Decandole, this peculiarity is caused by the fact that the pulp, or thin portion of the leaf, is developed more rapidly than the ribs and nerves.

Besides the distinction in the structure of the leaves, the Savoys, when compared with the Common Cabbages, are slower in their development, and have more open or less compactly formed heads. In texture and flavor they are thought to approach some of the Broccolis or Cauliflowers; having, generally, little of the peculiar musky odor and taste common to some of the coarser and larger varieties of Cabbages.

None of the family are the hardier or more easily cultivated than the Savoys; and though they will not quite survive the winter in the open ground, so far are they from being injured by cold and frosty weather, that a certain degree of frost is considered necessary for the complete perfections of their texture and flavor."

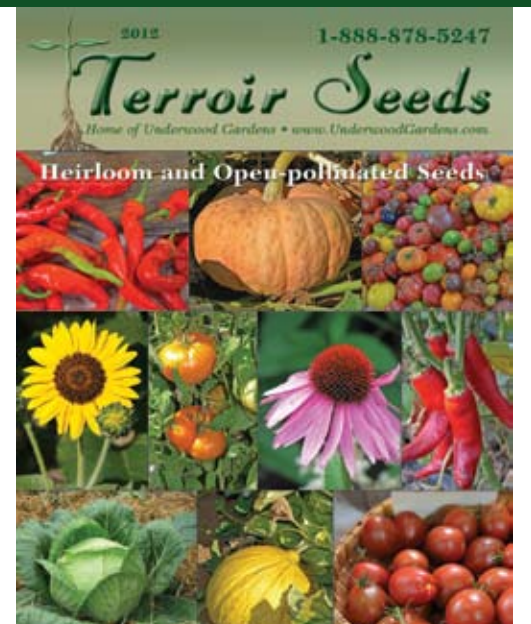
Maybe Savoy Cabbage should be the cabbage of choice in everyone's garden. We offer the Savoy Perfection Cabbage, which in a 1932 Burpee's Seed Catalog was described as, "The best Savoy Cabbage in existence. Considered more tasty than ordinary cabbage. The deep green, crinkled outer leaves enclose a solid, tender, light green heart of remarkably sweet flavor. Easily stored for winter use."

Savoy Perfection does not give off a sulfur smell when cooking like other cabbage varieties. It is hardy and easy to grow, especially as a late cabbage—its flavor improves even more after a light frost. Here is the perfect reason that heirloom vegetables are treasured and valued for what they are—a little different, but with a lot more flavor than their run-of-the-mill cousins.

Our annual Terroir Seeds catalog is available each December

**Request yours today!**

Our catalog is available **FREE** as a PDF download or \$2 for a printed copy mailed to new customers. Our catalog is **FREE** to current customers.



Be sure to sign up for our monthly e-Newsletter for great gardening tips, recipes and more!

[www.UnderwoodGardens.com](http://www.UnderwoodGardens.com)

# Tips for preserving your Garden's Bounty

**Harvest Time! Hopefully, you are seeing some fruits of your labors and your garden is producing many great-tasting edibles. Do you have more produce than you know what to do with? We have a few tips and tricks for you.**

1. Don't know the first steps about canning your produce? Throw a canning party and invite your neighbors and friends. Canning is a great activity for a small group, more hands make the work quicker and you can learn from each other. Ball is the company everyone knows for canning jars and their canning books are the bible of canning. They have a lot of great information on their website at [www.freshpreserving.com](http://www.freshpreserving.com). Start with some simple recipes if you are a beginner.

2. There is more than one way to preserve food. Remember pickling, fermenting and drying are all great ways to save your produce for later. To learn more about fermenting visit the Wild Fermentation website at [www.wildfermentation.com](http://www.wildfermentation.com). This site also lists some great classes where you can learn more.

Speaking of classes, your local Cooperative Extension Office has a family and consumer health department that can offer classes, give you advice and even test your pressure canner! Many community colleges offer classes in food preparation and preserving.

3. If you do not have the equipment, but want to get started anyways, here are a few tips.

You can find used jars and canning equipment on [www.craigslist.org](http://www.craigslist.org). If you buy jars used, just make sure to inspect them carefully for chips or cracks and run them through your dishwasher to get them nice and clean!

Do you have an elderly neighbor? Many times elderly people will sell their canning supplies when they get too old to can anymore. We have picked up a lot of equipment this way. Ask around you will be surprised at what you find.

4. There are many ways to dehydrate food, from your oven to the sun. Our dehydrator of choice is the Excalibur dehydrator. They are an investment, but they will pay for themselves after a season or two of drying your own herbs, fruits and vegetables! We have even picked up a couple of these great dehydrators used!

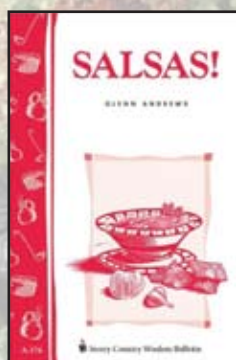
## Canning & Preserving—Popular Kitchen Series from the Editors of *Hobby Farms Magazine*

Not so long ago, canning and preserving food was a necessity. Grocery stores were either unaffordable or entirely unavailable. Electric refrigerators and freezers did not exist, or were available only to those who could afford the luxury. Despite all the conveniences available today, home canning and preserving is back in a big way. Why? Perhaps we want to know where our food comes from and exactly what's in each bite. Maybe it's a yearning for independence and self-sufficiency. Whatever your reason for canning and preserving food, you will find sound, proven help and advice here. Whether you're a hobbyist putting up your farmers market finds, or an expert gardener blessed with a bountiful harvest, this will give you a helping hand. **T1103 \$10.99**



## Salsas! by Glenn Andrews

What we've come to think of as salsa is commonly served cold, and it is full of ingredients. It's often fairly spicy, but you can control the amount of heat to suit yourself. Whatever salsa is, we love it. In the past year or two, grocery store sales of salsa have beaten out those of ketchup, the all-American condiment! Many of us especially enjoy the fact that most salsas are fat- and cholesterol-free, and very few contain any added salt. **T1085 \$3.95**



## Starting Seeds Indoors by Ann Reilly

Concise, clear, practical, simple instructions on starting all kinds of seeds indoors. Great charts and information accessible at a glance for determining which seeds need dark, light, stratification (chilling) or scarification (abrading), etc. to germinate. **T1007 \$3.95**

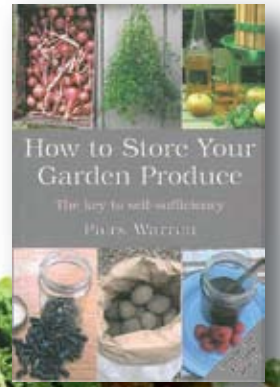


## Heirloom Farm & Garden

Celebrating America's Farming Traditions. This wonderful guide from Hobby Farms Popular Farming Series is a must for any seed saver. It explores seed saving and the history of seeds. Also, profiles many vegetable types, including harvesting and preserving. Great for beginners and long-term gardeners, a great resource. **T1040 \$9.99**

## How to Store Your Garden Produce by Piers Warren

This is the modern guide to storing and preserving your garden produce, enabling you to eat homegrown goodness all year round. The easy-to-use reference section provides applicable storage and preservation techniques for the majority of plant produce grown commonly in home gardens. Without proper storage, your produce can go to waste since much of it ripens simultaneously in the summer. Learn simple and enjoyable techniques for storing your produce and embrace the wonderful world of self-sufficiency. **T1052 \$14.95**



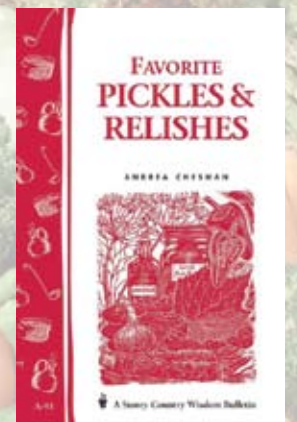
## The Complete Guide to Saving Seeds by Robert Gough & Cheryl Moore-Gough

Learn how to collect, save, and cultivate the seeds from more than 300 vegetables, herbs, fruits, flowers, trees, and shrubs. It's easy, and it's fun! Every step in the seed-saving process is thoroughly explained. Descriptions of seed biology; tips on how to select plants for the best seeds; and advice on harvesting and cleaning, proper storage and care, and propagating and caring for new seedlings are all presented with clear, easy-to-follow instructions. Chapters dedicated to individual plants contain species-specific directions and detailed information. **T1106 \$24.95**



## Favorite Pickles and Relishes by Andrea Chesman

Whether sweetly piquant, mouth-puckering sour, or flaming hot and pungent, pickles and relishes bring zest to the table. They enliven mundane meals, brighten salads, add panache to picnics and potluck suppers, and provide very special gifts. With modern methods, it takes just a few hours in the kitchen to transform the seasonal bounty of your garden into a year-round source of pickled delicacies. Most of the recipes are for fresh-pack pickles; produce prepared and packed raw into jars. Also included are recipes for traditional brined pickles; the ones you used to find in big crocks at the general store. **T1101 \$3.95**



## Planting Seeds—Refer a Gardener Program

Our continued growth and underlying strength is based on our valuable relationships with our customers and the referrals of their friends and neighbors. If you are a happy gardener and want to spread the word about Terroir Seeds, we want to show our appreciation for your loyalty with our new Planting Seeds—Refer a Gardener Program.

Here's how it works: When you refer a new friend or family member, you will receive a \$20 Gift Certificate when your referral makes their first purchase over \$20. Your referral will also receive a 15% discount on their first order.

### The Fine Print

- No time limit between you referring a new customer and their first purchase.
- Referral must not have ordered from Terroir Seeds in the last 3 years.
- No limit on the number of referrals you can send us.
- Gift Certificates will be valid for one year from the date of issue.

To take advantage of our Planting Seeds—Refer a Gardener Program, fill out the form below and mail, e-mail or fax it to us. You can also download the form as a PDF from our website at [www.UnderwoodGardens.com](http://www.UnderwoodGardens.com).



Your name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

### YOUR REFERRAL

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

**Terroir Seeds LLC**

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