

Seed & Soil

2025 Catalog



Cannabis • Herbs • Flowers • Vegetables

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



www.seedandsoilmaine.com



Seed & Soil



Seed & Soil is a homestead seed company. We love our wild gardens and all their surprises. Like most home gardeners and unlike most commercial operations, we manage it very much by feel, not formula. We enjoy as much time in the garden as possible. On the risky path of turning a passion into a business, we leaned in to Cannabis. Our work has been well received: we refine acclaimed strains for the Maine outdoor climate and breed exciting new varieties, especially autoflowers. But the drive behind all these efforts is to consume the best, freshest goods from our own backyard and help others do the same. Our herb, flower, vegetable and cannabis varieties are selected for diversity, beauty, taste, aroma and adaptability. Uniformity is important but more important to us is a plant's ability to thrive in varied environmental conditions. We breed with 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.

New in 2025, we will have a Farm Stand where we intend to sell non-cannabis goods - vegetables, honey, and other seasonal surprises. Another member of our family, our second child, is due to arrive early March, so we plan to grow slow this year.

Seed industry standards for quality assurance are a priority, so if you have any questions or comments about germination, feminization testing, or other quality standards we uphold, please ask! Everything we sell is produced here on our farm, we don't resell anything.

2025 is our 5th year in business, our 5th year on this land. Anything can go wrong in farming, a tough but beautiful way to make a living. Having seen organic increase in appreciation for what we do, we are more confident than ever that we will be here for the long haul, delighted to be reinvesting in the farm. Our few employees that support this operation are deeply valued. To be welcomed and supported in this community is the best we could have wished for.

Thank you for helping our farm dreams continue to unfold,

~ Ben & Betsy Samuelson



INDEX

Photoperiod Comparison Chart	4
Autoflower Comparison Chart	5
Photoperiod Cannabis Strains	6
1:1 (CBD:THC) Cannabis Strains.....	14
Autoflower Cannabis Strains	16
Culinary Herbss.....	20
Medicinal Herbs.....	20
Flowers	21
Cucurbits (Cucumbers, Melons, Squash).....	23
Fabaceae (Legumes - Beans and Peas).....	24
Greens.....	25
Root Vegetables.....	26
Solanaceae (Peppers, Tomatoes, Eggplant, Husk Cherry).....	27
Other Vegetables (incl. Corn, Onions, & More)	29
Tubers & Garlic	31
Glossary	32
FAQ	38
Pricing.....	38
About Us.....	39
Contact	Back Cover
Hours.....	Back Cover



AFFILIATES OF HUMBOLDT SEED COMPANY:

We lived and worked at the Humboldt Seed Company Mothership farm in the mountains of Northern Humboldt County during Fall '19. We brought those skills to a joint venture between HSC and a Canadian licensee in British Columbia, farming the full season abroad, during covid in 2020. There, we produced three million certified organic feminized THC cannabis seeds, the first crop of this kind on the global market. From the start, we planned to nest here in Maine at our very own farm, flying the Humboldt Seed Company banner. We are forever grateful to Nat for providing us the foundation seed for our cannabis seed endeavors.

“They were just incredible resources for us, and vice versa. It was sort of serendipitous.”
— Nat Pennington, founder of Humboldt Seed Company











Photoperiod Cannabis Strains





	Fem Seed available	Reg Seed Available	Plantlets available	Potency (out of 10)	Indica/Sativa/Hybrid	Very Early ~9/15	Early ~9/30	Medium ~10/12	Late ~10/25	Page
All Gas OG	🇺🇸	SSS		8	I	●				6
Banana Tango	🇺🇸	SSS	🌱	6	H	●				7
Bigfoot Glue	🇺🇸			9	H			●		7
Blue Dream		SSS		7	H			●		7
Blueberry Cupcake	SSS			8	H		●			8
Blueberry Muffin	SSS	SSS		5	H	●				8
Caramel Headband	🇺🇸	SSS	🌱	6	H		●			8
Dankincense	🇺🇸	SSS	🌱	7	I	●				9
Gazzurple	🇺🇸			10	H		●			9
Gazzurple Crosses	SSS			10	H		●			9
Headband	🇺🇸	SSS		7	H	●				10
Hella Jelly	🇺🇸	SSS		9	S		●			10
Jelly Donutz	🇺🇸		🌱	10	H	●				10
Jelly Spice	🇺🇸			9	S		●			10
Midcoast Mojito	🇺🇸		🌱	6	S		●			11
Moroccan Trainwreck		SSS		5	S	●				11
Omaha Jazz	🇺🇸	SSS		7	S			●		11
Outside and Inside	🇺🇸			10	H		●			12
Pineapple Muffin	🇺🇸	SSS		5	S		●			12
Pineapple Upside Down Cake	🇺🇸	SSS	🌱	5	H		●			13
Raspberry Parfait	🇺🇸			6	I			●		13
Squirt	🇺🇸	SSS	🌱	5	H		●			13
Tangie (in Sun / by Sea)	🇺🇸	SSS		5	H		●			13
Trainwreck	🇺🇸	SSS		8	S			●		14
Blueberry Wine 1:1	🇺🇸	SSS		4	H		●			14
Joint Relief 1:1	🇺🇸		🌱	4	H	●				14
OG Kush 1:1	🇺🇸			4	H		●			14
Other 1:1's available	SSS	SSS		4	H		●			15




Autoflower Cannabis Strains

	Fem Seed available	Reg Seed Available	Plantlets available	Potency (out of 10)	Indica/Sativa/Hybrid	Days from Seed to Harvest	Page
Emerald Fire OG Auto				5	H	85 Days	16
Etrog Auto		§§§		6	H	90 Days	16
Katahdin Haze Auto				6	H	85 Days	16
Lemon Telescope Auto				6	H	80 Days	17
Magnolia Sugar Auto				9	H	85 Days	17
Midnight Melon Auto				2	I	100 Days	17
Pineapple Muffin Auto				5	S	95 Days	17
Pink Jade Auto	§§§			5	H	85 Days	17
Pound Town Auto				9	H	85 Days	18
Raspberry Parfait Auto		§§§		6	H	95 Days	18
Red Sand Headband Auto		§§§		7	H	80 Days	18
Sour Apple Auto				8	I	80 Days	18
Stargazer Auto				6	S	85 Days	19
Starlight Venom Auto		§§§		7	H	80-90 Days	19
Toy T. Wrex Auto		§§§		6	S	75-95 Days	19

And, for the first time in the Seed & Soil Catalog Quick* Cannabis Strains



Blueberry Quick				5	H	early/mid Sept	15
Dankincense Quick				7	I	early/mid Sept	15
Raspberry Parfait Quick				6	H	early/mid Sept	15

* Timing is everything. “Quick” strains get big like photoperiod strains, but they ripen earlier than standard photoperiod plants. See “Quicks” in Glossary for more detail, and contemplate the satisfaction of big plants with ripe flowers when the Maine weather is (on average) cooperating nicely.

If a strain bears the  icon, we'll strive to have plants for sale during nursery season, if a strain does NOT bear the icon, we still totally MIGHT have plants, so please call and ask.




CANNABIS

All seed is grown on-farm in Maine recreational licenses ACN1134 and ACD649. Proud affiliates of Humboldt Seed Company, we carry many of their varieties, all of which are adapted to the east through years of selection. These varieties bear the  icon. Our own new creations bear the  icon. When you see no icon, the strain bears too many fingerprints for one brand to be associated with it.

We offer regular and feminized seeds (see Glossary), indicated by “R” or “F” at the beginning of each strain description. Descriptions ends with italicized info: uniformity score, approximate harvest date, and weeks in flower. Uniformity refers to the amount of variation between plants. 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.

We test all of our released seed for germination before each new season and require a 90% minimum germination rate for Cannabis. If you have germination issues, call us.

Live Cannabis Plants

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.

VISIT OUR NURSERY FOR LIVE PLANTS AND COMPLETE SEED SELECTION

Cannabis, Herb, Flower & Vegetable

Wednesday & Saturday 10am - 3:30pm

APRIL 19 - JULY 5

Or outside of these hours and dates BY APPOINTMENT


Important note about our potting mix: we blend our own from raw Maine peat moss, homemade compost and worm castings, and perlite. We make no phytosanitary guarantee on our baby plants, our seedling mix is born in the great outdoors and not sterilized.

PHOTOPERIOD CANNABIS STRAINS

See Glossary for definition of Photoperiod

ALL GAS OG

Indica | Gassy | Incense | Spice

F - R -  Gassy, early finishing, and easy to trim, All Gas OG was a staple in many market gardens of NorCal in the late 2010’s. Some of our Humboldt Strains are practically identical to the California seed lines (like Blueberry Muffin), but others (like All Gas OG) we’ve taken liberties in adapting to our damp climate. For ‘25 we offer a re-release from ‘24. One pollen donor with deep purple flower and exceptional vigor was the stud, and a single plant was selected in its chamber for release – green, reeking with gas, nearly untouched by mold, and towering above its neighbors with vigor. These big flowers were all at least a little bit purple in our ‘24 garden. See Dankincense for spicier incense terps and looser flower for hashing. *Uniformity: 7/10. Oct. 1 (7 weeks)*

F Feminized Seed

R Regular Seed

 Seed & Soil



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., discontinued) male and an early Cookies (circa 2009) cut curated by Hendrx nursery. The earliest finishing photoperiod strain in our garden (for 4 out of 4 harvests!) Banana Tango produces tidy nugs that look practically trimmed with a tasteful minimum of sugar leaf. The fem seed released for 2025 is our 2022 crop of seed - more than ever, we have immense confidence in its earliness, uniformity, thick trichomes and respectable mold resistance from the performance of this seed in our '23 and '24 crops. 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

Relaxing | High THC | Complex Pine

F - 🍌 Gorilla Glue: one of the most recognizable and most requested strains. Bizarre 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 with 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. A phenomenal burn with plenty of tacky resin. *Uniformity: 8/10. Oct. 20 (8 weeks)*

Blue Dream

Classic | Orange & Gas | High Yields
R - Classic Strain. High demand. Terrible to grow in Maine outdoors! People keep asking for it, and we should have said no, but we made fem seeds in '23, had a pitifully small harvest of them, offered

A Note on Potency and "Indica, Sativa, Hybrid"

On the previous page in our strain comparison tables, we've reluctantly added columns for Potency and I/S/H. We have a deep quibble with these terms:

It's a pity! In these early days of cannabis normalization we see a market that relies almost exclusively on these limited, over-simple, concepts. Woe is the bud-tender who hears, for the eleventh time today, "hey, I'm looking for your most potent indica". **Please understand that THC% is only the roughest estimate of how powerful an effect you will experience from any given strain. Likewise, "Indica/Sativa" terms only poorly predict the quality of effects; every person's body and experience with psychoactive compounds is different!** That said, the terms are not utterly worthless. We do refer to THC% and I/S/H in descriptions, and we rate each strain in the table with faith that readers will consider them appropriately, not as gospel truth or guarantee.


You will notice from these Cannabis strain descriptions that we are great appreciators of the nuance present within this species. We hope you will notice and delight in the multi-dimensionality of the plant as well.



baby plants in '24, sold out, everyone who didn't get a plant was sad. Enough! Don't grow Blue Dream. Yes, it's really special, and yes our line smells like oranges and camp stove fuel. But no, it won't mature fully, and it will just tease you all through the end of September and into October with lovely smells until it all molds to hell. "You can't get there from here, Bub..." but if that's the journey you want, we've got reg seeds for you. *Uniformity: 8/10. Nov. 5 (9 weeks)*


BLUEBERRY CUPCAKE

Hendrx Strain | Wedding Cake worth growing Outdoors

F -  Wedding Cake meets Blueberry Muffin and it's a match worthy of vows, the result is subtle and complex with layers of buttercream gas, rich maltiness, and berries. Wedding cake is notoriously tough for outdoor, but in a '22 pilot crop of Blueberry Cupcake finished spectacularly before a painful 22° F night on October 12th. Obviously, we got to work on a fem seed crop the following year. As usual, a gauntlet of challenging conditions battered the moms and we got to see the strong survive (and the weak very much die - breeding chambers are tougher environments than open field). Our selections for release delivered the goods. After our '24 crop, and about a hundred pounds of fresh cupcakes in our freezers we can STILL say we've never seen a herm flower on a female plant in this line, so if you've sworn off cake for this reason - allow yourself to reconsider. I'm afraid it was later to ripen than expected, but extremely vigorous and resistant to late season mold. *Uniformity: 8/10. Oct. 20 (8 weeks)*



BLUEBERRY MUFFIN

Flagship Humboldt Strain | Low Maintenance

F - R -  Rightfully a flagship of Humboldt Seed Co., 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 messy interior branches. Most impressive is that it really smells like blueberry muffins - not blueberries, blueberry muffins. Difficult to find flower on retail shelves because it rarely cracks 20% THC, nevertheless, it's a top shelf smoke with balanced anxiety-free effects. Our fem seed crop failed in '24 (it's tricky to nail a fem seed crop!) so supply is limited. We'll only be offering seeds and plants at our on-farm nursery location in 2025. *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 couchlock. Ripening date is non-uniform, 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. 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). *Uniformity: 6/10. Oct. 15 (8 weeks)*

F Feminized Seed

R Regular Seed

 Seed & Soil



Dankincense

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

F - R - S&S - 🌱 A Seed & Soil flagship strain that calms the spirit and soothes the body. We are continually impressed with Dankincense: Early finishing, wide and stout, and heavily perfumed with deep musky conifer resin aromas, this plant stole the hearts of a few local veteran growers. **History & Breeding:** Beginning from the ancestral Humboldt Seed Co. Asphalt Plant/Venom/All Gas OG line, we ‘population bred’ our Dankincense which is somewhat uncommon in cannabis breeding, rather than using full-sib breeding (see glossary). Selecting only for the frankincense/pine resin aroma profile, we keep seed accessions from individual females separate, but always set plants 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 very rarely 100% green) flowers. Keep an eye out for a “hairless” pheno that presents in about 1 out of 10 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)*

GAZZURPLE

Berries, Fuel, Butter & Marshmallows | 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 in 2023, and its children (Jelly Gazzurple, Midcoast Gazzurple, and Upside Down Gazzurple) left our jaws on the floor in 2024! (See “Gazzurple Crosses”). Pure Gazzurple is certainly worthy of garden space, indoors and out. ... but beware, it may be 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 je ne sais quoi that whispers of marshmallows. *Uniformity: 7/10. Oct. 25 (7 weeks)*

Gazzurple Crosses:

[Jelly Gazzurple, Midcoast Gazzurple, Upside Down Gazzurple]

Modern | Diverse | Spectacular

F - On a whim (because of a failed pollen donor in a ‘23 R&D chamber) we used a very frosty Gazzurple specimen on a suite of favorites. What a lucky whim, and hats off to HSC for the new-school fire that is Gazzurple! Everything it touches turns to sparkly grease - and the subtle character of pure Gazzurple gets mostly out of the way for the aroma high notes of our staple strains. The three strains covered by this description are each utterly distinct despite being sisters from another mister. Read up on Midcoast Mojito, Jelly Spice, and Pineapple Upside Down Cake - then use your imagination to splatter Gazzurple grease all over them. We don’t release first generation outcrosses lightly - it’s kind of a cheating shortcut to a “new strain” but these were pure magic in our ‘24 garden, so it feels rude not to offer them. Limited Supply. *Uniformity: 5/10. Oct. 15 (8 weeks)*

 Humboldt Seed Co.

 Plantlet Available



Headband

Oldschool fuel | Hops | Early | Euphoric

F - R - 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. *Uniformity: 8/10. Oct. 10 (7 weeks)*

Hella Jelly

Very High THC | Powerful Sativa | Fast Finishing

F - R - 🏠 We (Ben & Betsy) were working in Humboldt with Nat in 2019 when the original Hella Jelly Unicorn was found in that garden. Great for outdoor, early, 30%+ THC, a star was immediately born. The S1 Hella Jelly released for '21 - it pleased the masses and went on to sire new greats like Jelly Donutz and Orange Creampop. HSC locked uniformity of the seed line using “fem breeding” (see glossary). A consequence of this approach is that regular Hella Jelly seed never existed... until we made it! To support continued open-source breeding in cannabis, we are proud to offer the only 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. 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 - 🏠 - 🚫 **If you must pick just one, this is the one.** 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 seed line uniform for extreme earliness and heavy frost. Since then, our line has been managed in collaboration with Maine's version of Mother Nature for two generations. The net result is head-spinning. It's neck and neck with Banana Tango for speed. Have your dry space prepped in September and make sure to sample the bright herby early chop, but for maximum THC keep your fingers crossed for fair skies into early October. 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. Laurels go to Jelly Donutz for overall triumph in our field. 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 (still) fem only. *Uniformity: 7/10. Sept. 25 (6 weeks)*

Jelly Spice

Spice & Fruit | Lucid Energetic Effect

F - S&S This is the Seed and Soil offshoot from Hella Jelly. The original cross from which the HJ unicorn was hunted was brought, separately, to the F2 generation and there was a plant with nutmeg and cinnamon spice vibes and a slightly more narrow

F Feminized Seed

R Regular Seed

S&S Seed & Soil



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. That very seed lot proved itself as a flower powerhouse in our field (and many home gardens) for three years running. Now we've run out of that specific lot (RIP accession#301) and a new lot from our '24 fem seed crop has large shoes to fill. Its attitude in the garden is carefree and low maintenance, and 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 Green Crack, Midcoast Mojito delivers similar smoke and 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 resin cartridges from Seaweed! *Uniformity: 7/10. Oct. 10 (8 weeks)*

Moroccan Trainwreck

Old School | Psychedelic | Unique

R - Someone opens a jar of your homegrown and says "sheesh! I haven't seen weed like this since 1991." Does that land as an insult or compliment for you? If you're glowing with pride, this is the strain for you. At a seed swap, I was handed a tiny bag of seeds, just 5 beans or so, and told "my brother brought these back from Morocco some years ago, I'm not sure if they'll germ, he says they're a hash strain". It takes quite a story from a stranger for me to find space for new projects, but this tantalizing morsel did the trick. Lucky for us too! The first vplants were sharp and spicy on the nose, extremely early to flower, and just kept on flowering forever. Super special, but not user friendly... Now, the offspring made from Trainwreck pollen, taken to F3, finishes trimmable nug quite early with a lovely mix of aromas skewing toward the uncanny spicy hash flavors that were so unique in those first pure Moroccan shrubs. I certainly consider it "unfinished work" but it's terribly unique and it will make the right person very happy, so we've decided to name and release it for '25. *Uniformity: 5/10. Sept. 20 (8 weeks)*

Omaha Jazz

Uplifting | Legendary | Complex Intoxicating Aroma | Resistant


F - 🍃 The Omaha Jazz seed line is a dragon quest seeking the memory of the legendary "Sweet Jazz" clone-only strain. 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. One doob burning in a crowd of other doobies is said to have an unmistakable perfume begging the question "who's got that Jazz?". As a clone-only strain, it existed in only in the super secret indoor grows of



Omaha Nebraska, not an early adopter of cannabis normalization! We offer it with humility and gratitude for the “traditional” market, people who took real risks 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. 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 floral note, and a camp-fuel lime-like twang. Even just a sniff is intoxicating. Terpinolene, Humulene and Bisabolol all appear in roughly equal concentration, together accounting for about 50% of total terpenes, while pungent Farnesene carries 10% of total terpenes. Farnesene while somewhat uncommon in cannabis, is the most abundant aroma compound in gardenias. Most eccentric of all, the Myrcene load in Omaha Jazz is a microscopic 3% of total. Effects are balanced - musical and dancey but without being too speedy. Omaha Jazz does quite well in our field. It grows very large plants without many inner branches, leaving plenty of airflow. It puts on weight and benefits from trellis. For the late finisher slot, there is no more reliable offering than this one. On average, later harvest means greater risk of mold or frost injury. But Omaha Jazz breaks this trend, reliably finishing thick colas with very little bud rot at the last minute in October. Mostly all green with some plants expressing light purple tips or, rarely, completely lavender colas. *Uniformity: 7/10. Oct. 20 (8 weeks)*


Outside and Inside

Chronic | Very High THC | New for 2025

F-  During our time at the HSC Mothership Farm, this was Betsy’s favorite toke. So after several years of fiddling around with HSC’s “Inside Out” later renamed “Notorious THC”, we finally have something that works like it’s supposed to in Maine. Compared to our other offerings, Outside and Inside may be most similar to flower that predominates on dispensary shelves. The original unicorn hunted in 2018 could yield an outdoor crop that was a deadringer for sparkly indoor nug with that eyewatery pine/citrus/gas chronic profile. For this Maine seedline, we changed the name as a nod to String Cheese Incident’s song, Outside and Inside, which is a great soundtrack to tune into as you stroll outside with a joint of this insightful strain. *Uniformity: 6/10. Oct. 20 (7 weeks)*

PINEAPPLE MUFFIN

Rare Guaiol Terpene | Chatty | Resistant

F-  Trainwreck lineage, flavor is louder than the smell of the live flower. Sativa high. Resistant and somewhat early. Ben became hopelessly infatuated with this plant in 2019 when he tinctured 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. The quest to bottling that Pineapple Muffin Lightning has been a longer road than expected. The plant just didn’t want to behave like it did in Cali, but finally we have a new crop of the magic, and interestingly, HSC has discontinued this strain. *Uniformity: 8/10. Oct. 20 (8 weeks)*

F Feminized Seed



R Regular Seed

 Seed & Soil




PINEAPPLE UPSIDE DOWN CAKE

Rare Ocimene Terpene | Uncanny Pineapple Aroma

F - R -  -  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 2017 first annual Humboldt Seed Company “pheno MegaHunt” in which many thousand seed-grown plants are grown out and cloned then only the top 4 or 5 plants see advancement as new strains. A tremendously powerful approach that surgically extracts new gems from the sea of possibilities. More than any other, this plant gets comments from repeat customers at our nursery. “It actually smells like Pineapples” Yep, we know. Consider also the Gazzurple X Pineapple Upside Down Cake F1 that we’re releasing for heavier, greasier flowers (See “Gazzurple Crosses”). *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 in our field. I can’t say enough about how much we love the nose on this plant, so suffice to say that we made the autoflower version (see Raspberry Parfait Auto) AND now a Quick Version (Auto X Photo F1) for earlier harvest. Nobody agrees on what the effects are, it sedates some people and makes others scrub the grout to a sparkling white. *Uniformity: 6/10.*


SQUIRT


Uncanny Grapefruit Soda | Sativa Effects

F - R -  -  Turn heads of veteran growers and enjoy possibly the tastiest smoke. 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. And finally we had a whopping success with our fem seed crop too, using our regular line as stock seed, so let 2025 be the year of the Grapefruit! *Uniformity: 8/10. Oct. 15 (7 weeks)*

Tangie in the Sun // Tangie by the Sea

Sativa Effects | Tropical Citrus | Juicy

F - R -  This project began accidentally with our regularizing Squirt, now it has grown into its name. Tangie in the Sun was released for ‘22 from a mother plant that had a more juicy passionfruit aroma than its Squirt sisters, which were deadringers for the eponymous grapefruit soda. From there, a delightfully passionfruity mom gave us our ‘23 release, which our ‘24 garden revealed to have the passionfruit note pretty dialed in. This is the reg seed that is still on offer, but at long last, two gorgeous moms from a feminized seed chamber will be released separately for you tangie sommeliers out there. Expect tropical fullness from the “Tangie in the Sun”, while similar sour sweetness in “Tangie by the Sea” may stir some whispered memory of a salt sea breeze. *Uniformity: 7/10. Oct. 10 (7 weeks)*

 Humboldt Seed Co.

 Plantlet Available



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 aka T.Wrex. 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 and wait: 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. Reg and Fem available, tried and true. *Uniformity: 8/10. Oct. 25 (9-10 weeks)*

1:1's (THC:CBD) CANNABIS STRAINS

See Glossary for definition of "Mixed Ratio" for details on 1:1's

Blueberry Wine 1:1

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

F - 🍷 Blueberry Wine grows extremely easily, and resists mold well. The strain named itself, daughter of Blueberry Muffin (THC) and Cherry Wine (CBD). For our '25 release we are rotating The Blueberry Cupcake X Cherry Wine cross into this name. 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! *Uniformity: 7/10. Oct. 10 (7 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)*

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 are so tolerant of environmental stress, consistently looking fine at harvest and taking a few frosty nights gloriously. In 2023 and 2024, this plant still sparkled in early November, when the field is otherwise spent (Don't get the wrong idea, it was killed by frost, but the unharvested portions of these plants looked and smelled

F Feminized Seed

R Regular Seed

🍷 Seed & Soil



conspicuously nice anyway). Classic chronic vibes and spicy/hoppy ganja profile shines through the cherry wine funk 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)*

Other 1:1 Strains

Persephone's Tonic 1:1 | Lemon Cello 1:1 | Sour Diesel 1:1

Though gaining much deserved appreciation, mixed ratio plants don't get much action from gardeners. We've opted to save print space for vegetables and story from our farm, but please check online or ask us about more mixed ratio options we have available.

"QUICKS" CANNABIS STRAINS

Early harvests! See "Quicks" in Glossary

Blueberry Quick

Berry | Fresh Muffins | Earth

F - 🍷🍷 When a top performing photoperiod breeds to a workhorse autoflower, the F1 offspring is consistently impressive. Here, Blueberry Muffin Photo joins Sour Apple Auto for an opportunity to harvest very large plants in early to mid September. In our garden, this cross showed off heavy flowers that mingled the familiar "weed flavored weed" balanced Myrcene/Caryophyllene/Pinene profile of Sour Apple, with the surprising buttered berry flavors of Blueberry Muffin. The result is balanced in every way, a daily driver kind of herb that checks all the boxes. *Uniformity: 7/10. Sept. 15*

Dankincense Quick

Spice, Conifer & Gas | Heavy Hitter

F - 🍷🍷 Fill your jars with "In da couch" Indica from this well behaved garden giant. Minimal trellis will support heavy spears of deep musky scented purple flowers. Not only is earliness improved in this F1, but we saw impressive vigor as well. Dankincense has consistently received rave reviews. Sometimes people will even call us in October to thank us for their favorite plant. Now we can expect a few of those calls in September. If the low and wide growth habit of Dankincense wasn't your style, you'll find much stronger verticality from this cross. *Uniformity: 7/10. Sept. 15*

Raspberry Parfait Quick

Sharp Fruit | Sweet Cream | Piercing Floral Tones

F - 🍷🍷-🍷 We're confidently launching this new Quick "blind", it's a brand new cross that we made in '24 by using Raspberry Parfait Auto pollen on Raspberry Parfait Photo moms. Given the excellence and fidelity of aroma in our auto version, and the inconvenient lateness of the photo version, it was a no brainer to make this Quick. You can bet that we'll be packing our field with it: our harvest goes to extraction, terpene diversity of appx 20 detectable terpenes makes this extract very lovely and complex. We'll make plenty of extra plants for sale at our farm store nursery in Monroe. *Uniformity: 7/10. Sept. 15*




AUTOFLOWER CANNABIS STRAINS

See “Autoflowers” in Glossary for definition and key growing tips


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 photo-period 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, a big ass lemon, used in the Jewish harvest festival of Sukkot. 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! It has become a field favorite: expect a range of hazey flavor, low maintenance plants, higher than average yield, with a punchy uplifting smoke. Live Resin 0.5g cartridges available through River Driver. *Uniformity: 7/10. 85 Days from sprout*

Direct Sowing Cannabis

Many growers and experts have written off the possibility of direct-sow for cannabis. The first time we tried it, we attained spectacular failure. But we believe that is a result of coddling the plant in the seedling stage for generations. So to change this, we always start seed in soil (never paper towels) and let nature make the first selections. Our goal is to breed seed that will grow by simply putting it in the soil, like everything else we grow. In 2024 we used a mechanical seeder to direct sow four lines of Lemon Telescope in a 100' x 4' bed on May 24th. This took about three minutes after bed prep and setup.... This is not a recommendation, just a swing at proof of concept. Among other possible use cases, imagine this: a dystopian future in which autoflower cannabis is sown like corn into miles of flat acreage under center pivot irrigation to be harvested by heartless robots and packed into sterile packets for endless hoards of pre-zombies. In other words, the same way our nation makes food. Speculative fiction aside, holy cow - we were chest deep in an ocean of flower, wrestling sea monsters on August 10th! The proof of concept is there, and you can bet that we'll be rolling more of our garden into direct sown autos. And hey, if you're an early adopter, with a large pre-zombie market to serve, maybe swing by our nursery.

F Feminized Seed

R Regular Seed

 Seed & Soil



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. As a general rule, weed benefits from cool days ahead of harvest. But the taffy/lemon profile adapts well to warm season harvest. Nugs are often flecked purple, with good density and appearance. See ‘Direct Sowing’ popout for some amusing antics we pulled using Lemon Telescope. *Uniformity: 7/10. 90 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). Pretty inbred from four generations of full sib selection, very uniform and great genetics for breeders. Magnolia Sugar Auto originated from a selection of HSC’s “Pound Town” from their 2021 release. After chasing vigorous form with well-spaced nugs and a particularly sweet aroma, 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 | Mild Effects | Earth | Camphor | Sleepy

F - 🍃🍃 Striking beauty in the garden with glossy emerald leaves and flower that is purple to the point of appearing black from a distance. The fifth generation after a Anvil Auto X Magic Melon Auto original cross. Midnight Melon carries Anvil’s deep color and mysterious dark aromas while mingling the alluring honeydew of Magic Melon. Quite sleepy without much cerebral effect, and remarkably low in THC. This THC issue makes it non-viable for us to grow commercially (do you ever see black/purple 6% THC flower in the dispensary?) So the only way to get it is to grow your own! We like to carry strains like this for people who want to use cannabis to induce a restful sleep but haven’t tried it since the 70’s and are looking to keep their wits about them. *Uniformity: 7/10. 100 Days from sprout*

PINEAPPLE MUFFIN AUTO

Pine | Apple | High Yield

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” character. 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. 95 days from seed. *Uniformity: 8/10. 95 Days from sprout*

Pink Jade Auto

Striking Magenta & Pink | F1 Hybrid | No Brain Fog

F - 🍃🍃 Pink Jade is the smoke of choice here on the farm! 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 us with a lingering brain fog. Plus it’s a snap to grow, finishing 85 days from seed with gorgeous



purple frosted golf ball nugs 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

High THC Autoflower | Sweet Floral Gas | Icewater Hash Candidate

F - 🏠 High THC, excellent resin yield, and very mature flowers will yield in icewater. We maintain our line of Pound Town by population breeding. Original stock varied for 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 keep some nuance in our Pound Town gene pool intentionally, using multiple pollen donors and bulk-selection. In theory this will preserve vigor and adaptability in the long haul. 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 - \$\$\$ Our proudest project, biggest R&D push ever, and now crowd pleaser: Raspberry Parfait Auto! To keep the description brief see the glossary for “Introgression” to understand what kind of effort went in to creating this strain. Let your August be filled with screaming the Raspberry Parfait terps, exploding vigor, superior flower structure, sturdy stalks, and strong apical dominance. Better yet, plant in stages so that August just marks the beginning of the pleasure. Purples predominate, but interiors can be green. A silky/gritty feel to the trichomes is present in about a third of the population – some truly unique hash has been made with this plant. *Uniformity: 8/10 95 Days from sprout*

Red Sand Headband Auto



Uncanny Magenta Color | Proper Peppery Aroma

R - F - \$\$\$ Fem and reg seeds available for the first time in '25, but this introgression project started in our '21 garden. The initial quest (and project working title) was “Autos that wash”, but we took the opportunity to bring that Headband aroma magic along for the ride. There is still high variability: expect riffs on somewhat loose, very colorful, gritty textured flowers, never any of those lemony terpenes that cause greasiness and make trichome heads misbehave in the wash. If you don't plan to wash and you just seek some peppery Headband in colors to dazzle, the search ends here. *Uniformity: 5/10. 80 Days from sprout*

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*

F Feminized Seed

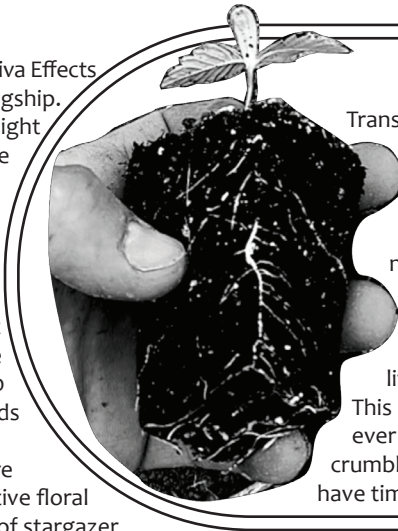
R Regular Seed

\$\$\$ Seed & Soil



Stargazer Auto

Amazing floral scent | Sativa Effects
F - \$\$\$ A Seed & Soil flagship. Light green nuggets will delight the eye and surprise the nose! Hats off to Daz at Nightowl Seeds for the Wizard's Apprentice Auto parentage. Its F1 with Magic Melon Auto produced one plant that exuded Ben's #1 favorite aroma in our whole 2020 field in Canada. Old heads may pick out Jack Herer in the bouquet, but we're smitten with the distinctive floral elements, reminding us of stargazer lilies with notes of citrus: imagine you just walked into a fancy grocery store's floral department. No mystery that people keep coming back for this one. *Uniformity: 7/10. 85 Days from sprout*



Successful Autoflower Transplant

Transplant timing is key for autos! This is ideal transplant stage: the taproot has just reached the bottom of the cell and has not begun to wrap at all. If autos "feel" the pot, they snap into flower too early resulting in tiny little plants and lost yield. This is unlike any crop we've ever transplanted. Soil will be crumbly because roots shouldn't have time to knit the soil together.

Starlight Venom Auto



Silky Gas | Multi-Layer Complexity

R - \$\$\$ Just like Toy T.Wrex below, this is so new, "new" isn't the right word. "Unfinished" would be more correct! But we can release whatever we think will delight you! Venom OG x Gelato brought photoperiod pollen to Stargazer Auto in '22 (for Venom see Dankincense). Once the roughly 1500 plants in '24 segregated, showing sex around the solstice, we culled down to about 90 female autos. So much loveliness in that group, so hard to pick favorites. Maximum allure was a profile carried by conifer and gas from the Venom, but with floral perfumes from the Stargazer, musky and sweet, like a clean sweaty horse. Why don't you put aside all distraction, let the stars come out, and see if you can describe the smells you find in this not-yet-uniform new line? *Uniformity 3/10. 80-90 Days from sprout*

Toy T. Wrex Auto



Fermented Apricot | Sativa Energy

R - \$\$\$ Too fun and new to keep to ourselves, Toy T. Wrex is an ongoing introgression project blending Stargazer Auto with Trainwreck Photo. Regular F3 seed is available only at the Nursery location in '25 and seeking this one out represents your playful nature and a real appreciation for our breeding work. The range of aromas in an F2 population mostly fall on a linear spectrum between the two parents, but the most exciting picks are those which smell like something altogether different. This is the case we found in '24: among a rather unsurprising range of lemon/floral/trainwreck/dill/carrot (totally predictable given the parents), one plant blasted a ripe/rotten stonefruit stench. If we can lock this nose in, it'll be not just unique given the parents, but novel in the pantheon of aroma families that we're familiar with in Cannabis. *Uniformity 3/10. 75-95 Days from sprout*



HERBS FLOWERS AND VEGETABLES

28 New Varieties in 2025

Seed saving is our passion; we keep varieties that produce well in our climate and are useful for fresh eating, canning, pickling, and storing. We follow seed industry standards for population sizes and use accepted methods of isolation, but 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! 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 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.

How To Buy 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.

How To Buy Plants: Herb, flower and vegetable plants are Betsy's domain, and this Spring she'll be busy taking care of a newborn. However, she still has big aspirations so if you are curious to see what we have available pop into our regular farm store hours.

CULINARY HERBS

Genovese Basil

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

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

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

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!

MEDICINAL HERBS

Alfalfa



6 weeks - 2 years. *Medicago Sativa.* When we moved to this farm the ancestral dairy barn had recently been torn down. Judging from stories and the remaining concrete slabs, it



was a somewhat haphazard complex of grafted units that expanded through the decades. Now this concrete expanse is ideal the venue for soil mixing, composting, and our home greenhouse. Every year, through the cracks in the concrete springs an abundance of alfalfa with all kinds of diverse expressions: various leaf sizes, preference to stand or flop, and depth of purple in the flowers from pinkish to almost black. We think of it as the living legacy of the dairy herd since it's a common fodder for cattle and must have been introduced in hay. This year we're offering this useful perennial, straight from our slab to your garden! More farm history on page 30.

Anise Hyssop

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.

Clary Sage

75 days leaf 2 years flower. *Salvia sclaria*. An intoxicating aromatic, this hard to grow plant is totally worth it. It's a biennial, with large furry leaves, that is used as a clarifying essential oil. If you can get the plant to overwinter by digging it up and bringing it in the cellar or covering it thick with mulch and getting lucky on a mild winter, Bees will cherish the blossoms, and you will too!

Spilanthes

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.

Tulsi Basil

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

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.

Double Camellia Mix Balsam

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.

Calendula Mix

95 days. *Calendula officinalis*. The deep orange resina variety is best for making healing salves and oils, it is included in this mix. Daisy-like shades of yellow- and cream-colored flowers with varied sized center disks are also in this mix, with prolific easy-to-grow blooms for your bouquets from spring to fall.



Bright Pink Plume Celosia

55 days. *Celosia argentea*. As you may be aware, Seed & Soil grew out of a love story. Once upon a time (October 14, 2018), Betsy & Ben were married. Betsy grew and dried all the flowers for the wedding with great delight. Celosia is a marvelous eye-popping dried flower when many others lose their gusto. So, a handful of varieties were grown, and crossed. This variety is a result of those crosses with the natural selection process of being competitive in the cool Maine nights, which is not typically the preference of this species. Everyone passing by will notice it with its deep bright pink feathery plumes reaching up to 4ft.



Todd & Thersea's Cosmos

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.

Yellow Drumslick Flower

100 days. *Gaillardia aristata*. Another wedding flower, too giddy to resist growing year after year. Its silvery thin leaves add a subtle sparkle in the garden bed. The spherical bright yellow hard-to-damage flowers will tickle you in both fresh and dry bouquets and are a favorite for our almost four-year-old to string up along with straw-flowers and marigolds in the fall.



Burgundy Gaillardia

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.

Marigold Mix



80 days. *Tagetes erecta* & *patula*. Marigolds were one of the first flowers Betsy started saving seed from back in 2010. For over 15 years she has selected varieties that are easy,

fun, and beautiful. This mix has some Linda's Frizzy Yellow Marigold, its orange sister, a mix of yellow and orange blossoms of large and small sizes, as well as some yellow and orange bicolor flowers.

If you purchased our Linda's Frizzy Yellow Marigold in 2024 ...

and it didn't grow for you, please come visit our Farm Store for a free pack of the Marigold Mix. This part of the business is run solo, a mama with youngin's, and it's a whole different scale from the other amazing seed companies in this part of the world. So, thanks for your patience and understanding, we welcome feedback on how our seed performs for you, what varieties you love, and what we should toss out, and certainly tips on what varieties to try next year.

Jewel Mix Nasturtium

75 days. *Tropaeolum majus*. Low and easy to grow, nasturtium is a sweet and peppery edible flower to beautify all your culinary masterpieces. Fun to throw into salads, decorate summer cakes, or add to your dinner plate just for a smile. Its flat nearly circular leaves make a great undercover in your flower bed and can be trained to climb, with orange, red, yellow and gold blossoms peak-a-booing out here and there.



Love-in-a-Mist Nigella

90 days. *Nigella damascena*. This elusive flower can be hard to grow, but there is victory when you can add the delicate frilled poppy-like seed pods to fresh or dried flower arrangements. The lacy threadlike leaf structure that surrounds the pale blue flowers makes the flower look like it's emerging from a dream state.



Black Prince Snapdragon

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 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

65 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 soil near our greenhouse.

CUCURBITS

H-19 Little Leaf Cucumber

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.

Boothbay Blonde Cucumber


55-60 days. *Cucumis sativus*. In our 2024 cucumber trials this Livermore, Maine heirloom fared very well. So much so that after a spring greenhouse crop that outperformed everything in vigor, yield, and long-term production capacity, we decided to do a late fall greenhouse seed crop just to see if it was possible. Since cold nights crept in, the seed yield was low, so these whitish-yellow tender skinned fruits that can be eaten fresh or pickled are sure to sell out this year but are here to stay for the long haul.

Delicious 51 Muskmelon

75 days. *Cucumis melo*. Abundant and early compared to other open-pollinated melons we have tried growing in this neck of the woods. If you like an easy

to grow, sweet orange muskmelon to snack on, this variety will suit you just fine. Best when picked perfectly ripe and not long for the shelf, check it daily for ideal ripeness, toss it in the fridge to cool, and eat it up quick!

Early Moonbeam Watermelon

75-80 days. *Citrullus lanatus*.  Ben devours watermelons when they are in season and has transferred that adoration to our daughter. Sometimes Betsy wonders if she will ever grow more than the two of them can consume... Watermelons are hard to grow outdoors in Maine because they prefer hot nights. This variety is from Peace Seeds, a seed company sprouted by the late Alan Kapuler, one of Betsy's early role models in the seed saving community. The business is now being nourished by Kapuler's daughter and her young family, check them out!

Costata Romanesco Zucchini

52-60 days. *Cucurbita pepo*.  Betsy hails from Nebraska, and began growing this variety there where the hot nights are like the Italian climate that this Roman cocozelle heirloom originated in. It may have been first selected back in the Renaissance. Renaissance is an appropriate word, meaning revival of or renewed interest in something, because even though we struggled growing this variety with our cool nights, we couldn't leave behind the nutty fruits that keep their firmness when cooked. It's a texture that makes you question 'why grow any other summer squash variety?' Sure, you don't get as many fruits as other summer squash but if your neighborhood is anything like ours, you get to the point where everyone is trying to offload summer squash. A modest supply of a great thing is better than a lot of something less desirable.

Saffron Yellow Summer Squash

42 days. *Cucurbita pepo*. 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 daycare and neighbors stocked for weeks. 4-6 inch fruits have best flavor and texture.

Baby Pam Pumpkin

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

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

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

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."

FABACEAE (LEGUMES)

Skunk (Chester Flagg) Bean

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.

Blue Lake 274 Bean

55-70 days. Added to our seed garden in 2024 because it's a favorite of our neighbors over at Gibbs. This stringless green bush bean is better when frozen than the yellow wax bean we offer. This old-fashioned variety is everything you expect in a green bean and great for canning.

Yellow Wax Bean

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

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

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.

Sugar Snap Pea

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.

Green Beauty Snow Pea

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.

GREENS

Ice Bred Arugula

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!

Red Acre Cabbage



75-100 days. *Brassica oleracea var. capitata*. Compact 5-7-inch sized red cabbage that will fulfill your summer coleslaw cravings and your kraut jars. It is a standard cabbage, grown for its adaptability and disease resistance. We love this variety because it performs even under unfavorable conditions that may arise, such as weed pressure, excessive heat, and early mild frost.

Bright Lights Chard



60 days. *Beta vulgaris*. Chard is a good substitute for spinach that grows in our greenhouse practically year round and can produce in the field from early spring to hard frost. Even the most greens-averse dinner guests are curious to try this colorful veined variety with bright oranges, reds, pinks, and yellows.

Oasis Shungiku

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

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, it's wonderful!

Sierra Crispleaf Lettuce

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.

Bronze Mignonette Butterhead Lettuce

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

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!

Crawford Texas Spreading Lettuce



40-60 days. *Lactuca Sativa*. Given to us by Ben's Aunt in Texas, also named Betsy. It delighted her by maintaining its sweetness in the heat of that climate. There it would self-sow or "spread" readily, perhaps not so much in Maine. But it impressed us: rounded-leaves with light green midribs and veins fading to red or deep purple at the margins and loose romaine heads exceeded other lettuces for resisting bitterness and maintaining lovely sweetness into the summer when other varieties falter.

Lettuce Mix



43-60 days. *Lactuca Sativa*. A mix of all our lettuce varieties, this is what we sow for personal use, so we thought others would appreciate its varied harvest and diversity.



Speckled Bibb Lettuce

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

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.

What is a grex and why are we starting to do more of it?

A Grex is a mixture of varieties grown and saved together, allowed to cross-pollinate. With each generation the breeder may select and narrow things down from a population containing a very wide gene pool. Most seed for sale to home gardeners has a narrow gene pool, selected such that every plant is pretty much the same as its neighbors. But these popular varieties often started with a grex. With unexpected environmental disturbances popping up each season these inbred varieties don't always have the vigor, adaptability, and resilience to thrive in the face of adversity. One of our missions is to produce seed that thrives for people regardless of their confidence as a gardener, the seasonal conditions that may arise, and their level of patience for weeding the garden. Less uniformity can be a downside, but we maintain that uniqueness among favored garden varieties delights the senses, which is why you will see more grexing at Seed & Soil as the years unfold.


Spinach Grex

45 days. *Spinacia oleracea*. Are there some crops that you have a green thumb with and

others that you can't seem to pin down? For Betsy, spinach is the latter, if timing and seasonal conditions aren't perfect, there is a lingering wanting for something that was missed. As an effort to bring more diversity and vigor to our spinach line-up, and (fingers-crossed) have a more successful spinach in years to come, we have begun this vegetable grex. This seed crop is the first cross of the most vigorous plants from Butterfly, Bloomsdale, Old Dominion, and Red Veined varieties, so offspring will be mixed. Grow this along with us annually to watch how it evolves.

ROOT VEGETABLES

French Breakfast Radish

28 days. *Raphanus sativus*. An  heirloom that became popular in Paris in 1879, a petite sweet and mild oblong shaped salad radish is enjoyable even for the most sensitive to spice palates. Our seed stock was all over the place so we tried to select for the most uniform and true to type radishes but give us a few years to dial it back in line. In the meantime, enjoy it sliced thin and piled on buttered bread with a bit of sea salt and pepper.

Zlata Radish

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.

Purple Top Turnip

50-80 days. *Brassica rapa subsp. rapa*. We produced this variety in bulk for all you deer hunters out there who are looking to attract



your fall bounty, deer love it! It's a great forage crop for livestock, too. Good to eat pickled, roasted, mashed and in stews or, like our little family prefers, fresh and crisp right from the garden. This timeless heirloom variety is over 100 years old, white with a purple top, and grows quite large if you let it.

SOLANACEAE

Diamond Eggplant

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

75 days. *Physalis pruinose*. 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

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.

Grandma Suzy's Cayenne


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.

New Mexico Chili

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!

Hot Marconi Pepper

85 days. *Capsicum annuum*. At  Bloomsorganic (where Betsy farmed for six years), annually a character named Ralph custom ordered hundreds of three varieties of heirloom peppers saved by his family since, "the beginning of time." Betsy started saving the lines, which helped Ralph keep them in existence when he had bad years. This is the quinesential italian hot pepper and it is a suprisingly robust producer here. You might want to open the windows when you are processing this for home use, it's powerful.

Paprika Pepper

70 days. *Capsicum annuum*. Been growing and saving seed from this line for years, not sure the original parents or variety. Has a little kick. Harvested red, dried, seeds removed, and then blended down to a powder for the most flavorful paprika you have ever tasted!

Shishito Pepper

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 sippy 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.

King of the North Sweet Bell Pepper

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.

Indigo Rose Cherry Tomato

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

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

Isis Candy Cherry Tomato

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

Tiger Blush Cherry Tomato

65 days. *Solanum lycopersicum*. Eye catching stripes, balanced, low acid, sweet tomato flavor. Early and abundant producer. Tapered oblong fruit about 2" in length (is it really a cherry?). Sprawling vines and hyper crack-resistance. Ben's #1 favorite tomato.

Amana Orange Heirloom Tomato

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. There were some big beautiful red ones in the 2024 population, those were preferred by some but we didn't add them to the seed stock, working to keep it uniform for its bright orange appearance.

Black Prince Heirloom Tomato

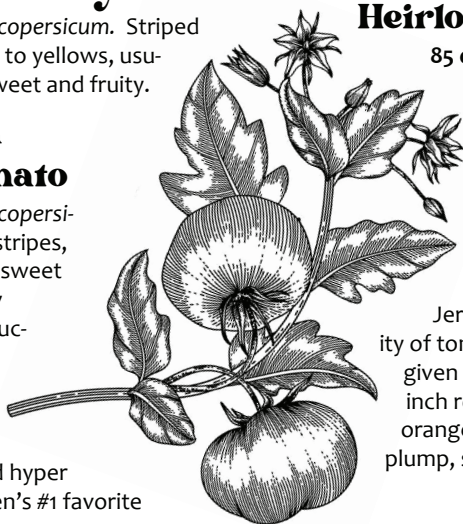
70 days. *Solanum lycopersicum*. 4 oz Purple Black. Regarded as a "true Siberian tomato" does well in cooler climates. Best in show of 2024, fulfilled all of Betsy's wildest BLT dreams.

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.

Nebraska Wedding Heirloom Tomato

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!



Pink Oxheart Heirloom Tomato

70 days. *Solanum lycopersicum*. Big (2 lb) beautiful, heart-shaped deep pink fruits, juicy and delicious. Heavy producer. There were a substantial amount of red offtypes in this population so we were selective in seed saving, we will see how uniform it is in 2025.

San Marzano Roma Tomato

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

Yellow Marfino’s Roma Tomato

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.

Berkeley Tie-Dye Slicing Tomato

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.

Ramapo Slicing Tomato

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 existance. Firm quality, reliable production.

Red Zebra Slicing Tomato

75 days. *Solanum lycopersicum*. Bright red skin, jagged orange stripes. Tart 2 inch fruits. Ceaselessly prolific, and with such a striking appearance it can’t be missed, but flavor suffers more than other tomatoes off peak ripening season.

OTHER WONDERFUL VEGETABLES

Finale Bulb Fennel

80 days. *Foeniculum vulgare*. The cost of fresh fennel bulbs in the grocery store is high because they aren’t easy to grow, but when they caramelized to perfection then braised, it’s a real treat worthy of splurging. If you can’t get enough of this treat, might as well grow it! Producing seed for bulbing fennel is a real challenge in this environment because the seed-to-seed timeline of this frost-tender crop is around 200 days, plus critters love it as much as we do. So we are proud to offer it this year.

NEW

Tango Cutting Celery

85 days. *Apium graveolens var. dulce*. Harvest July-October by cutting 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.

Tuxapa Sweet Corn


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 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.



Bleu de Solaise Leek

110-120 days. *Allium ampeloprasum*.  A favorite breakfast recipe in our home is oatmeal with leeks, brie, and an egg over medium, sprinkled with furikake and nutritional yeast. The leeks are sliced thin and cooked slowly to crisp in a generous portion of butter. We don't skimp on the leeks, it's not a condiment, it's a co-star. This extremely cold hardy French heirloom with a beautiful bluish hue to the leaf does very well here and stores in the root cellar until we harvest our spring greens, which also accompany this cherished breakfast dish quite well.


Rossa di Milapo Onion

110 days. *Alium cepa*. Long to intermediate-day length red  Italian heirloom. Uniform for eye-catching pinkish-purple skins, sweet white flesh with pink lining on layers, and distinct round almost heart shape with flattened top, a real beauty. The taste is sweet and lasts well through the Winter and in to Spring in storage.

Elka Breadseed Poppy

85 days. *Papaver somniferum*. Homegrown poppyseed is a delectable treat. Gardeners know that sometimes a homegrown food is remarkably more delicious than store bought, this is true 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, eventually passed to Roberta Bailey of Seven Tree Farm in Maine. Her selection made it 100% ventless, ideal for poppyseed production.

Peace Seeds Sesame Grex

95-110 days. *Sesamum indicum*.  Since sesame is native to the grasslands of the Indus Valley and sub-Saharan Africa, you may ask, why do we go through the trouble of growing it in Maine? Well the answer is because we really enjoy using it in the kitchen and seek to adapt it to this environment. Peace Seeds started this same endeavor in Oregon with their grex and we plan to keep on keepin' on with it here on our farm.

Farm History: The Old Aitken Farm

Most people in our locality know exactly where we are located when we tell them that we are at “the old Aitken farm”. This piece of land was once a regionally relevant large dairy, home to about 600 head of cattle. The family produced corn silage for feeding the cattle, broilers (chickens) in a large New England style multi level chicken barn, and vegetables for their home use. Milk price fell as farm size exploded in western regions, and New England dairies couldn't keep up due to the terrain. Finally John's disease struck the herd and the family chose to get completely out of dairy and into gravel and earthwork. The farm was purchased by Maine Farmland Trust and certain rights (subdivision, development etc.) are owned in perpetuity by the trust making this a “Forever Farm”. Those easements made it affordable for us, and since we plan to keep it in farmland, it was the perfect fit. The Aitkens are great neighbors to us, right across the street! Richard & Brad Aitken, with their excavators, loaders, and dump trucks – and their considerable wisdom and unique perspective - have been essential in the establishment of our enterprise. We are so grateful to be settling on this beautiful piece of land. When we set out to fulfill the farm dream, we had so many ideas of what we would want our business to entail. This piece of land, so much more than we bargained for, allows us to continue dreaming and feed our fire for doing the work of tending to this special spot on earth.



TUBERS & GARLIC

How To Buy Dahlias and Potatoes: Both will be available during regular hours of our Nursery (see back cover) when conditions are right for planting. Potatoes can be planted in early Spring when the ground can be worked and we'll set them out at that time. Dahlias need warm soil at planting so we'll set those out towards the end of May. If you want tubers outside of regular nursery hours or earlier than planting season, call or email us.

How to Buy Garlic: Garlic is available early September. If you want us to contact you when it is ready, send us an email or write us a letter and include the following information: Name, email, phone number, and quantity desired.

Arabian Night Dahlia

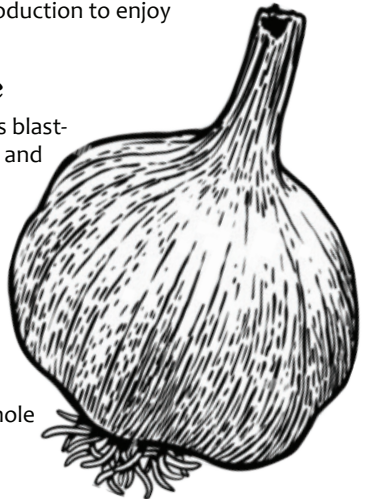
80-100 days. *Dahlia pinnata*. While Ben was working on his Masters in Horticulture at UNL, Betsy and he (then unmarried) lived together in Lincoln, Nebraska. To the terror of their landlords they ripped up every scrap of lawn in the backyard of their rental unit and planted a well tended but wild appearing garden. One spring day in 2018, Ben came home from the UNL plant sale with these lovely dahlias for Betsy. Ever since she has grown them with help of Grandma Milo in the two years where the couple did not have a garden.

Potato Mix

90-120 days. *Solanum tuberosum*. We spent the summer of 2020 in Westwold, British Columbia, a rural farming town, producing a cannabis seed crop under the umbrella of Humboldt Seed Company. There, our neighbor "Farmer John" gave us seed for what he called "Seblinda", describing it as a 100 year old european variety. It's like a large fingerling with perfect texture, we prize it over all other potatoes. When we moved to Monroe, our neighbor Victor welcomed us with a mix of local potatoes and we have incorporated them into our annual production to enjoy diversity.

Bob Steffen's Hardneck Garlic

2-3 years. *Allium sativum*. After Mother Earth News blasted Betsy's article about this resilient variety in print and digitally across the world, we were inundated with hundreds of requests for this garlic seed. It took us four years to work through all those back orders and now we are offering it to the general public. Send us an email and ask to be on the 2025 garlic seed list or contact us early September to get some of this fine, large, easy to grow variety for yourself to enjoy year after year. Largest cloves of any true garlic we know. If you want to read the whole article just search "Bob Steffen's Hardneck Garlic".



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 allows cannabis to finish its reproductive cycle in very high latitudes with short warm seasons – think Siberia. **Growing Tips:** Autos are ready for harvest 70-120 days from seed, similar to many vegetable crops. Autos thrive naturally outdoors in Maine when germinated any time from mid May to late June. 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 you have high control over the area where you seeds are germinating, like in a large indoor pot. 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 time to even somewhat knit the soil together. The soil plug will be fragile. Peat pots are ok, but they 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. **A bit of history:** Cannabis with this trait was classified as its own species in the 1930's, *Cannabis ruderalis*. This was after Carl Linnaeus named *Cannabis sativa* in his 1753 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 day neutral 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!

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 common in the world of “clone-only strains”, aka ‘elite clones’ (See ‘Unicorn’). 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 entering a breeding project. But the result is new strains with no males. We like true males; we like the ease of outcrossing, 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 males 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 for those traits which you don't really see at work, stuff like whatever controls when a heat stress response is triggered.

Introgression – The breeding process used to bring one desirable trait from one seed line into another seed line. Introgression is a very general term in plant breeding, but we use it specifically: only 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. The second generation (F₂) after the 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. A full sib cross between utterly dazzling F₂ individuals is a powerful leap forward in a traditional plant breeding project. Finding the special plant requires lots of choices. In this catalog, Etrog Auto, Raspberry Parfait Auto, Red Sand Headband Auto, Toy T. Wrex Auto, and Starlight Venom Auto are our original introgressions. Raspberry parfait's F₂ generation contained about 2000-2400 individuals, Etrog was only 400 (but we got lucky and that strain is really nice). The rest were somewhere in between. 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 hours 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 back out in the nighttime.

Mixed Ratio and 1:1's – Cannabis can contain a single dominant cannabinoid, with 90%+ of its total cannabinoids accounted for by just one molecule (often THC). Mixed ratio plants have some kind of more balanced ratio of cannabinoids, most commonly CBD and THC. We call these 1:1's referring to the roughly half and half ratio of THC to CBD. All of our 1:1's are photoperiod plants. To make them, a THC dominant strain is bred with a CBD dominant 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.

Mom – We say "mom" a lot in our descriptions, we don't mean 'mother plant' as 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. "Photoperiod Sensitive" is how plant scientists name this trait. You will harvest photos in the Fall whether you plant them early Spring or late Summer. 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. Others allow a bit of male pollen near the garden and take some advice that was as good 60 years ago as it is today: don’t smoke the seeds.

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 genetically identical plants 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 language is a living evolving thing.

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 roundish male flower

bud, there are hours or mere moments before it releases its pollen! If you see the yellow anthers, you've almost certainly had a pollen release. But learn to recognize

Quicks – Also called “fast versions.” Quicks are F1 hybrids using a photoperiod and an autoflower parent. They still need to feel the nights lengthen to begin flowering which lets them put on a full summer’s worth of growth, but they begin flowering a bit earlier and have the potential to ripen in the second or third week of September. Anecdotally, they finish a bit sooner when started in late-Apr/early-May, our earlier under lights, so that they go into the garden with enough age to show sex and almost decide to flower with the slightly longer nights of Spring, but then snap out of it and grow big. Big Quicks like this are always the earliest plants in the garden besides autos. We see it every year because a Quick is the first step in breeding new autos.

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, every bean has the possibility of being a magical one!

Want to taste our strains? We don’t make smokable flower. Drying and curing is an art that we leave to other professionals. Our sun-grown harvest reaches recreational shelves through a few Adult-Use Manufacturers. We believe that Cannabis grown outdoors with organic practices, processed minimally to retain the diverse compounds and aromas of the plant, can induce euphoria and wellbeing. We are thankful to our manufacturing partners for helping us deliver our bounty to your hands.

Blueberry Muffin

Blueberry Pineapple Muffin

Blueberry Wine 1:1

Dankincense

Etrog

Joint Relief 1:1

Lemon Telescope



Lime Green Crack

Midcoast Mojito

Midcoast Squirt

Omaha Jazz

Raspberry Parfait

Red Sands Headband

Squirt

Starlight Venom

Trainwreck

Wedding Cupcake

Willy's Medicine



Banana Tango
Caramel Headband



Dankincense **Blueberry Muffin**
Blueberry Cupcake **Jelly Donutz**
Squirt

FAQ:

What are the rules for shopping at the Nursery?

No medical card is needed. Everyone 21 or older can buy. We can sell up to 12 plants per person per day, and an unlimited number of seeds. Under 21? You can still shop with us for herb, flower, and veggie plants and seeds.

When can I visit the farm?

See back cover

Do you ship cannabis seeds?

No. Our Maine Adult Use Nursery License does not allow this kind of sale. All retail transactions from our nursery must happen in person on site. Yes, seeds are legal to put in the mail, but we can't do it for you! Sorry!

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?

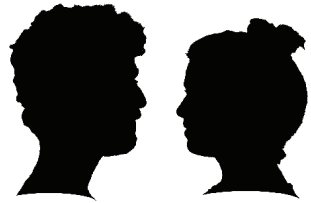
We don't claim to be the highest authority on the best way to grow pot - there is no best way! As the renowned poet Rumi wrote, "There are many ways to kneel and kiss the ground." Our role is providing genetics that sparkle. To learn how to start cannabis seed, visit <https://humboldtseedcompany.com/learn/>.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

Pricing

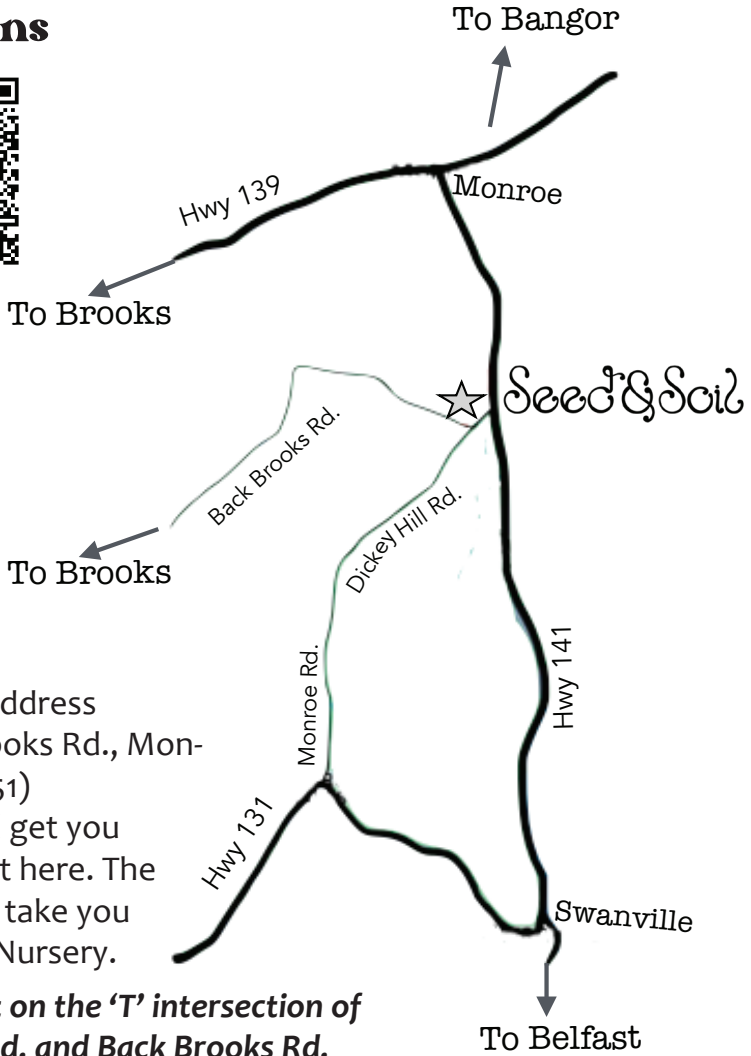
Type	Dates of Availability	Size or Amount	Price (Includes Tax)
Cannabis Seed	Year Round	5 Feminized or 10 Regular Seeds/Pack	\$50 (Volume Discounts)
Cannabis Plants (Small)	4/19-7/13	4" square pots	\$20
Cannabis Plants (Medium)	5/10-7/13	1/2 gallon pots	\$30
Cannabis Plants (Large)	6/15-8/15	3-7 gallon pots	\$50-\$75
Herb/Flower/Vegetable Plants	5/17-6/29	4" square or 6 pack	\$5
Herb/Flower/Vegetable Seed	Year Round	Varies by species	\$4
Seed Potatoes	beginning 4/19	1/2lb / 1lb	\$10 / \$18
Dahlia Tubers	beginning 5/23	per tuber	\$8
Garlic	beginning 9/1	1lb	\$30

About Us

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!



Directions



Beware:
Typing our address (75 Back Brooks Rd., Monroe ME 04951) into GPS will get you close but not here. The QR here will take you right to the Nursery.

We are right on the 'T' intersection of Dickey Hill Rd. and Back Brooks Rd.

Seed & Soil

75 Back Brooks Rd.
Monroe, ME 04951

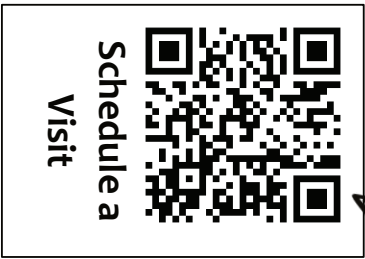
phone: 207-808-0955

email: info@seedandsoilmaine.com

instagram: [@seedandsoilmaine](https://www.instagram.com/seedandsoilmaine)

www.seedandsoilmaine.com

By appointment year-round!



Nursery Hours:

April 19th - July 13th

Wednesdays

& Saturdays

10 am - 3:30 pm

Please come during hours or make an appointment.

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

