



# Kōanga

Seed Catalogue 2022

## Honouring the Holy In Nature!



Our seed collections are built on the foundation of hundreds of generations of growers who have nurtured biodiversity and cultural heritage.

## Take a moment to remember

Rongo-marae-roa  
The gardeners,  
The cooks,  
The families we share  
our meals with,  
The seeds that bring us the  
spirit of the earth and the  
sky to give us life;

And to especially thank all  
those thousands of generations  
of gardeners who grew the  
seeds, loved the seeds, listened  
to the seeds, talked to the  
seeds, and selected and saved  
the seeds for the survival of  
their families, communities  
and ancestors.

We are all living on the love  
our ancestors gifted us.

It is our turn to be  
the ancestors.

It is our responsibility.

It is our opportunity.

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Photo credits: Kay Baxter, Gail Aiken and Vitor Crispim

## Our Mission

The vision of Kōanga was born out of 30 years of collecting heritage fruit trees, vegetables and flowers by Kay Baxter and others, in association with Kōanga. This nationally important collection is in turn built on the foundation of hundreds of generations of gardeners and farmers who have nurtured the biodiversity and cultural heritage upon which civilisation has developed (we have co-evolved with our food plants).

Much of Kōanga's work was in response to the fact that in the last 100 years much of the genetic biodiversity in food plants, all over the world, has disappeared as a result of the industrialisation of our food production.

In the process of "saving the seeds", all those involved have come to the wider realisation that not just the ecology of our "food evolution" has been compromised by industrialisation, but many other aspects of our "human ecology" have likewise been compromised, and we can't address the one issue (e.g. seed saving) in isolation. Seed saving is one aspect of the broader need to address our "human ecology". Thus, while an immediate priority for Kōanga

is seed protection and conservation, it is also committed to contributing practical holistic solutions in the wider field of sustainable living:

- Protection, conservation and development of NZ's genetic and cultural heritage food plants.
- Understanding the connections between soil health, plant and animal health and human health.
- Research into the practical strategies and techniques required for communities and individuals to be self reliant, with a focus on regenerative land use, nutrient dense food production and processing, appropriate technology and community development.



# Heritage Seeds Speak...

We are the seeds of your ancestors, the seeds that have nourished you forever, the seeds that give you life, the seeds that you pass on down as your responsibility to the next generation, the seeds that speak to your DNA, the seeds that are able to nourish you more fully than any body elses seeds... and more fully than hybrid seeds, and especially genetically engineered seeds, and critically seeds containing glyphosate.

We are the seeds capable of living with you through climate change.

We are part of your inheritance, part of your body, your link to the stars and the earth, your link to life itself.

We require alive, highly mineralized and microbially active soil in order to grow to our potential, to enable us to build soils while we grow and in order to be nutrient dense enough to nourish you.

We need humans to listen again, and learn to regenerate the ecology in order to support our survival... we don't survive on dead soil.

We are on the knife edge of extinction and have already lost over 90% of our brothers and sisters.

It is time for you to reconnect with us in order to reclaim your health and it is time to hold us close and ensure we are kept safe for the coming generations.

Please consider giving us a donation or become a member of Kōanga to support our work saving our own heritage seeds, or supporting somebody else to become a member and join us on the journey.

## Now is the time



# Membership

Join us and help save New Zealand's Heritage Food Plants! Over the past 30 years Kōanga has been instrumental in collecting and saving over 700 heritage vegetable seed lines and over 300 Northern heritage fruit tree lines and we could not have done it without our members!

Our nationally important collections are built on the foundation of hundreds of generations of growers who have nurtured biodiversity and cultural heritage. We not only collected the plant material and the seeds, but also the stories and whakapapa of our food plants and the old people who carried them to today. Growing out these food plants makes them available to both our members and the general public. The beautiful diversity that we see in our heritage collection – in the flavours, shapes and colours, is a glimpse of the past varieties of all the vegetables.

## HEIRLOOM COLLECTIONS

Keeping the whole collection of these incredibly important New Zealand heirlooms alive and available for the people of New Zealand is a complicated and expensive process and we receive no government funding. We are a Charitable Trust and one of the only organisations in New Zealand who grow out our seeds locally (mostly in the sunny Hawke's Bay), so they are adapted to NZ soils and climates. These seeds are then selected for the qualities home gardeners are looking for, like a long cropping season, great taste, nutrient density and many other qualities that commercial seeds are not selected for.

## REGENERATIVE LAND USE

Along with protecting our collection of New Zealand heirloom plants we aim to inspire, educate and support people to develop the skills to manage their land in a regenerative way. We have a wealth of experience, knowledge and resources to share with the world and this work is more important now than ever before as urgent action is required to deal with the Climate Emergency. Help us to safeguard the future for coming generations by supporting our work.

## MEMBERS BENEFITS

Being a member of Kōanga is an excellent way to support our important work but also brings a range of membership benefits:

- Exclusive 'members only' newsletters, packed with top tips, practical advice and member-only offers.
- Two FREE seed packets of your choice from a specially selected range.
- Gardening questions answered with access to Kōanga's special knowledge.
- Grow sought-after plants with preferential access to rare seeds and plants in short supply. There will be a minimum of 2 weeks member only access to fruit trees and to perennials in short supply. Members only access to preservation packs.
- FREE Online Workshop on Growing Great Compost for memberships purchased or renewed before 1<sup>st</sup> January 2023.
- Know what to plant and when to plant it with exclusive members access to a high-resolution, print ready copy of the Kōanga Moon Calendar.

## JOIN US TODAY!

If you agree with us that saving New Zealand's heritage food plants is an essential part of building a better, regenerative future and if you value the wealth of experience and knowledge that Kōanga holds and makes available through it's website, publications and courses then the best way that you can support us is by becoming a member, by encouraging other people to join, and, if you can afford it, by supporting someone less financially secure to join.

[www.koanga.org.nz/our-shop/membership/](http://www.koanga.org.nz/our-shop/membership/)

# New Kōanga Website

We have a new website with a new look! This has been a big project because for a small organisation we have an unusually large website. This is partly due to the vast range of products that we sell but also because of all the information we have compiled and share freely through our site to help support gardeners on their journey towards self reliance and regenerative growing.

Our website comprises two areas – the Kōanga shop and the Kōanga Knowledgebase. The shop part of the new site is complete and active but over the next few months I'll be pulling together the new knowledgebase. In the meantime the knowledgebase from our old site will still be available (access from the new site knowledgebase). We hope you like it! Obviously we've worked hard to avoid any teething issues but if you do experience difficulties or want to give feedback please e-mail me [gail@koanga.org.nz](mailto:gail@koanga.org.nz)



## We're The Home Of New Zealand's Largest Heritage Food Plant Collection

We are here to inspire and support your journey in regenerative living. Take a look around our website for 100% organic, regenerative and NZ grown seeds, trees, and perennials, as well as workshops, guided tours and publications and heaps of useful information.

# Editorial July 2022 – Kay Baxter

Kia ora e te whānau! Celebrating 42 years! Somehow this year feels like a very special time in our story. We actually thought it was our 40th year and were all ready to celebrate but have now realised it is our 42<sup>nd</sup> year! And we are still going to celebrate... Not perhaps a usual time for a huge celebration but it does feel right for us now.

Walking the path we chose years ago has always been a big challenge, after all, we are constantly on the edge of finding a new way forward. We are totally committed to this path and putting that together with saving the seeds for the Nation, a totally uneconomic job, has been what mostly created the challenge.

When you work on the edge there are many decisions that have to be made without prior experience, or someone else to follow... they simply have to be made, we have to listen to the Wairua, feel our way and back ourselves. Sometimes the decisions we make are wrong, but we have been right with our choices often enough that we have continually been able to follow our dream and we have achieved a lot!

We are celebrating 42 years of collecting, saving and making available to you approx 750 heritage seed lines, together these days with the Tuaropaki Trust. Most of them are NZ heritage seed lines, and those that came into our collection from overseas came over 30 years ago now so are now, I believe, 'our' heritage seeds too!

We are also celebrating the collecting, growing, caretaking and making available to you the best of our collection of 350 NZ heritage fruit trees.

We are acknowledging and giving thanks to all of our staff, past, present and future. who have, still are, and will be hugely contributing to this work, above and beyond. I am so grateful to you all.

We are acknowledging and giving thanks to all those who have supported us in so many ways over the past 42 years, especially all of our members, some of whom have been with us all that time, and without whom we could not have achieved the things we have.

We are acknowledging and celebrating the learning and experience we now have, designing local regenerative food production systems for both our vegetable and our fruit trees as well as our poultry and other animals.



Right top: Kay's first urenika potatoes.  
Right bottom: Kay with Mr Cliff of Paparao and Red Spy apples.

## NEW DEVELOPMENTS

We are also excited to be able to tell you about our new projects that we have been able to begin because of several very generous gifts in the past year or so for which we are so grateful.

We are feeling very supported, which gives us the courage to continue to do this work. A huge thanks to all of you who know who you are.

The current very exciting projects that are all in progress as this goes to print are:

### 1. INTERN AREA

Our new Intern area which will become home for 5 new Interns each year. They will each have a warm, cozy, well insulated cabin or caravan, with a greenhouse on the front to help keep them warm and which has a small rocket stove powered kitchen in it, as well as a shared ablution block with a composting toilet, rocket stove shower and laundry, and a shared kitchen with a rocket stove, heated indoor eating space and outdoor eating area.

The entire Intern area is either cabin, garden or pathways and will become very shortly an incredible space to live in, learn in, and feel nourished by. There has been a great team working on this space and we have learned heaps about light earth building, natural plastering, rocket stoves for many different situations and uses, milling our own timber and using it, using wool straight from the sheeps back for insulation, and maximizing passive solar heating and cooling etc.

### 2. DEVELOPING THE RIVER BLOCK

The second project is developing the River Block (a piece of adjacent land along the Mangapoike River that is owned by Kōanga thanks to several very generous people) as an example of integrated land use. The goal is to inspire and show others how a 13 hectare paddock on a sheep farm with short grass, no trees, lots of erosion and no protection for the fragile waterways, which supported almost no part of a sheep farmers income, can become an exciting place with protection for all the waterways, a strong

ecology and significant wild places in all of the riparian areas. Loads of tree planting there!

We have a small dairy herd of our Dexter cattle, providing milk for the Kōanga team, as well as running chickens behind the cows feeding on curds, pasture and insects and a kunekune breeding unit using whey left from the curds. The developing ecology of trees which surrounds all animal systems benefits the soil, the animals and provides numerous other benefits including fodder, materials for chipping etc.

This area also holds an extension of the Kōanga Nursery so we can begin to grow enough trees to meet the huge demand we have been unable to meet over the past few years, as well as a whole new garden holding the Kōanga Perennial collection including yams, potatoes, strawberries, garlic, tree onions, shallots, asparagus, rhubarb etc., and on top of that this is where our new research garden for local regenerative food production has been established. This is a model that will be used for teaching and filming to share with you all.

Finally a significant part of the River Block development will be the new seed garden (Mangapoike Seed Garden) we will be developing over the next year as we bring on board and train new staff. I think you will be able to imagine how this will look and feel and how exciting this is. Our first fence we built without any tanalised posts. We used ground durable robinia posts sustainably harvested (they coppice) and willows as living posts to hold the wires and we have already planted thousands of trees to create either animal shade or for building the ecology and to coppice for ramial wood chip to feed the gardens and nursery enclosed within the trees.

Everything produced within this integrated land use plan on the River Block, will be fed by that place, we will just be tapping into the energy created when we begin to work with the trees and the sun and the animals and plants and rebuild all the broken links to get syntropy happening again. I call that the 'dance of life'.



For me, stepping back into this whole process of co-evolution has always felt like stepping back into the 'dance of life'. A place where we can acknowledge that everything we do affects everything else and it is simply a dance. We can have a powerful positive effect on the whole as we can have powerful negative effects, it is our choice.

### 3. FENCING USING OWN OUR, NON TOXIC POSTS

A third project has been working with Paul, our amazing fencer and miller, to harvest our own fence posts (robinia) and build non toxic fences to manage geese in all of our grassed areas around the parking and forest gardens. We have 7 fenced areas where we manage geese and from now will no longer need to use weed eaters or mowers to maintain these areas. A great step in the right direction...

### 4. OFF GRID SEED DRYING FACILITY

The fourth new project that we fundraised for recently is to build an off grid seed drying facility, that will include solar as well as wood heated drying systems. We'll show you that design as it develops further. A huge thanks to all those who made that come true via our recent fundraiser.

### 5. OFF GRID SEED STORAGE FACILITY

Our fifth major project that has to happen over the next 12 months and we will be fundraising for is a new specially designed off grid seed storage facility. We have never had an appropriate place to store seeds, and as our seed gardens get bigger it is essential not only for the health and quality of the seeds going forward but also security. We had an electrical fire last year in the seed room and nearly lost everything. We need to do better for our seeds.

### 6. NEW WEBSITE

Sixth is the new website created mainly by Gail with technical support from Kevin. We have needed this new website for a while now and we are very very happy to finally have it live. A huge thanks to Gail and Kevin!!

### 7. KŌANGA DESIGN TEAM

Lastly and very significantly Bob and myself as part of the developing Kōanga Design team (you'll hear more about this later in the year) are planting the new Tuhoe village in Taneatua in the days just before this catalogue will be printed. This is a super exciting project that we have been honoured to be part of. It has been wonderful to be part of the team bringing this

project forward, we've really enjoyed that. Designing and planting a temperate forest garden within which sits a village is a huge first in this country, as far as we are aware! The entire village is pretty much made up of houses, community building, paths or forest garden.

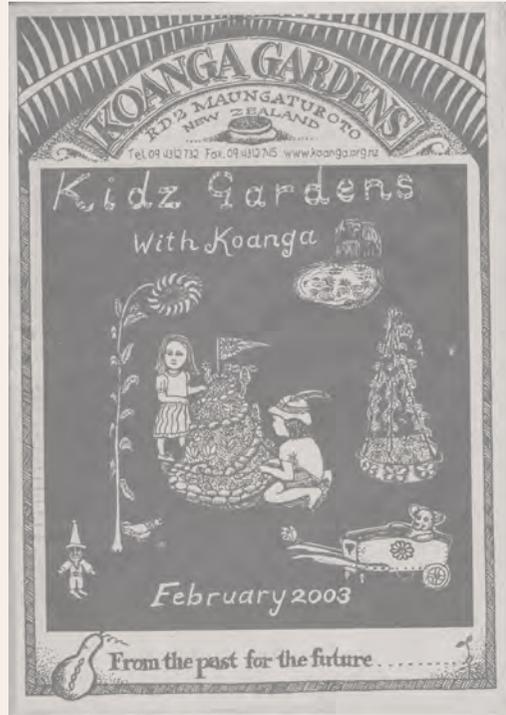
All of these projects have been designed to take Kōanga up to a whole new level whereby we have the skills and resources to do a more efficient and excellent job of our work to build up to a size that is economic so that we are producing enough income to be self reliant and to produce enough seed to be able to provide our wonderful local organic growers that are popping up around the country with the best quality seed, seed capable of growing nutrient dense food. We see that it's time now for our seed to become the seeds the food of the nation is grown from. We all deserve that!

These projects have also been designed as learning opportunities for us and as inspirational models for all of you, so that you can come and see and feel and touch what making radical change is actually like. To see what it actually looks and feels like to live simply, to commit to living regeneratively, taking care of the riparian and wild areas, building soil, and producing one's own high quality food, as well as making a comfortable living in the process. We are not perfect, it is our journey as much as yours, we all have a lot to learn if we are to adjust to the world situation we are all in and come through as proud ancestors of the generations to come!

It's a big dream, we are on our way, we have always felt supported by all of you who frequently give us feedback (which we love).

We get that we are meeting a need, a need I believe all of us can align with, a need to be part of the solution...

And so this year is another of those times to leap... and we are in mid flight I think!



### OUR JOURNEY REFLECTED THROUGH OUR PAST CATALOGUES

It has been amazing to look back at our old catalogues and see the titles we gave them. They are such a great reflection of our journey to now  
Titles include:

*Celebrating Biodiversity* 2003

*Kids Gardens With Koanga* 2003

*Seed Carriers Hikoi* 2004

When we walked from Te Reinga Wairua to Taupo (Little Waihi) and then got in vehicles to parliament to try to persuade Helen Clarke

that our seeds are our cultural Taonga and they needed saving... we didn't! Marion Hobbs saw us but we never received any support.

*Save Our Seeds* 2005

*The Dance of Life* 2006

*Back to the Future* 2007

*Celebrating 25 Years* 2007

Koanga began in 1982! With the fruit trees.

*Nutrient Dense Food* 2008

*Growing the Rest of the meal* 2009

The grains and seeds. We left to others until NOW.

*Focus on Fruit* 2009

We called it a year of consolidation... the year we began growing our fruit trees again ourselves.

*Changing The World One Meal at a Time* 2010

The year we left Te Whanau a Apanui after an incredible 3 years there that hugely influenced us and changed us forever.

*The World Rises Up To Meet Us* 2010

I totally get that everytime we take a step forward on this journey we get to feel supported, it is as if the world rises up to meet us.

*It's About Time* 2011

Feeling frustrated about what feels like the slowness of the change!

*Time To Leap* 2011

We were getting frustrated with change feeling so slow!

*Coming Together* 2012

A realisation that we are many and it is all coming together towards a regenerative future.

*Environment Determines Genetic Expression* 2012

New understandings coming through epigenetics supporting our feelings about life.

*They are A Gift To Us and They are Our Gift* 2013

It's time to stand up!

*Together We Did It!* 2014

After the speakg trip I did with supporters around NZ to gather the money we needed to buy this and so the seeds had a permanent home.

*Walking the Edge* 2014

*Dreams Come True* 2015

Once we actually brought this land.

*Forest Gardens and Perennial Vegetables* 2015

Lots of learning in this new field.

*Celebrating Seeds* 2016

Revelling in the love and diversity and colour and excitement in our heritage seeds.

*Legumes in Forest Gardens* 2016

New learnings, exciting stuff.

### SEED SALES

Finally some practical reality... Growing and selling seeds in these times is super challenging. We sold as many seeds last month as we did at the very beginning of COVID when everything went mad. We at this point have no idea what will happen over Spring... it is no longer really possible to easily plan or follow usual common trends or cycles that were, for our entire story, very regular. We are doing our best to have as many seeds available to as many people as possible and it is obviously going to take us a couple of years to get ahead again. There are many seed lines this year that we have had to put into the preservation pack category because we just won't have enough otherwise to go around. For this reason we are focusing on providing the best possible service to our members and supporters via our online shop and those shops out there that have been selling our seeds and supporting us for years. We are very sorry to have had to decline taking on board any of the new shops who have been asking for stands this season, we simply don't have the seed.



And perhaps best of all and most important of all we are excited because all of this work and all of these projects lead us back to feeling and reconnecting with the Holy In Nature.

## GROWING TRENDS

Every year we see trends. One year the number of men gardening went through the roof, (around 5 years ago), this year we are seeing a huge trend towards growing grains, and I'm guessing this will also reflect in potatoes and kumara growing as well. Basically food security in a world we may not be able to afford or even access wheat products etc.

We have a very precious international heritage and very rare grain collection which I'm afraid we can only sell in small packets. I have always wanted to write a home scale Grain Growing Guide because it is not something most are used to doing, and it is quite a different thing to growing vegetables. I never got the booklet written but to help those of you wanting to step into that journey we have published here the information that we have put together already based on our own experience (see article on page 14).

The other really strong current trend is around medicinal herbs. Another sign of people beginning to take more responsibility for their health as well as whanau resilience. Our Booklet *Herbal Health and Healing* could be a great help for those of you who are new to this field and looking to step into growing your own medicine, or at least harvesting your own medicine.



## WORKSHOPS

We are excited to be opening our Workshop program again. See page 21 for details and look forward to meeting some of you here!

Vitor and I are in the middle of filming a Seed Saving Masterclass as well as a Forest Garden Masterclass, and will keep you in touch when they become available and in the meantime, the next online workshop to go live will be the Traditional Food Storage and Preservation Workshop. Watch for that!

As a part of this moment in our story we are:

Establishing the Henry Harrington Children's Seed Saving Award see details on page 13.

We will also be giving away 20 copies of the new rewritten and totally updated *Growing Nutrient Dense Food Booklet* as well as 20 copies of the hugely expanded and rewritten latest version of the *Design Your Own Forest Garden Booklet*.

We are gifting free spots on our first Guided Tours since Covid (we have a whole new program and two different tour focuses so check them out carefully on the website or later in this catalogue). See our newsletter for competition information.

Have a wonderful growing season!  
Kay and the Kōanga Team

# Henry Harrington Awards

Henry asked me 7 years ago if I would create a Children's Award for interest in seed saving. I've never quite got it to the top of the list but his death spurred me on. Henry was one of our great NZ Seed Savers. His death leaves a huge gap for me, along with the passing on of almost all those elderly orchardists and gardeners who gifted me fruit trees and knowledge all those years ago.

It is really up to us! We are the link in an everlasting chain of co-evolution, what we treasure and pass on is what will be passed on. The science of epigenetics makes it clear that environment determines genetic expression. To ensure human genes stay strong not only must we honour our own bodies and the earth now, we must also pass on the seeds of the food plants and animals that creates those strong genes, and do everything we can to restore the environment so that our plants and animals are able to grow in highly mineralized biologically active soils.

Seeds are such a vital link in this chain of co-evolution that we would like to announce two awards will be made each year in October, to honor Henry's work and all of the seed savers who came before... and to encourage our young gardeners to step into the unending process of co-evolution we must embrace again.

One will go to a primary age child who shows a love for seeds in some way. We will accept nominations by September 30<sup>th</sup> each year.

The Award will include a beautiful certificate together with an appropriate collection of heritage seeds, and an opportunity to join a Guided Tour here with your family for free to see how we save the seeds!

The second award will be for a secondary age student, or a horticultural class at high school, or a homeschooling group etc., who shows a love of gardening and in particular an interest in seed saving. Once again nominations must be in by September 30<sup>th</sup> each year. Together with a certificate the recipient(s) of this award will receive a large collection of Kōanga seeds, and copies of *Save Your Own Seeds* and *Growing Nutrient Dense Food*. The recipient, or if it is a class situation two recipients will be gifted our online Seed Saving Masterclass when it is released, as well as our current two Masterclasses.

We will be notifying gardening magazines and all schools of this award over the next few months.



## HOW TO ENTER

Visit our website for a nomination form. Alternatively, email us via [contact@koanga.org.nz](mailto:contact@koanga.org.nz) with the following details:

- Name of Student / Class / Group
- Age of Student / Class / Group
- Nominated contact person and their phone number
- Address of contact person
- Please include either a story written by the students, a picture drawn and described, or a video made by/about them and their work with seeds. (It needs to be something we can share via our website.)

# Growing Grains

Years ago we committed to Biointensive gardening, which is a system that ‘designs in’ growing enough carbon, so that you know you are growing soil, which in turn feeds your plants.

I came to realise that if I put the soil first, and focused on growing high quality carbon crops to make high quality compost, to be growing soil, it also meant that I would end up with enough grain to feed my family.

We have tried growing many grains including amaranth, quinoa, flour corn, Essene flax seed, rye, hullless oats, hullless barley, kamut wheat, konini wheat, and millet of various kinds. All our gardening is done by hand and we very quickly realised just how much work is involved in growing grains to the eating stage.

We changed the way we ate grains and instead of grinding wheat to make bread we used our grains soaked and whole in soups, or we sprouted them to make barley or oat cakes, or we ate amaranth whole, popped or soaked and slow cooked as a breakfast cereal, or desert, or quinoa soaked and whole, slow cooked, or kamut wheat cracked, soaked and slow cooked to make cream of wheat breakfast cereal, or we simply soaked and slow cook whole grains to eat as one would normally eat rice with a meal. Millet is a favourite now, flour corn is too, we always nixtamalize it first.

Obviously heritage grains are the best cultivars having been selected and bred for many thousands of years to grow well in small scale regenerative systems and nourish people!

These old grains that will grow well in our climates and soils without industrial inputs and machinery, are often quite hard to get hold of in any great quantity.

Over the years, Kōanga has collected and grows out a number of very special grain seeds that are now available in small quantities suitable

for Bio-intensive planting. If you begin with an ancient cultivar that suits your area and then continue selecting it for your soils and climate and kitchen tastes you will end up with your very own selection, and you will get to know what it feels like to be a corn person, or a millet family etc!

Some grains require long hot summers, eg. amaranth. Some require a dry maturation and harvest season eg. quinoa. Some are heavy feeders eg. corn and rice, some are very easy eg. millet. Some have a very short growing season eg. millet and quinoa. Some need more moisture eg. rice. Some are tolerant of very dry conditions eg. millet and amaranth.

Some need cold winters to tiller and produce well, others are best planted in early spring if the winters are too severe or too wet. The more weeks these grains are in the ground during the cold season, the stronger their roots systems become, the stronger they tiller (the more stems they produce) and the more seed you will get for your effort, so I find it best to plant in Autumn.

All of our grains co-evolved in different soil and climatic conditions and the success you have will largely be determined by your ability to match your conditions with your grain species and cultivars. Much of that is trial and error in a world where almost all our grain is industrially grown.

We follow Biointensive techniques for grain growing, which means planting first into seed trays, and transplanting at the specific diagonal spacings recommended for that cultivar. See chart on page 16 for details.



# Edible Grains & Legumes From The Kōanga Collection

All grains need bird protection if direct sown or transplanted into small scale biointensive production situations, legumes don't!

Grain	Weight of air dried carbon produced for compost from 10 sq m of grain	Long Summer Needed	Short Growing Season	Diagonal Spacing in Beds	Plant in Spring
Amaranth	6-24kgs	yes		30cm	Plant into trays then out after frost, 3 weeks in tray only
Barley Spring Planted Hulless	2-13kgs		yes, 10 weeks in ground	10cm	Plant early Spring transplant as soon as 5cm high
Barley Autumn Planted Hulless	13-35kgs		*	10cm	-
Beans Fava Cold Weather	9-35kgs	-	-	40cm	Plant into trays very early Spring, transplant as soon as tips appear
Beans Dry	-	yes	choose dwarf cultivars	pole beans 12cm apart in 2 rows, dwarf 20cm diagonal	Plant into trays when ground temp reaches 15°C and transplant as soon as first leaves appear
Corn Flour	Approx 21kgs	yes	choose very specific cultivars	2 rows in beds 0.3m apart in row	Plant when ground temp reaches 15°C into trays and out as soon as tips appear under bird cover
Millet Barnyard (Japanese)	6-35kgs		yes	20cm	Plant into trays when ground temp 15°C and transplant whe seedlings reach 5cm and protect from birds
Millet Foxtail	6-18kgs	-	yes	10cm	Plant into trays when ground temp 15°C and transplant whe seedlings reach 5cm and protect from birds
Millet Proso	6-10kgs		yes	10cm	Plant into trays when ground temp 15°C and transplant whe seedlings reach 5cm and protect from birds
Oats Hulless	6-35kgs+	-	5 months	10cm	Plant early Spring transplant as soon as 5cm high
Quinoa	8-35kgs	no	yes	19cm	Plant into trays when ground temp 15°C and transplant whe seedlings reach 5cm and protect from birds
Rye	6-35kgs	no	no	10cm	Plant into trays when ground temp 15°C and transplant whe seedlings reach 5cm and protect from birds
Wheat Spring Planted (Kamut, Konini & Concord)	6-35kgs		5 months	19cm	Plant early Spring transplant as soon as 5cm high
Sorghum	12-50kgs	yes	-	20cm	Plant into trays when ground temp 15°C and transplant whe seedlings reach 5cm and protect from birds

Needs Moisture	Dry During Harvest Essential	Heavy Feeder	Weight of seed crop per 10 sq m (Biointensive min to max)	Comments
once roots are down	yes	no	2-8kgs	Many widely varying forms some high, some lower
	yes	no	2.5-6kgs	
yes	yes	no	6-12kgs	Cultivars vary widely in growth habits, and characteristics, trial necessary
yes		no	9kgs	Excellent reliable legume for soups and falafel
yes	yes	no	2-12kgs	Great crop for food security, don't need bird protection
does far better	no	yes	10 -20kgs	Usually grows far taller than sweet corn, and popcorn, check your corn cultivars, many of them are dual purpose
does better	yes	no	2-6kgs	This one grows tall and must be well protected from birds
	yes	no	2-6kgs	Easy to grow but is irresistible to birds
	yes	no	2-6kgs	Easy to grow but is irresistible to birds
yes	yes	no	2-6 kgs	Must be well protected from birds
no	yes yes yes	no	3-12kgs	
yes	yes	no	2-12kgs	Grows very tall, must be able to cover from birds
yes	yes	no	2-12kgs	Bird protection essential, these wheats do not need hulling
yes	yes	yes	4-12kgs	Grow super tall (2.5m) so figure out how you are going to do bird protection, we get out the ladder and cover individual heads



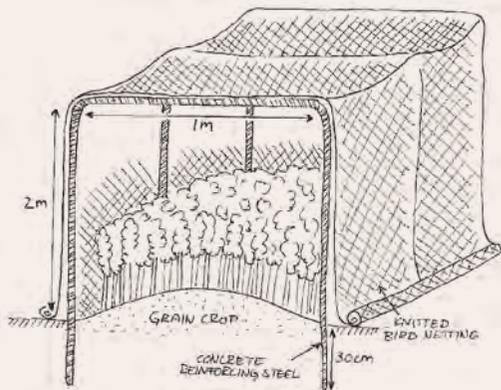
Many grain crops require netting from the birds, in fact they all do except corn which means corn is the grain of choice for many people.

March/April are the best months to plant winter grains where we are now in inland Hawkes Bay, if in a warmer climate zone May may be good and colder it might have to be February.

October is the best month to plant Summer grains, except for rice which must go in in September to trays and be kept warm enough to form 20cm high seedlings by late October.

All winter grains are scatter sown into trays so that by the time they are 5cm high they can be transplanted directly into your garden beds as the summer crops come out. We find that wheat, oats, barley and rye all do well transplanted at 20cm diagonal spacings. Spacings for all other grains we grow are as marked in the chart.

We prepare our Grain beds by pulling out the leguminous crop or compost crop that was grown before, aerating the soil with a UBar or fork if necessary, applying compost if available, replacing that crop as a mulch over the prepared bed, perhaps applying ramial wood chip as a mulch at this point if no compost available. We will then transplant seedlings through the mulch.



Bird netting for grains

It is far easier to get grains up to a brix of 20 than vegetables, and then you have amazing quality carbon for your compost, which will in turn bring up the quality of the entire garden. Grains also respond very well to foliar feeding. (See the knowledgebase on the Kōanga website for our recipes for foliar feeding).

Once you have your grains in the ground and away it is easy until the seed ripening stage when your grain patch suddenly becomes a battlefield if you are not prepared! The birds will always win if you don't get things sorted before they do.

We have frames of two sizes for our grains which vary in mature height a lot. The taller grains are rye, kamut traditional wheat cultivars (modern grains are bred to have shorter stalks to facilitate mechanical harvesting but it cuts down the carbon production) wheat, oats, and amaranth and the shorter growing grains are quinoa, millet, barley, flaxseed and rice. The frames can be made with bamboo as required or you can bend rebar into a U shape and reuse it forever. We do both. We buy 10m wide knitted bird netting from Permathene Plastics in Auckland and cover our grain well before the birds realise it is there.



Dancing on seed heads

It's easy to tell when the grain seed is ripe, simply rub the heads in your palms regularly and when the seeds roll out into your palm easily they are to harvest.

This is where it can get tricky. Traditionally grain was cut and stooked in the field for it to mature. Modern industrial grain is harvested immature and then not matured. For grain to contain the nutrition it traditionally contained it needs to be grown until it is close to fully ripe, then cut and dried and left for a week or two to mature fully. It is when it is fully mature the seed heads contain their maximum nourishment.

We cut our grain heads onto large sheets, then place them on shelves in the greenhouse to dry further, or we lay them out in the sun each day and bring them in at night until they are dry and ready for threshing.

Once they are very dry, crunchy to feel and ready to thresh it is a matter of playing around until you develop a method of either dancing on the heads or rubbing with your hands, or flailing with a homemade flail, until you extract the seeds from their casings. Some grains are easier to thresh than others. I find rye is easy,



Proso millet is easy, and kamut wheat is easy, if barley and oats are grown well, and you have the good hullless varieties, they can be easily threshed as well.

There is a 'knack' to dancing on grain so that the seeds fall free, and it is not about banging your foot down onto the seed heads but sort of dragging them along on top of the seed heads, rolling the seed heads around under pressure! If you just remember that these grains evolved in the days before industrial technology and use your imagination you'll figure out a good way to get it clean.

The next step is winnowing the rubbish out. That is the easy part, just tip the grain seed and rubbish into a bucket and hold it up in the air on a day with a breeze and tip it into a bucket on the ground. Watch carefully how it falls and you will be able to adjust the bucket in the air to ensure the rubbish blows away and the grain falls straight down into the second bucket. If there is a little chaff left in with the seed it doesn't matter because when you soak your grain before slow cooking, or sprouting it will float off anyway.

I store all of my grains in glass jars, unglazed pottery bowls, or calico bags. I add a little wood ash to keep the bugs out which floats off when the grain is soaked before cooking or sprouting. You have to be patient, and you have to be inventive. If you need inspiration read *The Vegetarian Myth* by Keith Lierre. We find if we grow enough grain for several meals each week we are very happy and prefer not to eat more anyway. Grain grown like this from ancient seed lines tastes so so different to industrial grain there is no going back.

Flour corn remains my favourite if I had to choose one grain. Joseph Land said to me once that they regarded themselves as 'corn people' and I can easily see why. When you grow flour corn, and eat corn porridge for breakfast, eat posole in your soup for lunch and sometimes use the posole to make tortillas with, and also use finely ground flour corn for baking, you really get to feel that you are the corn, the corn is you... and you are a 'corn person' or 'people'. Flour corn can be grown in many areas of this land, most areas it is relatively easy to get main crop corn except the far south. It must be planted in October or November and harvested in March,

April or May. It is easiest to leave it in the field until dry and then shucked and store in a corn crib, however sometimes that is too late to get the Winter crop in as it is in our area so it must be harvested earlier so the next crop can go in.

The main thing about corn is that it was always traditionally eaten only after nixtamalizing it. This traditional process improves the quality of the protein and releases far higher levels of calcium and minerals. It tastes very different and it delicious. Cultures that adopted corn as a staple but did not embrace the cultural adaptation of nixtamalization the grain developed serious nutritional deficiencies (there is info in our website knowledge base about the nixtamalisation process).

It is always best to store corn still on the cob, it helps keep the weevils out. I once had an African student who told me that in his village they store their actual seed corn in the smoke over the fire so that the weavils don't get it.

I also love barley, it is absolutely delicious when sprouted and ground a little in a corn grinder, and used to make barley cakes. They are sort of like little Essene bread cakes, but fried in a pan in butter or ghee or lard. They are my favourite for a special treat!



# Education

Here at Kōanga we are learning to live simply and in a regenerative way. Our workshops, internships and online workshops have regenerative practices at their core and are for anyone interested in gaining the skills and knowledge to redesign their lives to live in a regenerative way and to empower change in their community.

Our education program of cutting edge workshops along with internships and guided tours, is one of the ways that we share the essential skills and knowledge that we have accumulated over decades in order to support people on their path to regenerative living. This year we are excited to be able to announce several new workshops that have been added to our range.

Empower yourself with the practical skills to turn your dreams of self-resilience into your reality. We use the Permaculture design process to design and teach solutions for all aspects of our lives and environment.

We're Committed To:

Inspiring and supporting regenerative living in New Zealand through education

Empowering home gardeners to develop efficient gardening skills, build top-soil and improve their health through enjoying their own quality, nutrient dense produce.

All food served on our courses is:

Prepared following Weston A. Price principles

- Locally sourced
- Organic
- Unrefined
- Nutrient dense
- Traditional

**See our website for more detailed information on our workshops, [www.koanga.org.nz/our-shop/education/](http://www.koanga.org.nz/our-shop/education/)**



## Herbal Health & Healing

One Day

20<sup>th</sup> August 2022 OR

25<sup>th</sup> February 2022

*Tutor: Kay Baxter*

**\$348 (Early Bird \$316)**

Learn about the herbs in your garden and environment and how to connect with them for your health and that of your family.

## Forest Garden Masterclass

Five Days

26<sup>th</sup> February to 3<sup>rd</sup> March 2023

*Tutor: Kay Baxter*

**\$970 (Early Bird \$885)**

Designing, implementing and managing Forest Gardens.

## Gardening Masterclass

Five Days

5<sup>th</sup> to 10<sup>th</sup> March 2023

*Tutors: Kay Baxter, Michele Griffiths & Isiah Waihi*

**\$970 (Early Bird \$885)**

How to garden regeneratively to grow nutrient dense food using the bio intensive method.

## Animal Management Masterclass NEW

Five Days

12<sup>th</sup> to 17<sup>th</sup> March 2023

*Tutors: Kay Baxter & Taiamai Corker*

**\$930 (Early Bird \$845)**

Covers animal selection, breeding and management for local scale regenerative agriculture.



## Poultry Butchery NEW

Two Days

27<sup>th</sup> to 28<sup>th</sup> April 2023

*Tutor: Taiamai Corker*

**\$476 (Early Bird \$434)**

## Sheep & Pig Butchery NEW

Two Days

4<sup>th</sup> to 5<sup>th</sup> May 2023

*Tutor: Taiamai Corker*

**\$476 (Early Bird \$434)**

## Butchery – Salami, Sausages, Bacon, Black Pudding & Corned Beef NEW

Two Days

11<sup>th</sup> to 12<sup>th</sup> May 2023

*Tutor: Michele Griffiths*

**\$476 (Early Bird \$434)**

## Cattle Butchery NEW

Two Days

18<sup>th</sup> to 19<sup>th</sup> May 2023

*Tutor: Taiamai Corker*

**\$476 (Early Bird \$434)**

# Guided Tours

With increasing food prices and decreasing food availability it seems more important than ever to showcase what we are doing to help others develop their own systems and food security. We are also celebrating 42 years of Kōanga and our many exciting new projects so it seems doubly appropriate to offer a whole program of Guided Tours.

We will host two full day tours each month from October to May which will run on consecutive days each month to allow people to do both together if they wish. They start at 9am and finish at 4pm and lunch and morning/afternoon tea will be provided. Please book via: [www.koanga.org.nz/our-shop/education/](http://www.koanga.org.nz/our-shop/education/).

Tours by groups may be possible at other times if you contact our office.

### *Forest Gardening and Regenerative Animal Systems Tour (2<sup>nd</sup> Thursday of each month)*

Covers an introduction to forest gardening, tours of the mediterranean and temperate forest gardens, Kay's home forest garden, a look around our Tree Nursery, poultry systems, and management of intensive grazing with cows, goats and pigs and includes an opportunity for questions and conversation with the team.

### *Vegetables, Soil and Seeds Tour (2<sup>nd</sup> Friday of each month)*

Covers seed saving, home annual food production, our local regenerative veg production model, growing medicinal herbs and includes an opportunity for questions and conversation with the team.



# Internships

Kōanga 12 month Internships are a wonderful opportunity to fully engage with a team of people learning to live in ways that regenerate the ecology and all life around them by the way they live. It is an opportunity to learn many skills which you can then take back to your own community, and potentially an opportunity to create employment for yourself.

These internships are unique as you are not only learning from experienced experts in your desired area of focus but you are also sitting within the wider Koanga framework and could immerse yourself in far wider learning than your specific internship will provide, including all aspects of soil health, crop health and human health, and many other aspects, as well as experiencing living simply.

We have a range of possibilities:

*Forest Garden Internship*

*(begins September each year)*

*Tree Nursery Internship (begins May each year)*

*Kōanga Best Practice Seed Saving and Food Production Internship (begins September each year)*

*Animal Internship (breeding and management of poultry, pigs, cows, goats, bees and sheep) within*

*Integrated land use design (begins March each year)*

*Wwoofing / Internships in Hokianga*

Spaces are strictly limited and we ask that if you are interested you e-mail [contact@koanga.org.nz](mailto:contact@koanga.org.nz) and request an internship application form or to be put on the mailing list for internships as they become available.



# Kōanga Online Workshops

Kōanga has an online *Gardening Masterclass* that is a 'stand alone' Masterclass for those wanting to be actually following the 'laws of nature' or 'principles of science' so that we are creating the long term solution. It's so very easy to just follow ad hoc techniques that feel cool, and warm and fuzzy and end up years later finding we have ruined our soil and are no further forward. The internet is full of advice that is not principled advice and it is rare to find information that is principle based. This is it. One of the really great things about all of the Kōanga Booklets and online workshops is that we constantly update things as we learn more. Booklets are cheap, you may need to buy a new one every few years but with the workshops you get all the upgrades. Over the next few months we will be posting all of the ways Kōanga is now using to build soil and ecological health while weaning ourselves right off industrial fertiliser. Something we all need to do urgently... we exist to support you to get your garden, your health, and your community humming... hundreds of you have done these workshops now and your responses have been great.

Our *Gardening Masterclass* Comprises the following workshops, you can buy them singly or together as a masterclass:

- Growing Great Seedlings
- Growing Great Compost
- Regenerative Garden Planning
- Garden Bed Preparation and Planting
- Growing Nutrient Dense Food (with or without industrial fertilizer)
- Building a Passive Solar Cloche

## FEEDBACK ON GROWING GREAT SEEDLINGS ONLINE WORKSHOP

*"The information on seed selection, plant growth and soil options for seed raising is great! I am delighted to gain new information to improve my seedling's health and ultimately produce more nutritionally dense vegetables. I have been raising vegetable seeds for many years using purchased seed raising and potting mix so I am looking forward to making our own mix for raising seedlings. Thanks for including the plans for making the seed trays and the mesh covers!" Lucia Razera*

We have two other workshops online now... the beginning of a *Health Masterclass*.

*Design Your Own Nutrient Dense Diet*, which takes you through a process of designing your own ideal diet based on what you like to eat and your local climate and soil conditions and importantly the principles behind the diets of all indigenous peoples as discovered by Dr Weston A. Price.

The second is the *Herbal Health* workshop. This workshop enables you to step into taking care of your health, and the health of your family through engaging with the herbs already in your garden or herbs you can easily grow. It is a really exciting and empowering journey. As our health system crumbles we are more and more required to take responsibility for our own health. The *Design Your Own Nutrient Dense Diet* workshop together with this one could go a long way towards supporting you on this journey.

A third will go live shortly *Traditional Food Storage and Preservation Methods*, a really exciting workshop for all those of you wanting to be able to live totally out of your gardens. You can register your interest in this workshop on the website now and we'll let you know when it goes live.

We are filming the last of the *Forest Garden Masterclass* right now so expect that soon too. The *Seed Saving Masterclass* will be a while yet.. it is an enormous job but super fun following all the seeds on their full circle...

Join us on the journey, join the Regeneration Revolution! The Time is Now.

# Bequests

By making a bequest to Kōanga you will be supporting us to continue our important work. This gift is one that you may not be able to make during your lifetime, but will ensure that our heritage plants are available for future generations as a resource for cultivation and genetic diversity. The Institute relies on generous contributions, and our membership fees. In these changing times it feels very

important that we continue to flourish and grow. We are very good at making a little money go a long way. Please do not hesitate to contact us if you would like to know more. Our vision is to be able to save all of our NZ heritage seeds so that they can become the seeds our future food is grown from.

Email [officemanager@koanga.org.nz](mailto:officemanager@koanga.org.nz)



# Life Members

Susan Adam  
Guillermo Aldao-Humble  
Lorna Alden  
Peter Alexander  
Sookmee Almqvist  
Diana & Justin Anderson  
Anita's Shop  
Leigh Astill  
Banyan  
Barbara Baragwanath  
Stephen Batsch  
Bedford Mackay  
Family Trust  
Sonya Bennett  
John Billings  
Nick Blennerhassett  
Helen Boyd-Alspach  
Richard Burgess  
Donna Campbell  
Fiona Campbell  
Brian Cartmell  
Patrick Corrieri  
Gwenda Costello  
Grant Croft  
Emma Darke  
Fiona Davidson  
Karyn Davis  
Maggie Dawson  
Bryony De Boer  
Mark Denekamp  
Robyn Diamond  
Cherry E Dibley  
Inge Diks  
Greg Dillon  
Natalie Dromgool  
Sabine Drueckler  
Robyn Dyer  
Mavson & KA Early  
Emily Eile  
Bridget Elworthy  
Angela Emery  
Rona Ensor  
Susan Erskine  
Brett Fallen

Faye Fausett  
Dene Fowler  
Noeline Gannaway  
Kirsten Garrabrant  
Monika Geister  
Claire Goodwin  
Wayne Gordon  
Simon & Stacy Griffiths  
John Griggs  
Denis Grennell  
Jo Hainsworth  
Joanne Hamlyn  
Rob Hammington  
BT Hammond  
Jaquie Hardinge  
Stephen Harris  
Melissa Hartley  
Sonja Hay  
Grace Heart  
Joanne Hedge  
Wolf Hiepe  
Vivienne Hill  
Liz Hodgson  
Barry Hutchings  
Rochelle Hutchinson  
Ruth Illsley  
Philippa Jamieson  
Tricia Joe  
Sajini Jones  
Murray & Rob Joyce  
Kahukuri Bloodstock Ltd  
Elizabeth Keet  
Michael Kelly  
R Kent  
Jenni Kent  
Jennifer Kerr  
Susan King  
Lyn & Fred  
Kingdon-Sanders  
Wendy Klink  
Jude Knights  
Pat Knuckey  
Heike Koester  
Susan Lane

Kay Langdon  
JaneLenting  
Chris Livesey  
Ingrid Losch  
Hugh Lusk  
Pat Mabbett  
Pauline Macdonald  
Anne MacLennan  
Keoni Mahelona  
Alistair McKay  
Jan McKenzie  
Tania McLean  
Suzanne & Andrew McLeod  
Fiona McQueen  
Nicola Mechen  
Jackie Mills  
Chris Morrison  
Susan Morrison  
Kathrina Muller  
Jo & Bob Munro  
Elisabeth Nairn  
Annette Nixon  
Richard Noke  
Pip Norvell  
Alison Nuttall  
Lesley O'Callahan  
Lauren Overend  
Craig Palmer  
Viola Palmer  
Marco & Teresa Partridge  
Gina Payne  
Jane Penberthy  
Samantha Penman  
Lucy Petrie  
Jennifer Pirihi  
Phoenix Organics  
Jenny Quilliam  
Randell, Tutton & Bell  
Jan Rata  
Betty Rawley  
Carla Roberts  
Daphne Ross  
Kirsten Rudolph  
Annina Rueegger

Doug & Jane Russell  
Te Awhina Savage  
Alana Savage  
Robyn Scanlen  
Dick & Bertha Schoneveld  
Rachel Scott-Wilson  
Roy Shackleton  
Pam & Brett Shand  
Yvonne Shanks  
Virginia Sharplin  
Sandra Sheard  
Suzanne Stelmock  
Richard Stoks  
Matt & Debbie Sutcliffe  
Rox Sutherland-Valentine  
Chas Symes  
Jenny Tait  
Lisa Talbot  
Elaine Taylor  
Lynelle Taylor  
Grace & Iohangawai  
Te Pahi  
Phyllis Tichinin  
Denise Twentyman  
Martin Ulenberg  
Melita Van Wordragen  
Chris & Julene Wake  
Nate Walker  
Derell Walker  
Yannick Walrelam  
Nadia Webber  
Dave Webster  
Morley West  
Yvonne & Jim Wheeler  
Maara White  
Makayla Wilde  
Charlotte Wilderland  
Tania Williams  
Julia Williams  
Alison Wilson  
Ritz Wood  
Richard Worthington  
Rachel Yeats

# Seed Catalogue 2022



Kōanga seeds are very special seeds...

- They are the seeds of our own ancestors. That means they have been grown, selected and saved by, and in turn supported many generations of, our own ancestors. We hold the biggest collection of these sacred seeds in the country, with your support!
- They are 100% grown in New Zealand, and 100% open pollinated, building resilience, reclaiming skills and connection in this land.
- They have always been specifically selected for their unique qualities, including nutritional density, specific flavours, and end uses in the kitchen by the many generations... and through our intuition.. supported by the new science of epigenetics we now know that this means they are far more capable of fully nourishing us than other seeds.

- They are adapted to New Zealand soils and climates (in some cases this is critical, (especially with tomatoes).
- Kōanga is committed to regenerative and organic growing methods that produce high quality, nutrient dense seeds. We are actively working to educate ourselves and learn as much as we can, understanding this is a life process and will be different for all of us.

**ORDER AT**

**[www.koanga.org.nz/our-shop/seeds/](http://www.koanga.org.nz/our-shop/seeds/)**

Please order via the website if you can as this reduces costs and pressure on staff time for us but if you are not able then you can e-mail your order to [contact@koanga.org.nz](mailto:contact@koanga.org.nz) or phone 06 838 6269.



The following codes tell you the Heritage Status of each seed line:

<b>NZ</b>	New Zealand heritage seed	<b>OS</b>	Overseas heritage seed
<b>EC</b>	Early commercial seed	<b>(100)</b>	Approximate number of seeds in each packet
	Carbon crop	<b>(P)</b>	Perennial
<b>PP</b>	<b>Preservation Pack (available to members only)</b>		

To find the bioregion, or place of origin of our NZ Heritage seeds, look online (the descriptions in the shop), where we have the space and have listed them all.

# Vegetable Seeds



## Beans & Peas



**BEAN Climbing America**  
*Phaseolus vulgaris* NZ (20)

Green snap, beans gifted by Helen Van Ash. These beans are really stunning, huge flat wide green beans with a fine purple spotty covering where they are in the sun. They are really good tasting beans as well, they will become a hit. They crop over a very long period and are the first and last to crop.



**BEAN Climbing Blue Lake**  
*Phaseolus vulgaris* NZ (20)

Sent to us originally by Shane Caley, these green snap beans produce straight stringless dark green beans in bunches. They are excellent for freezing. The pods are round tender and meaty and 15-18 cm long. The plants are vigorous and yield heavily.



**BEAN Climbing Borlotti Stoppa**  
*Phaseolus vulgaris* NZ (20) PP

Shellout, dry; excellent shelly or dry beans from Italian gardener's (Mr Stoppa) family collection, traditionally eaten with olive oil and onions in a salad. Short, flat, yellow pods with red streaks in the sun that goes deep crimson at shellout and dry stages



**BEAN Climbing Dalmatian**  
*Phaseolus vulgaris* NZ (20)

Climber, green snap beans. It came here with the Dalmatian gum diggers, and was widely known and grown all over Northland. The bean is large, very sweet, tender and meaty, a light, pale green colour with purple streaking where the beans are in the sun. They never get stringy. They are outstanding beans.



**BEAN Climbing Dalmatian Pean**  
*Phaseolus vulgaris* NZ (20)

Climber, green, shellout, dry beans. They are eaten both as a green bean, when they look like a pea pod with small peas inside, and a drying bean but the white seed is round like a pea. They are vigorous climbers and take a long time to flower but give huge crops of beans over many months. They are an old Dalmatian bean.



**BEAN Climbing Emu**  
*Phaseolus vulgaris* NZ (20)

Gifted to the Koanga collection by Ruth Perry of Fielding this outstanding climbing green snap bean is 12 cm long, round podded, very tender and juicy with an excellent delicate flavour. Takes longer to begin cropping than other beans but crops longer. The green pods have a beautiful purple blush when in the sun.



**BEAN Climbing Gila Indian**  
*Phaseolus vulgaris* OS (20) PP

Climber, green snap, shellout, dry bean that has been in the Koanga Institute Collection since 1986. These ancient beans are a kidney shape and flat, either black and white or red and white, they have always been mixed, with saddle like coloured patches. They are great eaten as you would dried beans.



**BEAN Climbing Henry's Yellow Butter (aka: Yellow Pole)**  
*Phaseolus vulgaris* NZ (20) PP

Yellow snap bean. From the Henry Harrington collection in southland, this is one of our surprise finds from the bean trials we've done. It has been a consistent winner, in terms of looks, taste, size of crop and length of harvest! It is a yellow, wide, flat podded bean, about 30 cm long with excellent flavour!



**BEAN Climbing Holy**  
*Phaseolus vulgaris* NZ (20) PP

Shellout, dry beans. We received these beans with a picture of a monstrosity on them in 2014 from Anne Handley of Omaka Wanganui and a story to go with them. They have been in New Zealand a long time but came originally from France. Read their amazing story on our website. Outstanding crops and flavour.



**BEAN Climbing King George**  
*Phaseolus vulgaris* NZ (20)

Green snap, shellout, dry bean. Grown in New Zealand since early settlers' days. Very colourful pods - yellow with bright red streaks. A wide, flat short type with a curly point on the end and no strings. An excellent addition to any home garden. Check out amazing story on our website.



**BEAN Climbing Market Wonder**  
*Phaseolus vulgaris* NZ (20)

Green snap, vigorous climber, it has a huge crop of stringless and hairless beans over a very long period. It can be picked over 3 months if you have made sure they have good soil and water. If you're looking for an old bean that you can crop for CSA'S, farmers markets and the like this would be a good one for you to chose.



**BEAN Climbing NZ Heritage Rainbow Mix**  
*Phaseolus vulgaris* NZ (20)

A mix of our favourite climbing 'snap' beans, with varying flowering and maturing times. Includes the super sweet, fat, juicy, rare Dalmatian bean (light green with dark purple streaks), the wide green podded America bean (which has purple streaks in the sun), Purple Pod, Emu, Blue Lake and Market Wonder.



**BEAN Climbing Norridgewok Pean**  
*Phaseolus vulgaris* NZ (20) PP

Green snap, shellout or dry. Gifted to us by Mary Vinnicombe of New Plymouth who knew them as Peans, and describes as a medium growing bean/pea, with small white flowers. Pods are thickened pea-shaped. The beans are beautiful maroon and white when first matured. See our website for the wonderful story and how to eat.



**BEAN Climbing Polish**  
*Phaseolus vulgaris* NZ (20)

Gifted to our collection recently this is an outstanding shellout and drier bean. The beans are super large at shellout stage and still large as dried beans. The largest I've ever seen and the crops are huge. They are a tan bean with dark brown stripes similar to Bob's bean but far larger. taste and texture is excellent



**BEAN Climbing Purple pod**  
*Phaseolus vulgaris* NZ (20)

Koanga been growing this one so long it's part of the family now. Hugely productive over long period this 'snap' bean has dark purple pods, green insides and is a very tasty, reliable bean. Beans turn green when cooked!



**BEAN Climbing Selugia**  
*Phaseolus vulgaris* NZ (20)

Dry, rare New Zealand heritage bean that has come in to us from Willow of Tapuaetahi Beach in Kerikeri. Willow said it had originally come in with an Italian family in the north after the war. It is a speciality drying bean. It's a dry, climber beans and is small dark (almost black) with brown purple streaks on it.



**BEAN Dwarf Adzuki**  
*Vigna angularis* Unknown (25) PP

A small bush bean (dwarf, dry) with yellow flowers which produces numerous thin bean pods. The beans are small in size and a reddish brown colour. They are great in stews and soups. They appear to cope well with varying weather conditions including droughts and wet summers.



**BEAN Dwarf Bobica**  
*Phaseolus vulgaris* NZ (20) PP

These dwarf, green snap were gifted by John and Margaret Sumich, of Forrest Hill. This bean came with the Dalmatian gum diggers to the Northern Gumfields in the 1800s. It is an excellent green bean with yellow flowers which produces numerous thin pointy tasty beans. The name is pronounced 'Bobitza'.



**BEAN Dwarf Sinton (aka: Hutterite Soup, Ireland Creek Annie's, Arikara Yellow)**  
*Phaseolus vulgaris* NZ (15)

Dwarf, green, dry beans sent in by Jim Farley from his neighbour at Brighams Creek. A good soup bean, and also great eaten as a green bean. They are a kidney shaped mustard yellow colour with a dark brown patch around the eye where they were attached to the pod.



**BEAN Runner Painted Lady**  
*Phaseolus coccineus* NZ (6) PP

Green snap, shellout, dry bean. Another bean from the coccineus family that like all the others has stunning flowers. It could be grown as an ornamental! The flowers are two tone white and red and the beans are two tone fawn and chocolate brown. These beans are good as green beans when very young, but are wonderful shellout beans and also dried beans.



**BEAN Runner Takamatua Black Seeded**  
*Phaseolus coccineus* NZ (15) PP

Green snap, shellout, dry bean. With perennial roots, like other runners, it'll keep on coming up year after year. The beans are very tasty and the seeds are shiny and black. It came to NZ originally with Henry Harrington's descendants, the De Malmanche family, one of the original French families who settled that area in the 19<sup>th</sup> C.



**BEAN Dwarf Fred's (aka: Tiger)**  
*Phaseolus vulgaris* NZ (20) PP

Sent to us by Chris Piper who saved the seed that his father grew in Christchurch since the 1960s. Far more hardy than modern dwarf beans so can be planted earlier and later. Stunning dwarf, green snap bean, flat green with a curly tail and lots of purple streaks on the pods. They are very tasty, but must be eaten when young to avoid the strings and toughness.



**BEAN Dwarf Henry's Dwarf Butterbean**  
*Phaseolus vulgaris* NZ (20) PP

From the Henry Harrington Collection, this is a very old fashioned yellow dwarf butterbean. Great flavour but they must be picked when young and tender and delicious, or they go hard and stringy!



**BEAN Dwarf Horticultural Bush**  
*Phaseolus vulgaris* NZ (20)

A dwarf dry bean that has outstanding crimson striped pods and seeds at the shell out stage. They have been selected for dry beans and are good croppers.



**BEAN Runner White Scotch**  
*Phaseolus coccineus* NZ (15) PP

Green snap, shellout, dry bean. A perennial runner bean, sent to us by Bryce Palmer of Glendene. It was grown for many years by Edith and Frank Goodyear of Christchurch (Henry Harrington's sister) and it is not stringy which makes it great as a green bean. It is also a great shellout bean and if you are freezing it don't blanch it first.



**BROADBEAN Red Seeded** 🌱  
*Vicia faba* NZ (20) PP

An outstanding variety that grows well all over New Zealand but came to our Collection from Bev Wilson of Richmond Nelson. The red seeds inside the green pods have exceptional taste even when raw and stay red when cooked. The plants are healthy and grow to 1m.



**BROADBEAN Scottish** 🌱  
*Vicia faba* NZ (20) PP

This bean came to the Koanga Collection from Jack Watts of Waimate, who said it came to New Zealand with the Scottish settlers in 1863. It is a very good cropper, and taster, and stays green when cooked. The leaves are also delicious, we eat the growing tips when the plants have set as many beans as we want.



**BEAN Dwarf Kaiapoi Pink Seeded Bush (aka: The Prince, Canadian Wonder)**  
*Phaseolus vulgaris* NZ (20) PP

Dwarf, green snap bean, all time favourite in the past in this land. It has come to us from several sources, with different names. We are going with Kaiapoi Pink Seeded, for our name. It is a green, flattish, very hardy, with good flavour great early and late season bean in long growing season areas and main crop in short season areas.



**BEAN Dwarf Mother In Law (aka: Sianic, Haricot Dry Dwarf)**  
*Phaseolus vulgaris* NZ (30) PP

This is a very unusual bean, sent to us by H.M. Dodson of Inglewood who said they use it for baked beans. It grows on a dwarf straggly fine leaved bush, which produces loads of small pods with stunning, speckly mauve colouring with these tiny white round seeds inside. The seeds are excellent cooked as you would dry beans.



**BEAN Dwarf Perfect Stringless**  
*Phaseolus vulgaris* NZ (20) PP

A dwarf green snap bean that came to New Zealand with the Dutch immigrants, and to our collection from Dr Denis Hannah of Mangere. They are excellent tasty little stringless beans, and prolific croppers, however they do not do well in the rain when cropping, dry summers and light soils are best.



**BROADBEAN Sutton's Dwarf** 🌱  
*Vicia faba* EC (15) PP

This bean came to us from the Henry Harrington Collection in 1995. It is one of the original seed lines he has saved from his grandparents (de Malmanche) garden at Aakarua since the days of the French settlement there. It is lower growing than other broad beans which may be an advantage in windy spots.



**EDIBLE LUPIN Tarwi**  
*Lupinus mutabilis* OS (20)

A large white seeded flat edible lupin known in South America as Tarwi, where it is a staple food crop, grows best when planted in Spring, makes excellent humus!



**PEA Amish Snap**  
*Pisum sativum* OS (20) PP

Superb snap pea reportedly grown in the Amish community long before present snap pea types. Vines grow 5-6' tall and are covered in 2" translucent green pods. Yields over a 6-week period if kept picked. Delicate and sweet even when the seeds develop.



**PEA Bohemian Sugar**  
*Pisum sativum* NZ (20) PP

Sugarsnap, 2m. The Bohemian Sugar pea is one of the first seeds in our collection and the first pea. It came with the early Bohemian settlers of the Puhoi Valley. It is a climbing pea to 2m and has outstanding thick crunchy curley podded peas eaten shell and all. They have two tone pinkish purple flowers.



**PEA Capucijner (aka: Marrow Fat)**  
*Pisum sativum* NZ (20) PP

Traditional Dutch peas that were an essential ingredient for many main course dishes. They were used as many now use dried beans. This variety is a low grower to 1m so easy to stake, and has white flowers unlike the Dalmatian pea which is similar to eat but has purple flowers. These peas are brown and squarish in shape like marrowfat peas.



**PEA Dalmatian (aka Marrow Fat)**  
*Pisum sativum* NZ (20) PP

These are climbing peas to 2m requiring a trellis. The flowers are two tone purple with deep purple pods. They are eaten as dried peas or marrow fat peas, and came to this land with the Dalmatian gumdiggers. We harvested 5kg of dried peas from one 10m row.



**PEA William Massey**

*Pisum sativum*

EC (25) PP

Dwarf shellout. A pea sent to us from the Henry Harrington Collection in 1991. It is a well known old early commercial cultivar. Outstanding variety or home gardeners.



**PEA Giant Alderman**  
*Pisum sativum* NZ (30) PP

Traditional Heirloom shellout pea, gifted to us by John Lambly of Whangarei. Each pod contains 8-10 very large dark green peas. Vines grow to almost 2 metres. Does well in Northland unlike most other shellout peas. Large leaves and white flowers, large pods and peas.



**PEA Hadfields**  
*Pisum sativum* NZ (20) PP

Another excellent shellout type pea that has come from Elizabeth Gibson in Nelson. Her father Ralph Hadfield purchased the seed in 1930 from an American catalogue, also sent in by Bernard Hadfield of Blenheim, writing same story! Grows to 2m.



**PEA Picton Sno**  
*Pisum sativum* NZ (30)

This seed was gifted to us by Lois Askew, a Picton member in 1997, and has proved to be an excellent variety. It is a very old line with amazing round spotty purple seeds, bi-colour purple flowers and produces really sweet prolific crops of fat Sno peas. Grows all year round in Christchurch apparently. Plants can grow over 1.2m.

## Beetroot, Chard & Spinach



**BEETROOT Bull's Blood**  
*Beta vulgaris* OS (150) PP

Selected by seedsman Kees Sahin in the Netherlands from the French variety Crapaudine for the darkest coloured leaves. The juice from this beet is used to make the only red food colouring allowed by Swedish law. Very sweet 35 days for edible leaves, 55 days for edible root.



**BEETROOT Chioggia**  
*Beta vulgaris* OS (150) PP

Spread around the world in the 1840s from Italy, this is a uniquely beautiful flesh has alternating red and white concentric rings that resemble a bulls' eye. Very tender, good for eating raw and pickling. Thick medium green leaves are also excellent cooked as greens. Retains markings if baked whole and sliced just before serving.



**BEETROOT Cylindrical**  
*Beta vulgaris* NZ (150) PP

An NZ heirloom originally from Denmark, famous for slicing with its long cylindrical roots. Produces much more uniform slices than round beets. This tender and sweet variety is great raw or cooked, young leaves also edible. This is the most productive beetroot per sq m of ground, and in our opinion tastes the best as well!



**PEA Southland Sno**  
*Pisum sativum* NZ (20) PP

Gifted to the Institute from the Henry Harrington Collection; a heritage pea of our Southern ancestors. This is low growing pea to 1m that has purple flowers and produces prolific quantities of flattish pods with round seed bumps, harvested over a very long period. They are at their best in a stir fry or we enjoy them in a Thai Green curry soup!



**PEA Te Anau Salad**  
*Pisum sativum* NZ (25) PP

Shellout, dwarf. From Southland. Outstanding bush pea, producing excellent crops of shell-out peas. The tendrils, when young, can be picked and eaten like pea sprouts in a salad. Stunning looker.



**PEA Whero**  
*Pisum sativum* NZ (20)

Dwarf, dry, small almost round with khaki colour, grown to be eaten as dry peas for soups stews, or humus type dishes, great when sown with oats or grains in winter carbon crops as nitrogen source.



**BEETROOT Golden**  
*Beta vulgaris* OS (150) PP

Golden beetroot grow fast in good conditions, and are smaller plants, with smaller leaves than most other beetroot. They have beautiful golden coloured roots, that I think are at their best roasted when young and served in a hot winter salad with vinaigrette.



**BEETROOT Golden BX Manglebeet**  
*Beta vulgaris* OS (60) PP

Similar to beetroot but sweeter, more tender, and grow far larger, with a bright golden colour. Doesn't have the earthy taste often associated with beetroot, used in all ways as you would beetroot. The leaves are also very sweet and excellent raw or cooked. I love to cube them once cooked, and serve in a hot salad with vinaigrette.



**CHARD Margaret Dale**  
*Beta vulgaris* NZ (50)

The Dale family heritage silverbeet sent to us by Margaret Dale of Ruakaka. It has very dark green leaves with a wide midrib that is light green and sometimes white. Strong grower, excellent health and taste.



**CHARD Perpetual Spinach**  
*Beta vulgaris* NZ (100) PP

This mid green spinach with light green midribs was once widely grown and known for it's ability to keep on producing in difficult situations eg. Too hot, not enough water or nutrients etc. A reliable hardy cropper for all situations, that tastes great!



**CHARD Rainbow** *Beta vulgaris* NZ (100)

Rainbow Chard is a super colourful mix of chard with the stems ranging in colour from yellow to red to pink and some striped mixes of in between colours, many are almost neon they are so bright! Rainbow chard is popular all around the world but it is a heritage line that came originally from the Nelson area of NZ.



**CHARD Swiss**  
*Beta vulgaris* NZ (50) PP

An old commonly found variation on the silverbeet theme. It's a particularly hardy one, will crop for years in some situations. The leaves are thicker and shorter than Giant Fordhook, and not as dark, and is probably the hardiest leaf beet of all!



**LAMB'S QUARTERS Magenta Spreen**  
*Chenopodium album* OS (200)

A stunning looking version of the wild Lamb's Quarters. This one has brilliant florescent magenta colouring on all new growth. Lamb's Quarters contain the highest vegetable levels of beta carotene the precursor to Vitamin A. Continually Pick tips for long picking season. Excellent cooked like spinach.



**LAMB'S QUARTERS Wild Crafted**  
*Chenopodium album* NZ (200)

Lamb's Quarters are an ancient green leaf vegetable that are second only to dandelion leaves as a source of the vegetable precursor to Vitamin A, beta carotene. They are delicious cooked at any stage of growth and are one of the most nutritious greens we can eat. It grows as a weed in many places and is a great summer green.



**BROCCOLI de Cicco**  
*Brassica oleraceae* NZ (100)

An outstanding home gardeners variety that travelled the world with Italian immigrants late in the 19<sup>th</sup>C. It produces medium sized delicious early heads followed by multiple side shoots. Leaves and stems are very edible. WE've been keeping this line alive for over 30 years and have improved the line vastly from it's original NZ state.



**BROCCOLI Romanesco**  
*Brassica oleraceae* NZ (100)

A rare NZH brassica. This line was sent to us by two different home gardeners who had it for years but were not able to continue growing out a large enough numbers to keep their lines strong and both lines were weakening. We put these seed lines together and we have revived this old very special cultivar. Delicate and tender and eaten as broccoli.



**BRUSSELS SPROUTS Fillbasket**  
*Brassica oleraceae* NZ (100)

Another rare NZ heritage variety. This is one from the Harrington Collection. An old Southland variety renowned for it's large sprouts and the long harvesting season. Our Grower has been selecting for heavy, reliable cropping and we are very proud to be able to offer you this super rare seed.



**CABBAGE Dalmatian (aka: Collards or Loose-leafed Cabbage)**  
*Brassica oleraceae* NZ (100)

Once widespread around the North. These super nutritious leaf cabbages need to be planted in time to have them fully grown by the time it gets cold. They are picked throughout the Winter and Spring (until October, when they head up to seed). Taste is great.



**CABBAGE January King**  
*Brassica oleraceae* OS (100)

January King is a beautiful flat headed savoy that has become purple tinged on outside leaves with crinkled leaf edges. They sit well when planted in early Autumn and are great for all uses. Excellent flavour and savoy cabbages contain higher levels of nutrition than others.



**CABBAGE Red Rock Mammoth**  
*Brassica oleraceae* OS (100)

A heritage red cabbage, that has huge red/purple leaves and heart, sits well over winter, makes wonderful sauerkraut, and tastes great. Red/purple veggies contain high levels of phytonutrients!

## Cabbage, Broccoli & Greens



**ASIAN GREENS**  
**Tatsoi**

*Brassica rapa*  
OS (100)

An easy to grow, fast growing Autumn, Winter and Spring green. Tatsoi has small, dark green, spoon shaped leaves with white stems, that are great in salads, stir fries and soups.



**CHINESE CABBAGE Chi Hi Li**  
*Brassica rapa* EC (200)

This is a traditional Chinese type cabbage. A type of Bok Choy. One of the few open pollinated hearting Chinese cabbages left. This one is a tall one with an elongated heart. Excellent flavour and texture. Will not heart up in the heat over summer. Plant in autumn in the North, or early spring.



**CHINESE CABBAGE Henry Harrington** *Brassica rapa* NZ (200)

This is a Chinese type loose leaf cabbage from the Henry Harrington collection. It has wide white midribs and mid green leaves with a slight mustard flavour if grown well. Its excellent used for kimchi, stir fries and boil ups and when very young good in salads. It will self seed easily.



**KALE Asparagus (aka: Pohara)**  
*Brassica oleracea* NZ (100)

The flavour has been likened to asparagus, Kay think that's an exaggeration but feels it is a more delicate flavour than others. The leaves are large, upright, light green with wavy edges, and it grows strongly. The leaves are broad and roundish with slightly frilly edges, and are a pale green colour.

**KALE Borecole**  
*Brassica oleracea* NZ (100)

This kale is a well known classic variety, very ornamental with strong tasting dark green healthy open leaves, with very curly edges. The plants are compact. It tastes best after the frost has been on the leaves but you can always pick the kale and put it in the freezer overnight then cook it to get the best flavour!

**KALE New Zealand Heritage Collection**  
*Brassica oleracea* NZ (100)

This collection contains our own New Zealand heritage kales Asparagus, a sweet, mid green, long leafed ancient variety, Borecole. An early commercial, delicious, dark green, round curly leaf edge type. Pohara, and the wavy edged mid-green variety common around old Maori gardens. A very special collection and likely to be your favourite.

## Celery & Fennel



**CELERY Nutty**  
*Apium graveolens* EC (200)

A favourite of ours for 30 years. It is excellent for harvesting one stalk at a time all winter and spring. The stalks are crunchy, juicy and have a nutty taste and it's so easy to grow we have selected it for a strong growth over winter in a cold climate.



**CUTTING CELERY Red Stem**  
*Apium graveolens* EC (200)

This is a super strong grower, producing multiple growing heads so the plant gets very large. The stems remain red but reddest in the sun, the taste is stronger than other celery and is not as thick stems but very good to eat, and very easy to grow. Like other celery, requires water and nutrients to do best.



**FENNEL Florence**  
*Foeniculum vulgare* OS (10) PP

A tall, strongly scented, green, feathery leaved perennial with small yellow flowers. The bulbous base can be cooked as a vegetable or eaten raw in salads (used sparingly raw, because of the strong flavour). Greens can also be used in salads and in cooked dishes especially with fish or chicken. Seeds are wonderful snacks before they dry and seasoning after they dry.

## Chillis & Peppers



**PEPPER Hot Cayenne Rainbow**  
*Capsicum annum* OS (30)

Peppers are generally perennial in warm climates though in temperate climates we grow them as annuals this one grows to 100cm. Often the peppers are curled and twisted, growing to 12cm long and tapering to a point, changing from dark green to bright red at maturity. Cayenne is renowned for its heat.



**PEPPER Hot Hungarian Yellow Wax**  
*Capsicum annum* OS (30)

The easiest to grow hot peppers, super productive, and you can pick them at the heat level you prefer. When yellow they are very mild, when bright red at their hottest, but only reach 5-6 on the heat scale. They are horn shaped and can be stuffed, fried, pickled etc.



**PEPPER Hot Jalapeno**  
*Capsicum annum* OS (30)

Hot pepper. Popular thick walled medium heat chilli. Very uniform, tapered shape turning red at maturity. A really great pepper to lactic pickle using the whole pepper or pureed to make a chilli sauce like tabasco.



**PEPPER Sweet Ancho**  
*Capsicum annum* OS (30)

This pepper has brown bell shape fruit when fully ripe. They are specific peppers to be smoked and dried and used in mole sauces in Mexican cooking. They are prolific producers and excellent also in any dishes requiring sauteed pepper or casseroles etc. They have a very rich full distinctive flavour.



**PEPPER Sweet Bell Rainbow Mix**  
*Capsicum annum* OS (30)

A stunning collection of outstanding heritage sweet bell peppers, all with far more character and flavour than any shop pepper, including chocolate, purple, red and orange colours. These peppers have been selected for their ability to grow outside easily in home garden situations, unlike modern peppers.



**PEPPER Sweet Burpees Thickwalled**  
*Capsicum annum* NZ (30) PP

Sweet pepper. It was sent to us by Ezilda Cummings, the daughter of Haywood Wright. It is a very round flat, blocky, thick walled, segmented sweet pepper with good flavour. It does really well for us and is a great pepper for stuffing because it is thick walled and flat bottomed. Great paprika pepper too!



**PEPPER Sweet Jimmy Nardello**  
*Capsicum annum* OS (30)

Koanga's hardiest, easiest to grow, most prolific sweet pepper. It is a long, thin, tapered, red, thin walled, frying pepper, and is delicious added to everything that requires a cooked pepper for flavour rather than heat. Each bush produces up to 50 fruit and they begin cropping earlier and continue later than most others.



**PEPPER Sweet Orange Sun**  
*Capsicum annuum* OS (30)

An early cultivar of the sweet bell pepper, the bushes are very compact and produce heavy crops of large thick walled sweet peppers, this one being bright orange.



**PEPPER Sweet Tollis Sweet Red**  
*Capsicum annuum* OS (30) PP

This sweet red Italian heirloom is one of our all round favourites for fresh eating. It is a medium sized, tapered pepper always producing a huge crop over a long period which taste really sweet and full of flavour. Not as large or blocky as sweet bell peppers but far more prolific and way more flavour.



**PEPPER Sweet Yugoslav Paprika**  
*Capsicum annuum* OS (30)

From pepper grower extraordinaire Alan Mackie of Torere and is a traditional family paprika pepper that came to New Zealand with a migrating Yugoslav family who had given it to Alan to keep alive. We love it eaten all ways; raw, as a sweet pepper, dried and ground, or roasted, or fermented. It is absolutely full of flavour.



**CUCUMBER Deka**  
*Cucumis sativa* OS (10)

An old Russian pickling cucumber. They are the traditional outdoor green type and make excellent gherkins and pickles, (including lactic pickles which is how they were traditionally pickled). They are also good for eating as cucumbers when larger. A really hardy, thick green skinned variety and a heavy cropper.



**CUCUMBER Green Apple**  
*Cucumis sativa* NZ (10)

Gifted to the Koanga Institute by Mrs B Wilson of Motueka years ago, this has proven to be a favourite. It is round with a thin, sweet green skin, is easy to grow, produces prolifically and they are sweet and tender to eat.



**CUCUMBER Port Albert**  
*Cucumis sativa* NZ (10)

Port Albert cucumbers are famous around the Kaipara Harbour where the Abertlanders settled, also around Northland. (German immigrants settled in the 1860's). They are the best! Stubby torpedo shaped with tender yellow skin, with small black spines. They never go bitter, always tender, and produce enormous crops.

# Onions & Leeks



**LEEK Lyon**  
*Allium ameloprasum* OS (200)

Lyon leeks came to New Zealand with our English ancestors and is known for its long pure white stems and it's mild flavour, it is still a favourite for many winter dishes today. The phytonutrients are mostly in the dark coloured parts so be sure to eat the greens and well as the stem.



**ONION Pukekohe Long Keeper**  
*Allium cepa* NZ (200)

The best keeping onions ever! Grown from a very old Yates line that had far greater diversity than the modern version we know in the supermarket. We have harvested 27 kgs per sq m of garden bed by planting them at 10 cm diagonal spacings in excellent soil conditions and feeding them well.



**ONION Welsh Bunching**  
*Allium cepa* OS (25)

Welsh Bunching onions are like huge spring onions that just keep on growing and multiplying. Can be harvested all winter by cutting off at ground level. Use the whole stem, green part as well as the white and chop them up in all cooked dishes, as well as raw in salads. Outstanding flavour, and nutritional qualities.



**KAMOKAMO Ruatoria**  
*C. pepo* NZ (10)

Gifted to us by Bill Blane who received it from his Koro (Victor Richard Rangitukia), in Ruatoria, they are a mix of all his favourites, long ones and round ones. They are delicious eaten young as courgettes along with the male flowers and vine tips - or later when baked or in the hangi. Vigorous plants, prolific producers, beware of modern hybrid varieties.



**KIWANO**  
*Cucumis metuliferus* NZ (15)

The kiwano is an oval shaped fruit which has an orange skin with lots of tiny horns, sometimes called a horned melon. The kiwano is slightly sweet and has a refreshing taste. The vine is vigorous and grows best on a trellis.



**LUFFA Smooth Skinned**  
*Luffia aegyptiaca* OS (15)

Luffa's are frost tender but will grow successfully in a wide range of climate zones. They grow like a cucumber with intriguing upright flowers, and once autumn comes they can be picked and left to dry out. Once they are dry, you can peel off the skin and shake out the seeds to use as a pot scrubber, body scrubber etc.

# Pumpkins, Melons etc



**COURGETTE Cocozelle Bush**  
*C. pepo* OS (10)

A traditional long, green skinned courgette but hugely productive of better flavoured courgettes than shop varieties. The skins are marked with lighter stripes and patterns and they are very easy to grow. Male flowers also edible and delicious.



**PUMPKIN Austrian Hulless**  
*C. pepo* OS (10)

These seeds came to New Zealand with our friend Joe, from his Austrian village where they traditionally were pressed to make oil. They are larger and better tasting than all other varieties we have tried, mature in short growing season areas, and if you have a longer season they just keep on producing.



**PUMPKIN Blue Hubbard**  
*C. maxima* NZ (10)

Vigorous, classic keeping pumpkin with grey/blue warty knobby skin. Pumpkins are round with elongated pointy ends. Good keepers. Deep orange excellent flavoured flesh



**PUMPKIN Buttercup**  
*C. maxima* NZ (10)

A classic pre 80's Buttercup from the Collection of Henry Harrington in the deep South. They are dry and sweet and excellent summer squash, ripening early, often by Xmas or early January, but don't keep much after June/July. The bushes have medium vigour, and require some room to trail or grow up.



**PUMPKIN Butternut NZ Heritage**  
*C. moschata* NZ (10)

This is the first New Zealand heritage butternut seed that we have had sent in to us that has proved to be still viable. It's a lovely small, sweet, excellent flavoured butternut, and it came from Ross Stringer in Helensville. Being a very good keeper is a bonus.



**PUMPKIN Chucks Winter**  
*C. moschata* OS (10)

Chuck's Winter is the best 'butternut' type pumpkin if you have a long growing season; super sweet and excellent flavour, weighing 2-4 kgs each. Once ripened (when the tan skin has a white bloom on it) they will have a hard skin and keep exceptionally well.



**PUMPKIN Cupola**  
*C. moschata* NZ (10)

Vince Eales of Ahipara sent us this cultivar that has been in his family for over 100 years and originally came via South Africa. In the North it is often known as a 'Dali' pumpkin. They have really long necks so they are great for cutting off slices and baking. flesh is deep orange and very very sweet.



**SQUASH Delicata**  
*C. pepo* OS (10)

Introduced in the USA in 1894 by Peter Henderson. Small (up to 1kg) long shaped, tan and green striped skinned pumpkins, just the right size for 2 for dinner. They are great stuffed as well as sliced and sautéed. The flesh is very sweet and dry and are excellent eating quality. The plants are small so grow in small spaces.



**SQUASH Zimbabwe**  
*C. pepo* NZ (15)

Very similar to Zambesi Gem, but obviously originally from Zimbabwe. These small (large orange size) round pumpkins came with our ancestors on the early ships, and were picked up in South Africa on the way around the cape! They are sweet, but moist and nutty, and well worth trying. Zimbabwe squash skins stay green when mature.



**WATERMELON Sweet Siberian**  
*Citrullus lanatus* OS (10)

Medium sized, round melon. Apricot coloured flesh, full-bodied, good flavour, and sweet. An excellent Heirloom melon that grows in marginal melon growing seasons and places because it's a short season, cold climate cultivar.



**PUMPKIN Iron Bark**  
*C. maxima* NZ (10)

One of the best remembered old pumpkins by the very elderly gardeners of today. They have a rough bumpy skin which turns from green to grey (iron) when fully mature, they are round and flat, and they keep very well. The flesh is orange, dense and sweet with a good flavour all of their own.



**PUMPKIN Red Kuri**  
*C. maxima* OS (10)

A pumpkin that we have been growing now for 20 years. Excellent as an early summer pumpkin, ready to eat Jan-Feb, keep until June. Small/medium round, beautiful shape, with bright orange skin, turning red when fully ripe. Great for steaming with summer veggies, and soup. Sweet, moist, full of flavour, productive, vigorous vine.



**PUMPKIN Triamble**  
*C. maxima* OS (10) PP

These are the well known 3 lobed pumpkins of days gone by. A good, tasty, solid, orange fleshed pumpkin, good for everything – good keeper. This pumpkin will bring back many memories!



**GOURD Nga Puhi (aka: Ruka)**

*Lagenaria siceraria* NZ (10)

This traditional Maori gourd was sent to us from the Ruka whanau in Northland. It is a beautiful fat round gourd with a short neck. This is a medium sized, round, bowl shaped gourd that has been selected for carrying water and storing food for many generations around the Pacific.

## Root Vegetables



**ROCKMELON Banana**  
*Cucumis melo* NZ (10)

This one came to us from Mr Hugh Price a wonderful elderly grower near Opotiki 10 years ago and the stories keep on coming in. We find this one to be a healthy vigorous, heavy cropper of huge long banana shaped melons. They are sweet and have orange delicate flesh, which is eaten in long thin strips!



**ROCKMELON Charantais**  
*Cucumis melo* OS (10)

This superb heirloom French melon is considered by many to be the most divine and flavourful melons in the world. Almost round melons which turn from green skinned to yellow when ripe with a net over the skin. The flesh is very sweet juicy and aromatic with many melons weighing over a kilo.



**ROCKMELON Jenny Lind**  
*Cucumis melo* OS (10)

Jenny Lind is your easiest to grow rock melon. It is a very sweet and juicy, small to medium round, netted, green fleshed melon, with a distinctive knob on the blossom end. It is an heirloom melon from Philadelphia before 1840, named after a singer of that era!



**CARROT Akaroa Long Red**  
*Daucus carota* NZ (150)

A rare New Zealand heritage carrot, originally from Akaroa, so possibly came with the French settlers. It is a medium size, deep orange to red carrot, with a tapering end and is juicy and sweet with excellent flavour, harder, denser flesh than modern supersweet cultivars.



**CARROT Juwarot**  
*Daucus carota* NZ (400)

Another rare carrot from the Henry Harrington Collection. It is a well known carrot overseas, however it is also an NZ heritage cultivar, having been grown here for at least 80 years. Juwarot was bred especially for juicing and raw eating, and is juicy crisp and sweet and has double the Beta carotene content of other carrots! 249 mg/kg highest ever recorded in carrots!



**CARROT Oxheart**  
*Daucus carota* OS (400)

This variety was introduced to the seed trade in 1884 and is a uniquely shaped, short (12 cm), very wide (8 cm) carrot that grows very fast to over 500gm. Outstanding quality, flavour, colour, sweet. Stores well, good cooked or raw. Good for heavy soil, container gardens and raised beds.



**CARROT Touchon**  
*Daucus carota* EC (400) PP

A high quality French Nantes type, 14-17 cm long, cylindrical, and coreless. It has an intense deep orange colour, is sweet and juicy, making it ideal for eating raw, cooking or juicing.



**CARROT Whanganui Giant**  
*Daucus carota* NZ (200) PP

This carrot is a New Zealand heirloom which as far as I know was totally lost in this country. We brought it back in years ago when I found it in the Australian Seed Curators catalogue. It is a large carrot, as many of the old ones were. Long, tapered, orange, and excellent as a cooked carrot.



**CARROT White Belgium**  
*Daucus carota* NZ (400)

Originally a Dutch heirloom, but has been grown in New Zealand for a long time. This cultivar came from the Henry Harrington Collection, and Henry has been growing it since the war years. It is a large, white, long, tapered carrot with green shoulders that raise a little above the ground. At their best cooked, stunning for flavouring soups and stews.



**TURNIP Ohno Scarlet** *Brassica rapa* OS (200) PP

This is a very stunning looking red skinned, white fleshed turnip with a red mandala inside the white flesh. It has been in our collection for many years and is an heirloom from Asia. It is great raw or cooked, also stunning for lactic pickling, as the red skin dyes the entire jar bright pink! Leaves are very edible too.



**PARSNIP Avon Resister**  
*Pastinaca sativa* EC (200)

We think this was an early commercial variety in New Zealand, kept alive in the South Island, and passed to us by Henry Harrington. It is extremely rare and unavailable elsewhere as far as we know. It's an easy to grow, classic looking parsnip that tastes great. Grows well all over New Zealand.



**PARSNIP Guernsey**  
*Pastinaca sativa* OS (200) PP

Parsnips are ancient vegetables, whose recorded history goes back over 500 years. Guernsey dates back to pre 1826 and originated in France. We've had Guernsey in our collection for many years and it is curated by Gail Aiken.



**RADISH/DAIKON Aomaru Koshin**  
*Raphanus sativus* OS (100) PP

An outstanding round easy to grow Daikon, with a green shoulder on the top side above the ground, white skin and white flesh below the ground and a bright red mandala in the flesh. When you cook them the inside goes pink, with the green skin. They taste great raw, pickled or cooked as other Daikon.

## Salad Greens



**AMARANTHUS Tampala**  
*Amaranthus tricolour* NZ (300) PP

An NZ heritage green leafy heat loving vegetable, common throughout Asia and well known as a super nutritious green especially when lightly steamed or sautéed. High in calcium, iron and other minerals it grows to 1m high and has red and green, crinkled leaves that can be picked all summer.



**RADISH/DAIKON Tokinashi**  
*Raphanus sativus* OS (100) PP

A beautiful, white, very long Japanese Daikon radish. Fantastic raw in salads or in soups, stews or stir fries, and also lactic pickled or fermented. Very quick growing and remain tasty and tender even when large. Greens can also be cooked and are very nutritious. Direct sow all year round except in areas with very cold winter temperatures. Very slow bolting.



**SALSIFY (aka: Oyster Vegetable)**  
*Tragopogon porrifolius* NZ (100)

Salsify is an old vegetable that is a fantastic addition to the veg garden. This cultivar came from a wild patch outside a retirement village that Henry Harrington found one day in Southland and which had unusually large long fleshy roots. Plant in spring and harvest all winter. The long roots are excellent to eat. A lot like kumara.



**SWEDE Lawes American Purple Top**  
*Brassica napus* NZ (200) PP

A New Zealand heritage line sent to us by Ron Kidd in the Nelson area many years ago. Excellent quality traditional swede with a distinct purple shoulder, excellent for soups, stews, mashing and casseroles. Must be planted mid summer to get large swedes for winter soup, will do and taste better in cooler areas.



**CORN SALAD Round Leaf**  
*Valerianella locusta* NZ (100) PP

An ancient wild green that hails from Europe, and is known by many names, and is growing wild in many gardens around the globe now. It is a self seeding winter green that is best eaten raw, the taste is mild and nutty. It grows in cold weather, and will sit all winter in the cold. You will soon agree this is a must have winter salad green.



**CRESS Garden**  
*Lepidium sativum* NZ (200)

An easy to grow, cool season salad green from the Harrington Collection. It can be picked a leaf at a time over a long period. The leaves are tasty sweet and quite light. Self seeds prolifically like Upland Cress. Rare variety and as far as we know the only line in New Zealand. Sometimes known as Lebanese Cress.



**CRESS Upland**  
*Barbarea verna* NZ (300)

An easy to grow self seeding green that should be in all gardens. Delicious salad green, that grows all winter and tastes a lot like watercress, but growing in rosettes like a lettuce. Highly nutritious.



**CRESS Watercress**  
*Rorippa nasturtium* NZ (200)

If you have somewhere wet that holds water or remains moist over the winter months you can grow watercress, a highly nutritious cold season green either raw or cooked. It can be harvested from around May until Christmas.



**ENDIVE Indivia Scarola**  
*Cichorium endivia* NZ (100)

An old Italian variety that has been in New Zealand for many years. It has quite a flat shape with a quartered heart like many old roses. It is beautifully ornamental in the garden and has a very mild delicious taste, tender leaves with a lime green colour, lighter in the heart. Sits well over winter.



**LETTUCE Batavian Red**  
*Lactuca sativa* OS (150) PP

A heirloom lettuce with a large heart. The outside leaves are magenta and crinkly and beautiful and the heart is light green. It is a crisp, classic hearting lettuce that is hardy and stands well.



**LETTUCE NZ Heritage Mix**  
*Lactuca sativa* NZ (150)

A colourful and interesting mix of all the old time New Zealand favourites hailing from our Grandmother's gardens. Odell's, Mignonette, Finger, Lighthouse, Joe's and others. They all self seed easily and are exquisite in their different ways.



**LETTUCE Odell's**  
*Lactuca sativa* NZ (150)

Odell's is one of the first lettuces in our collection (after Winter), and was sent in by Howard Farr of Upper Hutt. It is the best little green cos lettuce, with small sweet crunchy midribs and leaves, a tight little heart and very fast and easy to grow. Great for small families. It does best in spring and autumn, but are great all year round. This is our favourite lettuce!



**LETTUCE Tree**  
*Lactuca sativa* OS (100) PP

A stunning heritage summer lettuce, originally from Tasmania and has been in our collection over 20 years. It grows up and up, and keeps producing sweet, crunchy, tasty, large, fingered leaves all summer in the heat. You will love it!



**LETTUCE Devils Ear (aka: Devils Bit)**  
*Lactuca sativa* OS (150)

This is an outstanding, hardy, easy to grow, small hearting lettuce with red outside pointy leaves and a green heart. Stands well in heat.



**LETTUCE Finger**  
*Lactuca sativa* OS (150)

We've had Finger lettuce in our collection for many years, it is often called Green Oakleaf in other catalogues. It is an easy to grow reliable oakleaf shaped leaves leaf picking lettuce with densely packed leaves in the middle, a lighter green than the outside, but not a heart as such.



**LETTUCE Half Century**  
*Lactuca sativa* NZ (150)

Presumably a survivor from the 1850's and not surprisingly. Butterhead type, exceptionally compact and crisp, with thick leaves. This is a perfect home garden lettuce. Too succulent to stand marketing!



**MIZUNA Red Coral**  
*Brassica rapa* OS (150)

Deep maroon coloured, highly ornamental mizuna that has feathery leaves, with crunchy tasty ribs, tender and easy to grow classic salad green, also suitable for wok dishes and stir frying. Flowers are edible too.



**MUSTARD GREENS Deep Purple**  
*Brassica juncea* NZ (200)

Purple Mustard greens look incredible in the garden, the colder it gets the deeper the purple gets. They are a classic mustard green, to be eaten wilted or lightly cooked., or cooked in a boil up, renowned for their flavour and nutrient density



**MUSTARD GREENS Lettuce**  
*Brassica juncea* NZ (60)

Annual, grows and self seeds easily, strong mustard flavour when fully grown, best cooked as a green or in soup etc. Large flat, lime green leaves with super crinkly lime edges. This plant is growing wild around NZ in old vege patches.



**LETTUCE Lighthouse**  
*Lactuca sativa* NZ (150)

We're delighted to be offering this NZH lettuce. It is one of the oldest lettuces known and is one of the very best as well! It's similar to the one we call Odell's, except the leaf has distinct pointy ends. It's green and small, with a tight heart, very sweet and crunchy.



**LETTUCE Mignonette**  
*Lactuca sativa* NZ (200)

This is one of the old lettuces of New Zealand, that has survived because they do not cross and self seed easily. It is a Buttercrunch lettuce with a loose light green heart and red tinged outer leaves, all leaves are butter/tender with a flavour modern lettuces don't have. This one came to us from Helen Boleyn of Palmerston North in 1997.



**LETTUCE Miner's**  
*Claytonia parvifolia* NZ (100) PP

This salad green has become a must-have staple for winter salads. If you leave it to self-seed you'll have it forever. A small plant with fleshy fresh tasting small leaf that we usually pick by leaf with scissors and add to salads and mesclun mixes. It grows wild in many parts of New Zealand and clearly arrived here with many of our ancestors.



**MUSTARD GREENS Ruruhau**  
*Brassica rapa* NZ (150)

A fast growing super nutritious mustard-flavoured green for Spring/Autumn. Old vegetable of the North, found growing wild all over the north and also found wild around the coast of the whole of New Zealand. This is a very easy to grow green, that self seeds readily, and can be eaten when young raw or most often in soups stews and boil-ups.



**ORACH Red**  
*Atriplex hortensis* NZ (100)

A real stunner in the garden and like the green version is an ancient vegetable that is highly nutritious. This one has magenta leaves. Pinch out growing tips continually and eat as spinach, raw or cooked. Small leaves best raw. Self seeds easily.



**PUHA Prickly Leaf**  
*Sonchus oleraceus* NZ (100) PP

We have been told that this puha was already in this land when the great migration occurred. It has been regarded as indigenous by East Coast Maori. It is also regarded as far better tasting than the Scottish cultivar that is the common one, albeit more difficult to prepare!



**PURSLANE Golden**  
*Portulaca oleraceae* OS (200)

**PP**

A summer salad herb that will self-seed if you're on sandy or light soils. This plant has very fleshy small leaves which are picked and eaten raw in salads. It's one of the few ancient herbs that our ancestors were eating many thousands of years ago. Contain Omega 3.



**PURSLANE Wild crafted**  
*Portulaca oleracea* NZ (200)

A wild weed of areas with light soils and bare places. Purslane needs heat and bare soil basically, it is a coloniser that covers the ground. The fleshy leaves are tender and delicious and high in Omega 6 oils. It self seeds happily in the right conditions.



**ROCKET**  
*Eruca sativa* OS (1000)

Rocket is the mainstay of salads during Spring and Autumn. It is easy to grow fast to the eating stage and delicious, even at the flowering stage when you can add the nutty tasting flowers to salads. Larger leaves are also very tasty when stir fried.



**WILD ROCKET (Arugula)**  
*Diplotaxis ericoides* OS (100)

A traditional European wild form of rocket that can be picked for a whole year. It has narrow wavy leaves that are picked a leaf at a time and they are sweet tasty and a little peppery. If well grown they are not too hot. Self seeds freely, easy to grow.



**TOMATO Black Cherry**  
*Lycopersicon lycopersicum*  
Wairoa NZ (20) **PP**

Indeterminate. From the Henry Harrington Collection. Black Cherry tomatoes win taste tests and are loved by all as sweet tasty salad tomatoes.



**TOMATO Black Roma**  
*Lycopersicon lycopersicum*  
Wairoa NZ (20) **PP**

Indeterminate. From the Henry Harrington Collection in 2005. This is a stunning tomato, egg shaped and "black". Black tomatoes have been showing up in Mark's trials as having superior nutritional qualities and all of the 'black' tomatoes have a real richness and depth of flavour.



**TOMATO Broad Ripple Yellow Currant**  
*Lycopersicon lycopersicum*  
Wairoa OS (20) **PP**

Indeterminate. Came to us via Seed Savers USA in the early 1990's. It is a rambling large vine, that will grow over a fence or trellis etc that crops from early until late and produces masses and masses of small (1cm) yellow fruit with outstanding flavour., needs a lot of sprawling space



**TOMATO Burbank**  
*Lycopersicon lycopersicum*  
Wairoa OS (20)

Indeterminate. The famous American Horticulturalist, Luther Burbank, developed this tomato in 1914. The tomato has a classic taste that is acidic yet sweet. The fruits are medium sized and uniform, with a deep red colour. It is very nutritious as it has the high level of free amino acids.



**TOMATO Burpees Long Keeper**  
*Lycopersicon lycopersicum* Wairoa OS (15) **PP**

Indeterminate. This tomato with orange skin and red flesh, was developed by the famous Atlee Burpee seed company before the days of refrigeration for its ability to ripen slowly after picking over a period of many months.



**TOMATO Carlton Victory**  
*Lycopersicon lycopersicum* Wairoa NZ (15) **PP**

Indeterminate. Red beefsteak type, Good slicing tomato. Excellent taste and good resistance to disease. Heavy producer.

# Tomatoes



**TOMATO Alma**  
*Lycopersicon lycopersicum*  
NZ (20)

Northland. Indeterminate. This tomato came here with the Dalmatian Gumdiggers. It is an egg shaped, egg sized, red, firm drying tomato. It crops over a very long period, and crops heavily, and the fruit can be sliced and dried for winter use. It is also a really good cooking tomato because it keeps its shape.



**TOMATO Croatian**  
*Lycopersicon lycopersicum*  
Koanga since 2010 NZ (10) **PP**

They came to NZ with the Croatian gumdiggers in the late 1800's and in my opinion are one of our best ever tomatoes. They have outstanding flavour, are super beefy and large with unusual red colourings and irregular shapes.



**TOMATO Dargaville Red and Yellow**  
*Lycopersicon lycopersicum*  
Dargaville Northland NZ (20) **PP**

Indeterminate. A New Zealand heritage tomato from the Dargaville area, that is similar to the overseas variety called Shimmeig Creig. It is a medium roundish size and shape with red and yellow stripes when ripe, with a great full flavour.



**TOMATO Dwarf Henry's Bush Cherry**  
*Lycopersicon lycopersicum*  
Wairoa NZ (30)

Determinate (Dwarf). Outstanding variety from the Harrington collection. The bushes grow only 20cm x 20cm and crop very heavily with small, excellent flavoured, cherry tomatoes that are around 1.5 cm across. Once common around Southland they are a good choice for children's gardens, pots and edges.



**TOMATO Guernsey Island**  
*Lycopersicon lycopersicum* NZ (15) **PP**  
Indeterminate. An NZ heirloom tomato originally from the Guernsey Islands, and was apparently grown commercially there and sold all over the British Isles. Medium sized round fruit, top flavour, streaky red and green when ripe. Excellent disease resistance. This is not a slicing tomato, and has outstanding flavour. Heavy cropper high nutritional qualities.



**TOMATO Hawke's Bay Yellow**  
*Lycopersicon lycopersicum* NZ (15) **PP**  
Indeterminate. Originally from the Hawkes Bay, but came to us from the Harrington Collection. This tomato produces huge flattish yellow fruit in large bunches, where the first fruit to set is the largest and they get smaller as they set. Healthy vine, fruit has lots of flavour and is a really great tomato for us here at Koanga, in the Hawkes Bay. We love it!



**TOMATO Island Bay Italian**  
*Lycopersicon lycopersicum* Wairoa NZ (15)  
Indeterminate. An outstanding, large, even sized, very red tomato with very full flavour. Great for both eating and processing. Very healthy bushes. Kay grows this one in her home garden!



**TOMATO Heritage Cherry Mix**  
*Lycopersicon lycopersicum* OS (20)  
Hawkes Bay. Indeterminate. A mix of our best cherries, Small Sweet Orange, Austin Red Pear, Black Cherry and Brown Plum. All need staking and grow tall but the flavour and disease resistance is outstanding in all of them.



**TOMATO J Walsh**  
*Lycopersicon lycopersicum* Wairoa NZ (20) **PP**  
Indeterminate. Sent to us by June Walsh of Tauranga years ago. It is a reliable heavy cropper, bearing large bunches of yellow egg shaped tomatoes (larger than an egg though) that can be enjoyed by those who need acid free tomatoes. In a tomato those called "acid free" are those with high sugar contents.



**TOMATO King's Gold**  
*Lycopersicon lycopersicum* NZ (10) **PP**  
Indeterminate. Sent to the Koanga Collection by H. Fryer of New Plymouth in 2009, this is one of our outstanding New Zealand heritage tomatoes. The tomatoes are more Gold than yellow, and very flavoursome and the plants are sturdy and bear well, so I have saved the seed each year.



**TOMATO Lebanese**  
*Lycopersicon lycopersicum* Unknown NZ (30) **PP**  
Indeterminate. This is a large flattish lobed red tomato with good flavour and excellent disease resistance.



**TOMATO Heritage Mix Saucing & Processing**  
*Lycopersicon lycopersicum* NZ (30)  
A stunning combination of all of our very best sauce tomatoes... making them a top collection for processing end use. They are all meaty, fleshy and very high flavour. This mix includes Black Roma, Island Bay, Orange Roma and Oxheart.



**TOMATO Orange Roma**  
*Lycopersicon lycopersicum* Wairoa OS (15) **PP**  
Indeterminate. An outstanding meaty solid Orange Roma type with loads of flavour. Excellent drying tomato as well as salad and processing tomato.



**TOMATO Oxheart Dalmatian**  
*Lycopersicon lycopersicum* Wairoa NZ (10)  
Indeterminate. These Oxhearts came to this land with the Dalmatian gardeners of the northern gumfields. They are large and very firm fleshed with almost no seeds, and are perfect for slicing or processing in any way. Very sweet, they are called 'low acid', and very high in nutritional tests.



**TOMATO Margaret Curtain**  
*Lycopersicon lycopersicum* Wairoa NZ (10)  
Indeterminate. Another tomato from Henry's collection. This is a large beefsteak, with the 'black' tomato colouring. It looks very like Black Krim but bigger if anything, with a green shoulder it is absolutely delicious, and we note that in the tomato research trials done by Mark Christensen, these coloured tomatoes come out very high in the nutritional stakes.



**TOMATO NZ Heritage Beefsteak Mix**  
*Lycopersicon lycopersicum* Wairoa NZ (20)  
A mix of our best New Zealand beefsteak tomatoes. Kings Gold (gold) Waimana (red) and Margaret Curtain (black) all stunning flavour and disease resistance.



**TOMATO NZ Heritage 6 Colour Mix**  
*Lycopersicon lycopersicum* Wairoa NZ (30)  
Indeterminate. Carlton Victory (red), Ponsonby Red, Guernsey Island (red and green striped), Orange Roma, Black Roma, Green Zebra, Lebanese (red) and J Walsh (lemon) make up this special collection of New Zealand heritage tomatoes. They are all delicious and great for salads.



**TOMATO Ponsonby Red**  
*Lycopersicon lycopersicum* Wairoa NZ (20) **PP**  
Sent in by M.C. Ataya of Glendene Auckland in 2000. It was bought at a market in Ponsonby Road and is a standout tomato for organic greenhouse production. It is a medium sized round very red tomato with long bunches and huge production of even, good tasting fruit.



**TOMATO Russian Red**  
*Lycopersicon lycopersicum* Wairoa NZ (20) **PP**  
Indeterminate. A very good tomato. Kay always plant a few of this variety because they are reliably the easiest to grow. They are semi dwarfing in habit with huge crops of excellent tomatoes. Not as much flavour as some others but they always make up for that with reliability of the crop, and their disease resistance.



**TOMATO Small Sweet Orange**  
*Lycopersicon lycopersicum* Wairoa NZ (20) **PP**  
Indeterminate. Outstanding, tall growing, heavy cropping, tender skinned, orange cherry tomato from the Henry Harrington Southland collection. They have a high nutritional value. Adapted for southern conditions having come from Southland, however in a very hot summer it did very well here too.



**TOMATO Tommy Toe**  
*Lycopersicon lycopersicum* OS (30) **PP**  
Indeterminate. Tommy Toe is always the fastest tomato to reach the top of their stakes, and it is one of the very best tasters. The vines bear long racemes of large cherry tomatoes (or small tomatoes) this line has been selected for disease resistance in Northland for many years by Joseph Land.



**TOMATO Watermouth**  
*Lycopersicon lycopersicum* Wairoa NZ (20)  
Indeterminate. An outstanding heirloom from the Bay of Plenty, sent in by L.N Lamberg of 'Watermouth' near Opotiki. It is a large, red, meaty (beefsteak type), tasty, disease resistant tomato that could easily become your favourite, we actually think that it is the same tomato as Waimana, and Peron.



**TOMATO Wonder**  
*Lycopersicon lycopersicum* Wairoa NZ (15) **PP**  
Indeterminate. Another 'wonder' from Henry's collection. This is an yellow/orange tomato, but quite distinctly three lobed, with variations in the colour which make it very beautiful. The fruit is flattish and medium sized, and very tasty. It fruits earlier than many others.



**TOMATO Yellow Cropper**  
*Lycopersicon lycopersicum* NZ (15)  
Indeterminate. We've had this in our collection for many years, and it once again came from Henry Harrington in Southland. This plant produces long racines of medium sized very round, yellow, tomatoes, which if grown in the heat and left to fully ripen, or a glasshouse, turn orange. They are super disease resistant and the flavour is average.



**TOMATO Yellow Stuffer**  
*Lycopersicon lycopersicum* Wairoa NZ (30)  
Indeterminate. Gifted to Koanga by Elzilda Cummings, daughter of Hayward Wright, New Zealand's most well known plant breeder. Outstanding yellow tomato for stuffing - firm walls, flat bottom, hollow centre. A similar tomato came high in Mark's tomato nutrition tests.



**TOMATO Yellow Yummy**  
*Lycopersicon lycopersicum* NZ (15)  
Indeterminate. Another yellow from the Henry Harrington Collection. This is large round tomato, great taste and disease resistance. We are totally blown away by the number of yellow tomatoes coming out of Southland!



**AMARANTHUS Pygmy Torch**  
*Amaranthus spp* OS (600)  
Stunning plant with deep burgundy leaves and large black jewel like burgundy drooping seed heads. When popped they are black and white and very crunchy. A very ornamental grain variety. Grows to 1m only, making it easier to net than taller cultivars.



**BARLEY Hulless Milmore**  
*Hordeum vulgare* NZ (1200, enough to plant 10 sqm at 10cm diagonal spacings)  
This barley has been grown for many years in this land at Milmore Downs a Biodynamic farm where they pay particular attention to seed quality and breeding. It has been selected as an Autumn planted barley that has excellent eating quality.



**BARLEY Masan Naked**  
*Hordeum vulgare* OS (120, enough to plant 1 sqm at 10cm diagonal spacings)  
Spring growth habit 6 row naked food barley from Japan, black purple seeds. Very high % of hulless excellent food grain crop, and carbon crop.



**BARLEY Wase Shu**  
*Hordeum vulgare* OS (120, enough to plant 1 sqm at 10cm diagonal spacings)  
This barley is an ancient hulless type, originally from the KUSA collection in the USA that produces well for us. It's a fawn/tan colour, and makes delicious sprouted barley cakes. Save your seed this year and grow enough to eat next!



**CORN Black Navajo**  
*Zea mays* OS (50)  
A black, sweet, dry corn. Beautiful chewy, nutty flavour, best eaten before it goes very black. Cobs not large but very nutritious. This is one of our favourite sweetcorns, requiring a little longer to cook than more modern varieties. This corn makes excellent flour corn, posole and also tortillas!



**CORN Blue Hopi**  
*Zea mays* Overseas (50)  
Dry. This corn was developed by the Hopi Indians to be used as flour corn, and is the corn used to make the blue corn chips available commercially. The cobs grow large (long) and the plants are drought tolerant, and when ground they produce high quality flour. Excellent for posole, tortillas, polenta and porridge.

# Grains



**AMARANTHUS Golden Giant**  
*Amaranthus hypochondriacus* OS (600)  
Can easily reach 2m plus. The plant has golden stems and leaves with beautiful upright, intense, bright, golden flower heads. Good carbon crop. Grain variety. Pops well.



**CORN Early Gem**  
*Zea mays* NZ (50)  
An excellent short season sweet corn variety with good flavour that we've been growing for over 20 years. It is being selected to grow in marginal areas, so can be used as a main crop for those in short season climates.



**CORN Golden Bantamn**  
*Zea mays* NZ (50)  
Sweet corn. Our NZ version of the classic. Sent in by N.H. Mastrovich of Gisborne, whose ancestors had kept it alive in the far north since the 1930's. We mixed it with another NZ heritage line of Golden bantamn sent in from Northland and the result has been outstanding. Full flavoured yellow cobs, productive plants.



**CORN Heritage Bi Colour**  
*Zea mays* NZ (50)  
This precious seed came to us from the Mt Tiger Gardens collection. We were finally able to grow it out and it is a stunning sweet corn, very sweet good cobs we got 2 per plant this year, the kernels are either yellow or white. Supposedly an original bi colour corn.



**CORN Hokianga Red/Yellow** 🌿  
*Zea mays* NZ (50)

Flour Corn. This is outstanding corn in colour and in Wairua. Gifted to us by Joseph Land and family, gifted to them from previous gardeners in the Hokianga it carries to us the memories and the spirit of people whose lives and health literally depended on these seeds. This corn throws 20% red cobs and 80% yellow.



**CORN Kaanga Ma** 🌿  
*Zea mays* NZ (50)

Flour Corn. Traditional white Maori corn from Ruatoria sent to Koanga by a Koro of the area. Well known around the corneating world as the best one! We use it for posole and tortillas. Check *Change of Heart Cookbook* for instructions on how to do this.



**CORN Manaia Maize** 🌿  
*Zea mays* NZ (50)

Dry. This is the old yellow maize remembered by many especially older Maori who often ate it fermented. This corn was kept alive by Koro in the Coromandel. It is the only New Zealand heirloom pure yellow maize I know of, and over the years we have had many requests for it. Thanks Koro!



**OATS Black** 🌿  
*Avena sativa* NZ (120, enough to plant 1 sqm at 10cm diagonal spacings)

This line of Black oats has been selected and grown for many years at Milmore Downs where they grow it for animal feed, because it has very long high quality stems which make it an excellent carbon crop, almost hullless but not quite.



**OATS Hulless ex Milmore Downs** 🌿  
*Avena sativa* NZ (120, enough to plant 1 sqm at 10cm diagonal spacings)

These oats can be easily grown Bio Intensively, harvested and threshed by hand. They are a traditional oat cultivar, that would have been part of the diet of many of our ancestors from Europe.



**QUINOA Colorado**  
*Chenopodium quinoa* OS (700)

Colorado is a dependable favorite-easy to grow, beautiful, and with great flavor. 5-6 foot plants with multicolored seedheads and tan/gold seed.



**CORN Rainbow Inca** 🌿  
*Zea mays* OS (50)

Sweet dry corn. Selected by Alan Kapular in the mid 1970s, this corn is a fascinating cross between a large white seeded Peruvian variety, multicoloured southwest (USA) native corns and heirloom sweet corn. 20 cm long cobs increase in colour as they mature, great as sweet corn, roasting corn and dry corn. Outstanding cultivar!



**CORN Silver Platinum** 🌿  
*Zea mays* NZ (50)

Koanga has spent 15 years bringing this very special heritage sweet corn variety (which is also a well known old corn variety in the US) back to strength. The cobs are shiny, pearly, silvery white, very sweet and delicious, outstanding flavour! The foliage and stems are streaky red, stunning looking plants



**CORN Popping Mini Black** 🌿  
*Zea mays* NZ (50)

This corn is worth growing for its ornamental value alone. The 6 cm cobs are pearly blue black and everyone who comes in here walks straight to this corn. A great crop for the kids to grow as it is also great popcorn. Like most other popcorn cultivars it is a relatively low growing corn with many tillers (stems) that produce multiple cobs.



**RYE Milmore Downs** 🌿  
*Secale cereale* NZ (1200, enough to plant 10 sqm at 10cm diagonal spacings)

A traditional rye that has been grown at Milmore Downs organically for many years. Rye doesn't need hulling so is a great grain to grow on a small scale. This cultivar, bred for NZ conditions, grows very tall with wonderful bluey coloured stems and heads. Excellent cultivar for growing their own grain.



**SORGHUM Mennonite** 🌿  
*Sorghum bicolor* OS (40, enough to plant 5 sqm at 40cm diagonal spacings)

From the Mennonite community in the USA however we have been growing it here for close to 30 years. A specific syrup cultivar however seeds are also edible, tasting somewhat like lentils. See our website for much more info. 2m of biointensive bed produced a litre of sorghum syrup after boiling down.



**SORGHUM Molly's Ruatoki Black** 🌿  
*Sorghum bicolor* NZ (40, enough to plant 5 sqm at 40cm diagonal spacings)

A New Zealand heritage sorghum that was grown in New Zealand to be sold as a sweetener. This variety has very shiny black seeds which do not thresh out of the panicles anywhere near as easily as the other sorghums.



**CORN Popping Strawberry** 🌿  
*Zea mays* NZ (50)

An old popcorn of the Eastern Bay of Plenty area. These short, multiple tillered plants produce many short fat strawberry shaped cobs of excellent quality red popcorn



**MILLET Barnyard** 🌿  
*Panicum milieaceum* OS (200, enough to plant 2 sqm at 10cm diagonal spacings)

From the KUSA Ancient Grains Collection. This is an easy to grow grain, as long as you have a system for keeping the birds off it. Barnyard millet is a traditional Japanese cultivar. It is a tall variety growing to over two metres when in seed, and is a super high producer of carbon.



**MILLET Foxtail (aka: Italian Millet)** 🌿  
*Setaria italica* OS (200, enough to plant 2 sqm at 10cm diagonal spacings)

An ancient grain from Neolithic tombs in China, used for making golden porridge. Stunning looking when the seeds heads are ripening and because it only grows to 1m max is easy to cover from birds. The seed heads stand up then hang down like a fox's tail. Easy to thresh and hull ready for eating.



**SORGHUM White Seeded Popping** 🌿  
*Sorghum bicolor* OS (40, enough to plant 5 sqm at 40cm diagonal spacings)

From the Tarahumara Indians of Northern Mexico's Batopilas Canyon area. Sorghum that has sugar cane type stems for eating or juicing and also excellent large white seeds that are easily threshed and cleaned, and that pop just like popcorn. Grows to over 2m tall. Sorghum needs hot summers to do well.



**WHEAT Khorasan (aka: Kamut)** 🌿  
*Triticum aestivum* OS (120)

Enough seed to plant 1 sqm at 10cm diagonal spacings. Khorasan aka Kamut wheat has a long history. It was known to be around at least 5,000 years ago. The grains are far larger than other wheat and do not have a hull so require no hulling before eating. They are also very beautiful, hard and glassy or flint like kernels. Kamut is also great for making 'cream of wheat' porridge.

# Herbs



**ARNICA**  
*Arnica montana* OS (50) PP  
Herb - medicinal. Perennial, 10cm high. Arnica forms a low ground cover coming up from creeping root seach Spring and requiring light soil and cold winters. flowers are yellow and starry



**BASIL Genovese**  
*Ocimum basilicum* OS (150)  
Herb - culinary, 60cm. The classic large leaf pungent aromatic basil that is so delicious in salads or used in pesto etc. It can be picked and cut back all summer to continue producing until the frost kill them.



**BERGAMOT Bee Balm**  
*Monarda didyma* OS (50) PP  
Herb - medicinal. 1m. Scarlet, pink and red flowers in large heads at the top of the stem, supported by leafy branches, the leaflets of which are of a pale-green colour tinged with red. Its square, grooved and hard stem rise about 2 feet high. Excellent for making herb tea, attracts butterflies.



**BURDOCK Greater Burdock (aka: Gobo)**  
*Arctic lappa* NZ (30)  
Herb - medicinal, 1.3m. Biennial medicinal herb. A beautiful huge leafed, deep rooted plant with purple thistle like flowers standing erect on a solid single stem through summer. Burdock is also known as Gobo in Japan and is eaten as a root vegetable as well as the young flower stems and leaves. Useful as a blood purifier with many other medicinal properties.



**CHAMOMILE**  
*Matricaria recutita* NZ (200)  
Herb - medicinal, 50cm annual. Vegetable Companion that self seeds very well, and is loved by the insects and vegetables alike. You will never have to plant this again once you have it flowering in your garden. It has healing, relaxing qualities and the flowers make an excellent herb tea.



**CORIANDER NZH**  
*Coriandrum sativum* NZ (50) PP  
Herb - culinary. Ancient culinary and medicinal herb that grows well in New Zealand during the cool seasons. The green leaves are also known as cilantro and the seeds as coriander. To harvest maximum seed crops do not pick the leaves heavily, or plant a special patch for harvesting the seeds. Roots are excellent in soups or stews to eat as well.



**ECHINACEA OS (50) PP**  
Herb - medicinal, 1m perennial. Cottage garden, medicinal herb, vegetable companion. This is the echinacea that is easiest to grow for most of us and produces high quality echinacea tincture after its second year of root growth. The flowers are stunning pink daisies much loved by the beneficial insects and this flower is also very comfortable in the Cottage Garden.



**MARSH MALLOW**  
*Malvaceae Althaea A. officinalis* (100)  
Herb - medicinal, biennial 120 cm. Cottage Garden. Showy 3-5 cm saucer shaped pink flowers amidst large heart-shaped pointy leaves. Once the source of Marsh mallow, the confectionary. The leaves and roots are used medicinally for its soothing effect on the throat, and digestive tract, amongst other things. Tall plant reaching around 1.5 metres.



**MOTHERWORT**  
*Leonurus cardiaca* NZ (100)  
Herb - medicinal, 1m perennial. Motherwort is a folk remedy for women's reproductive disorders and some heart disorders. It can be a wonderful help during childbirth.



**MULLEIN Wild Harvested**  
*Verbascum thapsus* NZ (200)  
Herb - medicinal. This medicinal plant grows wild in areas of light, loose eroding soils. It has hairy leaves and stunning yellow summer flower spikes. Mullein is the herb used to make an infused oil for earache.



**OREGANO**  
*Origanum vulgare* NZ (100)  
Herb - culinary, 20cm perennial. This lovely herb has creeping roots, sending up woody stems, branched above, often purplish. The leaves are opposite, petiolate, nearly entire hairy beneath. The whole plant has a strong, peculiar, fragrant, balsamic odour and a warm, bitterish, aromatic taste, both of which properties are preserved when the herb is dry.



**PARSLEY Dalmatian**  
*Petroselinum crispum* NZ (30)  
Herb - culinary, 30cm biennial. A vibrant, very dark green, flat leaved variety (not Italian flat leaf) that is well known in Northland amongst the old time 'Daly' gardeners. This one records very high Brix levels compared to other varieties and is a very strong grower. It has an excellent flavour.



**POPPY Hungarian Blue Breadseed**  
*Papaver somniferum* OS (200)  
Annual 1m. Cottage Garden, edible seed. This poppy is a single mauve one, and it's been selected for the size of the seed heads and so the amount of seed contained for cooking with. They are far larger heads than the more ornamental varieties, however the heads themselves are extremely ornamental and make great dried flower arrangements



**SAGE Common Garden**  
NZ (30)  
Herb, culinary & medicinal, perennial short lived 50cm. Sage is a common culinary herb as well as a common easy to access medicinal herb for sore throats and herb teas.



**ST. JOHN'S WORT**  
*Hypericum perforatum* NZ (100)  
Herb, medicinal, perennial 30cm. St. John's wort has been used for centuries to treat mental disorders and nerve pain. St. John's wort has also been used for malaria, as a sedative, and as a balm for wounds, burns, and insect bites. Plant into containers and remove seed heads to avoid it becoming a weed.



**SWEET ANNIE**  
*Artemisia annua* NZ (100)  
Herb - medicinal. Annual. A smallish plant of the wormwood family that grows to a straggly 1m tall, but not wide. It has silver leaves and a wonderful strong sweet aromatic scent. It has many medicinal uses and contains artemisinin, which is best used as whole plant rather than separated out. It likes the heat.



**TOBACCO Hauraki Gold**  
*Nicotiana* NZ (400)

Annual (2m) herb. Large furry leaves, with beautiful bell like pink flowers, for months on end. Found in an old chest of drawers in the house that has belonged to an elderly man who had grown this tobacco commercially in the Riverhead area. Sent to us by Murray Joyce. Check the Internet for recipes to make high quality smoking tobacco!



**VALERIAN**  
*Valeriana officinalis* NZ (30)

Herb, medicinal. Perennial: 0.5-1.5m tall when flowering. Valerian has been widely used as a medicine through the centuries by many people.



**WITHANIA (aka) Ashwaganda**  
*Withania somifera* OS (50)

Perennial, can be grown as an annual. A very important ayurvedic medicinal plant with many important uses. Also a curdling agent for making cheese and a saponin for using as soap.



**CALENDULA Orange**  
*Calendula officinalis* (60)

Annual (40 cm). Vegetable companion and adds strong colour for your garden over Winter and early Spring. Kay loves planting calendula, snap dragons, alyssum, violas, pansies and heartsease for winter colour and companions for the vegetables.



**CALENDULA Yellow** *Calendula officinalis* (60)

Annual (40 cm). Vegetable companion and adds strong colour for your garden over Winter and early Spring. Kay loves planting calendula, snap dragons, alyssum, violas, pansies and heartsease for winter colour and companions for the vegetables.

# Flowers



**AGASTASHE Anise Hyssop**  
*Agastache foeniculum* (40)

Perennial herb, grows to 1m. Is in the mint family, has spikes of violet-blue flowers and aromatic leaves sometimes used for tea. Insects and in particular bees and butterflies are wildly attracted to the flowers. Beneficial insect plant.



**AMARANTHUS Love Lies Bleeding**  
*Amaranthus caudatus* (500)

Annual grows to 1m. Vegetable Companion. Very beautiful with long drooping red flowers. Companion for corn, quinoa, pumpkins, kumara etc. Also loves growing with French marigold, zinnias, cosmos, and sunflowers.



**AQUILEGIA Grandmother's Garden**  
*Aquilegia vulgaris* (200)

Perennial grows to 50cm. Cottage Garden Flower. This is the aquilegia that came to NZ with our Great Great Grandmothers and can still be seen today thriving in gardens around homes that were built over 100 years ago. This aquilegia has long stems and multicoloured, (pink blue purple white) flowers, very old fashioned looking, great cut flowers.

**AQUILEGIA Ruby Port**  
*Aquilegia vulgaris* (200)

Perennial (30cm when flowering) Cottage Garden Flower. A really beautiful Granny's Bonnet that we have been growing here at Kōanga for 15 years. It is a healthy compact grower, producing compact, double flowers which are port wine coloured. The leaves are distinctly darker as well.



**CHINESE FORGET ME NOT Blue**  
*Cynoglossum amabile* (50)

Biennial 50 cm. Cottage Garden. These flowers do best planted in Autumn and then they flower the following Spring/Summer. They need to overwinter before flowering. Clear sky blue, self seed freely.



**CLEOME Spider Flower Mix**  
*Cleome spinosa* (50)

Annual vegetable companion: 1m. Cleome is a bushy plant that has flowers that are called a 'catch' crop. The flowers attract the vegetable stink bugs and keep them off other things. This is a mix of stunning pink and white flowers with a few purple ones in there too.



**CORNFLOWER (aka: Bachelor's Button) Emperor William**  
*Centaurea cyanus* (100)

Annual Cottage Garden: 1m. An ancient variety of cornflower from northern Europe, a sky blue star flower. Companion plant to the European grains, perfect in a cottage garden collection or border. Self seeds easily.



**CORNFLOWER (Aka: Bachelor's Button) Ruby Gem**  
*Centaurea cyanus* (100) PP

Annual (1m). Stunning, classic cornflower, dark maroon flowers. Good cut flower, flowering from spring into summer. Great at the back of a border.



**COSMOS Cottage Mix**  
*Cosmos bipinnatus* (50)

Annual: 1.2m. Cottage Garden/Vegetable Companion A mix of Cosmos Red Dazzler and Cosmos White, both stunning colours in any garden.



**COSMOS Sunset**  
*Cosmos bipinnatus* (100)

Self seeding annual to 90 cm. Sunset Cosmos is a companion for your veges and insects. It is a vibrant orange flower, they love growing with all the South American veges and flowers eg Corn, kumara, potatoes, pumpkins cucumbers and melons.



**DAHLIA Dwarf Rainbow Mix**  
*Dahlia variabilis* (50)

Great vege companion: 30cm. A low growing compact form of the old fashioned dahlia. These are very colourful vege companions that add colour especially to the South American veges.



**DAISY Michalmas** *Aster novi-belgii* (200)

Perennial, a late Summer flowering multicoloured daisy that attracts butterflies and beneficial insects, good cut flower.



**MORNING GLORY Crimson Rambler**  
*Ipomea purpurea* (20)

Annual (2m) vege companion. The brightest crimson I've ever seen in the garden. Stunning up the bean poles, behind the roses, and at the back of the borders (is not a noxious weed!).



**MORNING GLORY Hazelwood Blues**  
*Ipomea purpurea* (20)

Annual to 3m vege companion. A deep blue morning glory with a purple throat. Absolutely stunning cultivar



**NICOTIANA Woodlands**  
*Nicotiana sylvestris* (400)

Biennial 1.8m, self seeds easily. Heirloom variety, tall growing with bunches of tubular, drooping, highly scented flowers. These white, scented flowers are stunning in the evening or at night so put them where you will be walking or sitting (or of course sleeping).



**FOXGLOVE Wild Harvested**  
*Digitalis purpurea* (200)

Biennial (1m) Cottage Garden Collection. The traditional purple foxgloves that grow wild all over the hills, stunning at the back or in the middle of a border.



**HEARTSEASE Companion Mix**  
*Viola tricolor* (100)

Perennial 20cm. Vege companion and prolific self seeders. A mix of all the old variations from all purple to bi-colour purple/yellow. These low growing, hardy, winter flowering vege companions are great covering the ends of beds and edges and peeping out from under cabbages etc.



**HOLLYHOCK Muriwai**  
*Althaea rosea* (100) PP

Biennial-perennial to 2m. Cottage Garden. This stunner came from an elderly woman's garden at Muriwai. A mixture of doubles and singles some with ruffled edges and all shades of pink, from light to very dark, into salmon and red, absolutely gorgeous!



**PETUNIA Alderman**  
*Petunia nana* (200)

Annual (20 cm) Cottage Garden. Heritage petunia from way before the days of "potted colour". They have velvety purple flowers that have a lot of variation when checked out closely. They are very special flowers that cover the ground densely or hang from pots, all through the warm season and right into autumn.



**POPPY Californian**  
*Eschscholzia californica* (100) PP

Annual (30 cm). Orange single flowered poppy with blue green foliage. Prolific flowering in spring, great in dry boney areas, companion for Mediterranean vegetables especially globe artichokes! Recognised as the state flower of California (approx 100 seeds per packet).



**POPPY Fire Circle**  
*Papaver paeoniflorum* (200)

Annual 1m, Cottage Garden. We were sent this poppy years ago by a member, we all but lost it. We planted the last of the seeds and only one grew and flowered by the fire circle. They're all exactly the same, layers and layers of pink with dark pink centres very double and very frilly. Simply stunning!



**LARKSPUR Earl Grey**  
*Consolida ajacis* (100) PP

Annual (1m). Cottage Garden. This stunning larkspur is a classic example of how much our modern flowers have changed. It is an old fashioned heritage larkspur with tall open growth and open flower spikes, instead of the far more compact plants and flower spikes of modern selections. Put them with Fire Circle poppies, Cornflower, Sweet peas, Nicotiana Woodland etc



**MARIGOLD Honey**  
*Tagetes patula* NZ (50)

Annual, 50cm Veg Companion. Compact French Marigold with double crested flowers. Petals are dark red edged with gold and yellow. Long flowering period over summer months and perfect in the vege garden.



**MARIGOLD Inca**  
*Tagetes erecta* (300 enough to plant 10 sq m at .2 diagonal spacings)

Annual 2m. Marigold Inca grows tall fast and could be great as a fast shelter in the garden as well as a great carbon crop and great deterrent of soil bugs eg. Nematodes. It has pinnate leaves that look much like marijuana and smell like it too. The flowers are insignificant very late in the season. Commonly eaten in salsa type dishes in South America.



**POPPY New Zealand Heritage Mix**  
*Papaver spp* (400)

Annual (1m) Cottage Garden. A mix of single flowers ranging from pale pink to red and everything in between. They will self seed and naturalise in most gardens becoming a surprise each Spring and part of the garden life and energy. Favourite food of the bees!



**POPPY Soldier** *Papaver rhoeas* (400)

Vege companion. Classic stunning single petalled bright red with a black centre poppy, originally from Flanders after the war. Amazing in the vege garden amongst the cabbages and green leafy veges.



**RUDBECKIA Prairie Sun**  
*Rudbeckia hirta* (30)

Perennial, vege companion, 50cm. A stunner for the border with large bright golden yellow flowers that last for weeks. Great cut flowers. All members of the daisy family are great for attracting beneficial insects.



**SNAP DRAGON NZ Heritage Yellow**  
*Antirrhinum spp* (100) PP

Biennial (70cm) Vege companion. A classic traditional yellow coloured snap dragon that makes a great addition to the vege garden as it produces great colour all winter and spring. The energy of the yellows and oranges of the winter flowers somehow helps the green veges along!



**STOCK White**  
*Mathiola incarna* (50) PP

Perennial (70cm) Cottage garden Old fashioned white, highly scented hardy stock of our grandmother's gardens.



**SWAN PLANT**

*Asclepias physocarpa*  
NZ (50)

Annual (1.2m) Vege Companion. This is the classic plant much loved by the Monarch butterflies who eat the leaves and lay their eggs underneath the leaves. Swan plants bring so much fun, magic and joy into the garden, as we watch them hatch and fly. A great one for the kids!



**SUNFLOWER Evening Sun**  
*Helianthus annus* (30)

Annual (2m). Vege companion. A stunning multi-headed variety that flowers in all the colours of the sunset: From red through to bronze and yellow to gold. The multiple heads are medium - small flowering over a long period.



**SUNFLOWER Giant Russian**  
*Helianthus annus* (30)

Annual (2m) Vegetable companion. Giant Russian is the classic, large headed, large seeded, golden flowered, tall growing sunflower. It was bred in Russia by the peasants for it's large seeds, as a staple food.



**SUNFLOWER Lion's Mane**  
*Helianthus annus* (30)

Annual (2m). Vege Companion The most stunning sunflower I've ever seen with it's huge shaggy lion's mane head, and 20 smaller heads all down the stem. These beauties came into this land with the Dalmatian gum diggers and they are loved by the bees and all who see them. If planted in a row they make a hedge of solid flowers!



**SWEET PEA Heritage Mix**  
*Lathyrus odoratu* (20) PP

Annual (2m) Cottage Garden. A very old fashioned mix of sweet peas of stunning colours and scent from the Koanga Collection. These blooms are single and a mix of colours.



**SWEET WILLIAM Tall Mix**  
*Dianthus barbatus* (100)

Biennial/perennial (30cm). Cottage Garden. Old fashioned Sweet Williams with a sweet scented colourful mixed colour blooms that stand up high on tall stalks, and whose foliage forms a ground cover that excludes most weeds. Great for picking.



**TITHONIA Mexican sunflower**  
*Tithonia rotundifolia* (40) PP

Tender annual, vege companion. Butterfly plant, 1.2m. An outstanding back of the border or end of bed plant with it's multiple small bright orange sunflower/daisy like blooms. Amazing as a pumpkin or corn companion with love lies bleeding and Giant Russian Sunflowers!



**SUNFLOWER Maximillian** *Helianthus maximilianii* (30) PP

Perennial 2m. Vege companion. Insectary. This is an original form of sunflower currently being developed by The Land Institute as a perennial source of oil seed. The rhizomes have traditionally been eaten by the American Indians. It's great source of carbon for the compost heap and the millions of starry yellow flowers in Autumn are beautiful.



**SUNFLOWER Rocky Mountain**  
*Helianthus annus* NZ (30)

Annual (2m). Vege Companion. Grows to 3m tall. Is similar to Giant Russian except the actual seed pods and seeds are far larger.



**TWEEDIA Blue**  
*Oxypetalum coeruleum* (30)

Perennial (40-80cm) Cottage Garden. From Bolivia, this clear blue starry flower, is long lasting in bloom and as a cut flower, followed by long boat shaped seed pods. In the same family as Swan plants and other butterfly plants. It came to this land with our grandmothers, and survived until today being passed on down.



**WALLFLOWER Henry's Dwarf**  
*Erysimum capitatum* (20)

Biennial (50cm). Extremely rare, low growing, mixed colour, scented wallflower, from plain white to mauve to mixed with yellows.



**ZINNIA Chromosia**  
*Zinnia angustifolia* (50)

Annual (1m). Vege companion. Nothing can compare with zinnias in the Summer/Autumn garden for colour. They are always the brightest and the longest lasting with great cut flowers that also attract the butterflies. This collection contains all the brightest colours! If you look closely it's like lots of little flowers around the centre of the flower. Simply amazing!

# Seed Collections

These seed collections have been developed to encourage children and gardeners of all ages to be inspired to garden. Presented in an envelope printed with artwork by Franzi Corker, these collections make wonderful gifts. They include written material to help you get the most from each collection, and offer a chance to grow some of New Zealand's most rare heritage seeds, from the Kōanga collection.



**Beginner Gardener Seed Collection,**  
40sqm salads, stir fries, soups & stews  
\$239

Take your family another step toward future food security! This seed collection is specifically designed to go with our *Kōanga Beginner Gardener Booklet* (not included). Full instructions for every step of the way in words, diagrams and charts, are in the booklet. At supermarket prices the value of the food grown from these could be \$2,300!

*Collection Contains:*

- 48 packets of seed, including two Barley Carbon Crop packs.
- The Garden Action Plan.
- The Crop Rotation Planner.
- The Garden Map.

See more details on our website.



**Children's Garden Collection**  
\$49

This collection contains the seeds a wide mix of all those plants that get children excited in the garden. We include hut building instructions using flowers and the vegetables included are exciting shapes and colours as well as easy and fun to grow – favourites for young gardeners.

*Collection Contains:*

Sunflower Giant Russian (for making children's huts), Morning Glory (for making children's huts), Zinnia Chromosia (to attract the butterflies), Cucumber Green Apple, Kiwano, Te Anu Salad Pea, Runner Bean White Scotch, Strawberry Popping Corn, Magenta Spreen Lamb's Quarters



**Cottage Garden Faery Collection**  
\$44

A special collection of heritage Cottage Garden flowers that are perfect for creating a space that feels really special place to remember our grandmothers, and to tangibly feel the garden faeries there as well. From my travels around old gardens it is clear to me that the flower gardens of our ancestors who came to this land in the early days were largely about reminding them of family and place.

*Collection contains:*

Poppy Fire Circle, Foxglove, Chinese Forget me not, Sweet William Mix, Nicotiana Woodlands, Aquelegia Grandmother's Garden, Hollyhock Muriwai, Sweetpea Heritage Mix.



**Nourishing Greens**  
\$49

This is a special collection of seeds from the Kōanga Institute! A tasty collection of wild greens and highly nutritious garden greens to get the minerals and vitamins we all need each day, gotta love your greens!

*Collection Contains:* Puha, Purslane, Upland Cress, Endive Indivia Scarola, Corn Salad, Dalmation Cabbage, Watercress, Borecole Kale, Magenta Spreen Lamb's Quarters.



**Winter Salad Collection**  
\$44

This collection is great for beginner gardeners - it will ensure that you have fresh nutritious produce for winter salads over many months, with a variety of colours, flavours and textures. Includes some tips for garden preparation.

*Collection Contains:* Nutty Celery, Endive Indivia Scarola, Welsh Bunching Onions, Corn Salad, Radish Tokinashi Daikon, Upland Cress, Rocket, Oxheart Carrot.



**Wild Fermentation Collection**  
\$38

This collection of vegetables is designed to inspire you to preserve your excess from the garden with the technique of lactic fermentation. Recipes included.

*Collection Contains:* Red Rock Mammoth Cabbage, Radish Tokinashi Daikon, Dekka Cucumber, Ohno Scarlet Turnip, Watermouth Tomato, Austrian Yellow Lloberricher Carrot, Henry's Chinese Cabbage.





### Kiwi Superfood Collection

\$44

Kiwis do not need to go to the Health Shop and spend money on imported products, to be able to eat 'super food'. We can all grow 'superfood' in our own back yards. There are two critical ingredients:

1. The right seeds.
2. The right growing conditions.

The vegetables and fruit you can grow with these seeds all have outstanding nutritional qualities and the details about each are in the Collection for you. We have included both Summer and Winter crops to create a year of fun and discovery and home grown superfood!

*Collection Contains:* Borecole Kale, Dalmatian Cabbage (Collards), Kiwano, Magenta Spreen Lamb's Quarters, Wild Crafted Golden Purslane, Dalmatian Parsley, Red Orach, Cape Gooseberries.



### NZ Heritage Rare Seeds Collection

\$54

This is a very special collection of rare vegetables that you will not find in any other seed catalogue. They are some of the special vegetables that have come to this land with our own ancestors and were valued enough by the last few generations that they actually survived, to be available today for you through the Kōanga Institute and the generosity of our members, and our seed growers who are the life blood of our organization. This collection comes with the stories of each seed included.

*Collection Contains:* Bohermian Sugar Pea, Upland Cress, Dargaville Red Yellow Tomato, Dalmatian Cabbage (Collards), Dalmatian Bean, Alma Tomato, Burpees Thick Walled Pepper, Zimbabwe Squash, Port Albert Cucumber, Strawberry Popcorn.



### Rainbow Summer Salad Collection

\$44

This collection of summer vegetables will ensure you have a load of colour, fun, flavour and nutrition in your salads this summer. We include some exciting recipes giving you some traditional ideas for using these veges in Summer Salads.

*Collection Contains:* Port Albert Cucumber, Magenta Spreen Lamb's Quarters, Red Orach, Finger Lettuce, Lighthouse Lettuce, Genovese Basil, Carrot Touchon, Rainbow Cherry Tomato Mix.



# Perennial Seeds



**ALPINE STRAWBERRY White**  
*Fragaria vesca* NZ These are outstanding strawberries. They fruit continually except when there are heavy frosts. They are large white berries, larger and sweeter than the traditional white Alpine. Awesome addition to the garden especially with young children around.



**ASPARAGUS Mary Washington**  
*Asparagus officinalis* NZ (20)

From the garden of Henry Harrington in Southland these are one of the most well known heritage cultivars of asparagus. They are green with a purple tinge, are very delicious, nutritious and ready to eat in Spring when there is little else. Easier to grow than the more modern cultivars.



**ASPARAGUS Sweet Purple**  
*Asparagus officinalis* OS (20)

Highly productive and healthy purple asparagus. Sweet taste, less fibre, greater spear diameter and better conformation are some of Sweet Purples many attributes. Asparagus seed is slow to germinate. Grow on for full year or transplant in rows in very well drained soil.



**CARDOON Cardoon**  
*Cynara cardunculus* NZ (15)

Heritage, perennial, 1.3m stunning looking silvery leafed mineral accumulator that does very well in dry Mediterranean climates. Purple scotch thistle tip flower heads a lot like globe artichokes and the bees love them. Excellent in a Mediterranean forest garden situation, great carbon accumulators.



**TOMATILLO**  
*Physalis ixocarpa* OS (100) PP

Tomatillo are South American members of the solanaceae family and are commonly eaten raw in salsas, just like tomatoes. They can also be cooked in salsas and chutneys. They look like large cape Gooseberries and are ripe when the fruit finally bursts out of the 'cape' and turns a golden yellow (from green). They are easy to grow and prolific and will inevitably self seed.

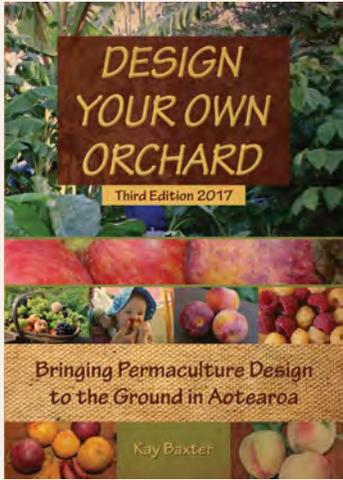
# Tree Seeds

We have a range of seeds for you to grow your own support trees and plants for the forest garden. This range is expanding as we trial and collect seeds, particularly from our nitrogen fixing support trees.

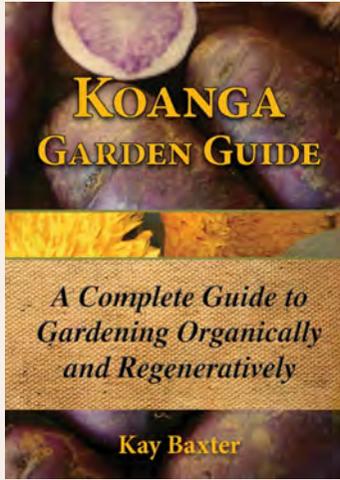
These will be listed on our website as they become available so please check there to order or to place your name on the waiting list



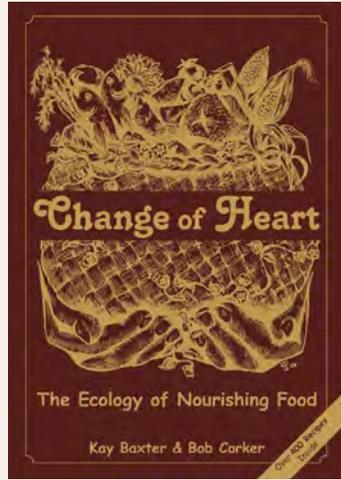
# Kōanga Bookshop for Regenerative Living



**Design Your Own Orchard**  
Third Edition 2017  
Kay Baxter



**Kōanga Garden Guide**  
Third Edition 2015  
Kay Baxter



**Change of Heart: The Ecology of Nourishing Food**  
Kay Baxter & Bob Corker  
Includes over 400 recipes!



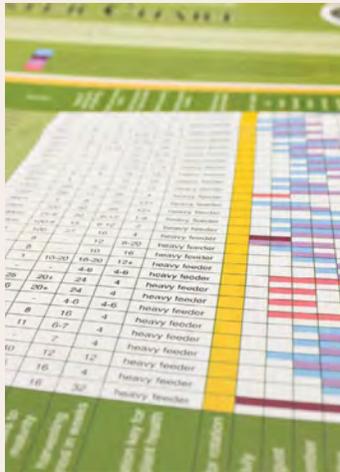
## THE KŌANGA BOOKLET SERIES

**Beginner Gardener • Design Your Own Forest Garden • How To Grow Nutrient Dense Food  
Save Your Own Seeds • The Art of Composting • Egg Production in A Regenerative Future  
Northland Stories • Herbal Health & Healing**  
(All booklets also available as PDFs)



**Kōanga Garden Planner**  
Kay Baxter

If you want to get serious about your home garden and take permaculture to the next level, this is for you!



**Kōanga Master Chart**  
Kay Baxter

The Master Chart sits at the core of our Garden Planner and is now available as a stand alone item. It contains decades of accumulated crop knowledge in an easily accessible format.



**Kōanga Seed Saving Master Chart**  
Kay Baxter

This is a beautiful wall chart, to support you at a glance, to develop your seed saving skills.



## Heritage Vegetable Selector Charts

Beautiful and useful Heritage Vegetable Selector Charts designed to help you select which varieties of heritage vegetables to plant to meet your needs and conditions.

Available Charts: Bean, Corn, Pumpkin & Tomato

# Perennials

This is an important and expanding part of the Kōanga heritage food plant range. These plants were important additions to old gardens but over the past 60-70 years have become endangered and rare, and it is our aim to make these plants available in the form of starter packs. They are sent out as live plant material, not seeds, and are sent out at only one time of year according to their needs.

Some perennials are usually grown as annuals eg. potatoes, kumara, even shallots and garlic, however naturally they remain in the ground and grow as perennials. Others are clearly left in the ground eg. strawberries, sea kale, rhubarb and asparagus. We also sell some perennials in the form of seeds which you can find in our Perennial Seeds section.

## Ordering system for our perennial collection

Please order items from this list via our website. When we are sure of stocking levels each year the relevant items will be made available to order. Orders can be placed in advance once the item is listed as in stock but will only be sent out at the time indicated so there may be a delay in dispatch.

To be informed when items become available please make use of the 'wait list' function on our website – you will then be sent an e-mail to inform you that the item has become available to order. Details of all perennial plant material can be found here:

[www.koanga.org.nz/our-shop/perennials/](http://www.koanga.org.nz/our-shop/perennials/)

Items will be sent out around the time indicated for that category although specific timing varies from season to season. If you have special requirements (for example will be away during part of the send out period) please let us know when you order as we are not able to contact customers to check before sending the items out. Please note that it is not possible to combine items from this category to be sent with other items from our store.

We send out email notification that the item is on its way along with planting tips so please supply an email address if you can. If you have a back order query which does not relate to ordering or payment then please email [gail@koanga.org.nz](mailto:gail@koanga.org.nz).

The easiest way to order perennials from Kōanga is to visit our website [www.koanga.org.nz/our-shop/perennials/](http://www.koanga.org.nz/our-shop/perennials/) and place your order and pay there. Please order via the website if you can as this reduces costs and pressure on staff time for us but if you are not able then you can e-mail your order to [contact@koanga.org.nz](mailto:contact@koanga.org.nz) or phone 06 838 6269. Only tracked mail options will be available for plants from our perennials collection.



# Late July 2022 Delivery



**POTATO Amuri**  
*Solanum tuberosum* NZ  
\$13 for 900 grams

A very special potato, from Richard Watson's South Island collection. It is round to oval, very black skin with deep set eyes, deep black purple inside. This potato hates the heat and prefers cool, wet summers.



**POTATO Chatham Island**  
*Solanum tuberosum* NZ  
\$13 for 900 grams

This potato has been in our collection for many years and has been sent to us by many members. It was once grown commercially on Rēkohu Chatham Island and exported all around the Pacific. It is an outstanding variety, probably the same as the potato Whataroa.



**POTATO Gladstone**  
*Solanum tuberosum* EC  
\$13 for 900 grams

Gladstone tubers are white splashed with pink and rarely nearly full red. An oval creamy fleshed potato with great floury texture make this variety a stand out, can be cooked in any way, including mashed. Really good!



**POTATO Karupaera**  
*Solanum tuberosum* NZ  
\$13 for 900 grams

Another variety similar to Karoro and Matariki, but from the Taranaki area. These potatoes are an ancient line that were wide spread around coastal NZ. Cream skinned and fleshed blocky and deep eyes.



**POTATO La Ratte**  
*Solanum tuberosum* NZ  
\$13 for 900 grams

A traditional French potato. It is very very similar to yellow fir, a yellow waxy finger type, that produces all it's potatoes right beside the stem in one pile. They are absolutely buttery delicious. An early cropper.



**POTATO Maori Chief**  
*Solanum tuberosum* NZ  
\$13 for 900 grams

Sent to us by Rhonda Wood from grandfather Noel Burnett's collection. Described as an early commercial cultivar, medium size, red skinned clean potato. Good all rounder for cooking.



**POTATO Matariki**  
*Solanum tuberosum* NZ  
\$13 for 900 grams

Cream skinned and fleshed, the flesh is very dense and waxy, and they are wonderful potatoes cooked any way except mashing.



**POTATO Old Blue**  
*Solanum tuberosum* NZ  
\$13 for 900 grams

From Shane Calley of Waikanae smallish blocky oval bright purple skinned even colour with white flesh containing a deep purple mandala when cut in half, stunning looking, floury, best baked.



**POTATO Pink Fir**  
*Solanum tuberosum* NZ  
\$13 for 900 grams

An Irish Potato. The name "fir" is Gaelic for "man". An elongated potato with pinkish skin and yellow waxy flesh. Retains it's excellent firm flesh when cooked. Outstanding variety.

# September/October 2022 Delivery



**POTATO Roke Roke**  
*Solanum tuberosum* NZ  
\$13 for 900 grams

A very round and large potato, with no inset eyes. It has white flesh and a bright purple skin, is an early potato and is an excellent one for baking in the jacket (it comes out nice and fluffy). It has been sent to us from all around NZ, with various names and it's clear it used to be very common.



**POTATO Ruby Gem**  
*Solanum tuberosum* NZ  
\$13 for 900 grams

This is a potato that we bred here at Koanga from the aerial seeds we collected a few years ago. It is red all through when the potatoes are young and is stunning looking as well as a stunner to grow. The tops grow like a tree with a very strong trunk and the potatoes travel further than others. Heavy cropper..



**POTATO Stewart Island**  
*Solanum tuberosum* NZ  
\$13 for 900 grams

Found by Kay Baxter growing wild in a cliff face along the shore on Stewart Island around 1990. It is an extremely beautiful variety similar in shape to Whataroa and Chatham Islands however this one has pink rather than purple colouring on the skin.



**ALPINE STRAWBERRIES White** *Fragaria vesca* NZ \$15 for a starter clump

These are outstanding strawberries. They fruit continually except when there are heavy frosts. They are large white berries, larger and sweeter than the traditional white Alpine. Awesome addition to the garden especially with young children around.



**ARTICHOKE Chinese**  
*Stachys affinis* NZ \$11 for a starter bag

Member of the mint family, and grow just like mint so keep them in a barrel if you're worried about them running away. They taste a lot like kumara and require very little cooking.



**POTATO Urenika** *Solanum tuberosum* NZ

\$13 for 900 grams. The first Maori potato in our collection, widespread around New Zealand long tubular dark purple skin and flesh, waxy when young, drier when larger, require a long long growing season to produce heavy crop.



**POTATO Waitai**  
*Solanum tuberosum* NZ  
\$13 for 900 grams

Another cultivar bred from seed that we collected. An elongated oval shaped potato with purple smooth skin and white eyes. It was named by a local kaumatua..



**ARTICHOKE Dalmatian**  
*Helianthus tuberosa* NZ  
\$11 for approx. 500g

These artichokes came directly from an elderly Dalmatian gardeners garden, right on the shores of the Kaipara Harbour near Pouto. The site chosen by an early Ships captain to make home and build the first commercial store on the Kaipara. and where there already existed in 1840, large Maori orchards of acres of peach trees!



**ARTICHOKE Jerusalem**  
*Helianthus tuberosa* NZ  
\$11 for approx. 500g

Jerusalem Artichokes, or Sunroots as they are called in North America where they are an indigenous food. This vegetable has been a very important peasant food in the past. Extremely hardy and prolific, beneficial garden insects are attracted to its leaves. Harvest when tops die back, as needed.



**ARTICHOKE Red Skinned**  
*Helianthus tuberosa* NZ  
\$11 for approx. 500g

These red skinned artichokes have far smoother shapes, less knobs on them and are very red skinned. Excellent winter crop that must be cooked to eat. These have come from an old collection in Te Anau of a healer Maire Tidy via Henry Harrington's Collection. Need cooler winters to crop well.



**POTATO Whanaako Ngati Porou**  
*Solanum tuberosum* NZ  
\$13 for 900 grams

Good sized irregular shaped purple skins with gold blush behind the purple, beautiful looking.



**POTATO Whero Whero**  
*Solanum tuberosum* NZ  
\$13 for 900 grams

These potatoes were gifted to Kōanga by a Wairoa resident who told us they were the old potatoes of the area around Lake Waikaremoana. They are red skinned with red going into the yellow flesh, round, with indented eyes yellow flesh and very productive, and excellent flavour.



**POTATO Yellow Fir**  
*Solanum tuberosum* NZ  
\$13 for 900 grams

An early short season cultivar similar to Pink Fir, but with a yellow skin. Outstanding long smooth skinned buttery potatoes, make excellent potato salad, came here with our Irish ancestors! A yellow waxy finger type, that produces all it's potatoes right beside the stem in one pile.



**COMFREY Evergreen**  
*Symphytum officinale* NZ  
\$12 for approx. 250gm

A perennial herb that has smaller leaves and is more compact than regular comfrey. Makes an excellent border plant, does not spread by seed and never loses it's leaves. Has purple flowers.



**COMFREY Russian Regular**  
*Symphytum officinale* NZ  
\$14 for approx. 500gm

A perennial herb for herbal leys, kikuyu barriers, liquid teas and feeding animals.



**FRENCH SORREL**  
*Rumex scutatus*  
\$11 for a starter plant

An excellent perennial herb that can be used raw or cooked. In salads the leaves give a tart, tangy flavour and we use them all year round. The smaller leaves are milder and the taste stronger in larger leaves. Plants can be cut back to rejuvenate them and can be divided to create new plants.



**GLADIOLI Whitianga Bay**

*Gladiolus* NZ  
\$9 for a starter bag

These gladioli are growing wild where we live now and are stunning. The flowers are not as big as the more modern ones. The orange flowers with yellow centres colours are vibrant and make excellent vege garden companions. They hold their heads up without staking.



**YACON**

*Polymnia sonchifolia* NZ  
\$12 for a starter clump

A stunning looking with large, red, furry leaves and little, yellow, sunflower type flowers, which flower late autumn when you harvest the large juicy sweet tubers. This is a South American vegetable which produces huge crops. The crunchy tubers are sweet, juicy and carrotty and are being hailed as a wonder food for diabetics.



**YAMS Nana's**  
*Oxalis tuberosa* NZ  
\$11 for approx. 200gm

These yams have been grown 'forever' by Denise's grandmother in the Thames area, so they are very special for those of us in the north, because yams normally require colder winters. These yams grow very big tops and have yellow flowers. Make sure you do not harvest them until the tops have totally died back or you will not get a crop!



**YAMS Rainbow Mix**  
*Oxalis tuberosa* NZ  
\$11 for approx. 200gm

This is Henry Harrington's yam collection gifted to us in the 1990s. He collected these yams from his elderly gardening friends all around the lower south. They vary in colour a lot, ranging from plain yellow to yellow with red stripes, to apricot and red. They crop heavily in areas that have hard frosts in winter.



**WATER CHESTNUTS Chinese**  
*Eleocharis dulcis* OS  
\$21 for 5 corms

Complete growing instructions will come with these chestnuts. They will need a barrel or plastic lined pool which will hold up to 10cm of water. Each plant will produce up to 50 chestnuts. They are delicious eaten raw or cooked with a taste a bit like fresh coconut!

# Late October/November 2022 Delivery

We are honoured to hold a very special collection of ancient kumara. The kumara in this collection has been gifted to us from the Far North, Marlborough, Bay of Plenty, the Hokianga and the Kaipara, where they have mostly been continuously cultivated since pre-European times. Many of these kumara grow differently to those we commonly know today. The leaf shapes vary a lot, the growth patterns vary, as do the colours of the leaves, stems and the kumara. We also have kumara which were originally commercial cultivars that have now been grown organically and selected for keeping qualities for many years (over 20). These lines are very superior to using tupu from commercial kumara.



**KUMARA Candy**  
*Ipomoea batatas*  
\$17 for 15 tupu

A stunning kumara with candy pink skin and pink and yellow mottled flesh. Sweet, good flavoured flesh which retains its pinky colour when cooked. Very nice roasted or boiled and looks amazing mashed with onion, garlic and cheese as a pink stuffing for baked squash.



**KUMARA Hawaiian Blue**  
*Ipomoea batatas*  
\$17 for 15 tupu

Pale coloured skin with streaky bluey-purple flesh. When cooked the flesh looks very blue and is firm with a good flavour.



**KUMARA Honey Red**  
*Ipomoea batatas*  
\$17 for 15 tupu

Beige coloured skin with a faint orangey-red blush in places. Flesh is pale with light orangey-red colouring throughout. When cooked the flesh is firm and orange with a good flavour. Good cropper.



**KUMARA Huti Huti**  
(aka: **Tariana, Manawa**)  
*Ipomoea batatas* NZ  
\$17 for 15 tupu

An ancient kumara that has come to us from the old kumara gardens of the Wairau Bar in Marlborough, South Island. A super long white skinned and fleshed variety, prolific cropper with a good flavour. See website for more info.



**KUMARA Mahina**  
*Ipomoea batatas* NZ  
\$17 for 15 tupu

Healthy vigorous plants with excellent crops of good sized white tubers.



**KUMARA Maikio Gold**  
*Pomoea batatas* EC  
\$17 for 15 tupu

Developed from the commercial lines of golden kumara (from Tokatoka) of 50 years ago; this one has been selected by Joseph as a good keeper in Whirinaki, Hokianga. This one produces quite distinctly different shapes on each plant, bearing both the long thin and the short round fat types. They are very sweet and one of my favourite.



**KUMARA Maikio Red**  
*Ipomoea batatas* EC  
\$17 for 15 tupu

This is a kumara that Joseph Land has been growing for well over 20 years, originally from commercial stock (Waina) and especially selecting it for keeping and disease resistant qualities. It is a good productive main crop kumara.



**KUMARA Paraparapa**  
*Ipomoea batatas* NZ  
\$17 for 15 tupu

One of the very special old kumara. This is reputed to be the old medicinal kumara that was used to feed the elderly, the babies and the invalids. It has pink skin, and is a large fat kumara. It is reputed to be more easily digested than others and you can tell that when you eat it. It has a bland flavour. From a koro in the Far-North.



**KUMARA Paukena (Pumpkin)**  
*Ipomoea batatas* NZ  
\$17 for 15 tupu

An old one from the East Coast, orange coloured and very sweet to taste. A reliably good cropper. This one contains more water than most others and was traditionally used to make Kumara kao, a traditional or dried kumara. This was one of the traditional foods of the hunters and bush food gatherers. They were regarded as sweet treats by many.



**KUMARA Reka Rawa**  
*Ipomoea batatas* NZ  
\$17 for 15 tupu

A reliably large, old, cream skinned and fleshed kumara that is my favourite tasting one. Also the best cropper. This is the ultimate kumara, tastes like roasted chestnuts to me! From an ancient Far-North collection.



**KUMARA Romanawa**  
*Ipomoea batatas* NZ  
\$17 for 15 tupu

This is another very rare old kumara remembered perhaps better than all other old cultivars, by elders all around this land. It has a gold skin and yellow flesh but with orange mandalas within the flesh when cut in half. It is very sweet and of a medium texture, not too dry or too soft. I like it a lot.



**KUMARA Taputini**  
*Ipomoea batatas* NZ  
\$17 for 15 tupu

An ancient cultivar that does not run. Produces large numbers of long, cream skinned and fleshed kumara, with dark green deeply lobed leaves similar to Huti Huti but in a more compact form. Traditionally grown in cooler areas.

## February 2023 Delivery



### **BULBS** **Coates Family Heirloom Bulb Collection NZ**

\$22 for 20 bulbs including some of each variety. A mix of heirloom bulbs. Apart from the snow drops they all have outstanding scents and are really old varieties. Mix includes: Snow Drops, Paper Whites, Bacon and Eggs, Sol d'or and Jonquil.

## April/May 2023 Delivery



**CHIVES Giant Chives (aka: Multiplying Spring Onions)**  
*Allium schoenoprasum* NZ  
\$10 for a starter clump

These green onions are the size of Spring Onions if grown well, they keep on multiplying like chives, and they are able to be picked all through the Summer. They die down in May when the Welsh Bunching Onions come into their own again. We always use them raw.



**GARLIC Ahipara**  
*Allium* (possibly *ameloprasum*) NZ  
\$13 for approx. 100 grams

Kay found this garlic growing wild over large areas on the Ahipara Gumfields in the early 1990s. This garlic (possibly a leek) grows garlic like bulbs, as well as sending up a very distinctive flower spike, containing a spherical globe of bulbils. The garlic is mild flavoured and the bulbs are large, each plant having usually only 2-5 cloves.



**GARLIC Elephant Garlic**  
*Allium ampeloprasum* NZ  
\$13 for approx. 100 grams

This garlic is actually a type of leek. It is not good for medicinal garlic but tastes great as a roasted vegetable. Our Elephant garlic came to Northland with the Dalmatian Gumdiggers Thanks Beryl, this one is here by your effort (love). It grows huge, and produces an edible flower spike and underground bulbils as well.



**GARLIC Rocombole Early Red**  
*Allium sativum* NZ  
\$13 for approx. 100 grams

Another from Henry Harrington's garlic collection which he began collecting in 1956. This is an outstanding red skinned cultivar with edible flowers stalks, that can be planted from march onwards up until late may, and can be cured and ready to eat or sell before Xmas. Forms good sized bulbs with 8-10 large cloves around the hard stem.



**GARLIC Rocombole Early White**  
*Allium sativum* NZ  
\$13 for approx. 100 grams

A Rocombole garlic from the Henry Harrington Collection, that came to Henry from Gerald de Koning. It has a hard flowering central stem, with pearly white skin surrounding pearly white cloves. The bulb is a very unusual flattish shape. The flower spikes are edible and this garlic can be harvested early before all main crop cultivars. This a strong flavoured garlic.



**GARLIC Rocombole Ruby**  
*Allium sativum* NZ  
\$13 for approx. 100 grams

Rocombole type garlic which produces a flower head. Beautiful dark red skinned garlic which is a strong grower. Harvested in between the early rocombole types and the later artichoke types of garlic.



**GARLIC Takahue Red**  
*Allium sativum* NZ

\$13 for approx. 100 grams. An heirloom variety found growing wild in the sand dunes near Takahue in the Far North. Excellent quality, streaky red skinned cloves. A soft top garlic good for plaiting. Quite a strong garlic so great for culinary and medicinal purposes.



**ONION Egyptian Tree Onion; Gerald de Koning**

*Allium cepa* NZ  
\$14 for approx. 170 grams

Gerald de Koning grew these onions for many years at the Mount Linton Station. These are clump forming onions. You save the best for seed, and eat the rest. If you pick off the flower stalk that contains the bulbils you will grow larger onions. You can also keep the bulbils for seed.



**ONION Mike's Multiplying**

*Allium cepa* NZ  
\$10 for a starter clump

These are a strain of multiplying top set onions. Plant in a clump or row in a permanent position. They multiply and the clump quickly increases in size and can be divided for new clumps. Can be harvested for new clumps. Can be picked to use like spring onions. Very tasty and reliable onions.



**ONION Potato Onion; Brown**

*Allium cepa* NZ  
\$13 for approx. 100 grams

These little beauties came from Puss Chadwick of Papanoa (Northland). These onions grow by planting a bulb which multiplies and you will harvest around 10-12 onions for each one planted. They string up well and keep very well. They are sort of potato shaped and about 3cm diameter. Some people use them for pickled onions.



**ONION Potato Onion; White**

*Allium cepa* NZ  
\$13 for approx. 100 grams

Small white roundish shallots gifted by John Palmer, a retired DSIR scientist who was officer in charge of the old Vegetable research station at Otara from 1968 to 1976 so collected these shallots then.



**ONION Welsh Bunching Onion**

*Allium cepa* NZ  
\$10 for a starter clump

Welsh Bunching onions are like huge spring onions that just keep on growing and multiplying. They can be harvested all winter. They have outstanding flavour. We dig them up and divide them once a year to keep them at their best.



**SHALLOTS Henry's Flowering**

*Allium cepa* NZ  
\$14 for approx. 170 grams

Gifted by Dawn Deaker to Henry Harrington and then to Koanga. These are unusual shallots which form seed heads above each shallot and also form lovely big hard shallots which keep well. If you pick off the flower stalks the onions will be twice as big. Save the biggest for seed and eat the rest.



**SOCIETY GARLIC**

*Tulbaghia villosa* NZ

\$10 for a starter clump. A very drought tolerant, ornamental member of the garlic/ onion family. This one has purple flowers for many months which are edible as are the leaves (you get the garlic flavour without the garlic breath!) Another perennial like garlic chives, and can be divided in the same way.

# Thorny Croft



## Heritage breeds for regenerative farming

- Ease of management in organic systems
- High production in low input systems
- Heritage breeds we co-evolved with

Check out the Thorny Croft page on our website

[www.koanga.org.nz/knowledge-base/thorny-croft/](http://www.koanga.org.nz/knowledge-base/thorny-croft/)



# Building Soil, Nutrient Dense Food, and Reconnection In the Image of Natural Systems

Trees are Nature's way of building soil. Leaves, twigs, broken branches, tree litter falling to the ground, insect and bird and animal litter associated with forest ecosystems returning the minerals and mineral energy to be born again, is what builds soil. It has been that way for millions of years.

In a very short period of time we humans have cut down so many trees that the soil building, earth covering, life support systems that hold us all, are breaking down and falling apart..

What if we turn around and begin planting trees again, lots of trees, trees everywhere, trees we can coppice and pollard and build relationships with to once again be part of the regeneration of life on earth, rebuilding the 'kete', the 'blanket', the 'weaving', the 'web of life'.

We can all do this, all of us can plant trees, or grow seedlings to give to people who can plant them.. plant them everywhere, roadsides parks, abandoned places, loved places, special places, anywhere that is empty, everywhere all over the place. Every tree makes a difference.

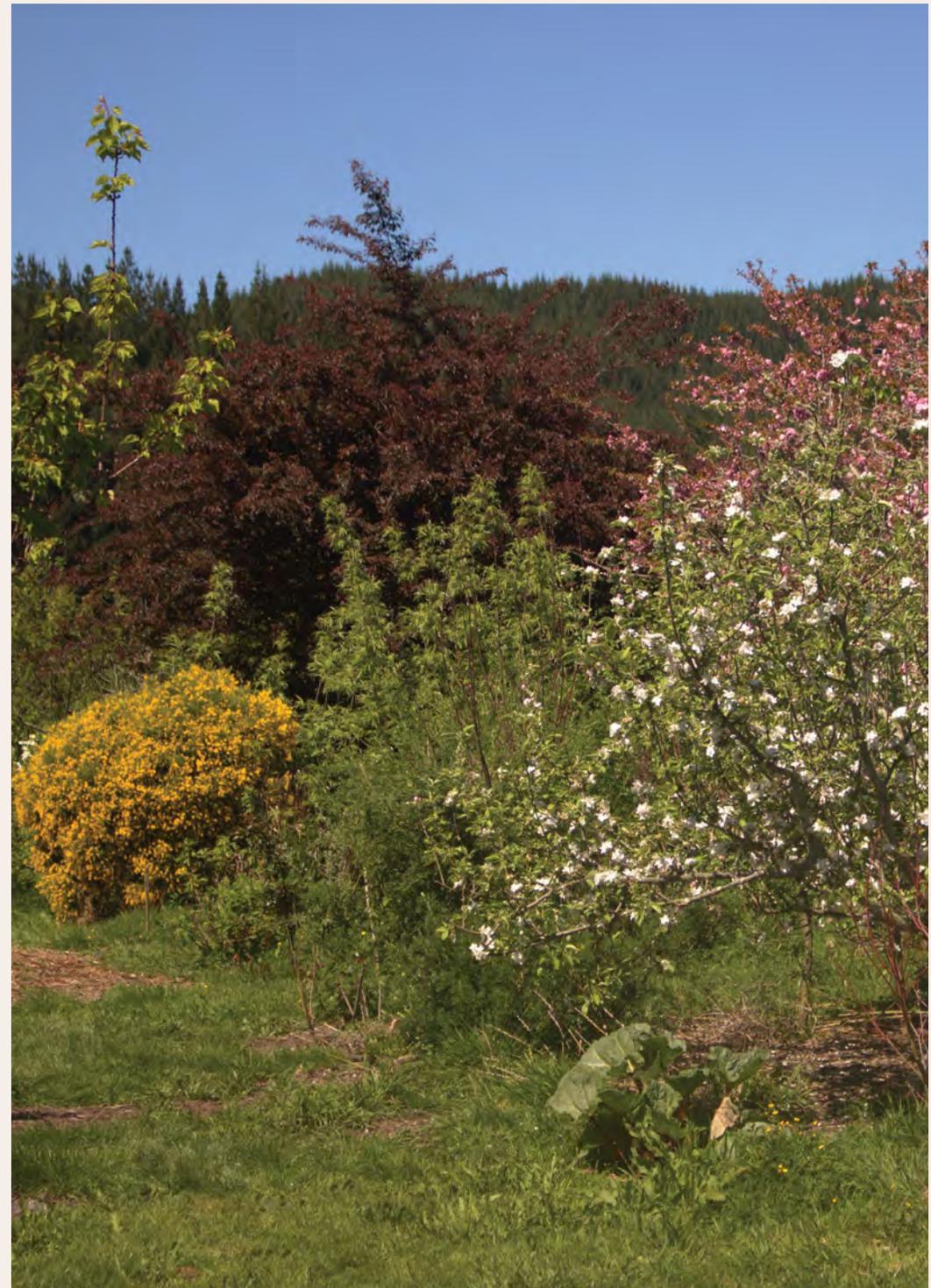
Here at Kōanga we are in the process of learning to do this. We are planting forest gardens all over the place, and in many different ways, that provide us with the ramial wood chip to build the soil for our fruit trees, as well as our annual crops. We are planting trees to build and protect the waterways. (our river is desperate for protection) to build the 'Wild' again, to build entire ecosystems, insect populations, bird populations to allow the 'Holy In Nature' to become strong again, to hold us all.



We can see there are many ways to do this, and our goal here is to learn as many as possible as fast as possible, to not be afraid of making mistakes, we learn faster that way, and share what we are learning with all of you, through our Guided Tours, our Booklets and our amazing Online Workshops, and our Website.

We have a whole new version of the *Design Your Own Forest Garden Booklet* about to be published, (in late July or early August) along with a rewritten and newly updated version of the *Growing Nutrient Dense Food Booklet*. Our online workshop *Growing Nutrient Dense Food* is in the process of being updated, and hugely added to, and all of you who bought it will get the updates, and to top all of that of we are just finishing filming our *Forest Garden Masterclass*. This has been 2 years in the making, the last section will be filmed this week, before Vitor leaves to support his family in Brazil. It will be edited and go live later this year.

In the meantime come and visit, or keep in touch via our website and newsletters, we are here to support you all... and we do this with all of your support... Thank you, Thank you, Thank you!



‘Real villages cannot really be created by people who will follow a single individual no matter how visionary. Such synthetic beginnings lack true origins and they are as bound to fail as they are well meaning. Real villages can only come from listening to the Holy in the "seeds" as the Tzutujil would say, not a person. Like people, ecosystems, cultures of interrelated animals, plants, winds, oceans, and people, villages must originally grow from the mind of the Holy in the Seed and ground. Old Chiv knew that villages came from the big understanding of the seeds themselves, seeds he wanted me not to keep hidden like some esoteric secret, but seeds kept alive by communal reverence, hard work, and replanting against all odds.’

Martin Prechtel, ‘The Unlikely Peace at Chichumaquic’



# Koanga

For more information visit

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