



Spring 2011

Bedding Plant Catalogue

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www.roomtogrow.info

Retail Price Summary

Plant Type:	Taxes	Per Pot	Per 3 or 5 pots
Perennial Herbs	None	3.30	3 @ 2.95 ea
Single Annual Herbs	None	1.60	3 @ 1.45 ea
4-Pack Annual Herbs	None	1.90	3 @ 1.70 ea
Single Vegetables	PST only	1.25	5 @ 1.15 ea
4-Pack Vegetables	PST only	1.50	3 @ 1.35 ea
Single Annual Flowers	P+GST	1.40	3 @ 1.25 ea
4-Pack Annual Flowers	P+GST	1.50	3 @ 1.35 ea
Perennial Flowers	P+GST	3.30	5 @ 2.95 ea

Tax logic: Flowers have two taxes because they cannot be eaten (usually).
 Vegetables have one tax because their fruit can be eaten (usually).
 Herbs have no taxes because they can be eaten as is (usually).

Please ask! Wholesale Prices available on request.

And Please! Order as Early as Possible!

Room To Grow - Spring 2011 Bedding Plant Catalogue – 204.534.2303 – roomtogrow@xplornet.com

About this Catalogue. We're keen to grow herbs, vegetables and flowers that satisfy regional needs *and* prove to be hardy and adaptable. Many of the plants listed below have been on our list for the 18 years we've been in the bedding plant business. But every year we like to experiment with new plants as well. We enjoy hearing from you about your favourites and your discoveries.

Changes for 2011. Increasingly we're choosing to grow for markets nearer home. This means we tend to grow for our neighbouring community and wholesale customers who're willing to pick up their orders. The other drift is towards an increasingly practical catalogue – more edibles and medicinals and fewer flowers.

Thank-you. David

3 Ways / Places to find our Plants.

1. Our Place. We're near Lake Max in the Turtle Mountains close to Boissevain. Please see www.roomtogrow.info for directions. Open 10 am to 8 pm - 31 days in May!

2. One Day Sales. We'll attend the following sales:

- a. Dave Barnes' yard (Brandon) (East end of Rosser) Sat. 21 May - 11 am to 2 pm
- c. Morden Back Forty Festival Sun. 5 June - 10 am to 6 pm

3. Ordering. If Wholesale, please email/call asking for a price list. If Retail, please make your list (with or without pricing info) and send it via email or, if your list is fairly simple, you can call 534-2303. Don't worry about getting it perfect. I'll confirm availability, ensure the pricing is correct, add the tax(es) and we can arrange pick-up from there. We expect payment when you receive and are satisfied with your plants.

Seed / Plant Sources. I'm buying as many seeds as possible from Tanya Stefanec of Heritage Harvest Seed near Carman – www.heritageharvestseed.com – because I want to rely on 1. open pollinated varieties (that need bees or wind for pollination and can therefore be relied on for the next year's seeds) and 2. a local grower - so we contribute to the propagation of seeds adapted to this region. I've also bought seed this year from Jim Ternier (Prairie Grown Seeds in SK), T+T Seeds (Wpg) and Lindenberg Seeds (Brandon). We're also saving seeds and using up stock from a variety of sources.

I increasingly propagate perennials (herb and flower) by root division. A few plants we offer depend on propagation by cuttings or on a longer growing season than we want to entertain in our greenhouse. We bring them in from Brandon and finish them in our system. I've marked these imports with an 'I'.

Perennial Herbs - reemerge in spring from last year's roots

Pricing. All Perennials are **Single plants** in 3 ½ inch pots **\$3.30 each.** **3 or more - \$2.95 each.**

Growing. Most herbs want full sun and do not like the soil too rich. Cover tender herbs with lots of straw or leaves just after a killing frost. For helpful information about many herbs, see: <http://www.hort.purdue.edu/newcrop/HerbHunters/hhunters.html#plants>

Angelica (*Angelica archangelica*) is one of our favourite feature plants in the garden. It's 2+ meters tall with wide tropical foliage - an old English herb used to flavour candies but not used much any more. It's hardy in Zone 4 but will also self seed fairly aggressively if you don't take off the seed heads. Fresh or dried leaves make a nice tea.

Arnica (*Arnica chamissonis*) flowers (yellow, gold centers) are used to treat bruises, burns and inflammations. It grows low to the ground and will invade if not cut or held back – and is hardy in our garden (Zone 3)

Balm, Lemon (*Melissa officinalis*) is another great hot or iced tea herb – stimulating the heart and calming nerves. The leaves can also be used in salads, soups and stews. It's a bit tender in our garden but will over-winter when thickly covered. Low (in our zone), bushy growth habit.

Bergamot, Lemon (*Monarda citriodora*) is native to southwest USA but hardy to Zone 4. Its young leaves make a wonderful citrusy tea. Leaves are also used to flavour wild meat. The flowers are exquisitely tiered pink-purple.

Catnip (*Nepeta cataria*) attracts some of our cats like a madness – others of our cats couldn't be bothered. It's leaves also supply a calming tea – great before sleep - and is used to treat colds/fevers.

Chives, Regular (*Allium schoenoprasum*) are early up in spring to supply salad greens and garnish. Then beautiful edible lavender flowers appear – also attracting bees. If more greens are wanted, the bunch can be cut down and more tasty leaves respond. Easy potted herb for windows. Likes richer soil. Repels insects.

Comfrey (*Symphytum officinale*) grows vigorously, slowly expanding the space it takes up and is an excellent healing herb as a root or leaf poultice – for wounds, ulcers, broken bones. It is also a rich chicken food supplement. Not recommended, though, for humans to consume.

Lovage (*Levisticum officinale*), at 2 plus meters high with vigorous branching habit, is a dramatic feature plant for the garden. You'll never use all of the leaves but they do add a strong celery flavour to stews and soup stock.

Meadowsweet (*Filipendula ulmaria*) is a physically impressive plant. It grows to 2 meters in our garden with dark green leaves and almond scented cream coloured feathery flowers. It's used for pain relief, flu, rheumatism, arthritis and fever. It is totally hardy for the southern prairies.

Mint, Pepper 'I' (*Mentha x piperita*) is easy to grow indoors or out, full sun or part shade. It likes moist earth – so planted under a tap or in a lower area is good. It makes a refreshing hot or cold tea. I have a quarrelsome digestive condition that is sorted out nicely by Peppermint (not Spearmint). Best not grown by seed so I bring in plugs.

Mint, Spear (*Mentha spicata*) is the best mint for cooking and desert garnish – excellent with cooked veggies, potatoes and lamb. I grow these from seed, which isn't the best perhaps, but we find the plants flavourful. If you know of an established patch, you can ask for a bit of root for yourself – and for me. Thanks!

Mullein (*Verbascum thapsus*) is a strikingly stately plant with soft, furry leaves and tall (2+ meters) yellow flowered spikes. It's good to cut down the seed head as it self seeds with a vengeance. It's used to treat coughs, bronchitis, horseness and as a source of yellow, bronze and grey dye. Hardy to Zone 4.

Nettle, Stinging (*Urtica dioica*) grows around every farm. It's likely the most nutritious plant around – particularly high in iron and therefore good during pregnancy and menstruation. Can be used as a steamed vegetable (young leaves) or in lasagna and fresh or dried as a tea. Its leaves have barbs that sting, briefly, if approached carelessly.

Oregano, Greek (*Origanum vulgare hirtum*) is the true wild variety collected in Greece. Its hardy here and its seeds and leaves have great flavour for Italian, Mexican and Spanish cooking. Spices up any tomato dish.

Rosemary 'I' (*Rosmarinus officinalis*) is not hardy here but can be potted and kept near a sunny window and kept dry to moderately moist over winter. It has a wonderful aroma when brushed against and when used in cooking, baking and particularly with potatoes and chicken.

Sage, Garden (*Salvia officinalis*) is a tender perennial needing protection over winter. Although it was once used medicinally it is now known for flavouring poultry stuffing, duck, pork, sausages, omelettes, cheese and beans.

Saint John's Wort (*Hypericum perforatum*) is a remedy for insomnia, mild depression and bedwetting. The top 15 cm of leaf and flower is harvested and used fresh or dried as a tea or soaked in oil and used as a liniment rub. It's hardy and will slowly spread if not cut or held back and may be a restricted plant in parts of rural Manitoba.

Sweet Cicely (*Osmorhiza longistylis*) grows in shady, moist woodlands – 2 to 3 feet tall, ferny leaved. Roots and leaves used to enhance appetite – mild anise flavour.

Sweetgrass (*Hierochloa odorata*) is commonly known as a First Nations ceremonial plant with a vanilla-like scent that promotes peace/healing. It naturally grows in wet areas but has adapted well to our garden with no watering.

Thyme, English or German Thyme (*Thymus vulgaris*) is heavily used in French cooking, soups/stews, meats, fish. This most common variety grows well here but needs protection to over-winter. Full sun.

Yarrow, White (*Achillea millefolium*) is the most medicinally active strain, as a general tonic/fortifier. Its leaves aid digestion, circulation, liver, gall bladder, kidney and help to heal wounds and beautify skin. What doesn't it do? It doesn't grow in a straight line! It needs to be planted in an enclosure so it doesn't invade the garden. 60 cm tall. Full Sun.

Annual Herbs - need to be planted every year. Some of them will self-seed as well.

Pricing.	<i>A. Larger Singles – plants in 3 ½" pots</i>	\$1.60 each.	3 or more - \$1.45 each.
	<i>B. Smaller plants in 4-packs</i>	\$1.90 each.	3 or more - \$1.70 each.

Basil, Genovese (*A or B*) Sweet type. Large leaves, pesto making queen. Nice in salads, stews, sauces and definitely any tomato dish. Prefers shelter from the wind. Full Sun.

Basil, Thai (*A only*) Anise flavour used in Thai and Vietnamese cuisine and in Chicken noodle soup!

Chamomile (*A only*) Flowers make a nice tasting, calming tea – good for digestion. Self-seeds.

Cilantro leaves / Coriander seeds (*A and B*) Pungent leaves for salads, salsa, stews. Seeds used with curries, chili, baking, soups, etc. Self seeds.

Dill (*A only*) Leaves are great in salads, soups and sauces – particularly with sour cream and cucumbers. Seeds are used in pickles. Self-seeds.

Parsley, Moss Curled (*A and B*) Good flavour and garnish – soups and salads. Moderately hardy and with protection may grow again the second year.

Parsley, Plain/Flat/Italian (*A only*) Superior in flavour to the curled varieties.

Savory, Summer (*B only*) Great in most bean soups and dishes or with peas, lentils and meatloaf dishes. Our favourite use is in Green Bean Soup with potatoes, ham and carrots.

Vegetables – all sun loving annuals that do not generally self-seed and so need to be planted every spring.

Pricing.	<i>C. Singles - larger plants</i>	<i>in 3 ½" pots</i>	\$1.25 each	5 or more - \$1.15 each
	<i>D. 4-Packs of smaller plants</i>	<i>in 3 ½" pot</i>	\$1.50 each	3 or more - \$1.35 each

Open Pollinated or Hybrid? I like to have open-pollinated varieties available for all types of vegetable but also respect customers' preferences for Hybrid varieties – for which seeds cannot be saved. Hybrids are marked 'H'.

Brassicas. Can take light frosts. Planting early helps growth and to avoid bugs. Like compost-rich, well drained soil.

Broccoli **Italian Green** *D only* 57 day. Large deep green heads. Vigorous side shoots. Very dependable.
Cabbage **Golden Acre** *D only* 70 day. Does well in most conditions. Compact plants. Resists bursting.
Cabbage **Red Mammoth** *D only* 90 day. Large, dark red, solid heads. Keeps well. Beautiful in salads, pickling.

Cucumbers. Compost-rich, well drained soil in full sun. See making hills as with Squash (below). They'll climb your fence or trellis.

Cukes, Slicers **Straight Eight** *C only* 68 day. Crisp, juicy with small seeds, 15 – 20 cm (8") long. Lots of fruit.
Amira H *C only* 65 day. Smooth skin and sweet – when picked small (10 - 15 cm). We eat these most readily when working in the garden.
Beit Alpha *C only* 56 day 12", sweet, crunchy-crisp, bitter free, burpless, open pollinated.
Long Green *C only* 60 day 12", dark green, firm and crisp. Can also be pickled when young.
Pickling **Cool Breeze H** *C only* 45 day. Early. Heavy yield. Gherkin type. Thin skin, fine spines. Recommended by customers at the local farmers' market.

Melons. For growing information, see 'Squash' below. Like lots of water during fruiting stage.

Melon **Musk** **Minn. Midget** *C only* 60 day Excellent Northern, early variety. Small Fruit. Very Sweet. Abundant.
Gnadenfeld *C only* 60 day. Manitoba original. "Early, productive and very sweet" - Tanya. New.
Water **Sugar Baby** *C only* 75 day. We're marginal for melons but this one ripens well, great taste.
Cream of Sk *C only* 80 day. Russian heirloom. Yellow flesh, "absolutely delicious"- Tanya

Peppers. Peppers want heat, compost-rich soil and even moisture, ie. not too wet or too dry for long periods.

Pepper, Sweet **Calif. Wonder** *C or D* 75 day. Green to Red bell. 10 cm, thick, fleshy walls. Mild. Good producer.
Doe Hill *C or D* 65 day. Green to Gold bell. Small to Med size. Great sweet taste. Productive.
King of North *C or D* 70 day. Green to Red sweet bell. Large, blocky. Thick, firm flesh. Mild flavour.
Purple Beauty *C or D* 70 day. Green to purple. Smallish, thick walled. Wonderful in salads. Good taste.
Sweet Banana *C or D* 75 day. Green to shiny yellow then red. Tapered 25 cm. VERY productive.

Pepper, Hot **Cayenne** *C or D* 75 day. Long thin, green to red. Keeps well. Can be used in garden sprays.
Jalapeno *C or D* 70 day. Tapered 7 cm. Green to red. Thick walls. Dry well. Great taste.

Squash. We dump buckets of compost in the garden 6' to 8' apart, mix with the soil below and fashion 15 cm high, 30 cm flat topped hills, then plant three plants per hill, water and mulch heavily. Protect if windy. Most squash like even moisture.

Squash Summer **Zucchini** *C only* 55 day. Black beauty (dark green), Good yields (like who needs great yields?)

Winter **Acorn** Table Queen " 85 day. Small, single serving squash, dry, sweet, excellent for baking. Stores well.
Buttercup *C only* 90 day. Worth the wait! Thick, dry, rich sweet, orange flesh and keeps well.
Butternut *C only* 95 day. Waltham variety. 30 cm long, tan skin, dark orange flesh. Good taste.
Delicata *C only* 80 day. Compact plants. 8" cylindrical fruit. Cream & green. Sweet Potato taste.
Blue Hubbard *C only* 80 day. Med. size. Grey-green shell. Fine textured, sweet flesh. Big taste. Keeps.
Rouge D'Etampe *C only* 85 day. Pumpkin of Cinderella fame. Large, red/orange and flattish. Great soup.
Spaghetti *C only* 95 day. Lots of 25 cm x 15 cm fruits. Cream-Yellow skin and flesh. Ripens well.

Tomatoes. I managed to cut down on the number of tomatoes I grow, but I've got a couple new ones as well.

Tomatoes like compost-rich soil with even moisture. If you don't want to water twice a week, try building up the thickness of mulch as the plants grows – up to 15 – 20 cm deep. We do some staking and pruning – but we also lay down lots of straw and give space for the plants to sprawl. Bush types don't need to be staked. ' ___ day' means the number of days from transplant to harvest.

Husk ‘Tomatoes’	<i>D only</i>	Large, upright, sprawling plants with 1” husked fruit - for Salsas.
Tomatillo Eden	<i>D only</i>	Ground cherry tomato. Low, sprawling growth. Sweet, yellow fruit.
Toms. Cherry		
Tiny Tim	<i>C or D</i>	55 day. Dwarf bush, lots of small red fruit. Great for pots – and kids.
Sweetie	<i>C or D</i>	60 day. Staking type. Vigorous. Loads of 3 cm red fruit. Long season.
Black Cherry	<i>C only</i>	70 day. Staking. Dark purple cherries in large clusters. Very Sweet. New.
Fargo Yellow Pear	<i>C only</i>	65 day. Bush. Since 1930s. Pear shaped, sweet & mild flavour. Great in salads.
Sun Sugar H	<i>C or D</i>	60 day. Staking. “Liquid sunshine” says Dan Wiens. Very sweet, yellow.
Paste		
Amish Paste	<i>C or D</i>	85 day. Staking. Heirloom. Large red fruit good fresh or as sauce. Juicy.
Roma	<i>C or D</i>	80 day. Bush. Smaller pear shaped red fruit. High yield. Vigorous.
Slicers		
Bush Beefsteak	<i>C or D</i>	60 day. Bush. 8 oz. Lots of red, solid fruit on a compact plant. Vigorous.
First Lady	<i>C or D</i>	60 day. Staking. 6 oz. Tasty and Productive.
Manitoba	<i>C or D</i>	60 day. Bush. 6 – 7 oz. Locally very popular. Productive. Firm. Brick-red.
Mother’s	<i>C only</i>	70 day. Staking. Med. to Lg. meaty and good taste. Seed given to me by an elderly aunt to help save its Ukrainian/Mennonite heritage.
Husky Gold H	<i>C or D</i>	70 day. Semi Staking. 6 oz. Gold. Stocky plants. Good in containers.
Large		
Brandywine	<i>C or D</i>	75 day. Staking. 16 – 20 oz. Not so pretty but great taste. Needs space.
Cherokee Purple	<i>C only</i>	75 day. Staking. 12 oz. Purple-red. Currently my favorite fresh variety.
Oxheart	<i>C only</i>	85 day. Staking. Up to 3 lbs. Rose-Pink. Almost seedless. Old favourite.

Annual Flowers – need to be replanted every year or encouraged to self-seed.

Pricing.	<i>F. Singles in</i>	3 ½” pots	\$1.40 each	3 or more - \$1.25 each
	<i>G. 4-packs in</i>	3 ½” pots	\$1.50 each	3 or more - \$1.35 each

Annual Flowers. When I have space issues (ahh, every year) in the greenhouse, this is the category I tend to cut. I remain most committed to the more odd-ball or older varieties – and cut back on the more easily found petunias, impatiens, etc. But, I bring in some of the more common annuals as well.

Allysum – White	<i>G only</i>	Low growing mound with umbrella of white, wonderfully fragrant blooms. Hardy. Sun.
Love Lies Bleeding	<i>G only</i>	Amaranthus. 90 cm. Impressive large plant with hanging bright red ‘dreads’. Full sun.
Velvet Curtains	<i>G only</i>	Amaranthus. 60 cm. All burgundy - leaves <i>and</i> upright flower plumes. Cut Flower. Sun.
Batchelor’s Button, Mix	<i>G only</i>	40 cm. Blue, Pink, White Mix. Great for cutting /drying. Full Sun.
“ Blue Boy	<i>G only</i>	Ditto, only in sky blue.
“ Jubilee Gem	<i>G only</i>	Vivid double blue. Nice as cut flower. Tolerates dry conditions. 60 cm.
Castor Bean	<i>F only</i>	2 meters tall. Deep green tropical foliage. Feature plant or for background. Fast growing. Discourages moles in our garden. (Not sure how this works but it does.) Full Sun.
Grass, Bunny Tail	<i>F only</i>	Soft, fluffy seed heads on 30 cm stalks. Nice in planters and garden. Drought tolerant.
Marigold, Safari Mix	<i>G only</i>	30 cm. Full Sun. Long season blooming. Large semi-open orange, yellow and rust.
Pansy, Large Mix	<i>G only</i>	Part Shade. 15 cm. Happy face in wide colour range. Flowers profusely. Edible flowers.
Poppy, Lady Bird	<i>G only</i>	30 cm tall plants. Flanders Field type with red blooms and black blotches.
“ Mary’s Ukrainian	<i>G only</i>	Heirloom purple-red mix. Single poppies with dark blotch. Blue-green leaves. Self-seeds.
Rud. Indian Summer	<i>G only</i>	Black-eyed Susan type – yellow blooms with brown centres. 50 cm. Likes heat. Cuttings.
“ Toto Mix	<i>G only</i>	Gold, Lemon & Rust blooms on 35 cm stems. Compact. Well branched. Stunning.
Zinnia, Whirligig	<i>G only</i>	Showy, double, bi-colour (red, yellow, cream, pink, etc.) combinations. Early. 50 cm.
“ Red Spider	<i>G only</i>	Old, rare. Single, spider-like red blooms – flower till fall. Bushy, heavy bloomer. 30cm.

Perennial Flowers - should reemerge in spring from last year's roots.

Pricing. All Perennials are **Single plants in 3 ½" pots \$3.30 each. 5 or more - \$2.95 each.**

Perennial Flowers. The varieties below have been grown in our garden and proven to be hardy to Zone 2b. Some perennials will go on emerging in spring for, seemingly, forever, and others will only last a few years before bowing out. Please also consider perennial herbs – some of which are beautiful as flowering plants – like Arnica, Bergamots (Wild and Lemon), Meadowsweet, St. John's Wort.

Cerastium, Silver Carpet is a drought tolerant groundcover of silver-grey leaves with masses of tiny white flowers. Does well in any soil and full sun. Is beautiful even after flowers are spent.

Cranesbill, Geranium likes Sun to Part Shade but blooms best in sun - starting in June and going through summer. Blue flowers. 30 cm. tall in a tight, sprawling ground cover. Divide every 4 or 5 years.

Daisy, Shasta is 60 to 90 cm. tall. Large white flowers on sturdy stems. They will naturalize nicely, even establishing in poor soil competing with grass. Deer proof. We enjoy their cheery spontaneity. Dead-heading (cutting off spent blooms) helps prolong the blooming period. Great for cutting. Cut when fully open and they last for 7 – 10 days.

Dianthus, Amur Pink forms a 20 -30 cm mound of dazzling large (for dianthus) red-violet blooms. July to frost. Likes sun or part shade. Good as edging. Divide every 3 years.

Gailardia, Blanket Flower grows as clump with large yellow daisies with orange-red highlights. Native. Showy. Dry.

Grass, Blue Fescue is one of few truly hardy decorative grasses for our area. It grows in a dense clump with striking blue-grey leaves. Can be grown in containers. 30 cm tall. Spreads slowly. Not a nuisance. Full sun or part shade.

Grass, Feather has stiff, grey-green narrow leaves in dense clump. Long, twisting feathery seed heads. 60 – 90 cm tall.

Grass, Little Blue Stem is native of our area that turns an attractive bronze-red in fall. At 90 cm tall it's best in clumps towards the back of the plot. Excellent for dried flower arrangements. Full Sun.

Hollyhock, Pink/red is an old fashioned favourite. Biennial that easily self seeds. 180 cm. Large red or pink open trumpet blooms on strong stems. Very showy. Full Sun.

Lungwort, Pulmonaria is one of the best ground covers in part to full shade. Green leaves with spots of grey-white emerge early in spring and send up pink to blue flower heads – often before the snow has melted. 30 cm. tall.

Poppy, Oriental is either pink or orange. Very large blooms. Stay home! As they don't last long but stunning. 1 m tall

“ **Spanish** is a delicate semi-double orange flowering plant. 60 cm. Flowers all summer. Needs protection.

“ **Wood** prefers part shade. It's a compact bush with yellow blossoms. Self seeds but containable.

Yarrow, The Pearl grows as 30 cm. tall semi-open mound with lots of small 'rabbit tail' white blooms. Prefers full sun but ok with shade and afternoon sun. Thrives in poor soil and blooms all summer. Divide every few years.