

Since 1989

*We Sell Only What We Grow Ourselves*

## **Mapple Farm's Seed & Planting Stock For 2018**

- Short Season Sweetpotatoes
  - Chinese Artichokes (a.k.a. *croznes*)
  - Distinctive Tomatoes
  - Wonderberry
  - Tomatillo, *Indian*
  - Garden Soybeans
  - Beans: *Provider, Rocdor, Gaucho, Black Coco, Jumbo Romano & Purple Peacock*
  - Cucumber, *Parade*
  - Zucchini, *Black*
  - Melon: *Oka, & Montreal Market*
  - Watermelon: *Early Moonbeam & Blacktail Mountain*
  - Winter Squash: *Golden Hubbard, Potimarron, Butterbush, Gill's Golden Pippin Acorn, Fisher's Acorn, Banana, & Honey Boat Delicata*
  - Pumpkin, *Styrian Hulless*
  - Turkish Rocket
  - French Scorzonera
  - Gobo, *Shosaku*
- Plus:**
- Ken Allan's Sweetpotato Book

**Mapple Farm  
129 Beech Hill Rd.  
Weldon NB E4H 4N5  
Canada**

mapplefarm.com

***Fellow adventurous gardeners,***

Gardeners have reported wildly different conditions across the country this year: cold/wet in Ontario, scorching out west, blighty in parts of PEI. At Mapple Farm, we enjoyed a sweet spot—dry, even droughty, for most of it but still a warm and especially long season. Surely, lots of time to size up sweetpotatoes and even pick vine-ripened tomatoes right through October.

We like to think challenging climatic times actually add value to our open-pollinated seed collections. Ongoing natural selection leads to improved genetic strength for increasingly wider adaptation. Your patronage allows us to continue this work, save some varieties from extinction, and enhance bio-diversity overall.

So it's a pleasure to introduce a couple of outstanding squash varieties. Butternut has long been one of our favorites for flavor and exceptional storage. It's easy to cut into. And that long neck of pure flesh provides lots of good eating ahead of the small seed cavity placed at the far end. Great design, nice behavior! Read further inside to learn why *Butterbush* is our choice Butternut listing.

*Potimarron* has also become a standard for us. A smaller Hubbard than our popular *Golden Hubbard*, it fits some occasions perfectly while its subtle, chestnut flavored undertones never fail to please.

As always, we (including the helping hand of gardener/writer Janet Wallace) greatly appreciate your support in our efforts to help provide you and yours with healthy experiences and edible treasures.

Wishing you an uncommonly wonderful gardening season,

***Greg Wingate***

Welcome to the 2018 edition of

## **Mapple Farm**

a modest source of seed & plant stock, grown well off the beaten track.

### *If you*

- enjoy discovering something different to plant and eat
- celebrate diversity
- appreciate finding value and quality in the overlooked, neglected or unusual realms of the edible growing world

*we hope to offer you something worth including in your gardening plans this year.*

Mapple Farm humbly takes pride in its affiliations with

- ACORN (Atlantic Canadian Organic Regional Network)
- seed saving groups, Seeds of Diversity (Canada) and Seed Savers Exchange (U.S.)

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We also support The Safe Seed Project  
and have signed the following Safe Seed Pledge:

*Agriculture and seeds provide the basis upon which our lives depend. We must protect this foundation as a safe and genetically stable source for future generations. For the benefit of all farmers, gardeners and consumers who want an alternative, we pledge that we do not knowingly buy or sell genetically engineered seeds or plants. The mechanical transfer of genetic material outside of natural reproductive methods and between genera, families or kingdoms, poses great biological risks as well as economic, political, and cultural threats. We feel that genetically engineered varieties have been insufficiently tested prior to public release. More research and testing is necessary to further assess the potential risks of genetically engineered seeds. Further, we wish to support agricultural progress that leads to healthier soils, genetically diverse agricultural ecosystems and ultimately people and communities.*

**All are invited to support the Safe Seed Initiative. For information, contact:**

The Safe Seed Project

5 Upland Road, Suite 3

Cambridge MA

USA 02140

Phone: (617) 868-0870

Fax: (617) 491-5344

E-Mail: <crg@gene-watch.org>

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*The experts, as their studies become focused on smaller and smaller fragments, soon find themselves wasting their lives in learning more and more about less and less ... Everywhere knowledge increases at the expense of understanding. -Sir Albert Howard*

*To cultivate one's garden is the politics of the humble man.--Chinese Proverb*

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Since you asked, why call it **Mapple** Farm? When we first laid eyes on the property where it was born, we were struck by the wealth and beauty of its maples and apples, favorite trees and flavors of ours. It seemed fitting to contrive a word which voiced this so, . . . “Mapple” . . . apple with an “M” in front, or maple with an extra “P”.

# UNCOMMONLY GOOD BEAN & SOYBEAN SEED

## **GARDEN SOYBEANS** (*Glycine max*)

For plant-based protein, good nutrition overall, and versatility in kitchen creations, soybeans are hard to beat.

The simplest and soonest way to enjoy soybeans is fresh, known as *edamame*. When the pods are plump, they're picked like standard garden peas. They're then steamed or par-boiled for a few minutes and served to diners who squeeze the beans from the pods --add butter and/or salt, if desired. As with peas, they're also useful this way frozen.

We're most interested in varieties suitable for gardeners as opposed to industrial production. Here are selections that fill the bill and are useful both fresh and dry. All yield green beans at the fresh stage.

**BLACK JET**—An early, vigorous selection that grows to about 30" (75 cm) high and yields dozens of pods. The beans are green when immature but ripen to a slate black. Said to be especially good for black bean sauce and miso.

**ENVY**--New Hampshire bred, this is the earliest olive colored soy we've come across. Along with Black Jet, it's the most reliable to mature in shortest season areas.

**BUTTERBEANS**--Productive and ripening to a pale green color. So sweetly flavorful, some prefer Butterbeans to limas in their succotash recipes.

**HAKUCHO**--Japanese-bred, a great combination of plumpness and earliness for delicious olive/green beans.

**VINTON 81**-- At 3 feet (90 cm) tall, the largest and most productive soybean to reliably mature at Mapple Farm.

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***Soybean and Bean Packets are 20 grams  
@ \$2.75 each***

## **BEANS** (*Phaseolus vulgaris*)

**PROVIDER BUSH BEAN**--This old standard has been our favorite bush selection for fresh green beans for many years now. Dark-seeded types handle cooler than ideal conditions. Its purple seed regularly proves this to us by supplying us our earliest fresh beans--great flavor, crisp texture, ease of picking and bountiful yields.

**ROCDOR WAX BUSH**--The best wax choice for so many reasons. Long, firm, flavorful, straight yellow pods exude high quality. Its black seed germinates in cooler soil than others, ensuring it's the first local wax bean available. Quick release stems also make it the easiest yellow bean to pick.

**BLACK COCO**—Superb as a fresh snap bean, a shell bean or dry bean; an excellent all-purpose bean choice. This heirloom bush plant yields big at all stages and its delicious flavor is renowned. When dried, the beans resemble plump, shiny, black marbles--delightful in soups, stews, dips and chili.

**GAUCHO**—Looking for something special to feature in your Latin American or Tex-Mex dishes? You'd hardly do better than this heirloom from Argentina. These burnt orange beauties provide hearty fulfillment inside burritos, enchiladas and so much more. The earliness of this bush plant to dry up makes it a cinch to work with.

**PURPLE PEACOCK POLE BEAN**-- Pole beans, yield heavier and longer than bush beans. This variety takes to early planting and cool conditions better than other pole beans and crops fast. It displays striking pink blossoms before yielding flavorful, gorgeous deep purple snap beans.

**JUMBO ROMANO BUSH BEAN**-- *Jumbo* is the word alright, both in pod size and overall yield. The flat green pods develop an inch (2.5 cm) wide and stay stringless up to ten inches (25 cm) long. As a snap bean, they're jumbo in flavor too with that Romano taste bean lovers crave.

# DISTINCTIVE TOMATO SEED (*Lycopersicon esculentum*)

## EARLIEST REDS

**LATAH\*\***--Over the years, we've tried hundreds of different varieties in the search for a good, early tomato. In this category, *Latah* is in a class by itself. It's given us mature fruit in July after starting from seed as late as May!

Even gardeners from the far north who thought growing a ripe tomato was impossible have become converts. In areas where blight is a common problem, *Latah* often crops before devastation sets in.

This bush variety pumps out 2 to 3 inch (5-7.5 cm) slightly flattened fruit with superb flavor through 'til frost. An exceptional find!

**BRADLEY\***-- Though just after *Latah*, *Bradley's* production is more concentrated early in the season. Amazing numbers of tomatoes on a fairly small bush plant. Its orange-to-red fruit is egg shaped and 2-3 inches (5-7.5 cm) long. Delicious and reliable, *Bradley* holds well on the plant--not a variety that demands just-in-time harvest or will soften or crack.

**MOUNT ROMA\***--Densely packed with firm, meaty flesh, here's our favorite sauce/plum/paste type and top choice for green tomatoes -- superb in chow and relish recipes. Bountiful crops on space-saving bush plants are ready in a hurry.

**BLACK PLUM**--This mid-season indeterminate yields some of the best tasting tomatoes around. Quite a complex flavoring, suggesting a natural smokiness and even tropical fruit undertones. Stunningly attractive, these 2.5"/6 cm "plums" offer tomatoes with a rare color: brown with a dark mahogany crown. Huge crop and super on the kabob or in salads.

**ITALIAN HEIRLOOM** -- At perhaps the largest tomato taste competition in North America, *Italian Heirloom* took top honors. And these are **big** red tomatoes! Our first specimen weighed over 650 g. All fruits are a pound or more. And yet they always start to mature for us in August.

## EARLY MARKET REDS

**NORTHERN DELIGHT\***--The earliest "market-sized" (over 3 oz./85 g.) tomato we've come across. This bush variety has a lot going for it: great taste, terrific crack and disease resistance with big yields of red fruits.

**MOUNTAIN PRINCESS\***--Just a touch later than *Northern Delight* with somewhat larger fruits and a greater overall yield. This Appalachian heirloom features soft-skinned tomatoes, very juicy delicacies.

**EARLY ANNIE**--Yes, Annie, this bush cultivar is early and a long time favorite of seed savers. Lots of 3" (7.5 cm) round, flavorful tomatoes.

**KALINKA**---From Belarus, this early bush selection's reputation is going global. For good reason: high-yielding clusters of tasty fruits, from 4 oz. (100+ g.) to twice that size.

**LEGEND** -- Unreal how early such large tomatoes ripen! Maybe it's because this determinate is parthenocarpic (able to set fruit without pollination). Four to five inch (10-12.5 cm) picture perfect round red fruit are wonderfully flavorful. Bonus: late blight resistance and nearly seedless (so not available in volume packs).

## SPECIALTIES

**WONDERBERRY** (*Solanum burbankii*)-- Also named *Sunberry*, *Wonderberries* are neither a tomato nor a garden huckleberry but are related to both. They hang in dozens of clusters on the plant. Each cluster carries 8 to 12 dark blueberry sized berries. Quick to ripen and prolific.

Their intriguing flavor makes for unique pies and jellies--plus a good dried fruit candidate. We're told it also makes an awfully good wine.

**INDIAN TOMATILLO** (*Physalis ixocarpa*)--Also known as *tomate verde* or *Mexican green tomato*, tomatilloes grow like tomatoes but come naturally packaged in Chinese-lantern-like husks. Regarded as essential for a genuine salsa.

This particular strain yields tart green fruits for Mexican fare or, if left to ripen further, 2" (5 cm) golden fruits that are sweet and suggestive of citrus (prime, preserve material).

*Indian Tomatilloes* are early and productive.

All our seed listings are open-pollinated (non-hybrid).

Packets on pages 4-5 contain 20 or more seeds @ \$2.75. Volume Packs hold 50 or more seeds @ \$4.50 each. Seed variety names marked with an asterisk (\*) are available in bulk @ \$18 per 5 grams or \$30 per 10 grams. \*\*Latah is also available @ \$70/ounce (28 grams).

### ***MINI REDS AND PURPLES***

**SWEET 100 RED OP**--"OP" stands for Open Pollinated to avoid confusion with the once popular hybrid version of this plant. This very large, productive indeterminate bears 1" (2.5 cm) round, red fruits with a perfect sweet-acid balance.

**UNA HARTSOCK**--Luscious, super juiciness in an elegant violet skin. Elongated--picture a grape but considerably larger. Unmatched color, taste and form. A very productive indeterminate.

**TEARDROP\***--Usually torpedo-shaped, sometimes resembling a teardrop, the red fruit of this variety is a "cherry" of unique proportions. It has a nice crunchy firmness, a trait that makes it especially durable and relatively immune to cracks and splits.

**TOMMY TOE\***--Our largest cherry fills up containers in record time. Bring lots of boxes because these large plants are ultra-high yielders of faultless, red fruits. A mid-season beauty widely known as a taste test champ.

### ***MINI YELLOW TOMATOES***

**YELLOW PLUM**--An early indeterminate and incredibly huge producer of golden, low acid, small (but larger sized than "cherry tomato") plum-shaped fruits. A touch of tartness combines with a light sweetness for a fabulous flavor.

**COYOTE**-- Clusters of small yellow fruit cover this indeterminate from Mexico. Sweet as candy--terrific treats for children of any age. Bonus: a far more than usual disease and frost resistance.

**BLOND KOPFCHEN**--You simply won't believe the mass of blossoms this indeterminate will produce! A fellow grower aptly describes the crop as "small golden drops of sunshine."

**SWEET 100 YELLOW OP**--"OP" stands for Open Pollinated to avoid confusion with the once popular hybrid version of this plant. This very large, productive indeterminate bears 1" (2.5 cm) round, yellow fruits with a perfect sweet-acid balance.

### ***OUTSTANDING STORAGE***

**MYSTERY KEEPER**--We've tried a few "long keeper" type tomatoes but none has succeeded for us like *Mystery Keeper*. "Storage" tomatoes aren't meant to be eaten in season so there isn't the pressure to get them started and set out extra early for quickest production. Harvest just after they begin to lighten a bit from their greenest stage but before frost hits. Enjoy as they so gradually ripen indoors through fall and winter when tasteless, expensive tomatoes move onto store shelves.

Like other keepers, *Mystery Keeper* ripens from the inside out which takes some getting used to. While the outside skin may still be olive, orange or pink, once cut open, you'll find ripe red flesh, a touch more acid flavored than vine-ripened tomatoes.

The *Mystery Keeper* seeds we offer are the progeny of fruits harvested in late September/early October that lasted to Easter! They weren't coddled in any way--no wrapping, cold room, or special lighting conditions; just sitting in boxes or bowls on the kitchen counter.

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*Knowledge is knowing that a tomato is a fruit. Wisdom is not putting it in a fruit salad.*--Miles Kington

# UNCOMMONLY GOOD GARDEN SEED

## **PARADE CUCUMBER** (*Cucumis sativus*)

Cukes perform best when the weather gets warm. But *Parade*, of Russian lineage, knows what cold is and pumps out, in record time, a vast number of fruit on such a small bush plant. Bearing cukes of 2-5" (5-12.5 cm), *Parade* yields both picklers and small slicers.

Packet: 20 seeds      Volume Pack: 50 seeds

## **TURKISH ROCKET** (*Bunias orientalis*)

It's known as one of the most hardy and long-lived winter salad greens, the first and last greens of the season. The large strap-like leaves of this perennial are usually prepared as a slightly cooked green. Turks quick-stew it in tomato juice; finely chopped, it adds bite, blended with dips or spreads.

Packet: 12 seeds      Volume Pack: 30 seeds

## **FRENCH SCORZONERA**

(*Reichardia picroides*)

European permaculture growers positively gush over this intriguing salad plant. About the size of corn salad, this lettuce relative produces mild, slightly sweet leaves in 10 weeks after direct seeding. It responds well to cut-and-come-again harvests and is virtually slug-proof. The small (lettuce-like) seed we offer is not thoroughly cleaned but a packet will sow a few dozen plants.

Packet: 100 milligrams

## **SHOSAKU GOBO** (*Arctium lappa*)

Hardy and healthy, gobo (or edible burdock) hails from Siberia but credit the Japanese for developing it as a valued food item. Distinct from wild burdock, *Shosaku's* carrot-like root is wonderful whether sautéed, stir fried, pickled, or in tempura. High in calcium and iron, even the young leaves and stems are enjoyed as lightly cooked spring delicacies.

Packet: 2 grams

## **MELON** (*Cucumis melo*)

**OKA MELON**-- Of Quebec origin, this heirloom is a northern favorite -- a medium sized, green-ribbed, orange-fleshed melon with superb flavor.

Packet: 12 seeds

## **MONTREAL MARKET MELON**--

It's hard to believe this 19<sup>th</sup> century heirloom virtually disappeared after World War II. A melon that has it all: mouth-watering flavor, earliness, plenty of weight and good looks, complete with netting and ribs. No wonder it's making such a strong comeback!

Packet: 12 seeds

## **WATERMELON** (*Citrullis lanatus*)

### **BLACKTAIL MOUNTAIN**--

Developed by a veteran seed saver who pined for his favorite fruit after moving to the short season, high altitude climate of Idaho, it's perhaps the earliest, most cool-tolerant watermelon there is. Averaging no more than 9"/23 cm across, the red-fleshed green globes often store for weeks.

Packet: 12 seeds

**EARLY MOONBEAM**--Here's a short-vined type that yields compact, round fruits in record time. Sparkling, bright yellow flesh tastes more like an exotic tropical fruit than the usual watermelon. It's enjoyed even by those who don't normally like watermelon.

Packet: 12 seeds

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*I would feel more optimistic about a bright future for man if he spent less time proving that he can outwit Nature and more time tasting her sweetness and respecting her seniority.*

— E.B. White

## SQUASH & PUMPKIN

### BANANA SQUASH (*Cucurbita maxima*)

A rare heritage variety, this moist winter squash is perfect for soups and dessert (think pies, puddings and custards) as well as a main course vegetable. *Banana Squashes* are shaped, well, somewhat like huge bananas but colored orange-yellow. A superb keeper and productive—our first try resulted in a plant that yielded 7 fruits, each weighing 7 lb/3.2 Kg.

Packet: 12 seeds      Volume Pack: 30 seeds

### GOLDEN HUBBARD SQUASH (*Cucurbita maxima*)

This 19<sup>th</sup> century strain features that fine, rich Hubbard flavor and, though not the biggest or the smallest, is among the earliest in the Hubbard family. Ideal for baking, these beautiful, rounded, orange, warted fruits average 5 lb. (2¼ Kg) or better and store superbly.

Packet: 12 seeds

### new POTIMARRON SQUASH (*Cucurbita maxima*)

*Potimarron* (a.k.a., *Red Hubbard* or *Kuri Squash*) hails from France. The name, combining *potiron* (pumpkin) with *marron* (chestnut), hints at its fine flavor. The fruit's skin and flesh color range from orange to red and its form is tear-shaped. These small (2-4 lb.; 1-2 Kg) squashes grow on semi-bush plants so fit in nearly all gardens. Small sizes translate into quick yields. They keep for far longer than it takes to grow.

Packet: 12 seeds

### HONEY BOAT SQUASH (*Cucurbita pepo*)

These elongated golden spheres with green ribs grow in huge numbers and are outstanding keepers. A *Delicata* type, it's scrumptious stuffed or baked on its own. The perfect size for feeding one or two people.

Packet: 12 seeds

### GILL'S GOLDEN PIPPIN (*Cucurbita pepo*)

Highly regarded as one of the best tasting acorn types around, its unique shape and size attracts special attention as well. The small golden fruits are just right for an individual serving and custom-made for stuffing. Though each squash is small there are oodles of them per plant.

Packet: 12 seeds

### FISHER'S ACORN

(*Cucurbita pepo*)

To our knowledge, Mapple Farm is the only commercial source for this variety. Help us keep alive this family sized (2.5-4 pound or 1-2 kilogram) smooth textured acorn with flavorful, moist, sweet flesh. It produces dark green fruits generously and early that gradually turn orange in storage.

Packet: 12 seeds

### new BUTTERBUSH (*Cucurbita moschata*)

Smaller plants and fruits than other Butternuts makes *Butterbush* perhaps the easiest *moschata* species to grow in Canada. Manageable sizes combine with quick and abundant yields. The shape is typical Butternut (like an old thermometer): long-necked with a bulbous end. The delicious flesh is moist, sweet and smooth. Outstanding keeper.

Packet: 12 seeds

### STYRIAN HULLESS PUMPKIN

(*Cucurbita pepo*)

Crack open this pumpkin to find a treasure trove of nutty flavored seeds with no hulls to work through. They're great dried and/or roasted and also yield an oil, used as commonly in parts of Austria as olive oil in Italy. Seed from the "Green Gold of Styria" is renowned for its medicinal, nutritional and culinary values.

Packet: 12 seeds

### ZUCCHINI, BLACK (*Cucurbita pepo*)

A dark green skinned, fine-flavored zuke. The traits most appreciated in this selection: earliness, vigorous growth and heavy yields of excellent quality fruits.

Packet: 20 seeds

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**Seed Packets are @ \$2.75. Volume Packs are \$4.50.**

# SHORT SEASON SWEETPOTATOES (*Ipomoea batatas*)

Sweetpotatoes are among the most rewarding of vegetables to grow. These light feeders tolerate both acid soils and drought, and they store exceptionally well. As a food, they're nutritional powerhouses. And they're among those vegetables, like tomatoes and carrots, that taste immeasurably better home-grown than store-bought.

For the adventurous gardener with a 100-day frost-free season, short season sweetpotatoes are certainly worth a try. At Mapple Farm (Zone 5), we consider them an easy and dependable crop.

Since the 1980s, we've continually selected for earliness and productivity to provide you with the best sweetpotato planting material possible for northern, short season conditions. We're proud to be the first and longest serving mail order sweetpotato stock supplier in Canada.

Not grown from seed, sweets are propagated by rooted cuttings or slips--small plants that grow from the tubers themselves and are then transplanted.

## CULTIVARS

**Japanese Yam** or **Korean Purple** – It's now confirmed: these are genetically identical. Creamy (both colored & textured) flesh and purple skin. Great for baking, grilling and in stir fries. Very sweet with a hint of cloves. Dependably productive.

**Ginseng Red**- An early producing heirloom with pinkish brown skin and golden flesh. Bush habit and attractive, deeply serrated, ivy-like leaves.

**Superior**- A copper-skinned, moist orange-fleshed type with striking ivy-like foliage. Most appreciated by Great Lakes region growers.

**Beauregard**- Selected from the current standard commercial variety. Auburn skin and orange flesh.

**Georgia Jet**- Noted for earliness and yield among the orange fleshed strains.

**Carver**- The variety we started with and still a favorite. Sweet and flavorful. Copper skin and moist, orange flesh.

**Regal**- Developed in the Carolinas. Attractive red skin, orange-fleshed and delicious.

**White Travis**- White skin and dry, white flesh with thickened carrot-like development.

**Frazier White**- White and very sweet. Bulks up well, especially easy to harvest.

**Tainung 65**- Light pink skin, creamy interior. Large tuber potential. Its purple stems and bronze leaves also make decorative houseplants or hanging baskets.

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Minimum total order: 12 plants  
Minimum order per variety: 6 plants

**12 slips @ \$25.00**

**60 slips or more @ \$20.00 per dozen**

*For XPressPost option,\*  
add to \$15.00 shipping:*

**\$5.00**

\* We ship plants from April (weather permitting) through mid-June via Canada Post's expedited parcel service. For faster delivery, we offer Canada Post's XPressPost service, especially recommended for destinations west of Ontario, particularly if you're far from a major centre.

Note: We'll do our best to fill your order exactly as you specify. However, if your order arrives when we're out of a particular selection, your choice in marking the "sub" (substitution) or "no sub" boxes helps guide our order handling. If you mark "no sub" and we can't supply, we'll simply refund. If you mark "sub," we will if we must *and according to your preferences*; e.g., feel free to tell us what your sub choices are (by name, by flesh color or whatever and we'll do our best to oblige).



## *Timing the Plants Shipping*

Usually, you'll want your plants after the weather has settled to the stage when peppers and eggplants are normally set in the garden. We've always tried to ship plants at the proper time; that is, when we've thought our customers needed them. This can be tricky especially when (e.g., in B.C.) planting zones can vary dramatically within relatively short distances. Also, a gardener's requirements may differ greatly depending on whether a greenhouse or other protective techniques are used.

So, if you know when you want plants, fill in the "When To Ship Plants" line on the Order Form. Otherwise, we'll decide for you when it's best to send them. Bear in mind that, if there are frosty conditions anywhere between us and you, XPressPost, a faster service by air, makes earlier shipments possible.

## **Shipping Plants Versus Tubers**

We're often asked why we don't supply tubers instead of plants. For one thing, plants can handle colder conditions than tubers. A tuber exposed to temperatures below 10°C./50°F is subject to chilling injury and may rot; plants remain okay if kept above freezing.

Given that you'd need to have tubers at least 2 months prior to transplanting time in order to grow the plants you'd need, it's simply too cold then to have them shipped. Also, plants are far lighter (so less costly) than tubers to ship.

## **What's in a Name?**

You'll notice that we refer to "sweetpotatoes" all in one word. As if the confusion over yams isn't enough of a trial! (Some commercial sweetpotato producers refer to the moist, orange-fleshed cultivars they grow as "yams" to differentiate them from the drier, white-fleshed types.) Of course, yams (*Dioscorea* genus), a tropical crop, aren't, botanically speaking, even related to sweetpotatoes (*Ipomoea* genus). . . and neither are potatoes (*Solanum* genus). So, the thinking goes, the recent move to "sweetpotatoes" instead of "sweet potatoes" helps to distinguish "our favorites" from "the common spud."

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## **SWEET POTATOES FOR THE HOME GARDEN:** *With Special Techniques For Northern Growers*

Following his popular article in *Harrowsmith* #96 (March/April '91) on sweetpotato growing in Canada, Ken Allan released, in 1998, the definitive book on the topic.

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We offer this 204 page softcover  
@ \$25 (\$32 to USA) shipping included

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*In the spring, at the end of the day, you should smell like dirt.* -Margaret Atwood

*I am an old man but a young gardener.*  
Thomas Jefferson

*We will be known by the tracks we leave behind.* -Dakota proverb

# GROWING SHORT SEASON SWEETPOTATOES

On arrival, sweetpotato plants might look somewhat tired (yellowed or browned) from their trip to your house. Don't be disappointed; they have a will to live.

If you can't (or conditions don't allow you to) plant them outside fairly soon, place them in a clear jar or glass. Put enough water (at room temperature) in the container to cover the plants' rooted area.

Better still, heel them in; that is, place the plants temporarily in a seed flat and hold them in a warm place with gradually increasing light.

Many growers then treat their sweets like tomatoes; they pot up and pot on, if necessary, to allow for a greater head start inside.

THE PLANTING SITE should be the warmest, most sunny, and weed-free place you can provide. Wide raised rows or beds help speed soil warming and give the sweets loosened earth to grow in. Some go further to enhance soil warming by covering the beds with plastic mulch 2-3 weeks in advance of planting.\* The plastic is anchored with earth around its perimeter.

THE SOIL should be somewhat acid (pH 5-6.5) and, ideally, light . . . but Mapple Farm's isn't--we get by with clay soil.

Sweetpotatoes are light feeders; they like a little phosphorus and a little more potassium--a dusting of bone-meal and a sprinkling of wood ash will do. Avoid over-feeding nitrogen which favors vine at the expense of tuber growth, and leads to spindly rather than chunky tubers.

Sweetpotatoes won't stand frost. Transplant them outside after the soil warms to at least 13°C./55°F.

ON TRANSPLANTING DAY, if using plastic and weeds are growing beneath, lift the plastic, hoe and replace plastic. Cut holes (about 9"/23 cm. diameter) through the plastic every 18 to 24 inches/46 to 60 cm. Draw some soil within the cut circle to anchor the plastic perimeter of the hole. You now have a saucer-shaped depression. Transplant through the hole, allowing only 2 or 3 leaves to show above ground. Water them in.

After transplanting, provide some shade during the first few days if the sun shines brightly. \*\*

Please save these instructions. Our intention is to save paper and trees by displaying them here rather than including them with each shipment.

\* Heat rays penetrate clear plastic mulch to warm soil at greater depths than black plastic. But black plastic (unlike clear) blocks the light rays weeds need to grow.

\*\* *"Help, my leaves fell off!"*

We've heard this complaint a few times and suspect that perhaps shading wasn't applied. If the plants move directly from the dark confines of a shipping box into a bright field, shedding leaves is an appropriate survival mechanism.

If time permits, gradual exposure of the plants to increasing amounts of light (as part of the hardening-off process) is ideal. Transplanting on cloudy days or late in the day is the preferable method.

Regardless, the plants most often recover since new growth will develop as new leaves form along the stem where the old leaves fell off--much like tomato suckers.

Sweetpotatoes are among the most drought tolerant vegetables. But you'll get best results from regular watering.\*\*\* Those saucer-shaped basins will help to catch, hold and direct water to the roots.

GROWTH seems slow at first; the plant initially concentrates on root development. But by mid-summer, the vines take off. In the final stage, the plant's energy is devoted towards tuber growth.

Vines extending over bare ground will sometimes try to root along their lengths. If you notice this happening, lift the vines to direct the plants' growth to tuber development instead.

HARVEST when frost turns the vines black or when the soil temperature falls to 10°C./50°F.

CURE the tubers by keeping them in a warm (27°C./80°F.) , humid state for a couple of weeks.

STORE them in a cool (18°C./60°F.) but not cold room. Don't clean the tubers until ready to cook them.

ABOVE ALL, sweetpotato plants appreciate warm soil. Row covers (of, for example, slitted clear plastic or porous spun-bound polypropylene) provide a beneficial space.

\*\*\* "Some of my sweetpotatoes have cracks!"

This is sometimes a genetic trait we can't do anything about but often irregular watering, by the gardener or from the sky, gives uneven growth--much like what happens with split tomatoes. Proper curing will heal cracked sweets.

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### *Shading Tip*

To shade our new planting (all new plantings) we use flower pots, which we cut the bottoms out of. We get them from the Cemetery because I am the Administrator. Any cemetery should have them. We leave them on until the leaves grow out the top.

**Dennis Ballance, Napanee ON**

### *Curing Tip*

If you have an old chest freezer that no longer works (in fact even a fridge or upright freezer would work too), place a tray of water at the bottom and keep it topped up for the curing duration. Layer several trays of sweetpotatoes in the freezer, with space in between each layer. Hang and turn on a work light (the old kind that emits heat) in the freezer and close the lid, leaving it open a crack. Cure the potatoes in this way for about 7 days.

**George Bushell  
via Tanya Williamson,  
Carp ON**

If you've ordered more than one variety, the names will be coded on the plastic, covering the plants' roots:

JP-Japanese Yam  
KP-Korean Purple  
GR-Ginseng Red  
CR-Carver  
B-Beauregard  
S-Superior  
GJ-Georgia Jet  
R-Regal  
WT-White Travis  
FW-Frazier White  
65-Tainung 65

Chinese Artichokes grow so easily that they're known, in some quarters, as invasive.

Annual harvesting, as well as replanting with correct spacing, works for us.

Some like to contain them in beds, boxes or pots.

## CHINESE ARTICHOKE

*(Stachys affinis)*

This little known perennial surely deserves greater recognition. It yields small, crunchy tubers with a pearly translucence and a subtle, sweet taste.

Shaped like little Michelin men or pop beads, Chinese Artichokes are as striking in appearance as they are versatile to prepare. In Oriental cooking, they're usually pickled or stir-fried. In France, they (known as *croznes*) are featured in creamed soups, simply steamed in butter, or served raw.

Hardy and a cinch to grow, this mint family member takes up little space, averaging 18 inches (45 cm) high and an 8 inch (20 cm) spread.

Order for spring planting.  
6 tubers/\$12 12 tubers/\$18

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Prices Are Postpaid  
(Shipping Is Included)

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*Our Chinese Artichokes store in the ground through winter. Shipping of these await the spring thaw here—usually in April.*

## Sweet Potato Latka (potato pancakes)

Peel sweets and grate coarsely. For every 2 cups, add an egg and 2 Tbsp flour. Season to taste with salt. Experiment with other seasonings--suggestions include grated onion, pepper, ginger, nutmeg, cayenne, cinnamon or sesame seeds. Drop by the spoonful into hot fat (pref. oil) and fry until golden on both sides. These are wonderful hot but okay cold too. Try them with maple syrup, or sweet & sour chinese style dip or cool, crunchy garnishes like cucumber & pineapple.

## Jerusalem Artichoke Latka

Mix 2 cups grated artichokes with 2 T. flour, one egg & salt. Season with onion & garlic. Drop by the spoonful into hot fat (pref. oil) and fry until golden on both sides. Serve with a squeeze of lemon.

## Sweet Potato Fillings & Stuffings

Mashed seasoned sweets make a fabulous stuffing for wontons, ravioli or perogi. Vary seasoning according to the ethnic specialty; i.e., ginger & cayenne for wontons, ricotta cheese & basil for ravioli, caraway and sour cream for perogi.

**Maria Kasstan, Toronto ON**

## Sweet Potato French Fries Tip

Colleagues of mine did some tests on deep-frying various cultivars of sweet potatoes. They found that *Ginseng Red* gave the best quality french fry: more crisp and less oily than *Georgia Jet*, *Beauregard* or *White Travis*.

**David Wees, McGill University**

## Roasted Sweet Potatoes

4 medium sweet potatoes, peeled and sliced crossways in 1/4" thick rounds

3/4 C. unsweetened apple juice

1 T. brown sugar

1tsp. grated ginger

salt & pepper to taste

Combine all ingredients and mix well. Spread mix evenly in medium casserole dish.

Bake uncovered for 30 minutes.

Serve hot.

**Janet & Greta Podleski  
via**

**Frances McNaughton, Perth ON**

# RECIPES

## Sweet Potato Soup

3 celery stalks, chopped

1 large garlic clove, minced

2 T ginger root, minced

1 T curry powder, minced

2 T oil

4 medium sized sweet potatoes

salt & pepper to taste

6 cups of vegetable stock

Sauté first 4 ingredients in oil for several minutes. Then add sweets, peeled and cut into cubes or slices. Sauté a few minutes more. Add stock and salt & pepper. Cook covered for 25 minutes, puree half, then add back to the pot. Re-heat before serving. Garnish: yogurt & sprinkled cheese.

**Margie Anne Boyd, Douglas NB**

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*They're extremely fond of these gardens . . . it would be hard to find any feature of the town more calculated to give pleasure and profit to the community--which makes me think that gardening must have been one of the founder's special interests.—from Utopia by Thomas More*

## Maple Farm Mailbox

We appreciate your notes, comments and suggestions. They help us keep in touch and improve, and sometimes inspire us. And, yes, we love to provide you with a forum to brag. A sample:

### SWEETPOTATOES

I was delighted with my first results from growing your sweet potatoes last summer. I picked a hot, dry location for them, and used black plastic mulch, and then June was the driest I've experienced in my several decades of gardening in Greater Sudbury. I will definitely try again this year. **R.L., Sudbury ON**

Tried sweet potatoes for the first time. Everyone laughed and said I would be disappointed. I had a beautiful crop and the taste is so different from the store bought. **F.G.S., Beausejour MB**

Just thought I'd let you know that the sweet potatoes turned out well this summer. It started out cool but then got hot and dry. We got about 120 pounds from the 24 plants. We will certainly grow them again next year. **A. & L.R., Keremeos BC**

I was a first time customer last year with an order of a dozen *Korean Purple* slips. They did very well and I'm going to reorder again this year being impressed with service and quality. **R.S., Gagetown NB**

(June 19, 2016) Just wanted to let you know our order of sweet potato plants that you sent arrived in perfect condition, just after the May long weekend. The bed was not quite ready and there were a few cold nights forecast so I potted them into fibre pots for about a week and was able to harden them off nicely.

(Oct. 18, 2016) We managed to harvest the sweet potatoes the second week of Sept and are quite pleased with the harvest. Quite a few decent sized tubers, 10ozs or more. The taste is excellent, and I like the different varieties. **J.T., Saskatoon SK**

I ordered some sweet potatoes from you last year and they did very well with black plastic mulch and a floating row cover. I harvested sixty pounds from ten plants, which I find satisfactory considering my cool climate. **A.B., Roxton Pond QC**

Planted 12 sweetpotato slips (*Japanese Yam & Korean Purple*) and had a crop of 75 pounds! Pretty good in this cool, coastal climate! **A.B., Burnaby BC**

I tried it and it's true - you can grow sweet potatoes in Ottawa (area). All of mine were grown in pots, mostly black plastic pots. Interesting point was the pots that produced the most potatoes were not the biggest pots but the darkest. **R.G., Woodlawn ON**

I'm still enjoying the *Georgia Jet* I grew last year. I grow them in big pots in my greenhouse, and I had tubers that weighed 25 oz. **P.D., Lethbridge AB**

LOVED the seeds and sweet potato slips we ordered!!! I was the only person in my community to grow sweet potatoes, *Black Plum* tomatoes, yellow *Coyote* tomatoes and the super early *Latah* tomatoes. My family and I truly enjoyed growing and eating the produce. Thanks. **C.S., Craik SK**

I would order 12 slips as the *Georgia Jet*. I have reached up to 8 lb last year for the biggest, 7 lb and a half for the next biggest. **G.P., Danville, QC**

Great fun harvesting sweetpotatoes--it was like digging for treasure. My kids both love sweetpotatoes--one of the only veggies they will both eat. **B.D., Campbellville ON**

The consumption of sweet potato greens is an age-old oriental medicine treatment for diabetes. It's common practice in Hong Kong. **C.C., Toronto ON**

Everyone who looks at our garden is curious about our sweet potatoes. They are all interested and seem surprised that sweet potatoes can be grown in Perth, Ont. **F.M., Perth ON**

### TOMATOES & RELATIVES

I am way impressed with the *Latah* tomato. 11 March - "sowed" the seed . . . 4 July - eating *Latah* tomatoes ! None of the other full size tomatoes are even close to harvest. **R.G., Constance Bay ON**

I loved the *Latah* tomatoes. This is the first year I grew my own seedlings of any kind. And this was the earliest I enjoyed tomatoes—by the end of July. They produced and produced. **J.S., Elm Creek MB**

I have been trying to grow tomatoes on the Avalon Peninsula since 1977. I rarely ever saw a ripe tomato. This is the first time we produced outdoor tomatoes (*Latah*) that tasted good and were over 80% crack free—all very exciting for future prospects here in Newfoundland. **M.R., Portugal Cove-St. Philips NL**

Wanted to let you know that the *Latah* tomatoes that we grew from your seed were great. All the regular tomatoes that we grew and all the ones that we purchased from farmers markets had no taste. But the *Latah* got ripe and had that wonderful ripe tomato taste. We will definitely be growing them again next year. **E.S., Lanark ON**

Wow! We grew *Mystery Keeper* tomatoes for the first time...and I still can't believe how amazing they are!!!! The only problem I've encountered is that my husband has taken a liking to them too, and now I have to share! Anyhow, thank you!! I will plant even more next year! **S.H., New Westminster BC**

I tried the *Kalinka* tomato seed you sent me & found it to be an excellent, early season variety. **B.M., Brentwood Bay BC**

The *Mount Roma* tomatoes have done well both in the greenhouse and outside. **C.W., Sechelt BC**

The *Wonderberries* made great raspberry flavored jam. Much superior to regular huckleberries. **A.R., Prince Albert SK**

Of the 20 varieties of tomatoes we grow in our backyard, your *Black Plum* is our family's favourite. **C.P., Maple ON**

*Mystery Keepers* are my all time favourite tomato. Just finished up (February 6th) the last ones I had saved from this summer. **K.B., McQuade NB**

My customers loved the *Northern Delight* tomatoes! So glad I tried them. **A.D., Roland MB**

*Mystery Keeper*! Ate the last tomato on our wedding anniversary, June 29th. We put it aside to see how long it would last but we thought a special day was the perfect time to cut into it. **S.P., Chase BC**

### . . . AND MORE

I ordered the *Parade* cucumbers. I've never seen such productive plants. **C.B., Moncton NB**

The *Turkish Rocket* has proved to be indestructible and delicious. **N.G., East Port Medway NS**

The *Black Zucchini* seed I bought from you were terrific. **P.Z., Limekiln NB**

The *Banana Squash* were also excellent and super early. We ate them stuffed with a ground pork, rice and herb mixture and they were delicious. **R.H., Grande-Digue NB**

Fantastic crop of *crosmes* . . . the chefs just love them! **R.H., Greenville. VA**

I tried 4 different gobo last year—yours BEST! **G.B., Winlaw BC**

I grew your *Shosaku* burdock this year, it was fun! It does get big! I pulled a few big roots out and gave them to a Japanese acquaintance who raved over them. **B.D., Salt Spring Island, BC**

I grew your *Styrian Pumpkins* last year and loved them. The seeds were big and plump. **J.A., Cornhill NB**

**Do you have any experience with the items we carry that you'd like to pass on? Are there any organic seed stock, fertilizers, soil amendments or gardening supplies you find hard to locate that you'd like us to carry? Any message whatsoever? Here's space for a short note.**

# ORDER SHEET (please print)

Name:

Address:

Postal Code:

*Should we need to reach you quickly about your order:*

Phone:

E-Mail:

*Please Place Seed Orders (Order Form A) By April 30th*

ORDER FORM B -- Sweetpotato Plants		
When to Ship Plants:		
<input type="checkbox"/> no subs <input type="checkbox"/> sub (see Page 8 Note)		
Varieties	Quantity	Amount
Shipping & Handling Enter \$15.00 for each parcel required*		<b>15.00</b>
\$5.00 XPressPost optional surcharge (see page 8) highly recommended for early deliveries or destinations west of Southern Ontario		
Order B Subtotal Enter this amount in Totals Table below		

Seed from pages 3-7 at \$2.75 per Packet or \$4.50 per Volume Pack	ORDER FORM A			Amount
	Packets	Packs	Bulk	
Tomato, Latah				
Tomato, Bradley				
Tomato, Northern Delight				
Tomato, Mountain Princess				
Tomato, Early Annie				
Tomato, Kalinka				
Tomato, Legend				
“, Sweet 100 Red OP				
“, Sweet 100 Yellow OP				
Tomato, Una Hartsock				
Tomato, Teardrop				
Tomato, Tommy Toe				
Tomato, Yellow Plum				
Tomato, Coyote				
Tomato, Blond Kopfchen				
Tomato, Mount Roma				
Tomato, Italian Heirloom				
Tomato, Black Plum				
Tomato, Mystery Keeper				
Wonderberry				
Indian Tomatillo				
Soybean, Black Jet				
Soybean, Envy				
Soybean, Butterbean				
Soybean, Hakucho				
Soybean, Vinton 81				
Bean, Provider Green Bush				
Bean, Rocdor Wax Bean				
Bean, Purple Peacock Pole				
Bean, Black Coco				
Bean, Gaucho				
Bean, Jumbo Romano				
Squash, Banana				
Squash, Golden Hubbard				
Squash, Potimarron				
Squash, Butterbush				
Squash, Honey Boat				
Gill's Golden Pippin				
Fisher's Acorn				
Zucchini, Black				
Styrian Hulless Pumpkin				
Melon, Oka				
Melon, Montreal Market				
Parade Cucumber				
Turkish Rocket				
French Scorzonera				
Shosaku Gobo				
Blacktail Mtn. Watermelon				
Early Moonbeam “				
Shipping & Handling				<b>4.00</b>
Order A Subtotal Enter this amount in Totals Table on the right				

POSTPAID ITEMS (Price Includes Shipping Charges)		
	Quantity	Amount
Chinese Artichokes		
Postpaid Items Subtotal Enter this amount in Totals Table below		

TOTALS TABLE	
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Postpaid Items Subtotal	
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Enter 13% HST in ON Enter 15% HST in NB, NS, NL, PEI Enter 5% GST (in the rest of Canada) or the new appropriate revised sales tax (RevCan #12402 1080 RT0001)	
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**--THANK YOU FOR YOUR ORDER--**

