

# BACKYARD BEANS & GRAINS PROJECT

## 2011 SEED OFFERINGS

All of our seed varieties have been carefully selected for early maturity and good productivity. All varieties have been tested and grown on Certified Organic farmland in Everson, Washington (Whatcom County) to ensure successful growing in our cool climate. Unless otherwise specified, all seed was grown in 2010 for planting in 2011. Discounts are offered for bulk orders of certain varieties.

### DRY BEANS – POLE HABIT

*Pole beans are perfect for the urban gardener or those wanting to grow more beans using less space. They typically take a few weeks longer to mature as compared to bush beans but are less susceptible to late season mold. Varieties typically grow 6-8 feet tall and require trellising. Packets are 1 ounce. \$2.00.*

Ely: Plump red true-cranberry type bean from Ely, Minnesota. Our earliest and most productive pole dry bean.

Robin's Egg: White and purple speckled bean. Earliest maturity of the speckled pole beans we offer.

O-Driscoll: White and purple speckled bean. Highest yields of the speckled pole beans we offer.

Volga German Siberian: Some are speckled purple and others are more solidly-colored.

Sargas: Flat brownish bean.

Cherokee Trail O' Tears: A small black bean. It is said that this is the bean the Cherokee's brought with them to their new home as they were marched along the Trail of Tears. Later to mature than most of the others but unique.

Painted Lady: A scarlet runner type bean. Lima-bean-shaped large brown speckled bean.

### DRY BEANS – BUSH HABIT

*Bush beans grow without trellising and grow 12-18" tall. Yields are less than pole beans but they mature earlier. Packets are 1 ounce. \$2.00.*

Beka Brown: Beautiful small round golden brown bean. Reliably early and prolific. A meaty bean with great flavor. Good as a pinto bean substitute or as a baked bean.

Decker Family: This heirloom was originally obtained from Beth Haley of Dona Flora. It is a large, vibrant red and brown mottled bean. A good shelling beans on a tall upright plant with 5 inch long pods. Rare.

Ireland Creek Annie: Originally introduced into Canada in the 1920s. Very early and disease resistant. The mustard-colored beans have a very fine flavor and make their own thick sauce.

**Jacob's Cattle:** Very early, famous East Coast bean. Passamaquoddy Indians introduced these beans to settlers in New England.

**Montezuma Red:** Sprawling small, deep red bean From South and Central America. Very productive and tolerates a wide range of soils and weather conditions, great flavor.

**Red Hawk Kidney:** A high-yielding, dark red kidney bean from Michigan State University with very early maturity, good canning quality, and excellent flavor.

**Brightstone:** Beautiful purple and white speckled beans.

**Candy:** Very large and very pretty bean deserving of its name. Early

**Jacob's Gold:** A stablized cross between Jacob's Cattle and Paint. Exceptional cooking qualities, great flavor. Vigorous 24" plants loaded with 5" pods each containing 6-8 seeds.

**Mayo Coba:** An oval-shaped dried bean common in Latin American cooking. Medium in size and ivory-yellow in color, the Mayo coba Bean is similar to a pinto bean in appearance and flavor. The Mayo coba Bean may also be referred to as Peruano bean.

**Painted Pony:** Great dual purpose bean. Long thin pods are stringless and good for snap beans. The dry beans are excellent for soups and retain their markings when cooked. Very productive.

**Portuguese:** Early, prolific and reliable bush bean from Portugal. Fine soup and baking bean.

## **GARBANZO BEANS**

*Garbanzo beans (chickpeas) are a cool-weather crop that is sown in the spring with peas and harvested during the mid-summer drought. Plants are typically about 2 feet tall. Garbanzos are one of the more nutritious members of the bean family - rich in protein, calcium, iron and B vitamins. Packets are 1 ounce. \$2.00*

**Black Kabouli:** These garbanzo beans have firm black skins and make beautiful purple hummus that will wow your friends.

## **DRY SOUP PEAS**

*Soup peas are an important addition to the arsenal of storage legumes that grow well in a cool climate. Packets are 1 ounce. \$2.00*

**Australian:** Small brown pea with great flavor. Prolific, vigorous plants. Grows up to 6' tall and requires trellising.

**Capucine (Capucijner):** Fine soup pea and also good for cover cropping. Developed by Capuchin monks in Europe in the 1500's. This variety grows to about 3' tall and does best with some trellising.

Darlaine: Self-supporting bush variety that makes a fine yellow soup pea. Yields about a pound of peas per ten square feet. Creamy/tan round seed. Good cover crop pea.

## **DENT CORN**

*Dent corn is one of the most cultivated crops around the world and an important staple in a locally-grown diet. It is a starchy (rather than sweet) type of corn that can be processed at home into hominy, tortillas, and tamales. Processed in this way and eaten in combination with legumes, dent corn provides a complete protein. In addition, corn yields are higher than other grains.*

*Packets are 1 ounce. \$2.00*

Dent Corn Variety Pack: Our dent corn trials were conducted side-by-side in 2010, with some mixing of genetics resulting. This selection includes three early-maturing, easy-to-grow varieties of dent corn: Nothstine (yellow), Oaxacan Green (green), and Mandan Bride (multi-colored).

## **WHEAT**

*Grains are a surprisingly easy and very rewarding crop for home gardeners. They can be planted as early as the ground can be worked in spring. October or November sowings also produce excellent results. Late fall or early spring plantings are harvested by August opening possibilities for mid-summer sowings of other crops. Our wheat varieties typically grow to 3-4 feet tall.*

*Packets are ½ ounce. \$2.00*

Blue-Tinged Ethiopian: About 4 feet high, with an unusual blue cast to both seed heads and seeds. Easy to thresh and delicious cooked as a whole grain.

Lavras: Amber wheat from Brazil.

White Sonoran: Land Race wheat grown in northwest Mexico since around 1770. Soft white wheat with mostly awnless, compact, medium-long heads.

## **HULLESS BARLEY**

*All the varieties we offer are "hulless": unlike commercial varieties, they have very loose hulls easily removed by rubbing. Hulless barleys have great potential for the home garden. They are hardy, carefree crops that provide hearty and satisfying food. All of our hulless barley varieties grow to about 3 feet tall. Packets are ½ ounce. \$2.00*

Purple: Beautiful purple heads.

Sangatsuga: Honey brown seed.

Tibetan: Plump brown kernels with great flavor.

## **FLAX**

*Flax is very high in Omega-3 fatty acids. Seeds can be sown in mid-spring and harvested during August when it is still relatively dry. Packets are 1 ounce. \$2.00*

Golden Flax: The seeds of this variety are not as mucilaginous as other varieties and are scrumptious eaten out of hand or added directly to breads, muffins or cereals. The plants have very pretty blue flowers about knee high that appear daily only to disappear until the next day's glorious display.

## **BUCKWHEAT**

*Buckwheat is most commonly used as a cover crop but can be left to go to seed for use as a grain. Hulls must be removed for use as a whole grain but the seed can be ground whole into a flour, hulls and all. Packets are 1 ounce. \$1.00*

Common Buckwheat (*Fagopyrum esculentum*): The most common crop variety of buckwheat. Grows to about 3 feet tall.

Medawaska Buckwheat (*Fagopyrum tartarica*): Plants grow to 5 feet and attract many beneficial insects. Infusion made from the flowering tops is high in rutin, which combats the hardening of the veins and arteries.

## **MILLET**

*Milletts are a group of small-seeded grain crops that span several families and genera. Most are commonly grown in the southern US, Africa, India and other warm climates. All of the varieties we offer are those that grow well in a cool climate and have been successful in Whatcom County. Planted in late May, they will mature by September in an average year. Millet is a highly nutritious gluten-free grain. Millet seeds contain a hull that would need to be removed for use as a whole grain; seeds can also be ground into a flour with the hulls on. Packets contain a minimum of 200 seeds. \$2.00*

Proso Millet (*Panicum miliaceum*): Quick to mature with a high alkaline content that counteracts acids and makes it more easily digested. Loose seed heads with a profusion of small, round seeds. Typically grows 3-4' tall.

Dark Millet (*Panicum miliaceum*): A beautiful dark-seeded proso millet obtained from the USDA.

Foxtail Millet (*Setaria italic*): The second-most widely planted type of millet, primarily in Asia. This millet has the longest history, as it has been grown in China since the sixth millennium BC. Reaches about 4' tall. The variety we offer is a cool-season, early maturing variety obtained from the USDA.