



ubcfarm
CENTRE FOR SUSTAINABLE FOOD SYSTEMS

Flower Seed Guide

Crop	Variety	Variety Info	Planting Info
Ammi	Dara	Resembles a showy Queen Anne's Lace. A good pollinator flower.	Direct seed after the last frost 10 cm apart.
Ammobium	Winged Everlasting	Small, papery blossoms perfect for drying or long-lasting fresh bouquets.	Direct sow seeds after the last frost 20 cm apart.
Bachelor's Button	UBC Mix	Colourful, papery blossoms great in bouquets. A mix of pink, white and blue flowers.	Direct sow seeds after the last frost 5 cm apart.
Calendula	Déjà vu	Bright, edible, and medicinal blossoms, calendula adds a burst of color to salads or dried for teas. Long lasting blooms great for pollinators.	Direct sow after the last frost 15 cm apart.
Cosmos	Doubleclick Bicolor Violet	Tall showy blossoms with white, pink and magenta stripes. Perfect for bouquets.	Direct sow shallowly after the last frost 20 cm apart.
Echinacea		Perennial flower with bright pink petals and spiky heads. Long-lasting blooms attract pollinators for months once established.	Sow indoors 8 weeks before transplanting in late spring or summer.
Lupine	Ornamental Mix	Vibrant, ornamental flowers on tall spikes. Loved by pollinators . Perennial and can self seed in this climate.	Direct sow shallowly in March. 8 weeks until first blooms.
Scabiosa	Mix	A beautiful mix of ball-shaped flowers. Attracts diverse pollinators, including hummingbirds. White, pink and dark red flowers.	Begin sowing indoors 4-5 weeks before last frost and transplant out or sow directly in the fall.
Snapdragon	UBC Mix		
Strawflower	UBC Mix	A variety of bright warm colours with papery petals excellent for fresh or dried bouquets or crafts.	Sow indoors in mid-February for transplanting, or directly in April. Space 30 cm apart.
Strawflower	Sultane	Bright coloured blooms from pink, yellow to deep red. Papery petals excellent for fresh or dried bouquets or crafts.	Sow indoors in mid-February for transplanting, or directly in April. Space 30 cm apart.
Sweet Pea	UBC Mix	Climbing vines produce many gorgeous blooms for months. A mix of blue, white, pink and purple flowers.	Direct sow in early spring. Provide trellis to climb to 2 m. Sow 6 cm apart.



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Herb Seed Guide

Crop	Variety	Variety Info	Planting Info
Anise Hyssop		The abundant purple flowers of anise hyssop attract pollinators to the garden, while the seeds and foliage offer a sweet, minty, licorice flavor.	Direct sow 15 cm apart March-May.
Chive		A versatile, hardy perennial with stems and flowers that can be eaten for a subtle onion flavor, cooked or fresh.	Begin planting indoors February to May and transplant or sow directly in the late spring. Sow seeds 5mm-1cm deep and space 15cm apart. To harvest, cut the whole plant close to the ground.
Copper Fennel		The edible lace-like leaves are liquorice-flavoured and are a beautiful perennial garden addition, that can reach up to 2 m high, attracting supportive insects. Leaves and seeds can be used in salads or teas.	Begin sowing seeds from late-February to early summer in 1cm deep soil, spaced 30cm apart. Perennial crowns will form, and can self-seed.
Parsley	Hilmar	Flat leafed Italian parsley for bright, flavorful garnishes. Multiple summer and fall harvests are possible due to its robust growth.	Recommended for transplanting: sow seeds indoors in early Spring. Keep in containers, or transplant 30 cm apart.



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Vegetable Seed Guide

Crop	Variety	Variety Info	Planting Info
Arugula	Astro	Nutty, peppery leaves and is excellent for fresh greens throughout the spring to late fall. Large, full leaf shape.	Direct sow densely in successions from mid-March-August. 35 days for full leaf. Cut whole plant just above the ground.
Arugula	Surrey	Nutty, peppery leaves and is excellent for fresh greens throughout the spring to late fall. Medium, frilly leaf shape.	Direct sow densely in successions from mid-March-August. 35 days for full leaf. Cut whole plant just above the ground.
Bean, Bush, Dry	Calypso	Bush bean plants with striking round black and white beans good for soups and stews	Direct sow, 8 cm apart in May. 120 days to maturity. Harvest when pods are dry and paper.
Bean, Bush, Dry	Kenearly Yellow Eye	Bush bean plants with round white and yellow beans deliciously rich and creamy when stewed or blended.	Direct sow, 8 cm apart in May. 120 days to maturity. Harvest when pods are dry and paper.
Bean, Bush, Dry	Tiger's Eyes	Bush bean plants with gorgeous orange and red dry beans perfect as kidney bean replacement	Direct sow, 8 cm apart in May. 120 days to maturity. Harvest when pods are dry and paper.
Bean, Bush, Dry	Nash	Bush bean plants with gorgeous red speckled dry beans used as kidney bean replacement.	Direct sow, 8 cm apart in May. 120 days to maturity. Harvest when pods are dry and paper.
Bean, Bush, Shelling	Black Coco	Bush bean plants with yellow pods with edible black beans as either shelled or dried.	Direct sow, 8 cm apart in May. 100 days to maturity. Harvest once beans inside pods have distinct dark red markings for shelling beans, or when pods are dry and paper for dry beans.
Bean, Bush, Shelling	Teggia	Bush bean plants with gorgeous scarlet pods with edible speckled beans as either shelled or dried.	Direct sow, 8 cm apart in May. 100 days to maturity. Harvest once beans inside pods have distinct dark red markings for shelling beans, or when pods are dry and paper for dry beans.
Bean, Bush, Snap	Provider	Bush bean plants that produce tender green snap beans for fresh eating or stirfry.	Direct sow, 8 cm apart in May-June. 60 days to maturity. Harvest once bean pods are pencil width and still tender. Continues to produce.
Bean, Bush, Snap	Rocdor	Bush bean plants that produce tender yellow snap beans for fresh eating or stirfry.	Direct sow, 8 cm apart in May-June. 60 days to maturity. Harvest once bean pods are pencil width and still tender. Continues to produce.
Bean, Pole, Dry	Annie Jackson	High yielding heirloom pole-climbing plants with round, pretty red and white beans optimal in baking or as a black bean replacement.	Direct sow, 8 cm apart in May. Provide trellis or structure to climb up to 2 m. 100 days to maturity. Harvest pods once the exterior is dry and papery. Dry beans can be stored for eating or planting the following year.
Bean, Pole, Romano	Hunter	High yielding pole-climbing plants produce edible wide, flat pods great for fresh eating or cooked.	Direct sow, 8 cm apart in April-May. Provide trellis or structure to climb up to 2 m. 70 days to maturity. Continuously harvest 20cm pods when still green and tender.
Bean, Pole, Shelling	Bingo	Pole-climbing plants with gorgeous scarlet pods with edible speckled beans as either shelled or dried.	Direct sow, 8 cm apart in May. Provide trellis or structure to climb up to 2 m. 100 days to maturity. Harvest once beans inside pods have distinct dark red markings for shelling beans, or when pods are dry and paper for dry beans.

Beet	Touchstone	Golden beet with mild, sweet flavour. Less earthy flavour, and less staining than red beets.	Direct sow densely April-June. Thin to 5 cm apart. 50-60 days to minimal maturity.
Beet	Golden x Chioggia	Golden and chioggia beet cross. High population variation will give a range of yellow to red beets with a variety of striping patterns.	Direct sow densely April-June. Thin to 5 cm apart. 50-60 days to minimal maturity.
Carrot	Rhumba	Perfect bunching carrot with strong tops. Crisp and sweet.	Direct sow 4 seeds every 2cm, 5mm deep. Sow directly between mid-April to mid-July at 3 week intervals for regular harvest.
Carrot	Nash's Nantes	Classic carrot good for storage or fresh.	Direct sow 4 seeds every 2cm, 5mm deep. Sow directly between mid-April to mid-July at 3 week intervals for regular harvest.
Celtuce	Angustana	Leaves can be harvested like Romaine lettuce, with a similar flavour. Mature crisp stalk can also be cooked similar to celery.	Direct sow, 30 cm apart in May-June. Sow every 2-3 for regular harvest. 35 days for baby leaves. 100 days for mature stalks.
Chard	Eldorado	Golden stems and dark, succulent leaves good fresh or cooked. Once established can produce leaves for months on end.	Direct sow April-August 10-30 cm apart. 60 days to maturity, can be harvested continuously until winter.
Kale	Scarlet	Strong and productive with curly reddish-purple leaves.	Sow directly 45 cm apart from March to mid-July for summer and winter harvesting. 55 days to maturity.
Kale	Nash	Strong and productive with curly green leaves. Overwinters well, with good powdery mildew tolerance.	Sow directly 45 cm apart from March to mid-July for summer and winter harvesting. 55 days to maturity.
Kale, Lacinato	Winter Rainbow	This hardy variety can tolerate cold winters. Dark curly leaves with purple stems are especially sweet and tasty after overwintering in the Spring.	Sow directly 45 cm apart from March to mid-July for summer and winter harvesting. 55 days to maturity.
Kale, Siberian	Grand Forks	Produces large flat leaves with ruffled edges. Tender and mild flavour. Good cold weather tolerance. Best flavour in cooler weather.	Sow directly 45 cm apart from March to mid-July for summer and winter harvesting. 55 days to maturity.
Leek	Melaton	Uniquely grown open-pollinated leek bred at UBC Farm. Tall, large leeks with mild sweetness. Versatile for cooking.	Sow in trays indoors in March-May 1 cm apart. Transplant 15 cm apart. Harvest when 2 cm diameter or greater.
Pepper	Padron	Spanish heirloom perfect for pan frying. When <4 cm, peppers are sweet and tangy with the occasional spicy one. If left on the plant to get bigger, can become quite hot.	Sow in trays indoors in March. Transplant 30 cm apart. Harvest when 4 cm long or greater, stimulating further fruit growth. 85 days until first harvest.
Radish	Raxe	Large round radishes with vibrant red colour. Edible tops and roots. Spicy when fresh, smooth and mild when cooked.	Direct sow March-April 1 cm spacing. 35 days to maturity.
Radish	French Breakfast	Narrow cylindrical radish with vibrant red that fades to white tips. Edible tops and roots. Excellent fresh or cooked.	Direct sow March-April 1 cm spacing. 35 days to maturity.