

Seed & Soil



Seed & Soil Catalog

2024 Edition

Cannabis • Herbs • Flowers • Vegetables

Grown Under the Sun, Moon, and Stars in Monroe, Maine

www.seedandsoilmaine.com

Seed & Soil

Seed & Soil is a ma and pop operation, working to serve our locality with robust plants, seed, and soil for the complete garden.

Plants that perform in this region need to be hardy, especially cannabis. Grown and selected outdoors in native soil under the sun, moon, and stars - we offer vigorous, well adapted, and pungent varieties.

We believe that seed is stronger when it has a chance to battle the environmental circumstances. We don't baby our plants, we let them struggle and pass the strongest genetics along to our customers.

When it comes to cannabis, we select easy-to-grow, unique smelling plants, with great bud structure, and dense trichomes. We breed using large populations, outdoors, in native soil, using minimal inputs. This helps our neighbors have sturdy plants that don't need to be coddled in our climate. Each year we look at over 5,000 cannabis plants and over 150 unique seed accessions. Seed from about 75 elite plants make the cut for public sale. Seed industry standards for quality assurance are also a priority, so if you have any questions about germination, feminization testing, or other quality standards we uphold, please ask. More than just making the plant easier to grow, there's a bigger mission here for us - environmental sustainability and resilience.

Ben & Betsy Samuelson



Information about our Adult-Use License:

We are licensed in Maine's adult use (aka recreational) program, meaning we jump over many hurdles, and pay a lot in taxes to make sure that anyone 21+ can purchase plants and seeds here on the farm. Our Tier 4 Cultivation License Number is ACD694 and our Nursery License Number is ACN1134.

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HOW WE BECAME AFFILIATES OF HUMBOLDT SEED COMPANY:

We were introduced to Nat by a close friend of Betsy’s family (they are all old heads). Nat invited us to work a season at the Humboldt Seed Company Mothership farm in the mountains of Northern Humboldt County. After a successful season, he encouraged us to produce the world’s first certified organic feminized cannabis seed available on the regulated global market in joint venture with a Canadian licensee in British Columbia. We took on the challenge and got it done during covid in 2020. From the start, we had our eye on the goal to begin nesting here in Maine at our very own farm and flying the Humboldt Seed Company banner here.

“I’m not afraid of just saying the organic truth of it, which is basically, we had these incredible interns. But these weren’t “finding themselves before senior year” type interns, husband and wife pair Ben and Betsy Samuelson had a lot of cannabis-relevant degrees when they arrived at HSC ready to get their feet wet in the industry. They were just incredible resources for us, and vice versa. It was sort of serendipitous.”

— Nat Pennington, founder of Humboldt Seed Company














Photoperiod Strain Comparison Chart

	Origin	Fem Seed available	Reg Seed Available	Plantlets available	Uniformity (out of 10)	Very Early ~9/15	Early ~9/30	Medium ~10/12	Late ~10/25	Page Number
All Gas OG		●	F		7		●			6
Banana Tango		●	F		8	●				7
Bigfoot Glue		●			8			●		7
Blue Dream					8					8
Blueberry Cupcake		●			7		●			8
Blueberry Muffin		●	●		9	●	●			8
Caramel Headband		●			7		●			9
Dankincense		●	●		8	●	●			9
Emerald Fire OG			F		9		●	●		9
Gazzurle		●			7		●	●		10
Headband		●	F		8		●	●		10
Hella Jelly			F	●	9		●	●		10
Jelly Donutz		●			7	●				10
Jelly Spice		●			7		●	●		10
Midcoast Mojito		●			7			●		11
Omaha Jazz		●	F		6			●		11
Pineapple Muffin			F		8		●			12
Pineapple Upside Down Cake		●	F		8		●			12
Raspberry Parfait		●			8		●	●		12
Squirt			●		8		●			13
Tangie in the Sun			●		7		●	●		13
Trainwreck		●	F		9		●	●		13
Blueberry Wine 1:1		●			8		●			14
Joint Relief 1:1		●			8		●			14
Lemon Cello 1:1		●			8		●			14
OG Kush 1:1		●			8			●		14
Persephone's Tonic 1:1		●			7		●			15
Sour Diesel 1:1		●			8		●	●		15

- Humboldt Seed Company Strain - Seed & Soil Strain

- The world's Strain F - This seed only available at Seed & Soil Farm

Autoflower Strain Comparison Chart

	Origin	Fem Seed available	Reg Seed Available	Plantlets Available	Uniformity (out of 10)	Days to Harvest	Page Number
Emerald Fire OG Auto		●			8	85 Days	16
Etrog Auto			●		7	90 Days	16
Katahdin Haze Auto		●			7	85 Days	16
Lemon Telescope Auto		●			5	80 - 90 Days	16
Magic Melon Auto		F			9	85 Days	17
Magnolia Sugar Auto		●			9	85 Days	17
Midnight Melon Auto		●			6	100 Days	17
Pineapple Muffin Auto		●			8	95 Days	17
Pink Jade Auto		●			9	85 Days	18
Pound Town Auto		●			7	85 Days	18
Raspberry Parfait Auto		●	●		6	80 - 100 Days	18
Sour Apple Auto		●			8	80 Days	19
Stargazer Auto		●			6	85 Days	19

36 NEW VARIETIES IN 2024

Feminized Cannabis

Bigfoot Glue
 Blueberry Cupcake
 Gazzurple
 Headband
 Jelly Donutz
 Trainwreck

Herbs

Genovese Basil
 Bouquet Dill
 Italian Parsley
 Anise Hyssop
 Spilanthes
 St. John's Wort



Flowers

Ageratum
 Bachelor's Button
 Balsam
 Black-eyed Susan
 Cosmos
 Burgundy Gaillardia
 Globe Amaranth
 Marigold
 Elka Poppy Snapdragon
 Sweet William

Vegetables


Summer Squash
 Watermelon
 Butternut Squash
 Kabocha Squash
 Acorn Squash
 Arugula
 Lacinato Kale
 5 Lettuce Varieties
 Bronze Mignonette
 Green Frills Mustard

Cannabis Seeds

We produce all seeds we sell in either our 20,000 sq. ft. Tier 4 Adult-Use Cultivation Site or our 1000 sq. ft. Adult-Use Nursery. Proud affiliates of Humboldt Seed Company, we carry many of their varieties, all of which are adapted to this environment through years of selection. Humboldt Seed Company varieties will be indicated with a  icon. Additionally, we have a growing number of strains developed by us, Seed & Soil, those will have the  icon. When you see no icon, it's because the strain belongs to the world, too many fingerprints are on those genetics for a brand to be associated with them.

We offer regular and feminized seeds, indicated by “R” or “F” at the beginning of each strain description. See Glossary for clarification on the difference. Each strain description ends with some useful estimates in italics: a uniformity score, approximate harvest date, and weeks in flower. Uniformity refers to the amount of variation between plants within the population from the seed we're offering. Harvest date is not a guarantee, but useful for planning, Weeks in flower is also not a guarantee, but useful for if you're using these plants indoors under lights (see Glossary 'photoperiod').

**Baby PLANTS Available: Cannabis, Herb, Flower & Vegetable
Farm Store Open: Fri & Sat 10 am - 6 pm | April 19 - July 13
Or outside of these hours and dates BY APPOINTMENT**


We love baby plants! Starting from seed isn't for everyone. So, we offer a selection of plants for sale to the public in the Spring. If you see  then we intend on having some baby plants of that variety. If you know in advance that you want a large number of plants from a particular seed offering, please contact us by phone or email for preorder.

Important note about our potting mix: we blend it on site from local peat, homemade compost and worm castings, and perlite. Ben gets his juices flowing by taking in local “ingredients” for the compost such as animal manure, entrails, and hides, wood chips, rotten hay, kitchen scraps etc. - making thermal piles and aging them to fungal perfection. We make no phytosanitary guarantee on our baby plants, our seedling mix is born in the great outdoors and not sterilized.

PHOTOPERIOD CANNABIS STRAINS

ALL GAS OG

Indica | Gassy | Incense | Spice

F - R -  Gassy, early finishing, and easy to trim, All Gas OG aims to integrate improved nug density from its Venom OG predecessor thanks to mingling the bloodlines with Chem Dog. When we adopted stewardship of this seed line from HSC, Nat had recently mingled Chem Dog bloodlines into the strain. Some of the Humboldt Strains that we carry will be true-to-type, almost identical to the California seed lines (like Blueberry Muffin), but others (like All Gas OG) we've taken liberties in adapting to the needs of our humid temperate climate. The feminized seed released for 2024 is the full-sib progeny of the third backcross of the Venom/Chem marriage. A single pollen

F Feminized Seed

R Regular Seed

 Seed & Soil

donor from the original Venom line with deep purple flower was the stud upon only one plant selected in its chamber – green, reeking with gas, nearly untouched by mold, and towering above its neighbors with vigor. It will be another few rounds of selection to recapture the reliably green flower of the California All Gas OG. But this release will surely delight homegrowers and professionals that can tolerate some purple in their flowers. See Dankincense for spicier incense terps and looser flower for hashing. *Uniformity: 7/10.* Oct. 1 (7 weeks)

Banana Tango

Early | Vigorous | Banana | Easy Trim

F - R - 🍌 - 🍌 A preposterously vigorous monster of a plant, the original Banana Tango cross shocked us in 2020 with its huge early tropical ripe banana scented tennis ball nugs. The parents for this project are a Banana Mango (Humboldt Seed Co.) male and an early Cookies (circa 2009) cut curated by Hendrx nursery. The earliest finishing photoperiod strain in our garden, Banana Tango produces tidy nugs that look practically trimmed with a tasteful minimum of sugar leaf gracing the calyxes. The fem seed released for 2024 is our 2022 crop of seed, so we have immense confidence in its earliness, uniformity, thick trichomes and respectable mold resistance from the performance of this seed in our 2023 flower crop. Expect tropical banana sherbert aromas across the board. Inquire for the latest regular seed which is a work in progress on track for ridiculous earliness. *Uniformity: 8/10.* Sept. 15 (7 weeks)

BIGFOOT GLUE

Deeply Relaxing | High THC | Alluring layers of flavor

F - 🍌 - 🍌 Gorilla Glue: one of the most recognizable and most requested strains. Bizzare history from the wacky world of legal weed: the glue company sued the weed company! Now nobody's supposed to call weed Gorilla Glue! Luckily, many breeders have worked that GG4 cut (or something like it, or something they were told was like it). So, our library contains Glue. We threw all the Glue we had into a feminized breeding chamber in 2023 and picked the best plants for your enjoyment. The explosive vigor is fun, but the long finishing time is tricky for Maine. We're working to improve that. Most of the seed stock in our Glue project comes from Humboldt Seed Company so we are keeping their 'Bigfoot Glue' name to honor the legacy. A solid pick for washing hash. *Uniformity: 8/10.* Oct 20. (8 weeks)


Blue Dream

Classic | Orange & Gas | Relaxing | High Yields

🍌 Classic Strain with heavy yields and that eye-watering menthol-adjacent caryophyllene tingle plus orange and pine notes. The name comes from the unusual hue, it's blue in the way that a blue heeler or winter leek tops are blue, kind of grayish. Truthfully, this strain is poorly adapted to outdoor production in Maine, but we are still working it forward due to the formidable demand based on name alone. Our miniscule crop of feminized seed will only be used for making baby plants for our 2024 hunt and limited plant sales in spring. *Uniformity: 8/10.* Oct. 20 (8 weeks)



BLUEBERRY CUPCAKE

Hendrx Strain | Wedding Cake worth growing Outdoors

F -  Wedding Cake... for some – the perfect weed. Screaming loud, but subtle and complex with layers of buttercream, rich maltiness, and sweet gas. It's a champion flower, but famously a pain in the ass to grow with the dreaded tendency to herm – and forget about it in the outdoors! Enter Hendrx nursery and Blueberry Muffin. Hendrx's Cake cut got lots of love and crosses for reasons mentioned above. Leave it to Blueberry Muffin to take the cake for transforming this bridezilla into a sweet and simple outdoor flowerchild. Ben didn't believe the news, but in 2022 our pilot crop of Blueberry Cupcake finished spectacularly before a painful 22 degree night on October 12th. Obviously, we had to make seed and in 2023. The seed crop received the 'Seed and Soil treatment', in which plants get no help from us while subjected to the double whammy of the Maine outdoors AND a humid breeding chamber at the most mold-vulnerable phase in flower. 2023 was a gauntlet of challenging conditions, so we got to see the strong survive (and the weak very much die). As a result, our selections for '24 release promise excellent resistance and all the layered cakey vibes you want, plus a hint of buttery blueberry. We've never seen a male flower on a female plant in this line, so if you've sworn off cake for this reason – allow yourself to reconsider. *Uniformity: 7/10. Oct. 10 (7 weeks)*



BLUEBERRY MUFFIN

Flagship Humboldt Strain | Low Maintenance

F - R -  -  Rightfully a flagship of Humboldt Seed Co., the Blueberry Muffin is the result of 30 years of selection by Nat Pennington, founder of HSC. It's a performer outdoors, and very user friendly - early finishing, well spaced nug for less mold, nice structure whether trained or left au naturale - no floppy octopus vines or overabundant interior branches. Most impressive is that it really smells like blueberry muffins - not blueberries, blueberry muffins. Difficult to see flower on retail shelves though because it rarely cracks 20% THC, nevertheless, it's a top shelf smoke with balanced anxiety-free effects. *Uniformity: 9/10. Sept. 20 (6 weeks)*

Caramel Headband

Hybrid/Indica Effects | Classic Pine & Fuel | Luxurious Creamy Undertones

F - R -  -  A creamy twist on the classic Headband. 'Caramel' is an imperfect approximation of a certain unmistakable toasted mouth-coating heavy aroma that is unfamiliar in classic Headband. But like a good Headband the effects deliver a cozy body high without unbreakable couchlock. We are re-releasing the '22 crop of seed which we grew out in '23. We can offer extreme confidence in the flavors, and we were also surprised to find decent earliness in some of the plants, with finishing dates as early as 10/5, but some finishing two weeks later. Due to this variability, make sure to check each plant for ripeness at harvest time. There are mostly green flowers, with some fully pink, and some with green interiors and purple tips. Caramel Headband is a mingling of Headband and Caramel Cream (a stunning Humboldt Seed Co. strain boasting explosive vigor, large gassy nugs, and unusual toffee overtones). The release is a half sib cross of HBxCC Bx1 to HB. Ben's personal favorite plant from the whole 2022 field was this single seed mom. *Uniformity: 7/10. Oct. 15 (8 weeks)*

F Feminized Seed

R Regular Seed

S&S Seed & Soil

Dankincense

Face-Melting High | Early Ripening | Spice, Conifer & Gas | Hasher

F - R - 🍊 - 🧠 A Seed & Soil flagship strain, and our answer to the prominent preference for powerful gassy flower that calms the spirit and soothes the body. Early finishing, wide and stout, this plant stole the hearts of a few local veteran growers that gave us feedback. We are continually impressed with Dankincense (even though we know pretty well what we have on our hands, it seems to really shine for us every season). Definitely suitable for the joints, pipes, blunts, and bongos of the most prodigious cannabis consumers. **History & Breeding:** We've selected this line for four generations from the ancestral Humboldt Seed Co. Asphalt Plant/Venom/All Gas line. But we've approached it from a very non-cannabis breeder angle. Rather than always narrowing down to just one male or pollen parent and one female, we have 'population bred' our line. Selecting aggressively for the aroma profile, we keep seed accessions from individual females separate, but always set seed from multiple moms into the next population for breeding to multiple pollen parents. As a result, the uniformity is lower, but the adaptability season to season (and presumably region to region) is higher. Expect deep purples to lavender tipped green (but never 100% green) flowers. Keep an eye out for a pheno that presents in about one in every 20 plants which has such tiny pistils that they never extend beyond the bract! *Uniformity: 10/10 (aroma & earliness), 6/10 (color). Sept 25 (6 weeks)*

EMERALD FIRE OG

Extremely Uniform | Cozy Effects | Pine & Gas

F - 🍷 - 🧠 Classic gorgeous uniform specimen plants with that OG vibe on a sturdy frame. A classic and a favorite that some customers have come back to us in the off season to get more beans for their friends. It has a clean and precise pinpoint on those gas, pine, and lemon terps that make you want to snuggle in by the fire, but it omits the hops notes that are part of the OG Kush profile. Sadly, this line performs poorly outdoors for us. Our scant fem seed crop will only be available at our nursery until we can adapt this line to our conditions. *Uniformity: 9/10. Oct. 20 (8 weeks)*

GAZZURPLE

Berries and Fuel | High THC | Bag Appeal

F - 🍷 - 🧠 Growing the jewels of modern indoor genetics in the Maine outdoors can be downright masochistic. Our friends in Humboldt take the first step, selecting in the California outdoors. We've found that the cartoonishly frosted-out strains often can't make the eastern leap to our humid temperate climate. Gazzurple surprised and impressed us! Worthy of further refinement for our area, and certainly for indoor growing. We selected aggressively against mold and have a modest supply of this genetic for release. Give it a bit of care and attention (airflow management, well-timed mold preventatives, and protection from early cold snaps and excessive mist). Beware, Gazzurple is susceptible to herming in response to a "hard flip," switching right down to 12/12 light cycle at once – whether by light deprivation, or indoors under light. Use a slow flip, stepping up the dark period by no more than one hour per day (or go full term) and you will be rewarded with spectacularly high THC and gas at every level plus a little bit of sour berry flavor. *Uniformity: 7/10. Oct. 25 (7 weeks)*


Headband

Oldschool fuel | Hops | Early | Euphoric

R - F Proper classic headband flavor and quite uniform for aroma, but differences in nug structure are present. Warm-blanket style body effects lay heavy behind the eyes and imbue your session with an attitude of general well being. Our selections lean into earliness, tolerance of septoria and resistance to botrytis, and peppery sourness – no fruit allowed in our HB. Even having seen some great performances from Headband elsewhere, it surprises and delights us for its suitability to the Maine outdoor season. After a swing and a miss in '22 we are delighted to offer feminized Headband seed. *Uniformity: 8/10. Oct. 10 (7 weeks)*


Hella Jelly

Very High THC | Powerful Sativa | Fast Finishing

F - R -  More recent entry into the Humboldt Seed Co. catalog. We (Ben & Betsy) were present on “the mountain” farming with Nat in 2019 when the original Hella Jelly Unicorn was found in that garden. It astounded all with great outdoor performance, earliness, and testing above 30%! A star was immediately born, and the S1 Hella Jelly was released the following year - it pleased the masses. Hella Jelly has gotten some justifiable hype, becoming a darling of Leafly as a new member of the “Sativa hall of fame”. HSC has done excellent work increasing uniformity of seed for this beautiful and valuable set of traits in a short time employing what we call “fem breeding” to swiftly lock key traits into the population. But this results in “fem only lines” so nobody can take a true male and use it for their own breeding. To support continued open-source breeding in cannabis, we are very proud to offer the first ever regular Hella Jelly seed! It's the result of backcrossing males from the original cross to the most true-to-type fem bred Hella Jelly moms. The project has progressed each season and our '24 release of Hella Jelly regs promises great uniformity – to all the pollen curious or seasoned pollen jockeys, think about a new stud in your stable! Crack a jar and the room fills with candy and skunk. Buzzy one-hit-wonder effects. *Uniformity: 9/10. Oct. 5 (6 weeks)*


Jelly Donutz

White Runtz | Excellent Earliness | Great to Wash

F -  Hats off and big gratitude to the Humboldt Seed Company for this work. Hella Jelly met the Emerald Cup winning White Runtz cut and was hunted twice, worked with fem-only lines and self pollinations, blazing swiftly to a reasonably uniform seed line. We found it to finish astoundingly quickly. We barely got our act together to pull slightly overripe flower out of the field before the end of September. The candy terps are strong with this one, but never cloying, thanks to a silky clean gassiness from the Gelato deep in its Runtz lineage. If you know us well, you might guess that we've got a project in motion to 'regularize' this gem. You'd be right. But for now, it's fem only. *Uniformity: 7/10. Sept. 25 (6 weeks)*

Jelly Spice

Spice & Fruit | Lucid Psychedelic Effect

F -  This is the Seed and Soil offshoot from Hella Jelly. The original cross from

F Feminized Seed



R Regular Seed

 Seed & Soil

which the HJ unicorn was hunted was brought, separately, to the F2 generation and there was a plant with real nutmeg and cinnamon spice vibes and a slightly more narrow and serrate leaflet. That plant got Hella Jelly Fem pollen and it happened to be the single most productive plant in our '21 crop of feminized seed. This very seed has proved itself as a flower powerhouse two years running and germination remains high, so we re-release it in '24 with great confidence. Its attitude in the garden is carefree and low maintenance, fits well with our fairy-esque farm vibe. A toke is like putting on your rose-colored glasses and strolling in tall trees. *Uniformity: 8/10. Oct. 5 (6 weeks)*


Midcoast Mojito (aka Lime Green Crack)

Persian Dry Lime | Minty | Midcoast Original | Heavy Yielder

F -  -  This line came into our hands from a neighbor, and we were impressed with a special pheno that tossed off some prolific yields, good resistance, and uncanny lime smell - similar to dried key lime used in Persian cooking. It has an eye-watering mint-ish quality, and like mint, it might overwhelm all the other plants in your garden – with both its aroma and vigor! A midcoast original selected at our farm for two generations from an original polyhybrid of Afghani Kush/Green Crack/Blue Cheese. Its alias “Lime Green Crack” is the moniker it flies under when it finds itself on dispensary shelves as live resin. For those sativa-lovers that fondly recall the Green Crack craze, Midcoast Mojito delivers the same pedal-to-the-metal sativa energy, especially in extract form. If you are looking for that kind of effect in a recreational dispensary, find our crop in 0.5g live resin cartridges from Seaweed! *Uniformity: 7/10. Oct. 10 (8 weeks)*

Omaha Jazz

Uplifting | Legendary | Complex Intoxicating Aroma

F -  The Omaha Jazz seed line strives to rebuild from the memory of dragons - the legendary “Sweet Jazz” clone-only strain. History and breeding: These layered complex flavors come to you from the jam band scene of Betsy’s homeland of Omaha, Nebraska circa 2010. It is the hands-down best smoke in the opinion of many seasoned revelers. And one doob burning in a crowd of other doobies is said to have attracted those in the know by its unmistakable perfume. As a clone-only strain, it existed in only in the super secret indoor grows of Omaha where weed even still will earn a harsh penalty. We offer it with humility and gratitude for the “traditional” market, people who took real risks (especially in the midwest USA) to carry cannabis genetics forward when it was illegal. A Jamaican bag seed female (supposedly Lambs Bread) was crossed to Sweet Tooth and the Sweet Jazz unicorn was hunted from that cross. A tipoff about a coming raid had a grow scrambling to move plants, the stress resulted in some herm pollen resulting in a bit of accidental S1 seed floating around in sacks for a while... we were blessed with some of this seed from a friend, as well as some reg seed from the cut dosed with male pollen. Tasting and Effects: It has been said, “Sweet Jazz is like nothing else”. We agree that it cannot be described in much of a useful way... it has a crisp floral note, and a gassy lime-like twang reminiscent of the Midcoast Mojito, even just a sniff is intoxicating. Effects are balanced - musical and dancey but without being too speedy. Grower’s Notes: Omaha Jazz does quite well in our field, finishing thick colas with very little bud rot in mid-late October. On average, later harvests means greater risk of mold or frost injury, but one never knows when misty mold weather will strike! No year is average and having a staggered harvest

is a wise hedge and good for workflow. In the late finisher slot, there is no more reliable offering than this one. The 2024 fem seed release is from our #1 pick mother of the 2022 crop. It grows very large plants without many inner branches leaving plenty of airflow. It puts on weight and benefits from trellis net. Mostly all green with some plants expressing light purple tips or, rarely, completely lavender colas. *Uniformity: 6/10. Oct. 20 (8 weeks)*

PINEAPPLE MUFFIN

Rare Guaiol Terpene | Chatty | Resistant

F - 🍷 Trainwreck lineage, flavor is louder than smell of live flower. Sativa high. Resistant and somewhat early. Ben became hopelessly infatuated with this plant in 2019 when he tintured it. Giggly and chatty euphoric effects were delightful, but the flavor was amazing. A few drops could make a 50 cent can of beer sing a song of alpine herbs, moss and lichen, and bitter tropical fruit. That very 2019 crop dazzled Ben with its resistance in California, but our 2021 trial in Maine finished unexpectedly late, probably from starting seed so late (early/mid July). Nevertheless the extract from that crop was maybe the most loved sativa oil that we've grown, we'll have to grow enough in '24 to break the tie with Midcoast Mojito for that title. *Uniformity: 8/10. Oct. 20 (8 weeks)*

PINEAPPLE UPSIDE DOWN CAKE

Rare Ocimene Terpene | Uncanny Pineapple Aroma

F - R - 🍷 - 🤖 Absolutely takes the cake for uniqueness. Rare Ocimene and Carene dominated terpene profile will have your neighbors thinking, "those pineapples almost smell like weed!". One of the 'first fruits' from the Humboldt Seed Company "pheno MegaHunt" series - in 2017 many thousand seed-grown plants were narrowed to just a handful of exceptional individuals and Pineapple Upside Down Cake was one of these unicorns, proving the value of such an undertaking. We have selected from two generations under Maine skies beginning with regular accessions of this line to pin down earliness and dripping pineapple terps that finish outdoors in Maine. Our '22 feminized release is the first fem generation in a line of regs - for what it's worth. We grew seed in our '23 field from the three best moms and for '24 we release the highest performing of those three. *Uniformity: 9/10 (F) 8/10 (R). Oct. 15 (8 weeks)*

Raspberry Parfait

Sharp Fruit | Sweet Cream | Piercing Floral Tones

F - 🍷 For fans of fruity floral cannabis, look no further. The Raspberry Parfait has captured the admiration of many for its utterly piercing aroma. Terpinolene is forward in the nose but something pushes the sensory experience completely into the sour berries and sweet flower arena. Finishes mid October and has proven resilient two years running. We love Raspberry Parfait so much that we made the autoflower version (see Raspberry Parfait Auto for that scoop). And of course, we've been working the seed line for our Maine climate. We've steered toward earliness, longer internodes, but above all - bodacious aroma. Nobody can agree on what the effects are, it sedates some people and makes others scrub the grout to a sparkling white. *Uniformity: 6/10.*



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SQUIRT

Uncanny Grapefruit Soda | Sativa Effects

R -  -  The plant in our field to most commonly turn heads of veteran growers. Our work backcrossing true males to bring Humboldt's powerhouse of citrus into uniform regular seed has been an honor and a success. The only regular Squirt currently available anywhere. We find slightly increased earliness in our line and equally dripping grapefruit, passion fruit, or tangerine notes. Fans of hunting moms from reg lines or finding male studs for their own breeding will be delighted to have this genetic in regular form. It's proven tough for us to make a good pollen donor with this genetic - we've flubbed two attempts in a row to make fems! Our miniscule crop of feminized seed will only be used for making baby plants for our 2024 hunt and limited plant sales in spring. *Uniformity: 8/10. Oct. 15 (7 weeks)*


Tangie in the Sun

Sativa Effects | Tropical Citrus | Juicy

R -   Tangie in the Sun is Seed & Soil's admittedly very Squirt-like spinoff of Squirt, the Humboldt Seed Co.'s champion for crowd pleasing extract. Tangie in the Sun was released for 2022 from a mother plant that had a more juicy passionfruit aroma than its Squirt sisters which were deadringers for the eponymous grapefruit soda. In a project to "regularize" the fem-only Squirt line, these plants were pollinated with males from the original Blueberry Muffin x Tangie cross from which the Squirt Unicorn was hunted. Our 2022 garden saw mostly Squirty terps from the Tangie in the Sun, but we made a sib cross within the Tangie in the Sun line which gave rise to a delightfully passionfruity mom for the 2023 release. This passionfruit note seems to be carried by a bit of butter character from the muffin lineage lending a slightly rounder overall aroma, and it did crop up more frequently in the '23 Tangie in the Sun seed than in the Squirt. For 2024 we expect you'll find more of this tropical fullness for the tangie sommoliers out there. *Uniformity: 7/10. Oct. 10 (7 weeks)*

Trainwreck

Speedy Giggly Effects | Needs Trellis


R - F -  This Trainwreck comes with the greatest possible assurance to be directly descended from the original famous Arcata Trainwreck aka A. Train. This Trainwreck has been selected outdoors for many generations so it won't demand excessive pruning and trellising or leave you waiting past October... But it does still have echoes of the famous floppy octopus growth habit, and some of the characteristic slowness to finish of a pure-bred sativa. The reward is worth the effort: powerfully terpinolene dominated flower with pine notes and no fruit, leaving you crippled by giggles. Trainwreck's excellent speedy effects made a big splash in Europe when the cut made it there and the prominent breeders of the era re-injected genetics with Trainwreck heritage back into the hands of North American growers. Truly one of the venerable ancestors of the modern greats. We've added our '23 crop of regular seed to the re-release of the '22 feminized crop. *Uniformity: 8/10. Oct. 25 (9-10 weeks)*

CANNABIS STRAINS - PHOTOPERIOD 1:1's

All of our 1:1's are photoperiod plants. One parent is a THC containing strain and the other is a CBD containing strain. The result is a plant with a mixed ratio of cannabinoids which some consider to be more medicinal. Please note that the final ratio of THC:CBD is not necessarily 50:50, we use 1:1 as a shorthand for "mixed ratio" or "Type II" as these kinds of plants are also called.



Blueberry Wine 1:1

1:1 (THC:CBD) | Peaceful & Mellow | Easy to Grow

F -  Blueberry Wine grows extremely easily, refused to show us even a speck of mold in 2022 (but the dreary 2023 summer did result in some specks), and finished in the first week of October. The strain named itself, daughter of Blueberry Muffin (THC) and Cherry Wine (CBD). This would be a wonderful gift for an open-minded aunt who loves gardening and making medicine, who may be a little naive but curious about cannabis! In pursuit of what we call "dad weed", this smoke should leave you fully able to have a conversation, maybe pay some bills or enjoy a gathering without feeling awkward, anxious, or tired - if cannabis tends to have that effect for you. *Uniformity: 8/10. Sept. 25 (6 weeks)*


Joint Relief 1:1

1:1 (THC:CBD) | Gas & Black Pepper | Soporific

F -  -  Joint Relief 1:1 grows enormous plants with heavy gassy colas. This would be a wonderful gift for an open-minded aunt who loves gardening and making medicine, but may be a little naive but curious about cannabis... who is married to your arthritic uncle! The goal of this strain is a completely functional body high to soothe discomfort and invite sleep. Should perform very well in salves as well. Full spectrum edibles and carts available at Maine recreational dispensaries, Seaweed Cannabis Co. has Joint Relief 1:1 and many of our other 1:1's available. *Uniformity: 8/10. Sept 30 (8 weeks)*


Lemon Cello 1:1

1:1 (THC:CBD) | Lemon Cream | Creative

F -  This release is from an individual mom who was a perfect Lemongrass specimen, crossed with Cherry wine CBD hemp. Lemongrass is The Humboldt Seed Company's "improvement" on Lemon Kush. While some say that Lemon Kush is perfect just as it is, Lemongrass brings a little extra resin and luxurious cream notes through its mingling with Gelato. Expect bright citrus, complexity, and effects that relax and release creativity. *Uniformity: 8/10. Oct. 10 (8 weeks)*

OG Kush 1:1

1:1 (THC:CBD) | Old School Vibes

F -  OG Kush x Cherry Wine Hemp F1. The Humboldt Seed Company's OG Kush is remarkably uniform and spot-on, but it needs TLC in the Maine outdoors. Cherry Wine fixes that! These plants were the most attractive plants in the October field, post Hurricane Lee and after all the rains of 2023, they are so tolerant of environmental stress

F Feminized Seed

R Regular Seed

 Seed & Soil

and took a few stiff frosts without any issue. The classic chronic vibes and spicey/hoppy ganja profile shines through in this F1 and the smoke is a little more dialed in to that casual lift thanks to the CBD - for smokers that want to be able to have a conversation after toking! *Uniformity: 8/10. Oct. 20 (8 weeks)*

Persephone's Tonic 1:1

1:1 (THC:CBD) | Summer in a Bottle | Potent

F - R - 898 Hella Jelly x Cherry Wine Hemp F1. The well-behaved and resinous Hella Jelly traits shine through in this mixed ratio (THC and CBD in the same plant) strain. Performance of the regular release of this F1 was top notch in our 2022 garden. Unsurprisingly, the feminized seed gave rise to a bodacious crop in our 2023 season, hurricanes and cool dreary summer days notwithstanding. Huge plants created a formidable jungle and had us climbing on upside down buckets to harvest. Persephone is the Greek goddess of Spring whose plight is to spend all winter as goddess of the underworld with her husband/captor Hades. We thought she might need something uplifting for those dark months, so we made this strain. Also available from a more "sativa" hemp parent (Hella Jelly x Kenopi Red Hemp) with more bubblegum flavors and less total cannabinoids. *Uniformity: 7/10. Sept. 30 (7 weeks)*

Sour Diesel 1:1

1:1 (THC:CBD) | Screaming Loud Aroma | Balance

F - 898 Sour Diesel x Cherry Wine Hemp F1. Expect a calm energetic functional high from this mixed ratio. The THC mother that bore the seeds for this release was a stunner for screaming loud sour funky lemon and eye-watering pine and diesel aroma. Heavy yielder, don't forget to trellis. *Uniformity: 8/10. Oct. 15 (8 weeks)*

AUTOFLOWER CANNABIS STRAINS

Autoflowers or "Autos" mature in a certain number of days regardless of light cycle, typically between 70-120 days, similar to most vegetable crops. Autos thrive naturally outdoors in Maine when they are germinated mid-late May to mid-June, allowed to grow through the solstice for ripening in late July thru Early September. Season extension tricks can expand and enhance the possibilities autos offer to the outdoor grower. But beware, baby autos are sensitive. Key to growing autos is that their young root ball cannot be allowed to feel cramped – even for a few days! You must transplant promptly or avoid transplanting altogether if possible (if you have high control over the area where your precious seeds are germinating). When you look down on a seedling from above, if its leaf tips have grown as wide as its pot's margins, it's time to transplant. Roots should not have grown enough to knit the soil together (very different from almost any other vegetable or flower we gardeners are used to working with) so the soil plug will be fragile. Peat pots should be gently cut or ripped at transplant because they don't immediately allow roots through when transplanted. Failing in this causes autos to blast into flower before they have time to put on much growth.

EMERALD FIRE OG AUTO

Hops & Pine | Bag Appeal | Cozy Effects

F - 🌿 Autoflowering take on the Emerald Fire OG. For whatever reason, it has been difficult for auto breeders to corner that classic OG character in an autoflowering plant. We're happy to say that this one does a pretty nice job. Plants vary a bit, but grow a few and you will be rewarded with subtle riffs on the same refrain of hops, pine, fuel, and citrus. Whatever aroma note carries in any particular plant, they will all bear frosty trimmable nug. Autos are rapidly gaining popularity in tent grows for beginners and casual growers, but veterans are beginning to pay attention thanks to strains like this one. 85 days from seed. *Uniformity: 8/10. 85 Days from sprout*

Etrog Auto

Lemon Pez Candy | Skunk | Earth

R - 🌿 Etrog Auto is a Seed and Soil original introgression. This means that we crossed an auto to a photo and selected for three subsequent generations from LOTS of plants, about 1000 in this case. These introgressions are our proudest work! Lemongrass is Etrog Auto's photoperiod ancestor and its rounded lemony gas clearly shines through. Expect a narrow range of gassy lemon, to sour green apple, to shimmering lemon pez aroma. An etrog is a type of citron used in the Jewish harvest festival of Sukkot. It's like an oversized puckered lemon with a little nub of a tail on the blossom end. It has a wonderful citrus aroma – makes a martini special for the Fall season. A nod to the tribe, Kosher Kush will welcome a new friend to chief with. *Uniformity: 7/10. 90 Days from sprout*

Katahdin Haze Auto

Heavy Hitting | Lemon & Chem | Amnesia Haze

F - 🌿 Katahdin Haze started as a cross between two autos – Magic Melon and Creme de la Chem. A much easier project than an introgression, the difficulty was choosing what we wanted it to become! At first it tossed out a fun diversity of flavors ranging from minty to sweet to chem, but a sour amnesia haze flavor dominated within the the population of our 2022 release. This haze-y taste and effect was nice... but always enamoured by the unique, we selected a minty seed mother with a hint of bubblegum for our 2023 release. Now for 2024 release, the population is uniform enough that we just bulk selected mothers for vigor and resistance. Expect a hazey range of flavor, low maintenance plants, with a punchy uplifting smoke. Live Resin 0.5g cartridges available through River Driver. *Uniformity: 7/10. 85 Days from sprout*

Lemon Telescope Auto

Summer in a Bottle | Crisp Lemon | Carefree High

F - 🌿 The sense of ease and calm that comes from bright sunlight, warm weather, and clean saltwater nearby captures the vibe of Lemon Telescope. Betsy's #1 favorite smelling plant in our 2022 garden was in our hefty sized R&D population of this new project. Always critical of autoflowers' ability to stand up to photoperiods in the nose department, this designation of Betsy's #1 is no small feat. Depending on harvest date, our noses lead us to speculate that autoflowers express and accumulate flavor compounds differently in different temperature and light conditions. While fullness and richness improve in our gassier autoflowers when they finished in September, the Lemon Telescope seems to be in its ele-

F Feminized Seed


R Regular Seed

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ment ripening under the intense summer sun. Start these early and enjoy blissing out with a toke of Lemon Telescope while sipping cold lemonade in the dog days of summer. The nug is often barely flecked purple and nicely trimmable with good density and appearance. We dedicated a large chamber to this project in 2023 and have chosen to release seed from our bulk selection (rather than individual moms) for retail/homegrowers. This means adaptability will be high, but uniformity will be lower than possible (who wants to smoke ounces and ounces of the exact same weed anyway?) *Uniformity: 5/10. 8-90 Days from sprout*


MAGIC MELON AUTO

Bright Green | Bag Appeal | Mellow | Honeydew

F -  One of the first autos that really looked great and tasted great. An oldie, but goody! We like it because it doesn't debilitate after toking, but for more serious sessions, its low (~14%) THC and less than powerful effects may disappoint. But the quality of the smoke and structure of the nug will not! Honeydew melon and just a touch of funky gas. *Uniformity: 9/10. 85 Days from sprout*


Magnolia Sugar Auto

Inbred Line | Southern Magnolia | High THC Auto

F -  Our highest THC Autoflower. Sweet lavender/magnolia aroma that doesn't fade much in drying (a common problem among autos). Highly inbred, very uniform and excellent for hobby (or professional) breeders. Magnolia Sugar Auto originated from a selection of HSC's "Pound Town" from their 2021 release. After identifying a particularly sweet aroma, we did two full-sib crosses, and the result is something unique, so we've renamed it and are proud to offer this inbred line. *Uniformity: 9/10. 85 Days from sprout*


Midnight Melon Auto

High yield potential | Melon | Earth | Camphor | Sleepy

F -  One of our oldest projects! 2023 seed is the fifth generation after the Anvil Auto X Magic Melon Auto original cross. Midnight Melon Auto carries forward Anvil's powerfully dark color and myserious dark aromas while mingling the alluring honeydew and sweet gas of Magic Melon. Effects are quite sleepy without a powerfully narcotic cerebral effect. Finishes longer than most autos, about 100 days from seed, allowing for very high per-plant yields in the 8-10 oz range given plenty of warmth, light, and space. Expect a preponderance of dark purple in the 2024 release. We've been working to lock in the dark color but it's tricky. It's a dominant trait, so you can breed purple with purple and get green offspring! *Uniformity: 7/10. 100 Days from sprout*

PINEAPPLE MUFFIN AUTO

Pine | Apple | Icewater Auto Candidate

F -  Working this line in our location has yielded a very sturdy plant. We've released seed from exactly one plant to lock in the light breezy "pineapple" charcter. It's an alluring blend that somehow manages to be more pine and apple than pineapple, but also has an unmistakable "tropical" vibe. This plant seems to touch a deep memory from growing up with the marketing of Capri Sun. A very "sativa" smoke that may be debilitating for the casual consumer. Anecdotally a worthy candidate for icewater hashing. 95 days from seed. *Uniformity: 8/10. 95 Days from sprout*

Pink Jade Auto

Striking Magenta & Pink | F1 Hybrid | No Brain Fog

F - SSS Made for the casual smoker. Pink Jade is THC dominant (meaning not a 1:1 containing CBD as a share of the total cannabinoids like other strains that don't get you too baked). It's our smoke of choice here on the farm... because we're busy! It gives a gentle lift with a few tokes that leaves us calm but ready to do whatever's necessary - haul heavy carts up the hill, talk to customers, or whatever. One of the few plants that doesn't leave a lingering brain fog, making it an ideal wake and bake. Plus, it's a snap to grow finishing in 85 days from seed with gorgeous purple frosted golf ball nuggets that shift to an amazing electric pink hue in the interiors. Possibly the most beautiful plant we offer, suitable for window boxes. Stunning opalescent purple, lavender, and pink under layers of sparkling frost contrasted against emerald fans and chartreuse sugarleaves – a real conversation starter on your sunny August apartment porch! 85 days from seed. *Uniformity: 9/10. 85 Days from sprout*

Pound Town Auto

Highest THC in Autoflower Category | Sweet Floral Gas

F - 🍷 Our highest THC Autoflower. Excellent resin yield and very mature flowers will yield in icewater. A joy to grow. We have decided to maintain our line of Pound Town by population breeding. Our original stock displayed variability of traits like color and subtler aroma tones, but all plants checked the boxes for frosty, trimmable, sweet and clean nuggets on sturdy plants with well-spaced internodes. We selected our favorite moms from this original population and their progeny are now pollinated with multiple pollen donors and bulk-selected to maintain broad gene pool for maximum adaptability and vigor. See Magnolia Sugar Auto for the inbred line which attempts to zero in on a particular aroma that knocked Ben's socks off. *Uniformity: 7/10. 85 Days from sprout*

Raspberry Parfait Auto

Sharp Fruit | Sweet Cream | Piercing Floral Tones

R - F - SSS Our most exciting breeding project and biggest R&D push to date, we proudly offer feminized and regular Raspberry Parfait Auto! From an F2 population of 2,000 initial plants in 2022 we selected no more than eight stunners for advance to the next generation. The dazzling aromas were back in the F3 with plenty to choose from again. We looked for the penetrating fruity terpinolene-forward aroma of Raspberry Parfait. You will find it too in this F4 release. The original auto/photo cross was from a single auto mom (Magic Melon Auto x Anvil Auto F1) touched with the pollen of a single male photoperiod plant (Raspberry Parfait [original clone] x PPD). The second generation after an auto/photo cross results in roughly 1 in 4 individuals expressing the autoflowering trait. Within that quarter, you find every possible combination of aroma profile from the auto and photo parents. Working with a massive population in the F2 generation is essential, especially given that our original auto and photo ancestors were already hybrids: wider gene pool, less frequency of any given trait. It allowed us to find the (very!) few autoflowering plants that screamed the Raspberry Parfait terps, exploded with vigor, and offered superior flower structure. Sturdy stalks and strong apical dominance makes this a contender for high density planting. Plants finished at 4-5 feet when planted in an 18-inch grid. Purples predominate, but interiors can be green. A silky/gritty feel to the trichomes was present in about 25% of the F3 population – make some truly unique bubble hash in late summer... *Uniformity: 6/10 80 - 100 Days from sprout*



F Feminized Seed

R Regular Seed

SSS Seed & Soil



SOUR APPLE AUTO

Indica | Potent | Frosty | Purple Tinged Flowers

F -  -  Indica effects and powerfully gassy trimmable nugs with higher THC make Sour Apple Auto a winner with longevity. Rarely, a plant will throw off an undeniable green apple aroma, like the first bite of a Granny Smith. This special flavor has proved harder to “fix” in the population than usual, so there will be an element of luck and surprise whether you catch an Apple plant. But for a dependably gassy, hard hitting, indica auto, look no further. *Uniformity: 8/10. 80 Days from sprout*

Stargazer Auto

Amazing floral scent | Sativa Effects


F -  -  Remarkably trimmable and frosty light green nugs will delight the eye and surprise the nose! Hats off to Daz at Nightowl Seeds for the Wizard’s Apprentice Auto parentage. The F1 that it made with Magic Melon Auto produced a plant that exuded Ben’s #1 favorite aroma in our whole 2020 field in Canada. We are smitten with this distinctive floral terpene profile that should predominate in the population after three rounds of aggressive selection, it reminds us of stargazer lilies with notes of citrus, imagine you just walked into a fancy grocery store’s floral department. Old heads can sense the ‘Jack nose’ in the bouquet, but with an unmistakable sweet layer completely absent in classic Jack Herer. This is “flagship seed” for Seed & Soil. We’ve selected in such a way to zero in on the namesake aroma while keeping the gene pool diverse in the whole population so that the strain will be uniform for aroma but adaptable in perpetuity. *Uniformity: 7/10. 85 Days from sprout*



HERBS FLOWERS AND VEGETABLES

Seed saving is our passion. It is rare for a seed company to produce all the seed it sells, but that is what we do. When it comes to non-cannabis seed, we see ourselves as a home-steading seed company; we keep varieties that produce well in our climate and are useful for fresh eating, canning, pickling, and storing. But we also keep varieties that delight us despite lower productive potential in our environment, like yard long beans. Though we follow seed industry standards for population sizes and use accepted methods of isolation, there are other ways that we do not cater to commercial growers. For example, occasionally we find a purple radish in our brown radish population (Zlata) and don’t cull it because we love the pink hue on some of the offspring. This may be undesirable for some, but it’s fun for us! It’s important to us that we are transparent about how we are different from other seed companies. You will notice our variety names and descriptions often include the names of the people who passed along the seed to us. As seed keepers, we choose to honor the hands of the seed keepers before us because it shows respect and fosters connection. All our varieties are open pollinated, and we encourage others to save seed because it creates a sense of abundance and prosperity as well as food security. Our herb, flower, and vegetable seed offerings are growing each year.

How To Buy (Herb, Flower, Vegetable Seed): Available for pick up at Seed & Soil Farm Store and available at select locations in Maine including Belfast Home Supply, Gibbs Hardware in Brooks, and the Blue Hill Co-op. We see ourselves as hyper local and don’t get too excited about shipping or online retail.

 Humboldt Seed Co.

 Plantlet Available

HERBS - CULINARY

Genovese Basil

Italian | Yummy | Tender 🍷

60 - 90 days. *Ocimum basilicum*. Genovese may be the best summer herb, especially if you love tomatoes! It really loves the hot weather which makes it hard to grow in Maine. Over the years we have been selecting plants that thrive outdoors, not sure we have made any significant improvement, but we are committed to the task because we love to eat lots of Italian-style basil.

Caribe Cilantro

Nutritious | Refreshing | Versatile 🍷

28 days. *Coriandrum sativum*. Cilantro is a strong, distinctive-smelling herb that's often used in Mexican and Indian cooking. Cilantro's dried seed (actually that little ball is the whole fruit with two seeds inside) are known as coriander. It is a spice known to help detoxify from heavy metals. An ancient herbaceous plant considered native to Southern Europe and Asia Minor, documented in Egyptian records as early as 2500 BCE.

Bouquet Dill

Staple | Fresh | Early-Blooming 🍷

50 days leaf, 90 days seed. *Anethum graveolens*. Dill is a necessity for pickles, salad dressing, soups, and sauces - and this variety is the one to grow! It can also be used as a cut-flower.

Gigante d'Italia Parsley

Flat-Leaf | Enhancing | Cool-Loving 🍷

70 days. *Petroselinum crispum*. One of the most beloved herbs in the kitchen, parsley brings a fresh flavor enhancement to any dish. Flat leaf is much easier to clean than curly parsley. During the summer we eat persillade on everything, steak, pasta, eggs, you name it - the recipe: mince and combine as much finely chopped parsley as you can gather, good quality olive oil, salt, pepper, garlic, and lemon juice. Yummm!

HERBS - MEDICINAL

Anise Hyssop

Potpourri | Tea | Pollinator Attractant 🍷

78 days. *Agastache foeniculum*. The species is tolerant of deer and drought. Anise hyssop is considered one of the premier plants for feeding pollinators June to September including hummingbirds, butterflies, bumblebees, honeybees, carpenter bees, and night flying moths. Bees make a light fragrant honey from the flower's nectar. Anise hyssop was used medicinally by Native Americans for cough, fevers, wounds, and diarrhea. The soft, anise-scented leaves are used as a seasoning, as a tea, in potpourri, and can be crumbled in salad.



Plantlet Available

Spilanthes

Toothache Herb | Fun | Eye-Popping

50 days. *Acmella oleracea*. Spilanthes has also been noted to stimulate taste and improve saliva flow, it has numbing and pain-relieving effects. Used in craft cocktails, it is a fun flower to share with people as it really does make your mouth tingle and numb for a short time. It has cool yellow flowers with red center, and succulent-like leaves and stems. It is a ground crawling type of plant so put it towards the front so that you don't miss the flowers.

St. Johns Wort

Wildflower | Beautiful | Medicinal

90-120 days. *Hypericum perforatum*. St. John's Wort is a short-lived drought tolerant perennial shrub that grows about 24 inches tall and has fragrant yellow flowers from mid to late summer. As a medicinal herb plant, the oil in the leaves have been used topically for wounds, sunburns, and general aches and pains. Tea and tincture have also been used to treat mild depression and insomnia with some success. Note: this plant makes people photosensitive, so if you do use it internally, make sure it's a cloudy day!

Tulsi Basil

Vigorous | Uplifting | Floral 🌿

28 days. *Ocimum sanctum*. Tulsi (also known as holy basil) is a tonic for the body, mind, and spirit. There is evidence that tulsi can address various forms of stress through a unique combination of pharmacological actions. This variety was given to Betsy from an Indian woman in 2013 whose family always had some growing near the front door of their household. It has a wonderful aroma and makes a perfect tea to bring lightness to the darkest of days.

FLOWERS

Blue Ageratum

Butterflies | Bouquet | Deer Resistant 🌿

65 days. *Ageratum houstonianum*. A frost-tender herbaceous annual to 1/2-1' tall, mounding with clusters of fluffy, aster-like flowers that should be planted with 10-12 inches of space. Blooms from spring to frost. Good for beds or containers. Nice cut flowers fresh or dried. Deer and Rabbits don't seem to bother it.

Blue & Purple Bachelor's Button

Deer/Drought Tolerant | Simple | Pollinator Magnet 🌿

65 days. *Centaurea cyanus*. This very adaptable flower is also known as Cornflower. It blooms abundantly from late spring into the fall if deadheaded. It's easy to grow and more tolerant than most flowers.

Double Camellia Mix Balsam

Colorful | Showy | Hummingbird Attractant

60 days. *Impatiens balsamina*. A frost-tender annual, with sparsely branched succulent stems that can grow up to 30" tall. Pink & white flowers form along the stem of the plant, once pollinated they create pods, seeds can explode from the pods when touched, which is fun but can also become a nuisance, readily self-sowing in climates without a hard frost.

🌿 Plantlet Available

Black-eyed Susan

Wildflower | Cheerful | Butterfly Attractant

60 days. *Rudbeckia hirta*. Rudbeckia is a well-known wildflower, great for fresh cut arrangements. We offer it as a nod to one of Betsy's great gardening teachers, Rebecca Bloom. Betsy has many fond memories of gathering bouquets for market and wandering the hillsides of Rebecca's farm to add a few Black-Eyed Susans to the mix.

Todd & Thersea's Cosmos

Beautiful | Easy-to-Grow | Abundant

55 days. *Cosmos bipinnatus*. A popular cut flower with fern-like foliage, this mix has shades of pink and white blooms. It was given to us from our wonderful neighbors, and it grew abundantly from broadcasted seed in a neglected bed without access to water. It's a winner for any beginning gardener. Flowers from mid-summer until frost.

Burgundy Gaillardia

Showy | Butterfly/Bee-Attractant | Elegant 🌱

100 days. *Gaillardia aristata*. Wine-red colored flowers bloom from early summer to frost. Great for cut flowers, nectar attracts butterflies and bees. The seed heads are also beautiful. Easy to care for once established, can perennialize in mild winters.

Bright Pink Globe Amaranth

Accent | Cheerful | Sun-Loving 🌱

85 days. *Gomphrena globosa*. Round-shaped bright pink flower inflorescences are a visually dominant feature in any garden. Great for fresh or dried flower arrangements. Very easy to grow and hardy once established. Height is only up to about 2', unlike some of its massive ornamental family members.

Linda's Frizzy Yellow Marigold

Unique | Fun | Easy-to-Grow 🌱

80 days. *Tagetes erecta*. Given to Betsy in 2013 by Linda Sadofsky, this marigold is too fun not to grow! Unlike typical marigolds its many petals are thin and thread-like rather than broad and frilly making each flower look like a small firework exploding in your garden. It is a pungent variety, so you can count on it for a great for deer and pest deterrent.

Elka Bread-Seed Poppy

Nutty | Prolific | Close-Vented

85 days. *Papaver somniferum*. Homegrown poppyseed feels like a luxury and is such a delectable treat. Gardeners know that sometimes a homegrown food is truly, remarkably, astoundingly more delicious than store bought – nowhere has Ben found this to be more true than with poppyseed. Easy to grow, pale pink-white flowers with purple smudges in the center. Original seed stock is from a woman named Elka in Chrenovec-Brusno, Slovakia, she passed it to Peter Vido, who asked Roberta Bailey of Seven Tree Farm in Maine to expand it, Roberta improved it, making it ventless.

Black Prince Snapdragon

Cold-Tolerant | Timeless | Glamorous 🌱

90 days. *Antirrhinum majus*. Snapdragons are a fun garden addition because of their fancied resemblance to the face of a dragon that opens and closes its mouth when laterally

🌱 Plantlet Available

squeezed, fun for kids. Great cut flowers, this variety is mostly deep purple but has some off types that have a white tint with the deep purple, beautiful. They can live through quite a few frosts hardy down to 20F degrees!

JC's Giant Sunflower

Huge | Attractive | Fun 🌻

28 days. *Helianthus annuus*. Grows up to 12 ft tall with heads over 1.5ft in diameter. Bred and gifted by John Caccia, the co-founder of Rocky Mountain Seed Alliance (now called Seeds in Common), an organization that Betsy proudly worked for, under the directorship of Bill McDorman & Belle Starr who inspired her passion and knowledge as a seed saver. This variety is suited to Idaho but has been acclimating to Maine and was able to form lovely little heads on a gravel pad, and big bountiful heads in the fertile compost pile near our greenhouse.

Pink & White Sweet William

Hardy | Traditional | Vivid 🌻

120 days. *Dianthus barbatus*. Densely packed, flattened clusters of small flowers bloom from late spring to first frosts. This variety came with the farm, and it has been nice to expand as the years go by. It can become a perennial, even in hard winters. Toxic to dogs, cats, and horses. Attracts bees, butterflies, and hummingbirds.

VEGETABLES - CUCURBITS

H-19 Little Leaf Cucumber

Compact | Heavy-Yielder | Pickler 🌻

57 days. *Cucumis sativus*. Our most reliable pickler. The skin fades from dark to light green making it beautiful served up for fresh eating on a platter if the skins don't bother you. When fruits start setting, they produce a few perfect size pickling type cucumbers each day for about a month.

Shayo Long Cucumber

Tender | Refreshing | Crisp 🌻

65 days. *Cucumis sativus*. Best cucumber for fresh eating, burpless. Tender seeds and ribbed skin. Mild and sweet flavor. We noticed some of the population was not as long and thin as it once was, so we attempted to select against it, a bit plumper than we want to see, but flavor is unchanged. Will be working to get this back to its more desirable long and thin appearance in 2024.

Saffron Yellow Summer Squash

Resilient | Versatile | Heavy-Yielder 🌻

42 days. *Cucurbita pepo var. torticollia*. Produces mild tender yellow semi-crookneck fruit for a long time, if you keep picking them. We started harvesting in July and stopped in September. After we filled our freezer and ate as much as we could handle, we kept day-care and neighbors stocked for weeks. Best flavor and texture when harvested at 4-6".

🌻 Plantlet Available

CR's Yellow Baby Cross Watermelon

Crisp | Juicy | Adaptive

70 days. *Citrullus lanatus*. Given to us by CR Lawn, the visionary behind Fedco Seeds, this melon is the first we had success with on our farm - it's hard to find varieties that produce well in this climate if you are a laissez-faire grower! CR has selected this melon for productivity and taste rather than uniformity, so expect lots of variation. We experienced a range of color and sweetness, multiple fruits per plant, and crisp watery flesh that is what we all desire in a watermelon.

Baby Pam Pumpkin

Uniform | Sweet | Reliable 🌱

95 days. *Cucurbita pepo var. pepo*. Betsy has kept this variety since around 2012 and in its early years it crossed with an acorn squash, which made it sweeter and more creamy than other Baby Pam's on the market. For the last few years, it has shown uniform reliable production of delicious non-stringy 3-4lb. perfect pie sized pumpkins, and always a handful of small ones (perfect for decoration and gifts).

REBA Acorn Squash

Sweet | Prolific | Powdery-Mildew Resistant 🌱

82 days. *Cucurbita pepo var. turbinata*. REBA stands for Resistant, Early, Bush, Acorn. We noticed a occasional variation in fruit shape, some off-types present in this population, which we selected against. We isolated these by growing them in the bottom of our gravel pit, totally neglected, still yielded! Great flavor.

Waltham Butternut Squash

Excellent-Keeper | Uniform | Bountiful 🌱

60 days. *Cucurbita moschata*. Born & bred in New England during the 1970's, this butternut knocked our socks off with its vigor and bountiful production, yielded around 10-15 fruits per plant. Fedco's best-selling winter squash variety.

Black Forest Kabocha Squash

Nutty | Charming | Rich 🌱

75 days. *Cucurbita maxima*. Stands out because of the sweet and nutty, dense, delicious fruit. It's a festive addition to any table. Seed originally sourced from Uprising Seeds, they say "The classic squash of Japanese cuisine, it is for those who value richness over sweetness."

VEGETABLES – GREENS

Ice Bred Arugula

Nutritious | Peppery | Easy-to-Grow

25-45 days. *Eruca sativa*. Arugula has a peppery, spicy, and slightly tart flavor. It has a green freshness that makes it a popular addition to salad mixes. It can also be served warm or used in a pesto. First used as a medicinal herb and aphrodisiac. Thanks to CR Lawn for our stock seed!

Oasis Shungiku Chrysanthemum

Crisp | Salty | Succulent

75 days. *Glebionis coronaria*. This traditional Japanese green is an unusual flavorful addition to salads or can be cooked like spinach, and its edible chrysanthemum flowers are a pungent garnish. Performs best in the cool Spring and Fall months. Younger leaves are milder, leaves harvested after flowering become more bitter.

Frisée Endive

Bitter | Frilly | Extremely Tolerant 🍷

60 days. *Cichorium endivia*. Notable for its bitter and peppery flavors, frisée is a great alternative to a summer lettuce crop because it doesn't bolt as quickly in the heat. It's curly, finely dissected leaves make it a beautiful addition to any plate. This variety is so hardy we find it growing in the cracks of cement and in the most surprising of places, its wonderful!

Lacinato Kale

Delicious | Nutritious | Versatile 🍷

50 days. *Brassica oleracea var. acephala*. Our favorite kale, also known as dinosaur or Tuscan kale, it has dark blue-green leaves with an "embossed texture"; its taste is slightly sweeter than curly kale. This population has mingled several Tuscan varieties, so expect some pink midveins and a spectrum of savoy leaf texture.

Bronze Mignonette Butterhead Lettuce

Heirloom | Delicate | Sweet 🍷

45-55 days. *Lactuca Sativa*. Heirloom butterhead lettuce from Siberia, with a bronze tint on the green leaves. Heat tolerant and slow bolting. Open structure makes for easy cleaning and beautiful presentation.

Cimarron Romaine Lettuce

Crisp | Elegant | Slow-Bolting 🍷

58 days. *Lactuca Sativa*. Upright stature can grow big with ease. This lettuce, grown since the 18th century has bright green leaves that fade to deep red tips, strikingly beautiful in the field and on the table. We love to use the tender big leaves as scoops and as wraps!

Sierra Batavian / Crispleaf Lettuce

Workhorse | Consistent | Fresh 🍷

55-60 days. *Lactuca Sativa*. A winner of a lettuce, it is easy to grow, holds in the field longer than anything else we grow, and has the taste and crispness to satisfy everyone.

Speckled Bibb Lettuce


Pretty | Quick-Growing | Self-Blanching 🍷

43-55 days. *Lactuca Sativa*. Grows quickly in cool weather. Attractive light green leaves are spotted with red dots. Can be picked as baby or full heads, colorful addition to salad mixes.

Green Frills Mustard

Spicy | Hardy | Braising-Mix Star

20-45 days. *Brassica juncea*. Green Frill mustard has thin, deeply serrated leaves with a frilly, delicate appearance. The foliage and thin trailing stems are a bright golden green color. The texture is crunchy with a robust mustard flavor and spicy pepper-like finish. The young leaves are mild and best used raw, but more mature leaves stand up well to a light sauté or braise.

 Plantlet Available

VEGETABLES - LEGUMES

Skunk Bean

Sturdy | Climber | Lima-Type

90 days. *Phaseolus vulgaris*. Black and white speckled climbing bean, harvested dry. From the Haudenosaunee and Abenaki nations of North Eastern North America. It is also called Chester Flagg bean because made popular by Gail Flagg of Fort Kent, Maine who said it was grown for a long time in Chester, Vermont. Trellising is necessary, each vine has the capacity to produce a lot of beans, we enjoy eating this meaty, creamy, beautiful bean all winter.

Red Yardlong Bean

Fun | Unique | Delicious

80 days. *Vigna unguiculata* ssp. *sesquipedalis*. Red-purple podded noodle snap beans grow up to 22 inches long. Eye catching, nice flavor and crunchy texture, best sauteed. Whimsical beauty with a great taste. Least frost hardy bean we offer. They start off very slow growing and then jump into production in late August early September.

Yellow Wax Bean

Fresh | Bush-Type | Tender

55 days. *Phaseolus vulgaris*. Tender, reliable, easy to grow. Your regular bush type snap bean, just yellow and crisp. Best seeded with hot season crops like corn, once the soil warms up a bit.

Alderman Shell Pea

Workhorse | High-Yield | Adaptive

75 days. *Pisum sativum*. Produces 6-11 peas per pod, plants become loaded with shell peas. Best picked and processed with some regularity to get the most productivity.

Green Arrow Shell Pea

Fast | Tender | Loaded

68 days. *Pisum sativum*. Tasty English heirloom produces smaller pods than Alderman. The peas are sweet and plump, the texture is superb. Needs to be staked. It is resistant to both fusarium wilt and powdery mildew.

Green Beauty Snow Pea

Vigorous | Crunchy | Fresh

60 days. *Pisum sativum*. Bred by eminent public domain plant breeder, Dr. Alan Kapuler, this pea easily outproduced all our others in 2023, becoming laden with slightly contorted pale green pea pods. We harvested snow peas weeks before any other pea and they kept yielding until everything else was done. Great for snacking! Grows 6'-8' tall so trellising is necessary.

Sugar Snap Pea

Flavorful | Crisp | Sweet

58 days. *Pisum sativum*. No garden is complete without snap peas for fresh snacking in the springtime. Everyone loves munching down these sweet and crispy peas and they seem to produce enough abundance to satisfy a family of spring pea-eating fiends.



Plantlet Available

VEGETABLES – SOLANACEAE

Diamond Eggplant

Uniform | Prolific | Winner 🍷

80 days. *Solanum melongena*. We have been trialing open-pollinated eggplants that are hardy in Maine, and this one is a winner. We used to grow a few varieties each year but now we will stick with only Diamond. High yielding, even in the open field without row cover. Typical Italian-style appearance and perfect texture, this will fit the bill for all your favorite eggplant dishes.

Aunt Molly's Husk Cherry

Tropical | Fun | Very High-Yielding 🍷

75 days. *Physalis pruinosa*. Very sweet yellow fruit inside a papery husk. The fruit is ripe when it drops off the plant. A wonderful plant for little kids to show off to their friends, a great garden snack for fresh eating in the field but be careful because it can self-sow and become a nuisance.

Ancho-Poblano Hot Pepper

Mexican Cuisine | Fresh/Dried | Flavorful 🍷

75 days. *Capsicum annuum*. Most Ancho-Poblano peppers are hybrid and produce well only in climates with warm nights. This variety is open pollinated, and although it doesn't yield huge fruits, they are abundant, especially if grown under row cover or in a greenhouse.

New Mexico Chilies

Smokey | Rich | Unique 🍷

70 days. *Capsicum annuum*. Given to us from a country neighbor just 40 minutes down the road in Blue Hill. She selected this New Mexico chile pepper for 10 years in the Maine outdoors. Best dependability is under row cover or greenhouse, this pepper ranges from 4k – 6k Scoville Units, mild to medium heat like a jalapeno, with sweet and smokey characteristics. A terrific roasting pepper or used dried in chilies and other dishes. Transport yourself to Santa Fe as you string these peppers up to warm up the winter months. But keep humidity low until it's time to fire up the woodstove if you live in Maine!

Dessie's Sweet Bulgarian Pepper

Sweet | Thick-Walled | Fresh 🍷

85 days. *Capsicum annuum*. Mild heirloom pepper for roasting, eating fresh, sautéing, pickling, and grilling. Thick walls, stores well, can be dried. Use green or red. This variety performed very poorly in the field in 2023, so it needs a bit of tender love and care in cool wet summers.

Grandma Suzy's Cayenne Pepper

Hot | Pest-Deterrent | Cleansing 🍷

85 days. *Capsicum annuum*. This cayenne variety was saved and shared to us from Betsy's mama. It takes a while to set fruit, but in September the whole plant is loaded, and it looks like beautiful Christmas tree full of perfectly identical red and green ornaments. If Fall is mild, plenty fully ripen to a scarlet red, and one plant will produce more cayenne than most families use in a year.

🍷 Plantlet Available

King of the North Sweet Bell Pepper

Champion | Fresh | Uniform 🍷

65 days. *Capsicum annuum*. We are replacing our red bell with the King of the North because it is a true champion in this environment. This perfect and uniform sweet pepper can be enjoyed green or red, but eat it fresh, it is not to be dried. Although it can be frozen or canned with some success, we find ours always gobbled up with no excess. It will produce until frost.

Shishito East Asian Pepper

Mild | Appetizing | Spunky 🍷

80 days. *Capsicum annuum*. Excellent flavor, famous for grilling, blistering, sautéing, and frying. Occasional hot one in the mix. We don't have much seed available for this one. Summer 2023 was a sappy one here, the peppers left in the open field were the star producing pepper despite the conditions. However, very few fruits fully ripened beyond eating ripeness to the red seed-saving maturity... we also may have gotten so excited to blister up the earliest fruits on the pan that we took their chance to ripen for seed.

Amana Orange Heirloom Tomato

Prolific | Reliable | Versatile 🍷

80 days. *Solanum lycopersicum*. Deep Orange. 2+ pounds. Sweet, almost tropical flavor. Last year we noticed some red fruited plants in the population, they were still delicious but we will try to get back to the deep orange that is true to type.

Azoychka Heirloom Tomato

Abundant | Useful | Tasty 🍷

70 days. *Solanum lycopersicum*. Yellow Orange. Slightly flattened oblate. Robust, citrusy flavor. Heavy yielder.

Berkeley Tie-Dye Tomato

Cool | Rich | Early 🍷

70 days. *Solanum lycopersicum*. Early producer! Compact plants produce beautiful port wine colored 8-12 ounce beefsteak with metallic green stripes fruit with a very sweet, rich, dark tomato flavor.

Black Cherry Tomato

Sugary | Solid | Favored

75 days. *Solanum lycopersicum*. Dusky purple-brown. Rich, sweet, and spunky flavor. High yield. A favorite summer garden snack.

Black Prince Heirloom Tomato

Hardy | Delicious | Early 🍷

70 days. *Solanum lycopersicum*. 3 oz Purple Black. Regarded as a "true Siberian tomato" does well in cooler climates. Not a big producer, but always memorable as a slicer or in a caprese salad, we like to keep it around.

Carbon Heirloom Tomato

Yummy | Dark | Stable

75 days. *Solanum lycopersicum*. Olive shoulders fade to brick red. Resists cracking. Blocky-round, 12 oz.

🍷 Plantlet Available

Carmello Roma Tomato

Sauce-type | Versatile | Pizzaz

70 days. *Solanum lycopersicum* De-hybridizing Project. Exceptional flavor, heavy yielder, good for sauce, disease resistant, didn't love the rains in 2023.

Cherokee Purple Heirloom Tomato

Meaty | Flavorful | Distinctive 🍷

80 days. *Solanum lycopersicum*. Pinkish-Purple skin and flesh. Tends to crack so it's not the most beautiful but flavor is unmatched.

Hughes Heirloom Tomato

Appetizing | Delicate | Low-Acid

85 days. *Solanum lycopersicum*. Pale-yellow 2# fruits. Thin-skinned and delicate.

Indigo Rose Cherry Tomato

Elegant | Viney | Tart

80 days. *Solanum lycopersicum*. Blue skin, red flesh. Beautiful fruits. Open growing habit. It is actually a bit larger than typical of a cherry.

Inglehart Cherry Tomato

Light | Heirloom | Fruity 🍷

75 days. *Solanum lycopersicum*. Small yellow fruits. Sweet, light flavor. Moderate acidity. Season long producer.

Isis Candy Cherry Tomato

Glowing | Flavor-burst | Tart 🍷

65 days. *Solanum lycopersicum*. Striped with shades of reds to yellows, usually golden flesh. Sweet and fruity.

Nebraska Wedding Heirloom Tomato

Juicy | Bright | Savory 🍷

85 days. *Solanum lycopersicum*. Determinate (2 weeks of harvest). Ben & Betsy got married in Nebraska and danced to "How Sweet it is to be Loved by You" performed live by the Jerry Pranksters. This variety of tomato was historically given as wedding gifts, four inch round, striking bright orange flesh and exterior - plump, sweet, and full of love!

Ping Pong Pink Cherry Tomato

Deep Pink | Fun | Juicy

75 days. *Solanum lycopersicum*. Deep Pink. Juicy, prolific, long yielder. More the size of a ping pong or golf ball than a cherry, which makes it a fun addition to platters and tomato salads.

Pink Oxheart Heirloom Tomato

Favored | Unique | Versatile 🍷

70 days. *Solanum lycopersicum*. Big (2#), beautiful, heart-shaped deep pink fruits, juicy and delicious. Heavy producer. Definitely a favorite and one of the most eye-catching for visitors to our garden.

Pritchard Slicing Tomato

Typical | Sandwich | Uniform 🍷

85 days. *Solanum lycopersicum*. USDA 1931. small-med. Thick walled, uniform, small seed pockets. Seed kept and worked on by Dr. Bernard Pollack, given to Betsy by Meteorologist John Pollack, his son. This variety is perfectly rich and at home in any BLT. Not sure if anyone else (including the USDA) is keeping this seed.

Ramapo Slicing Tomato

Storyladen | Slicer | Mild 🍷

80 days. *Solanum lycopersicum*. Rutgers 1968 by Dr. Bernard Pollack. His son passed along the seeds to Betsy when Dr. Pollack passed. Its an honor to keep this variety in existence. Firm quality, reliable production.

Red Zebra Tie-Dye Tomato

Delightful | Tart | Bright 🍷

75 days. *Solanum lycopersicum*. Bright red skin, jagged orange stripes. Tart. Productive 2 inch fruits.

San Marzano Roma Tomato

Perfecto | Saucy | Desired 🍷

95 days. *Solanum lycopersicum*. Traditional Italian “finest sauce” variety. Late, and not a heavy setter in the maine environment, but superb sauce tomato.

Tiger Blush Cherry Tomato

Beautiful | Pear-shaped | Mild 🍷

65 days. *Solanum lycopersicum*. Great texture. Eye catching. Balanced, sugary flavor. Early and abundant producer. Not really a cherry, more like a mini-pear, oblong and about 3in in length. Sprawling vines and hyper crack-resistant fruit meet nearly acid-free tomato sweetness to make this Ben’s #1 favorite tomato.

Ukrainian Purple Roma Tomato

Big | Heavy-Yielder | Meaty 🍷

80 days. *Solanum lycopersicum*. Plum-shaped, purple-red fruits. Sweet, hearty, productive.

Yellow Marfino’s Roma Tomato

Abundant | Firm | Sauce-Type 🍷

75 days. *Solanum lycopersicum*. Semi-determinate. Heirloom. 3 oz. oval fruit, few seeds, low moisture for saucing. Outlandish yield in the sauce type category and overall. Our open field crop with no season extension completely overwhelmed our ability to harvest and process.

Yellow San Marzano Roma Tomato

Low-Acid | Plum | Low-Producer

95 days. *Solanum lycopersicum*. Lemon-yellow, plum-shaped, meaty tomatoes, not a heavy producer, but very mild flavor.

OTHER WONDERFUL VEGETABLES

Tango Cutting Celery

Reliable | Flavorful | Hardy 

85 days. *Apium graveolens* var. *dulce*. Harvest July-October by cutting back outer leaves close to the base without damaging the crown. This pungent variety is a great addition to summer salads and soups in the fall. Hardy down to just around freezing you can leave it in the garden for a sweet flavor in the colder weather and then harvest the whole plant when temps drop below freezing. We even enjoy the roots in vegetable stock.



Tuxana Sweet Corn

Creamy | Sweet | Large


80 days. *Zea Mays*. A public domain white sweet corn variety that produces 2-3 large ears per plant, around 7 - 8" long and mostly 16 - 18 rows around. Bred by Jonathan Spero in Oregon. Our daughter loves checking for readiness, as soon as the kernels are milky, she will sit in the shade of the corn crop for hours eating fresh corn right off the plant. We are grateful to have found an open pollinated variety that produces well in Maine.

Bob Steffen's Garlic Bulbil's

Heritage | Resilient | Pungent

2-3 years. *Allium sativum*. Since our waitlist for Bob Steffens garlic bulbs is quite long, we offer bulbils for those who want to start now. Bulbils can be sown in the spring or fall, or even winter when you sow onions. The first year they look much like a blade of grass, so find a good nursery bed for them, plant them thick, and space them out as they grow. At the end of the first year you should have some plants with a single bulb, replant those in the fall as you would garlic. Others will make mini heads in the first year, eat those.

Ailsa Craig Onion

Hefty | Flavorful | Eye-Catching 

95 days. *Allium cepa*. These onions have quickly become our favorite. Although some say they are poor keepers they tend to last through the winter for us. The beautiful yellow-pink hue, globe shape, sweetness, and heftiness of each onion makes it an easy winner.

Zlata Radish

Crunchy | Mild | Late-Bolting

34 days. *Raphanus sativus*. Zlata radishes are favored for their fast-growing, productive nature, mild, sweet and peppery flavor, and resistance to bolting. Native to Eastern Europe, Zlata is a rare heirloom variety introduced into the United States during the 1800s. Zlata's name comes from a Slavic word meaning "gold." Favored by home gardeners for unusual coloring, sweet flavor, and summer heat tolerance. At some point a Plum Purple or a Cherry Belle radish seems to have crossed into our population so some beautiful rose colored radishes happen every once in a while, we love this variation and are going to try to keep it around.

 Plantlet Available

Bob Steffen's Hardneck Garlic

In 2019, Betsy wrote an article about a garlic variety that she tends, and it was published by Mother Earth News in their quarterly publication which reaches over 500,000 people around the globe. Without intending on ever growing the garlic for sale, Betsy has been inspired by all the interest and started taking on the labor of love, expanding the variety. We started filling waitlist requests for this garlic in 2023, 200 down, 400 to go! It's a slow process, but all good things come in time. Get your name on the waitlist by contacting us through the website or purchase a pack of bulbs and start now. If you are a local, try reaching out in late October to see about availability once our crop is planted, we usually have some excess.



'Bob Steffen's Hardneck' Garlic: Try This Drought- and Flood-Tolerant Giant Variety for Changing Climates

Reader Contribution by Pamela Sherman

Floods, drought, ruined harvests; by now, many of us have experienced these, and we hear it may get worse. In [previous posts](#), we've considered paths to resilience through soil health. But the missing piece in every resilient gardener's toolbox is locally adapted seed, as this story, written by farmer Betsy Samuelson, explains so well.

Betsy's Story:

Garlic isn't typically grown from seed. It's grown by saving a few of the plumpest bulbs at harvest time, separating the bulbs into cloves, and planting those cloves the very same fall. Nonetheless, folks call it "seed garlic" and grow it each year to continue the existence of favored varieties.

If you search for 'Bob Steffen's Hardneck' garlic, you won't find it, because I'm one of three keepers of this 80-year-old variety. 'Bob Steffen's Hardneck' can be as big as elephant garlic, but it's much more flavorful and only has four cloves. The cloves are so big that to use a garlic press, you must cut each clove in quarters. It's also super-easy to peel. These characteristics make it a real pleasure to have on hand. It never had a name, so we call it 'Bob Steffen's Hardneck' to give credit where credit is due; Bob spent a lifetime breeding this variety.

Bob was the farm superintendent of Boys Town from 1943 to 1977. He led commercial-scale organic and biodynamic farming methods in the Midwest. Bob Steffen died in 2006, and I never met him. But his son, Jim, and I served together on a local food policy council. At that time, I had been growing his father's special variety of garlic for some years.

'Bob Steffen's Hardneck' garlic came into my care while I was working as the production manager at Bloomsorganic Farm in Crescent, Iowa. Diversity among varieties of herbs, vegetables, and flowers was our specialty. We grew more than 100 varieties of tomatoes and about nine varieties of garlic. Bob Steffen was a mentor to Bloomsorganic Farm owner Rebecca Bloom, and he gave her a handful of seed garlic 30-some years ago.

Beginning in April 2011, a major flood event occurred in the Missouri River Valley, and our garlic crop was in saturated soil, if not underwater, until its July harvest. Only two or three varieties survived, and ‘Bob Steffen’s Hardneck’ was among those. Then, between spring 2012 and summer 2013, our region was in a major drought. To our astonishment, this variety prevailed in drought and flood conditions.

As if the garlic hadn’t suffered enough, aster yellows (a bacteria carried by the aster leaf-hopper) hit the crop in 2014. All the garlic varieties quickly began to die back prematurely. When harvested, almost every bulb had major discoloration and a putrid smell. However, it was clear that one variety didn’t take too big of a hit: ‘Bob Steffen’s Hardneck.’

When I left Bloomsorganic Farm in 2015, I grabbed some cloves of ‘Bob Steffen’s Hardneck.’ This fall, I made sure to plant about 30 cloves at my childhood home, which is about half a mile from Boys Town. I like to think that it’s happy to be growing there now, that maybe it has a remembrance of its origin, in such close proximity. After all, seeds (or cloves) hold a memory of all the generations that came before, and they store the potential of everything yet to be. Seed saving connects me to previous generations, to the earth that supports our being, to my own spirit. Bob Steffen couldn’t have predicted whether anyone would continue to cultivate his garlic into the future, but I’m sure grateful for all the trouble he went through to create this variety. Hopefully, I can leave such gifts for future generations — this is why I’m devoted to saving seeds and sharing them with pure delight.



GLOSSARY OF TERMS



Cannabis folks use a lot of jargon. It’s common to hear some wonderfully playful terms as well as some science-flavored vocabulary when it comes to talking about growing weed. Cannabis is still becoming a safe topic for formal scientific research so the standardization of terminology is ongoing— there is no “correct” language. For now, we have the delightful poetry of descriptive language that each individual cannabis lover assimilates and builds upon. This glossary is intended to demystify and clarify our own weed language.

Accession – A bag of seed. It could be bag seed from all the random plants in your neighbor’s backyard from 8 years ago that got nailed by some adjacent hemp farm’s pollen, or it could be a bona fide S9 of a Maui Wowie cut that you personally sourced, bred and hunted as your life’s work. Once seeds are all mixed up in a particular bag, and that bag gets indexed or organized with any level of understanding of its provenance, it’s an accession: a thing you can “access”.

Autoflower – “Autos” or “Autoflowering plants” only respond to their own age to induce flowering. When they are old enough, about 4-6 weeks, they begin to produce reproductive organs regardless of light cycle. “Photoperiod insensitive” or “Day Neutral” would be how a plant scientist names this trait. In a wild setting, this trait seems to have been adaptive for cannabis to finish its reproductive cycle in very high latitudes with short warm seasons – think Siberia. Cannabis with this trait was classified as its own species, *Cannabis ruderalis*, in the 1930’s, well after Carl Linnaeus himself named *Cannabis sativa* in his book *Species Plantarum* which set the modern standard of scientific naming of organisms which we all recognize (ie. Genus species). More recently, botanists treat *Cannabis* as a single species because all three previously classified groups (*indica*, *sativa*, and *ruderalis*) interbreed readily. This history lesson is meant to illustrate that

Autoflowering is better considered a trait among many traits (like color or height) within cannabis, rather than a separate category of cannabis – this trait was absent from the drug, seed, and fiber crop that humans have enjoyed for hundreds of years, which Carl Linnaeus knew (and presumably loved). As breeders embarked on imparting the auto trait into some great strains (see ‘introgression’), the first results of this work were lackluster, and autos as a group gained a reputation of being low potency, without much interesting variation available. That used to be true, but now the only safe generalization about autos is that plants with this trait behave so differently in the garden that we must treat them differently to get the fast and early harvests that they offer! See essential growing tips at the beginning of our Autoflower Cannabis Strains section.

Bulk Selection – Any time a subset of a population is selected for advancement to the next generation by combining seed from a group of plants with the desired characteristics. Often determined by ‘culling’ off-types.

Culling – Killing or otherwise excluding individuals from advancement to the next generation of a seed line for the purpose of eliminating their undesirable traits from the line.

Donor – aka. ‘Pollen Donor’, when we say donor we mean ‘masculinized female cannabis plant’ we use silver thiosulfate to disrupt the ethylene sensing protein which (when not gunked up with silver) stimulates a plant to develop female flowers. Absent the signal from this protein, the plant defaults to making male flowers. We use the technique described in the 2018 paper titled “Foliar Sprays of Silver Thiosulfate Produce Male Flowers on Female Hemp Plants” by Jessica D. Lubell and Mark H. Brand. That’s all we’ll tell anyone about it and if you ask Betsy, that’s too much! Donors are the key to making ‘feminized seeds,’ ‘fem breeding,’ and ‘selfing’.

F1, F2, F3 etc. – F stands for ‘filial’ which is Latin for offspring. So F1 is an abbreviation for “first filial generation” ie. the first generation in succession descended from a particular generation, Fo. This “F” abbreviation can be a little misleading because it can apply to ANY selection strategy or lack thereof. In cannabis circles “F9” may be assumed to be highly inbred by nine generations of full-sib crossing, but it’s just as accurate to name a generation ‘an F9’ if it is bred for nine generations of population breeding. The beauty of this “F” abbreviation is that it puts crosshairs on the Fo generation – the parents in question of a particular seed line. If seed is Fx, it is descended from those Fo parents, and no other genetics have entered the line since that F1 population was born and ‘x’ indicates the number of generations in which selection could have taken place.

Fem Breeding – Using female-only seed lines to advance a breeding goal. Often by ‘selfing’. This is also common in the world of clone-only strains, aka ‘elite clones’ (See ‘Unicorn’), and fem breeding is at play prominently where the dissemination of ‘hype strains’ is concerned. Using female pollen parents is a powerful tool, both for rapidly increasing uniformity and for knowing exactly what female traits are coming into your breeding projects in case of outcrossing. But the result is brand new strains with no males. We like true males; we like the ease of outcrossing they afford, we like that it’s the “natural” form of cannabis to be in population with true males, we like that home growers can save their own seed more easily with males, and we even believe that reg lines preserve the long-term overall adaptability of the plant (despite having no solid evidence to support this, it’s just a gut thing)

Feminized – aka. “Fem seed”. Seed that will give rise to >99% female phenotype plants. Making ‘reliably feminized’ seed is the thing we devote maximum care towards. Many are curious, so here’s our explanation of how fem seed occurs: Cannabis, like humans, inherits sex from ‘sex chromosomes’. One out of its 10 chromosome pairs (humans have 23 pairs) can either be XX or XY. Two X’s makes you ‘genetically female’ and XY makes you genetically male, cannabis and humans alike. But, unlike humans, genetically female weed plants have all the genes needed to make pollen, it’s just the hormonal controls that result in female-only flower on a female plant. A female plant can get tweaked, stressed, unlucky, whatever – hormones happen, and it makes pollen. But to make fem seed we intentionally force female plants to make pollen (see ‘Donor’). Pollen doesn’t get pairs of chromosomes, it only gets one chromosome from each pair that the parent carries, so when a genetically female weed plant makes pollen it selects one chromosome at random from the two X chromosomes – always an X chromosome in its DNA. Then it lands on another female plant which also brings nothing but X chromosomes. All the seeds from this pollination have XX in their sex chromosome pair – genetically female. But it’s nature, and nothing’s perfect, hence the 99%!

Full Sib Cross – Allowing exactly two parents to mate. Second fastest inbreeding strategy, second to selfing. An example: for our ‘regularizing’ projects we set out a bunch of regular plants in a pollen chamber. When they show sex, but before the males throw pollen, we sniff stems, taste leaves, take out our divining rod, consult the oracle, ask our fairy guides etc. when the spirit council reaches consensus on the best male for the job – we kill the rest! Then, all the females get pollen from that one plant. We repeat the process on the females when they’re showing their stuff and full of seeds (it’s less of a guessing game with females, because they show us the traits we care about – trichomes, resistance, and aroma chiefly). The best individual females contain seeds which are “full siblings” only if they are saved as individual accessions. While this example is running, we may as well practice vocabulary by making a bulk selection, which is also a half sib cross, by culling any off-type females and bulking the remainder of seed into the same accession.

Half Sib Cross – Allowing exactly one pollen parent and multiple seed parents to mate (or vice versa). Not a super-fast strategy for inbreeding, useful for preserving genetic diversity while eliminating undesirable traits from a seed line.

Herming – When a genetically female plant makes male flowers. Also called “turning male” or “throwing bananas”, it is a nightmare for growers! This is scary because it can seed your crop. Some strains are more susceptible than others, but every plant is capable. The best protection is to avoid any funny business with light cycle – for example, don’t run plants indoors under 24 hour light for weeks and weeks. And we’ve found that our more modern strains with higher THC can herm in response to a “hard flip” switching right down to 12/12 light cycle at once – whether by light deprivation, or indoors under light. Use a slow flip, stepping up the dark period by no more than one hour per day or two.

Homozygosity – Genetic uniformity within an individual plant. Mendel’s peas had red flowers when homozygous for the red gene at the flower-color location (a red gene in both available slots of that location of the DNA strand), and white when homozygous for the white gene. But the flowers were pink when heterozygous at the flower-color location.

Inbreeding – Increasing homozygosity in a seed line (See ‘Homozygosity’). The goal is to increase uniformity by narrowing the gene pool. The process can be steered to favor traits through selection by advancing only the progeny of individuals with the desired traits to the following generation. The speed of inbreeding (ie. how many generations are needed to achieve the same increase in homozygosity and resulting uniformity) depends on the kind of cross used at each generation. Crosses in order from fast to slow: Selfing, Full-Sib Crossing, Half-Sib Crossing, Population Breeding. The fewer individuals allowed to pass their genetics to the following generation, the faster inbreeding happens. Inbreeding is a very good thing when it comes to getting uniformity from a population of plants... but it can have unintended consequences! Inbreeding depression is recognized across all kinds of organisms. In cannabis, it can show up as a high proportion of plants just straggling along, or an overall lack of vigor in the population, or lots of herms. The most universal plant breeding goal, regardless of crop, is maximum homozygosity in genes responsible for traits you care about (color, ripening time, flavor, disease resistance etc.), and maximum genetic diversity in the seed line’s gene pool for those traits which contribute to general adaptability.

Introgression – The breeding process used to bring one desirable trait from one seed line into another seed line. Introgression is a general term, but we only use it when we talk about making ‘brand new’ autos: crossing an auto with a photo and reselecting subsequent generations to make a seed line uniform for both the autoflowering trait AND whatever dankness we loved from the photoperiod ancestor. In this catalog, Etrog Auto and Raspberry Parfait Auto are our original introgressions. All our other autos are the work of others, or the blending of that work by breeding autos with autos.

Light Deprivation – Giving extra darkness to plants to induce flowering and get an earlier harvest. Sometimes blackout tarps pulled over hoop structures, maybe carrying potted plants into a dark garage a few hours before sunset each night and setting them out in the nighttime.

Mom – We say “mom” a lot in our descriptions, we don’t mean ‘mother plant’ like in the case of producing clones. ‘Seed Parent’ would be a more descriptive term. The mom is the plant that made the seed accession. Many of our cannabis seed releases are the seeds of just one mom which increases the uniformity of that accession.

Photoperiod – “Photos” or “photoperiod plants” respond to the length of nights to trigger flowering. If you plant them in Springtime, you will harvest them in the Fall, probably after a few light frosts here in Maine. “Photoperiod Sensitive” would be the plant scientist terminology. As nights lengthen, photos flower. In a wild setting, this results in flowering during Fall at temperate latitudes, or flowering whenever the plant is old enough in the tropics. Indoor growers rely on light cycle to control flowering with 18/6 (18 hours of light with 6 hours of dark) being the standard for “Veg” and 12/12 standard for flower. Short dark periods allow growers to preserve mother plants for years or even decades which can be “cloned” to make genetically identical plants. This trick only works with photoperiod plants. These plants can grow into “trees” with the right care. Photos are the most commonly grown type of cannabis, centuries deep in history photoperiodism was a trait shared by all the cultivated Cannabis varieties, including seed and fiber hemp, so it is the center of diversity for amazing arrays of terpenes and high THC. (See ‘Autoflower’ for brief history)

Pollen Parent – The plant(s) that makes the pollen in any given pollination. Self-explanatory, but very useful since we use both males and females as pollen parents in our breeding. There are always two parents. Sometimes both parents are genetically the same plant (see ‘Selfing’).

Regular – Seed that will give rise to true males. Cannabis is dioecious which means it has female and male plants. Males make pollen. Pollen touches female flowers and makes seeds. Seeds ruin your sack of weed! Most people prefer to stick with feminized seed rather than regular so that they don’t have to cull males and risk seeding out their crop.

Seed Line – Refers to all the generations of seed within a breeding project or strain.

S1, S2, S3 etc. – See ‘F1, F2, F3 etc.’, but instead of each generation being a cross within the same sibling group, it’s a cross of the genetically exact same individual (see ‘Selfing’)

Selfing – Using the exact same plant for both pollen parent and seed parent. Accomplished by using clones and feminizing. See ‘Inbreeding’

Strain – This word does a lot of heavy lifting in the cannabis world – it sounds like a science thing, but it’s mostly marketing. Breeders of other crops tend to use terms like ‘variety’ (for seed-propagated crops) or ‘cultivar’ (for vegetatively propagated or ‘cloned’ crops). Microbiologists call genetic lines of bacteria ‘strains’... and weed folks call different kinds of weed ‘strains’. Go figure. If you smoked Trainwreck in 1999 and went to a dispensary today and bought a preroll of Trainwreck, the chances of that weed being identical are... low. But a Granny Smith apple from 25 years ago is verifiably identical (genetically) to a modern one. Cannabis poses two unique conundrums for verifying genetic provenance or conveying quality of the product. First, it was illegal during the development and preservation of all the modern strains, so regulation was never in place to protect intellectual property of breeders. Second, cannabis is propagated by both cutting and seed in a meaningful way in industry and at home-scale. This is truly unusual for a crop species! Can you buy Granny Smith seeds? Preposterous! Could you imagine buying 100 clones of Sugar Snap Pea? Ridiculous! The meaning that ‘strain’ carries in the cannabis world is distinct from any other agricultural crop. It’s lingo that is likely here to stay, which is a cool example of how a group of people (in this case, the traditional market) can affect global terminology.

True Male – A fearsome sight indeed! (for everyone except seed producers) A true male cannabis plant allowed to grow to maturity and dump pollen will produce enough pollen to make opaque yellow clouds, choke a donkey, ruin neighbors’ outdoor ganja crop for miles around! By far the easiest way to get pollen and make seeds. When a true male begins to flower there are at least 10 days from when its anatomy is undeniably, obviously, male to the time it becomes ‘dangerous,’ spewing pollen and being a hazard to your flower crop (or our seed crop!). The pollen bearing structure (anther) looks like a 2.5mm yellow banana. But once this thing pops out of a dangling oblong male flower bud, there are hours or mere moments before it releases its pollen!

Unicorn – A specific photoperiod clone. A very special plant preserved in clone form for propagation and further breeding. Unicorns are typically ‘hunted’ from large populations, but you never know what magic lurks in each magic bean!

FAQ:

What are the rules for shopping at the Nursery?

No medical card is needed. Everyone 21 or older can buy. At this time of this printing, every adult in Maine is allowed to possess 6 mature (flowering) plants, 12 vegetative plants (any size, but not flowering), and unlimited immature plants (under 24 inches tall or wide). We can sell each person up to 12 immature or vegetative plants, and an unlimited number of seed, in the same day. Under 21? You can still shop with us for herb, flower, and veggie plants and seeds.

When can I visit the farm?

Seed & Soil Farm Store operates between the hours of 10am – 6pm Friday and Saturday in the months of May and June. Otherwise, we are available by appointment, just call or email to set up a time when we can expect you.

Do you ship cannabis seeds?

No. Our Maine Adult Use Nursery License does not allow this kind of sale. Federal law prohibits interstate exchange of cannabis, and it is a gray area how that extends to seeds. Our cannabis seeds can only be sold at our farm store and other Maine Adult-Use stores.

Where do you suggest I find information on growing herbs, flowers, and vegetables from seed to harvest?

We use the Fedco, Seed Savers Exchange, and Johnny's Seed Catalogs regularly. The New Seed Starters Handbook by Nancy Bubel is our favorite reference for growing from seed.

Where do you suggest I find information on growing cannabis from seed to harvest?

We don't claim to be the highest authority on the best way to grow pot - there is no best way! As the renowned poet Rumi wrote, "There are many ways to kneel and kiss the ground." Producing amazing cannabis is an art, and we leave that to the pros. Our role is providing genetics that sparkle. To learn how to start cannabis seed, visit <https://humboldtseedcompany.com/learn/>. For information on growing, lighting, nutrient management, harvest timing, watering and curing we suggest asking others and scouring the internet.

About Us

Seed & Soil is a celebration of Ben & Betsy’s union. It’s how we share our passion projects with the world.

It is a Herculean effort of discipline and mindful respect to manage a farm business in partnership with a spouse, but we wouldn’t have it any other way. As we grow in love, life, and partnership with nature, Seed & Soil has been and will continue to be the avenue of exchanging our tangible outputs with others. We thank you for supporting our small family farm!



Pricing

Type	Dates of Availability	Size or Amount	Price (Tax Included)
Cannabis Seed	Year Round	5 Feminized or 10 Regular Seeds/Pack	\$50
Cannabis Plants (Small)	4/19-7/13	4" square pots	\$20
Cannabis Plants (Medium)	5/10-7/13	1/2 gallon pots	\$30
Cannabis Plants (Large)	6/15-8/15	3-7 gallon pots	\$50-\$75
Herb/Flower/Vegetable Seed	Year Round	Varies by species	\$5
Herb/Flower/Vegetable Plants	5/17-6/29	4" square & 6 packs	\$5



Contact Us

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Seed & Soil



Hours of Operation:

April 19th - July 13th
Fridays & Saturdays
10 am - 6 pm

Also by appointment year-round!

Call 207-808-0955 or schedule online

Please come during hours of operation or make
an appointment.

Our days are full and scheduled - an appointment
guarantees service. Please DO NOT come
unannounced outside of business hours.



Directions
to the Farm



Schedule a
Visit