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Black Oaks Center For Sustainable Renewable Living

# Seeds for a Future



## COLD HARDY ORGANIC MENU

April 2010 Catalogue I

Sown to be Served in 60 days +

The Brassicas (3-5)

DiCicco, Faro Cabbage, Famosa Cabbage, Lacinato Kale, Georgia Collards, Curly Mustards,

Purple Top Turnips, Joan Rutabagas

Salad Fixin's:

Rainbow carrots (6-7)

Napoli, Cosmic Purple, Yellowstone, Dragon

With Dwarf Grey Sweet Snow Peas, Valentines Day Radishes... (8)

Onions & Leeks... (9)

On a bed of greens (11-13)

Magenta Orach, Argula, Rainbow Chard, Tin Tin Romaine, Sylvesta Butter, Bloomsdale  
Longstanding, Garden Sorrell, Bulls Blood Beet Greens, Detroit Red Beet Greens,

Gourmet Lettuce Mix

with edible flowers...Dwarfed Nasturtium(14)

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## Seeds for a Future: the \$40,000 Challenge

### Black Oaks Center for Sustainable Renewable Living

Is committed to community resilience. From our near 40 acre eco-campus on the Black Oak Savanna in Pembroke Illinois to the south and west sides of Chicago, Black Oaks Center is engaged in the implementation of 4 skills building tracts:

#### **The Sustainable Building Tract**

Provides the opportunity to learn low carbon, natural building techniques like earth bag construction, strawbale, passive solar, energy efficient retrofitting, greywater and gravity fed water systems as well as water catchment with permaculture applications. This tract prioritizes the rebuilding, repair and creating of equipment and tools central to a low carbon life. The 2010 completion of the strawbale connector, the retrofitting of the Collective Cabin, the earth bag wall, the 1600 sq. ft. workshop and the amphitheater are some the projects funds are being raised for

#### **The Renewable Energy Tract**

Fosters low to no fossil fuel use through energy conservation and diversification with renewable energies such as solar, wind and bio-fuels. The re-establishing of biofuels production, building a diesel generator, a wind turbine and a solar hybrid demonstration project are the 2010 goals for this tract.

#### **The Resilience Tract**

Is dedicated to personal, interpersonal and planetary transformation to transition into a low carbon life. The Betty Shabazz Community Yurt, the Collective Cabin, the Guest Cabin and 3 campsites are almost ready and available for retreats, conferences and meetings. Students, families, businesses, churches, mosques and civic organizations can come experience off-grid, low carbon living and cultivate a culture of C's.

#### **The Sustainable Agriculture Tract**

There is a 21st century need for seeds. More than ever, climate change, peak oil and resource depletion as well as genetically altered agriculture threatens future life on the planet as we know it. Saving nonGMO and organic seeds, growing food organically with density and extended season while building a local food security system has birthed the Healthy Food Hub CSA [www.healthyfoodhub.org](http://www.healthyfoodhub.org). Please join us in the building of a local food economy. Buy these seeds, plant them, grow them, eat from your garden and save the seeds for a future.

**Di Cicco Broccoli 48 days**

This Italian heirloom is perfect for the garden to the kitchen. Its central head and side shoots will grow through out the season with many cuttings. Mild, tender stalks, spring and fall production



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**2300: \$2.75****Faro Cabbage 63 days**

This sweet, tender cabbage starts well in the cold and can withstand the summer heat. Its leaves are juicy and thin. Does well with dense plantings. An excellent market cabbage. A good keeper in the root cellar or cold storage. Round heads, 3-4 lbs



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**2336: \$6.95****Famosa Cabbage 68 days**

Curly cabbage as it was once called is rare to find these days so we are bringing it back for those who have fond memories or want to try something new. Its delicious, tender, mild flavor gets sweeter as winter approaches, heads 2-4 lbs



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**2363: \$5.95****Broccoli Spring Raab**

Also known as rapini is actually not a broccoli. This popular brassica, enjoyed in the Mediterranean & Asia is related to turnips whose mild pungent flavored flower heads, stems and leaves are loaded with vitamin A, C, K and potassium.. Braise or stirfry .



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**1960: \$2.75**

**TO ORDER CALL: 888-789-4838  
OR : WWW.HEALTHYFOODHUB.ORG**



**Lacinato Kale baby leaf 30, mature 60days**

Dinosaur kale characterized by large bumpy leaves is a favorite to many kale eaters. This has held true for the Health Food Hub market goers...there is never any left! Also known as black or tuscan kale, eaten live or cooked will keep you coming back for more.

2520: \$2.75



**Georgia Collards 70 days**

This old time favorite is a must save in the family seed collection. These tender greens can be cut for stir fries and eaten live through out the spring and summer but are most favored after a fall frost. Loaded with more calcium than a cup of milk.

2553: \$2.75



**Curly Mustards baby 21, mature 45 days**

The hot spicy flavor of mustards has long been thought to be therapeutic. This cool loving green is to be planted in early spring and not allowed to flower when things heat up as it will attract harmful insects. Many compost the plants as summer approaches to plant again in the fall.

2485: 2.50



**Purple Top Turnips**

Planting these seeds brings 2 treats; nice, tender turnip greens and purple top turnip bottoms, a favorite that would put a smile on the elders face during market days.

3185: \$2.50

**Joan Rutabagas 90 to 100 days**

The sweetness of this purple to rutabage gets better after the frost. Till then, you can stir fry or serve up live some good tasting rutabaga greens. Loaded with vitamin A, thiamine, riboflavin and niacin



**3187: \$2.50**

## Brassicas

Broccoli, brussel sprouts, bok choy, broccoflower, cabbage, cauliflower, collards, turnips, mustards, rapini, and rutabagas are all in the brassica family also known as cruciferous vegetables. These plant relatives are on the top of the list when it comes to phytonutrients. 3,3 indolylmethane is antiviral, anti-bacterial and anti-cancerous. Sulforaphane has antioxidant, anti-microbial and anti-diabetic properties. Research has shown that women who indulge in this family of vegetables lower their risk of breast cancer. Indole -3-carbinol found in this family dismantles carcinogenic estrogens to inhibit cervical and uterine cancer. These vegetables are protective from colon, rectal and lung cancer. High in vitamin C, vitamin E, folates, selenium and quercetin. The flavinoids in cole crops prevent inflammation and platelet aggregation to reduce heart attacks and stroke risks.

Cruciferous vegetables are cold hardy and can go directly into the soil in spring. Seeds will germinate as low as 50 degrees. Place 2 to 4 seeds in fertile, calcium rich soil at 1/2 inch deep. Space rows 18-24 inches apart.

Geraniums, dill, alliums (onions, shallots, garlic, etc), rosemary, nasturtium, borage help to protect this family. Plant mustards, nightshades tomatoes, peppers away from other brassicas .

## RAINBOW CARROTS



### **Napoli Orange Carrots 55 days**

This early carrot has good color and flavor as a baby carrot in the spring. Mature, they are 4-5 inches long. This is a top choice for overwintering and high tunnel production.

2322: \$1.50



### **Cosmic Purple 70 days**

This purple carrot with a bright yellow core and sweet spicy orange flesh brings color to any dish or market stand. It is packed with antioxidants called anthocyaninins. A Danvers carrot, it grows to be 6-8 inches long.

2335: \$2.50



### **Yellowstone 70 days**

This sunflower carrot is loaded with xanthophylls, good for your eyes like beta carotene. Grows 9-10 inches long.

2337: \$1.50



### **Dragon 85 days**

This Chantenay carrot has more lycopene than a tomatoe! A favorite among carrot lovers for its tri-colored sweet spicy flavor. Grows 7-8 inches

2325: \$3.00

*If you are wanting to eat fresh local food this spring, most of these seed salad fixin's will allow you to get lots of nutrition packed greens with trimmings in 2 months or less!*

### **Rainbow Carrots**

Carrots do best in being put directly in full to partial sun in organic, well drained, loamy soil that is at a pH of 6.0 to 6.5, free of rocks and sticks in early spring. Carrots don't like a lot of nitrogen and need potassium. Seeds should be placed  $\frac{1}{4}$  to  $\frac{1}{2}$  inches deep.



Rows should be 12-15 inches apart. Because the seeds are so tiny, broadcasting is another technique with the clear understanding that thinning may need to occur. After planting, cover with mulch made of straw or wood to keep moist and reduce weeds. Optimal germinating temperatures are 55-75 degrees. Can do succession planting on into mid summer resuming in the early fall.

This biennial loves water so soak the soil well. Sandy soils may require more watering. When the 1<sup>st</sup> sprout appears, mulch even more to keep the moisture in and weeds out. Carrots will be the sweetest in the cold of the fall and early winter if mulched well enough.

Carrots like to be accompanied by other salad fixings such as lettuce, and allium family (onions, chives, shallots, garlic). Aromatics like rosemary and sage help to ward off carrot flies. Carrots can be grown in containers

## WITH SWEET PEAS AND RADISHES,



2736: \$2.75

### Dwarf Grey Sugar Snow Peas 57 days

Sugar snow peas will endure a frost or 2 and are some of the first peas ready to eat in spring. This nitrogen fixer is well known for its beautiful, fragrant flowers that are not edible. This dwarf variety reaches only 24 inches in height. It yields 2.5 inch pea pods with sweet crispy peas in them. Peas like direct to indirect sun and moist but not wet soil. A special organic inoculant, rhizobia bacteria can improve growth.

Continued use of organic fertilizer will ensure a robust crop. Place 1 pea 1/2 to 1 inch deep in fertile soil. Space each pea at least an inch apart. Can double row 18 to 24 inches apart. Give the peas something to trellis on for a greater harvest. Peas like carrots and potatoes in the garden and in the kitchen. Radishes, turnips, beans, cukes and corn do well along side peas as well. Aromatics help to ward off harmful insects & attract beneficials. Plant allium family away from peas. Will germinate at 40 degrees. Consider spring and fall planting.



2875: \$2.75

### Valentine Radishes 25 days

This bouquet of red, pink, purple and white radishes with a hint of French breakfast can lure the hearts of many market goers and salad makers. This brassica's leaves, stems and roots can be used in a salad. In Chinese Medicine, this spring vegetable is used to tonify the lungs and large intestine. The sulfur compounds in radishes help to increase the flow of bile and to prevent cancer. This annual should be sown directly in the soil 1/4 to 1/2 inches deep with 1 inch spacing. Radishes are a workhorse in the garden. They deter corn borers, squash borers, cucumber beetles, and rust flies. They protect broccoli. Good garden companions to radish are beet, bush and pole beans, carrots. Keep radishes away from hyssop, cabbage, cauliflower, brussel sprouts and turnips.

## ONIONS & LEEKS...

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### Evergreen Bunching Onions 65 days

This scallion bunching onion overwinters well and is ready for spring harvest. Has endured temperature as low as minus 30 in Northern Vermont. Can be grown like a dense patch by dividing clumps during the second year. Can be sown in spring and fall



2670: \$2.75

### Red Baron 65 days bunching, 100 days storage

This long day onion is high in flavinoids and phenolics, The shafts and bulb of the young bunching is tender and sweet with a hint of purple at its



2688: \$3.40

*Starting onions from seed makes a better storage onion. Early spring onion seeds can be started indoors or placed directly in well drained, fertile soil. As they grow, keep soil moist. Mulching will keep moisture in and weeds down. Tops and bottoms can be used in raw and cooked food preparation. Onions are ready to store when their greens dry up. Pull and dry in 75-80 degree place with high humidity. Onions love to keep company with beets, brassicas, carrots, celery, cucumber, lettuce, pepper, squash, strawberries, tomato and savory*

### Bandit Leeks 100-135 days

Mulching this very cold tolerant allium for overwintering will yield an early spring harvest the coming year. Leeks can take spring and summer to be ready for harvest so plant early.



2697: \$4.65

*Onions have been used to ward off colds, treat asthma, improve heart health and gastrointestinal flora. The flavinoids in onions counter heart attack and stroke risks*

## On a Bed of Greens



A variety of lettuces and baby greens have taken us far away from bland, nutrition poor salads of old. A rich diversity of colors and flavors make any salad a delicious, nutrition packed come back. Lettuces love cool weather and are

easy to bolt in the heat of the summer. Constant cuttings and keeping it in a partial shade, cool place in the garden may allow for healthy live eating we depend on during hot summer days. In addition, baby greens make great container or window boxes for easy kitchen access.

Plant  $\frac{1}{4}$  to  $\frac{1}{2}$  inch deep in fertile soil. Baby greens need moisture and lots of nutrients close to the surface. Sow the seeds closer than usual. Baby greens will not reach maturity due to constant cutting so seeds can be sewn as close as  $\frac{1}{4}$  inch apart from each other. Plant lettuces that are to reach maturity in separate rows from baby lettuce mixes, Space rows 18 to 24 inches away from one another. Harvest time is when the greens have grown an 1 inch or more.

Cut with sharp scissors steer clear the stem so more can grow in a matter of days. Allow 1 square foot of dense baby greens for 1 large bowl of salad. If eating a salad a day, plan for 1 square foot per day to rotate cuttings. Spinach, beet greens, chard and head lettuces, hand pick outer leaves for the central core to keep producing more leaves. Baby greens like it moist and cool. Water and harvest in the morning before the sun is high.

## ON A BED OF GREENS

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### **Magenta Orach**

**28 days baby, 45 days mature**

Both heat and cold tolerant, this fuchsia colored 'green' can be eaten in salads or braised like spinach. Harvest when 10 inches tall.



1955: \$2.00

### **Astro Argula 21 days baby, 40 mature**

Arugula is an excellent source of vitamins A and C, folic acid, calcium, manganese, and magnesium. It's a good source of potassium, iron, zinc, riboflavin, and copper. Arugula like other cruciferous vegetables have anticancer compounds known as glucosinolates. These compounds exert antioxidant activity, and are potent stimulators of natural detoxifying enzymes. Sow new seeds @ 3 wks for continuous harvest.



2010: \$2.50

### **Rainbow Chard Mix**

**30 days baby, 60 days mature**

Cold hardy biennial brings rainbow color to live or cooked meals. Contains caratinoids that protect the eyes. Can be directly seeded through mid summer. Baby greens 40 seeds per foot in 2 to 4 inch bands. Mature leaves plant 6 seeds per foot 6 to 8 inches apart.



2350: \$2.75

### **Tin Tin Romaine Lettuce**

**50 days mature**

This romaine lettuce is good for year round production. Its leaves are sweet and crisp from cold to cold. Strong tolerance to bolting and tip burn. Holds up to downy mildew and aphids. Good for high tunnels, hydroponic growing or open field.



2607: \$3.50

## ON A BED OF GREENS



### **Sylvesta Butter Lettuce 60 days**

A favorite among Healthy Food Hub market growers, this butter lettuce is an all season salad and sandwich essential with delicate, tender leaves. The loose rosette heads are hefty. Holds up well to aphids

: 2609: \$3.50

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### **Bloomsdale Longstanding Spinach 42 days**

Heirloom favorite with savoyed long, narrow dark green leaves, tolerates the cold well. Direct seed in early spring and late summer. Seeds germinate at 45-65 degrees. Plant 40 seeds per foot for baby spinach, 18 seeds per foot spaced 2 inches apart for mature.

: 2889: \$2.25

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### **Garden Sorrell 45 baby, 120 days to flower**

Sorrel is a favorite perennial that is highly valued for both medicinal and culinary uses. Arrow-shaped leaves have a mild, tangy taste. This herb was used as a spring tonic with astringent properties that cleanse the blood. Like spinach, the leaves are rich in oxalic acid and vitamin C. In traditional folk medicine, Garden Sorrel is used as an antiseptic and as a preventative for scurvy. The roots and seeds were prescribed as a general tonic and were used to treat diarrhea. Garden Sorrel works well as a tonic and is used as a refrigerant. It cools inflammation and heat of blood. It is used to treat sickness or fainting accompanied by fever. Garden Sorrel quenches thirst, and stimulates the appetite. It is also anti-parasitic. It can be used to treat skin disorders such as boils, rashes, eczema, psoriasis and acne.

: 2417: \$1.50

**Bulls Blood Beet Greens**

**35 days baby, 60 days mature**

Heirloom holds well to the heat of the summer, sweet red violet leaves are delicious in salad, steamed or stir fried. . For baby greens sow 40 seeds per foot. For beets sow 10 seeds per foot. Seeds germinate optimally at 55-75 degrees, as low as 46 degrees



2260: \$2.75

**Detroit Red Beet Greens**

**30 days baby, 50 days mature**

Heirloom cold hardy produces red veined greens for salads or cooking as well as 3 inch red, smooth, sweet beets. For baby greens sow 40 seeds per foot. For beets sow 10 seeds per foot. Seeds germinate optimally at 55-75 degrees, as low as 46 degrees



2280: \$2.75

**Gourmet Lettuce Mix**

Black seeded simpson, parris island , rouge d' hiver, red and green salad bowl and lolla rossa are part of a secret signature blend of mixed greens that are sure to satisfy taste buds. .Plant 60 seeds per foot in 2 inch bands for baby lettuce. 3 seeds every 8 to 10 inches for mature.



2610: \$2.00

WITH EDIBLE FLOWERS...NASTURTIUM



7160: \$2.75

**Dwarf Jewel Nasturtium 60 days**  
Nasturtium is a beautiful garden and organic farm protector. Deters wooly aphids, whiteflies, cucumber beetles and other pests of the cucurbit family. A guardian to radishes and all the brassicas by acting as a repellent and a trap crop. It deters aphids, squash bugs, and striped pumpkin beetles. It improves the growth and flavor of many of its companions. Plant nasturtiums as a barrier around tomatoes, cabbage, cucumbers, and under fruit trees. Does well in poor soil with low moisture and no fertilizer. Nasturtiums planted at the root zone of fruit trees allow the trees to take up the pungent odor of the plants and repel bugs. This flower attracts predatory insects with no affect on the taste of the fruit. Leaves, flowers and seeds of nasturtiums have a peppery taste and are wonderful in salads!

**Organic Seeds** are seeds that are grown organically uncertified organic conditions . These nonGMO seeds are chemical, herbicide and pesticide free. These are the purest type of seeds and are the most valuable to save.

**Non GMO seeds** are seeds that have not been genetically modified. They include seeds that may be treated (chemicals placed on them to enhance growth or prevent disease. These seeds are not genetically engineered.

**GMO seeds** have been genetically modified. Genetically modified seeds will not re-seed. They contain a terminator gene that prohibits future generations. Genetically engineered or modified seeds are prevalent as over 50% of the seed companies have been bought up by bio-tech. companies that propagate GMO technology. GMO food is associated with immune system disorders in humans, and illness through out the food chain, even the soil.

**Annuals** are plants that only grow for a season. Plants that are annuals in colder climates maybe perennials in warmer climates. Annuals can reseed in optimal growing conditions. Annuals often flower or yield more and longer than perennials. Overall, they require more care.

**Perennials** are plants that stay alive all year long. They often have a dormant phase and a growth phase. Their flowers are often short lived compared to annuals. They require less maintenance than annuals.

**Biennials** are flowering plants that take 2 years to complete its lifecycle. In the first year the plant grows leaves, stems, and roots , then it enters a period of dormancy over the colder months. Many biennials require a cold season before they flower. Next spring or summer, the stem of the biennial plant elongates greatly, or "bolts". The plant then flowers, producing fruits and seeds before it finally dies.

## FARMER'S ALMANAC PLANTING DAYS

### April 2010

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

#### Favorable Planting Days

- **6th-8th** plant beets, carrots, turnips, radishes, onion and root crops
- **11th-13th** plant of root and vine crops. Set out strawberries
- **16th-17th** plant of beans, corn, tomatoes, peppers (indoors), above ground crops
- **20th** 50% chance of the last frost occurring\*\*
- **20th-21st** plant corn, above ground crops, plant seed beds, start flower beds
- **26-28th** plant corn, melons, squash, tomatoes, root crops
- **29th-30th** plant beets, carrots, radishes, turnips, peanuts, other root crops, cabbage, greens, cauliflower, kale, celery, leafy vegetables, start seedbeds

\*\* Data from the Farmer's Almanac is based on historical records and cannot take into account the affects of climate change

## FARMER'S ALMANAC PLANTING DAYS

### May 2010

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29

#### Favorable Planting Days

- **1st –4th** plant potatoes, pumpkins, squash, cucumbers, lettuce, beans
- **5th-12th** plant root crops
- **14th-28th** plant leafy green vegetables, squash, beans, peas, all above ground crops

## *Many Thanks!*

*To Mother Earth / Divine Intelligence  
For the Ancestors keeping seeds*

*ADPSR*

*Betty Shabazz International Charter School*

*Basu Natural Farms*

*Carly*

*Cha & Kwame*

*Chris Wells*

*Dominique Bowman*

*Gaston Armour*

*Healthy Food Hub CSA Team & Members*

*Howard Saffold*

*Lorance Romero*

*Pembroke Farm & Family*

*Rufaro & Sequane*

*Soul Vegetarian*

*Trinity United Church of Christ*

**Seeds for a Future Order Form**

Name \_\_\_\_\_  
 Mailing Address \_\_\_\_\_  
 Shipping Address \_\_\_\_\_  
 Phone/email \_\_\_\_\_

Item #	Description	Qty.	Price	Subtotal
2300	Di Cicco Broccoli		\$2.75	
2336	Faro Cabbage		\$6.95	
2363	Famosa Cabbage		\$5.95	
1960	Broccoli Spring Raab		\$1.50	
2520	Lacinato Kale		\$2.75	
2553	Georgia Collards		\$2.75	
2485	Curly Mustards		\$2.50	
3187	Joan Rutabagas		\$2.50	
3185	Purple Top Turnips		\$2.50	
2322	Napoli Carrots		\$1.50	
2335	Cosmic Purple Carrots		\$2.50	
2337	Yellowstone Carrots		\$1.50	
2325	Dragon Carrots		\$3.00	
2736	Dwarf Grey Sugar Snow Peas		\$2.75	
2875	Valentines Radish Mix		\$2.75	
2670	Evergreen Bunching Onions		\$2.75	
2688	Red Baron Onions		\$3.40	
2697	Bandit Leeks		\$4.65	
1655	Magenta Orach		\$2.00	
2010	Astro Argula		\$2.50	
2350	Rainbow Chard		\$2.75	
2607	Tin Tin Romaine Lettuce		\$3.50	
2609	Sylvesta Butter Lettuce		\$3.50	
2889	Bloomsdale Longstanding Spinach		\$2.25	
2417	Garden Sorrell		\$1.50	
2260	Bulls Blood Beet Greens		\$2.75	
2280	Detroit Red Beet Greens		\$2.75	
2610	Gourmet Lettuce Mix		\$2.00	
7160	Dwarf Jewel Nasturtium		\$2.75	

Total: \_\_\_\_\_

Method of Payment

- Check
- Cash
- Visa
- MasterCard

**Please check delivery choice**

\_\_\_ please mail (confirm shipping address, shipping charges apply)

\_\_\_ will pick up during Market Day

Credit Card # \_\_\_\_\_ Exp. date \_\_\_\_\_

Signature \_\_\_\_\_

Stay tuned....

May 2010 Release  
The Summer Menu

Featuring:

Corn, beans, peas, tomatoes, peppers,  
okra, squash, herbs & more

Need help getting your  
garden on???

Want to grow some food but don't  
have land to cultivate?

Want to share or learn about how to  
grow food?

Inquire about the  
Healthy Food Hub

Rotating Apprenticeships

**Black Oaks Center for  
Sustainable Renewable Living**

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