

PERENNIALS

including herbs & flowers

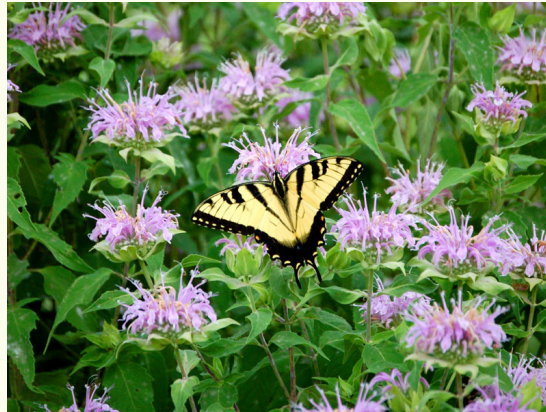
AT A GLANCE

- Sun:** As a general rule, more sun = more leaves & flowers
- Life Cycle:** Perennial
- Ease of care:** So easy once established, though establishing from seed can be challenging
- Direct sow or transplant:** Transplant (heat mat recommended)
- Height:** varies by variety
- Container Friendly:** many are, especially those shorter than 3 feet

Though remarkably resilient and simple to care for once established, perennial herbs, flowers and natives are often challenging to establish from seed. Compared to annuals, perennials often take longer to germinate and are less vigorous as seedlings. Why? If they were running a race, which in many ways they are, perennials are the tortoise and the annuals are the hare. Annuals only have a single season to produce seeds, so they race to the finish line; perennials are planning to produce seeds for many years to come, so they're patient and tenacious. Which often makes them challenging to coax from seed, but oh so worth it! May this growing guide will surround you with beauty and abundance for seasons to come.

TYPES OF PERENNIALS

Herbs: Many culinary and medicinal herbs, well taken care of, may marvelously outlive you. Though we grow perennial herbs in full sun, many also thrive in partial sun. As a general rule, plants in partial shade grow more abundant foliage (leaves are essentially solar panels) compared to flowers. Since many herbs are grown for their leaves rather than flowers, many will thrive in partial sun, though greatest leaf production will also be in full sun. Each variety is unique, so dive into the details of each particular cultivar as you sow, transplant, divide & share widely!



Perennials remind us to grow gardens not for ourselves but for each other as well as all generations of all species yet to come. What can you grow to amplify abundance around you?

Flowers: Once established, many perennial flowers thrive for years with minimal maintenance. Plants tend to blossom more abundantly with more light, so plant your perennial flowers in full sun for the most prolific blooms. Each variety is unique, so dive into the details

of each particular cultivar as you sow, transplant, divide & share widely!

And Just to Say: We confine herbs and flowers to separate categories at our own peril. Anise Hyssop: We defy you to choose! Indeed, all plants grow leaves to photosynthesize sugars from the sun and bloom to bring the next generation to seed. Which is all to say, our limited notions of 'herbs' versus 'flowers' are limiting, indeed.

Also, what is 'native' and 'invasive?' As students of colonial botany, we are beginning to see this behavior as an attempt to quiet settler colonial guilt while couching xenophobic botanical expression, Friends. Dig into the brilliant essay, 'Like a Tumbleweed in Eden' by Banu Subramaniam for an extraordinary dive into such thoughts.

SOW

Starting perennials on a heat mat is one of the best ways to ease the process and enjoy our 40-page book *Rise & Shine: Starting Seeds with Ease* for step-by-step instructions! You'll find paper copies at www.fruitionseeds.com as well as our free download of the ebook.

Direct sow/transplant: Transplant only

When: Sow indoors 6 to 8 weeks before last frost. Harden off seedlings (reduce water & temperature 3 to 7 days) and transplant after frost, often late May or early June here in Zone 5.

Seeding depth: 1/8"

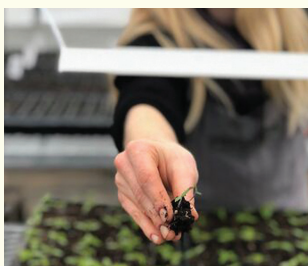
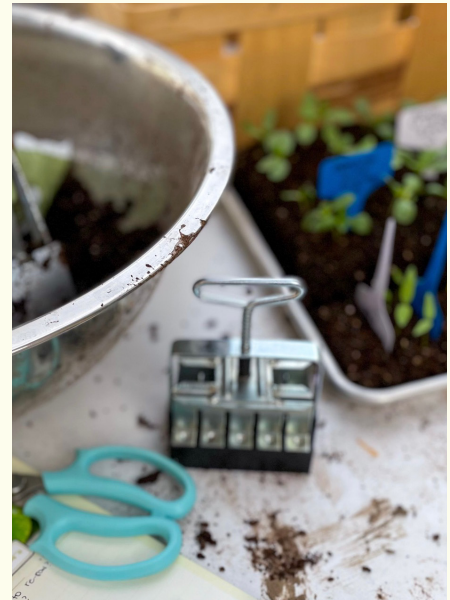
Seeds per soil block/cell: 1 seed per mini soil block; 2 to 3 in larger soil blocks/cells thinned to the most vigorous 1

Preferred seed starting method: Mini soil blocks on heat mats help germinate the vast majority of perennials in a fraction of the time. Though some perennials like Blue Vervain germinate better at room temperature, most germinate much more quickly and consistently on a heat mat. We sow only 1 seed per mini-block and the closer your blocks are to the heat mat, the faster they'll germinate. Flat trays are the best, since even small ridges in trays can be cumbersome for mini-blocks. Once the first cotyledon leaves emerge, we 'pot them up' (see below) into large soil blocks. Since perennial seedlings grow slowly compared to annuals, we generally don't need to pot up beyond large soil blocks.

Alternative seed starting methods: If you're sowing into a cell tray on a heat mat, sow two to three seeds per cell, thinning to the strongest one. The earlier you thin, the healthier and more abundant your plants will be.

Whatever you do, resist using egg cartons & jiffy pots to start seeds, Friends! Enjoy our blog, *Egg Cartons are for Eggs: Six Effective Containers for Seed Starting*.

Days to germ: Varying widely from variety to variety, most will germinate quickest and most consistently at 77°F, 25°C. Heat mats make all the difference! Look at each particular variety for details. Even in ideal conditions, it's rare for perennial seeds to germinate in less than seven days and may still take three weeks or more. Patience, heat mats and not over/under-watering are essential for perennial seeds to sprout.



Mini soil block:

Once 1 seed sprouts 1st set of cotyledon leaves, pot up to...



Large soil block: When 2nd set of true leaves emerge, pot up to...



Pot up perennials early & often!

Perennials always grow slower than annuals, so be patient.

~ note: images are not only of perennials ~



Cell tray: Sow 2 to 3 seeds & thin to strongest 1; once 2nd set of true leaves emerge, pot up to...



4" container:

If you have more than 4 sets of true leaves, pot up to minimum 6" container



On Sowing Tiny Seeds: So many perennial seeds are *so* tiny! We love to use a toothpick (moist from your tongue or a dip in water) to pick up just a seed (or three!) to sow, sometimes gently rolling the toothpick to release the seeds. Resist the urge to cover them too deep: Most seeds prefer to only be sown twice their depth.

Potting Up: Once the first cotyledon leaves emerge, we 'pot them up' (see below) into large soil blocks. Since perennial seedlings grow slowly compared to annuals, we generally don't need to pot up beyond large soil blocks. If your seedling leaves are growing beyond the edges of your soil block and you're still more than one week away from final frost, potting them up into 4" containers, taking care to not bury any stem, will keep them growing healthy and happy.

Feeding Seedlings: First and foremost, be sure to sow into high quality, nutrient-dense potting mix! Once they perennial seedlings have two sets of true leaves, we spray their foliage with dilute fish emulsion every ten to fourteen days. Compost tea and worm castings tea are excellent for foliar feeding, as well.

Spacing between rows: Varying by variety, often 12+ inches is optimal.

Spacing between plants in rows: Varying by variety, often 30 to 36 inches is optimal.

A General Note on Perennial Spacing: With a more 'tortoise-like' life strategy compared to the fast-paced 'hare' of annuals, perennials can be sown at a closer spacing than above, especially if you're weeding rather than mulching. Planted more densely, your perennials will likely benefit from division sooner, much to your friends' delight! Also, we've found that tall perennials like boneset and marshmallow establish brilliantly in their first season with parsley planted in a staggered grid between plants as a living and delicious mulch. Curled rather than flat-leaf parsley is a more effective weed suppressant, letting less light filter below their leaves. Dwarf marigold is another fabulous annual growing low and dense enough to serve as a living mulch around establishing perennials.

Common mistakes: Sown too deeply, perennials struggle to emerge. **Without a heat mat**, perennials may take one month or more to germinate. With **too little water**, sprouting seeds dry out and with **too much moisture** they effectively drown. If it sounds challenging to start perennials from seed, you're right! **If you don't have a grow light or greenhouse**, it's often more rewarding to purchase gorgeous perennial transplants instead.

Companion planting: Many perennial herbs like oregano, thyme and chives are fabulous companion plants. Their foliage and flowers provide both habitat and nourishment for beneficial pollinators while abundant aromatic compounds deter many pest insects. Since perennials last many seasons beyond the first, we love to plant perennials near annuals, though rarely adjacent. Scallions, which are perennials that thrive as annuals (who knew!), are a delectable exception.



CULTIVATE

Soil: Perennials thrive in soil that is rich and well-drained. The more sun an area receives, the more abundantly your perennials will produce both leaves and flowers.

Fertility Considerations: Be sure to test your soil, if you haven't in the last year; our *Soil Testing Made Simple* blog will set you up for success. Incorporating compost and other organic soil-building fertilizers prior to planting will make a tremendous difference. If you're eager to boost the health (and nutrient-density of your edible) perennials, foliar feed or root drench your plants every two weeks all summer with dilute fish emulsion or compost tea.

Transplanting: Once the plants have several true leaves, it's critical to 'harden off' your seedlings, acclimating them to life outdoors for 4 to 7 days before planting them. Plants can get sunburned, too! Slowly increase their sun exposure during this time. Just before transplanting, shower your seedlings with water or dilute fish emulsion to loosen and feed their roots, mitigating transplant shock. Dig a hole large enough for your seedling's roots, adding a handful of compost or a dusting of our slow-release organic fertilizer to the bottom. Remove your seedlings from their containers, back-fill their roots in the hole without covering any stem and gently tamp down the soil around each seedling base, reducing air gaps. Water in with additional dilute fish emulsion to offer even more nutrients for your spinach! If you're planning to mulch, now is the time.

Weeding: Especially in their first season, keeping perennials well-weeded will go far in helping them establish deep, extensive roots. Mulch is the dream of reticent weeders everywhere, suppressing weeds while retaining moisture. Friends, you've got lots of options in the mulch department, including 'organic matter' mulches like straw, dry deciduous leaves and grass clippings, adding nutrients slowly to your soil while serving as mulch. There are also 'barrier' mulches like biotella and landscape fabric, which do not add nutrients to the soil. We love 'living' mulches like dwarf white clover, curled parsley and dwarf marigold. Once established, quick spring growth often keeps perennials from being easily outcompeted by other plants in future seasons.

Feeding: Here are two seemingly oppositional truths! Though plants (and humans) generally thrive more with access to abundant, high-quality nutrients, many perennials thrive in less than optimal conditions, as well. For example, my mother grew oregano, thyme and chives in



a halved wine barrel outside our door for over a decade. We ate a lot of leaves from that barrel, Friends! And never fed or watered, weeded or did anything for those plants beyond harvest their extraordinary abundance. That being said, growing perennials in the most nutrient dense soil you can will go far, especially if you're growing in containers. We offer all our perennials dilute fish emulsion every two weeks from once they're about one foot tall til one month before frost.

Pests: Varying by variety, the most prevalent 'pest' insect across perennials may be aphids. Aphids will often accumulate on the undersides of leaves, especially if your perennials are under row cover for more than a couple weeks. Hand-squishing is the most 'organic' method to curb aphid populations; spraying neem oil and insecticidal soap will deter them, as well. And don't forget the ladybugs!

Disease: Varying by variety, there are no diseases so ubiquitous across perennials worth mentioning here. That being said, please do look out for unusual leaf color and morphology, sharing any and all concerns with us early and often. We are so here for you in any and all seasons, Friends.

Season Extension: Though all perennials are hardy, coming back to life year after year, some go dormant in fall earlier than others. If you wish to harvest perennial leaves later into the fall, floating row cover over hoops is an easy and inexpensive way to bolster your harvest in the autumn. Also, as a general notion, mulching can help protect perennials from particularly cold and windy winters with little snow.

🌿 HARVEST 🌿

First Season: Varying profoundly by variety, many perennials may be harvested in their first season, though less leaves harvested in their first year generally bolsters their capacity to re-grow vigorously in their second year. For culinary perennials like thyme and oregano, we harvest no more than 20% of their first year leaves so they have abundant energy to invest in robust root systems.

Optimal Flavor: For many culinary perennials, their flavor is most sweet and least bitter before the plants start to flower. To stimulate fresh and abundant re-growth, we

love to harvest by cutting entire stems just above the base of the plant, encouraging the plant to put out more side shoots. This results in bushier architecture as well as more harvestable stems and leaves.

Tips for Drying: Temperature can quickly alter flavor, so resist drying herbs and flowers above 90°F, 32°C. Moving air wicks moisture brilliantly, so laying herbs and flowers on screens in a single layer with fans on low nearby is the best way we've found to quickly dry these plants. Smaller quantities of herbs are easily dried hung in bunches.

🌿 OVERWINTERING AND FUTURE SEASONS 🌿

There are many approaches and philosophies for how to care for various perennials. Though conventional wisdom encourages us to trim back any woody stems to just above the base of the plant, we prefer to leave the bottom foot or

so of tall perennials (like echinacea) and entirely leave short perennials (like thyme) so beneficial insects have abundant and high quality habitat to overwinter in.

🌿 DIVIDING 🌿

Most perennial plants can be propagated vegetatively. Late fall and early spring are the optimal times to divide your perennials, when the plants are largely dormant. Use a shovel to lift a portion or the entire root ball; while a sharp shovel can divide a large clump quickly, we often

gently separate the plant into several clumps by hand. As you're re-planting, take the opportunity to tuck compost and other soil-building, slow-release fertilizers into the soil to nourish the plant as well as the soil for many seasons to come.

🌿 SEED SAVING 🌿

Life cycle: Perennial

Self or Cross-Pollinated: Many perennials are cross-pollinated, readily crossing with other varieties within one mile.

Qualities to select for: Anything that brings you joy! Here are just a few qualities we select perennials for: flavor, leaf shape, texture, plant architecture, disease resistance and all manner of floral characteristics including earliness, color, abundance and deliciousness. Is the smallest of nut shells of selection possibilities!

Wet or dry seeded: Most perennials in our gardens (beyond fruit trees and berries!) are dry-seeded.

When to harvest: Many perennial seeds ripen about four weeks after blossoming. We love to make a note in our perpetual calendar of when a given perennial is in peak flower, immediately making a note in our calendar one month later to remind us to double check seed ripen-

ing. Ripe seeds are dense, too hard to be pressed by a fingernail and surrounded by golden brown plant material instead of green. Once your seeds are ripe, harvest on a dry, warm as quick as you can, especially if your climate is humid, like ours here in the Northeast.

Seed Cleaning Notes: Harvest on a dry, warm day and lay out in a single layer on screens to further dry for several days. Once everything is crispy, use fans and screens to separate chaff from seeds.

Seed storage & viability: Like all seeds, dry, cool and dark conditions increase the shelf-life of your perennial seeds. Expect 3 to 4 years of great germination when your perennial seeds are stored even in a simple kitchen cupboard. Enjoy our blog about seed storage, including freezing techniques, on our website. Also, many native seeds may take several years to germinate readily, especially milkweed and vervain, so even if your seeds aren't germinating well, resist composting them for several seasons.

BEST OF THE BLOG

- 6 Seeds to Sow in Early April
- Ideal Varieties for Container Gardening & Raised Beds
- Fruition's Guide to Companion Planting
- Our Favorite Edible Flowers
- How to Harvest Milkweed Seeds
- 3 Keys to Maximizing Your Leaves This Fall

Enjoy our Seed Starting Academy for step-by-step video tutorials to surround you with abundance.

Insight & inspiration daily!



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OUR VARIETIES: PERENNIAL HERBS



ORGANIC ARNICA

Native across temperate North America, we love Organic Arnica for her extraordinary herbal qualities and for her un-failing cheer in the garden. Medicinally comparable to *Arnica montana*, *Arnica chamissonis* is less elevation-dependent and is abundant with mul-

titudes of 8-inch flower stalks. Arnica quickly creates a thick carpet of bright green leaves and brilliant yellow flowers as an easy-to-grow perennial, so enjoy her for many years to come.



ORGANIC BONESET

In the 1918 flu pandemic, the US government subsidized Boneset tincture so everyone had access to this incredible immune-boosting medicine. Native to the Northeast and easy to grow, Boneset is a gorgeous plant, often

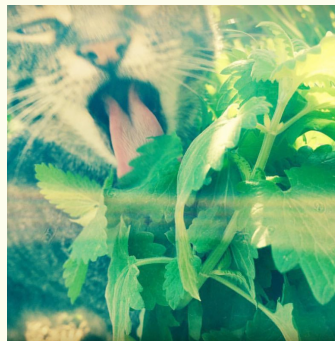
5+ feet tall, attracting butterflies and native pollinators to her white August blooms. A hardy perennial, boneset thrives in diverse areas, adaptive and abundant in moist as well as dry soils, in full as well as partial sun.



ORGANIC BRONZE FENNEL HEIRLOOM

Not your classic fennel, we adore the sweetness of Bronze Fennel's golden-green and coppery feather-like leaves, tossing them in salads and marinades as well as in bouquets. A hardy perennial, Bronze

Fennel emerges as the snows melt and quickly rises 4 feet or more, covered in fragrant flowers nourishing multitudes of beneficial pollinators from lacewings to ladybugs to butterflies. We dry the leaves and flowers of Bronze Fennel to enjoy all winter as tea, as well.



ORGANIC CATNIP

Fresh or dry, your feline friends will be so thrilled you're growing catnip, Friends! Ironically, her aromatic leaves in tea are relaxing nervines for humans, both cooling and anti-inflammatory with a flavor that reminds you that catnip is indeed in

the mint family. Catnip is incredibly easy to grow and will thrive in your garden for years, emerging as soon as the snow melts. We recommend tucking her in containers or plant her entirely outside your vegetable garden. Our perennial catnip patch thrives on the edge of a field and forest, well away from our cultivated vegetables and we all seem quite happy about it!

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ORGANIC CHIVES

HEIRLOOM Easy to grow and one of the hardiest perennial herbs, chives thrive effortlessly from the equator to Alaska! We delight in the mild onion flavor of her tender leaves as well as prolific purple blooms, tossing chives

on salads and sandwiches as well as frying into fritters and tempura. We savor chives from snowmelt in early spring 'til she's deep in snow again, often snipping fresh chives on our holiday meals. Beneficial pollinators flock to the flowers while chives' sulfurous compounds deter pest insects, making her an excellent companion plant.



ORGANIC LEMON BALM

HEIRLOOM Fragrant, verdant and astonishingly easy to grow, we love growing Lemon Balm along our perennial herb garden's edge and in large containers where the vigorously spreading plants can freely roam, thriving

in full as well as partial sun. We enjoy Lemon Balm fresh from snow melt through late fall in salad and dressings and all year long we love the mellow lemon tea all summer long. For over 2000 years Lemon Balm has been used medicinally to gently reduce anxiety, muscle tension and both internal and external inflammation; recent science indicates Lemon Balm has a positive effect on depression, insomnia and a broad span of digestive ailments. But of all the reasons to grow Lemon Balm, walking past it and simply smelling its luscious lemon scent is perhaps best of all.



ORGANIC SWEET ANNIE

Sweet Annie makes the most fabulously fragrant and easy flower crowns! She's also an exquisite filler in both fresh and dry arrangements. Her deep green, fern-like foliage quickly grows 4 to 6 feet tall, even in poor

soil and partial sun. She is sweetly fragrant, like so many of her cousins in the sage family, remaining so for years in dry arrangements and wreaths. Enjoy our blog with the crown tutorial! We harvest her branches for such things from late July through September and harvest her just before flower for optimum fragrance in dry arrangements.



ORGANIC GREEK OREGANO

HEIRLOOM Aromatic and mouth-watering, oregano is easy to grow as well as perennial, delectable both fresh and dry. Low growing and with velvet leaves, oregano thrives in containers and partial sun as well as raised

beds and gardens. For millennia, oregano has been used medicinally as an antiseptic as well as for stomach and respiratory ailments in addition to her beloved versatility in our kitchens.



ORGANIC HARDY BUNCHING ONION | SCALLION

HEIRLOOM Did you know bunching onions, also known as scallions, are perennial? So often grown as an annual, scallions are perennial here Zone 5. We sow both in spring for summer scallions as well as fall for a treat to enjoy in April

as the snows melt. Either planting will overwinter in the gardens, regrowing quickly as soon as the snows melt, ready to be munched, divided or allowed to flower for some of the most gorgeous flowers we've ever seen.



ORGANIC THYME

HEIRLOOM Deliciously resilient, thyme is a low-growing perennial thriving in containers and alongside garden beds. Her petite and aromatic leaves are delicious fresh all summer as well as dried to enjoy all winter long. Once established, thyme will surround you

with abundance for many years if not generations to come! For millennia, thyme has been revered for her antiseptic, antibiotic and antifungal properties, as well.



**ORGANIC
MARSH-
MALLOW**

HEIRLOOM
A cousin of the hollyhock, we love Marshmallow for her velvet foliage and humble yet elegant flow-

ers on vigorous 4- to 6-foot plants with gentle, deeply healing medicinal qualities. Impressively drought-tolerant, marshmallow thrives in moist areas, as well. Her young leaves in spring we also pluck for salad! Marshmallow root is nutritious, soothing to the digestion, stimulating to the immune system and helping prevent and repair ulcerations. It also soothes irritated membranes and relieves hacking, uncontrollable coughs. Similar in function to Slippery Elm, Marshmallow is a much more sustainable alternative.



**ORGANIC
GARDEN SORREL**

HEIRLOOM We love these bright lemony greens, impressively perennial and abundant! Sorrel is an heirloom French herb thriving in sun as well as partial sun in gardens and raised beds as well as containers. Perhaps most commonly added as a bright, last-minute addition to soups, we also

tuck baby sorrel leaves in salad first thing in spring.



**ORGANIC MAD DOG
SKULLCAP**

A gorgeous perennial native to North America, Skullcap is medicinally revered for its nerve qualities. Both calming and strengthening the nervous system, herbalists use Skullcap as a headache and insomnia.

OUR VARIETIES: PERENNIAL FLOWERS



**ORGANIC
PRAIRIE
SUN**

**RUDBECKIA
NATIVE** Butterflies love these brilliant blossoms! Prairie Sun thrives even in poor soil and

drought, prolific in gardens as well as raised beds and containers. With long, strong stems perfect for cutting, each 3-foot plant blossoms mid-July reaching her peak by late August, remaining unrelentingly abundant well into autumn, especially if you harvest her flowers consistently. A tenacious perennial, your rudbeckia will slowly expand her diameter and blossom all the more with each year, easy to divide when you're ready to share her with friends! Harvest as blossoms open for optimum vase life; full sun grows the most abundant rudbeckia flowers.



**ORGANIC
COREOPSIS TINCTORIA
(DYER'S COREOPSIS)**

A gorgeous native to Eastern North America, Coreopsis tinctoria is easy to grow anywhere with full sun or partial shade. Even in poor soil each plant bears hundreds of ornate flowers in robust 2 to 3 foot tall and wide tufts. Indigenous people have dyed textiles yellow and red with these abundant blossoms for millennia, as well as enjoying the plant as both food and medicine. An annual, Coreopsis tinctoria readily self-sows without becoming a nuisance. It is popular in ornamental gardens and native gardens as well as low-maintenance perennial beds, where it pleasantly pops up here and there. Though it is remarkably drought-tolerant, well-watered plants offer the most abundant blooms. We have heard that two dozen plants will yield enough blossoms to dye one pound of wool or silk. Fresh or dry flowers are equally effective as dye.



**ORGANIC
CHIM CHIMINEE
RUDBECKIA**

We love these raucously radiant, unapologetically autumnal blooms! Chim Chiminee thrives even in poor soil and drought, prolific in gardens as well as raised beds and containers.

With long, strong stems perfect for cutting, each 3-foot plant blossoms mid-July reaching her peak by late August, remaining unrelentingly abundant well into autumn, especially if you harvest her flowers consistently.



**ORGANIC
MILKWEED**

NATIVE Perennial, resilient and simply gorgeous, milkweed is critical food for Monarch caterpillars and so many other beneficial pollinators. Each year we gratefully lose count of the many gorgeous Monarch

butterflies that feast as they float over our farm; indeed, our fields are surrounded by milkweed that smell of honey when they blossom, attracting countless butterflies and beneficial insects to their sticky sweet flower clusters.

OUR VARIETIES: HERBS OR FLOWERS? YOU CHOOSE!



**ORGANIC
ANISE HYSOP**

HEIRLOOM Deliciously fragrant, hardy & abundant, Anise Hyssop attracts beneficial pollinators like few other flowers we've ever witnessed. Anise hyssop is medicinal as well as perennial, 2-4' feet high

depending on light and fertility. Hyssop thrives in gardens, raised beds and containers in both full and partial sun, though the more sun she basks in, the more she blossoms. We enjoy her leaves in tea and cough syrup, savoring her seeds in shortbread.



**ORGANIC
BEE BALM |
WILD BERGAMOT**

Joyful, gorgeous and deliciously medicinal, bee balm is easy to grow and tenaciously perennial. Also known as monarda or wild bergamot, *Monarda fistulosa* is native to the Northeast, attracting

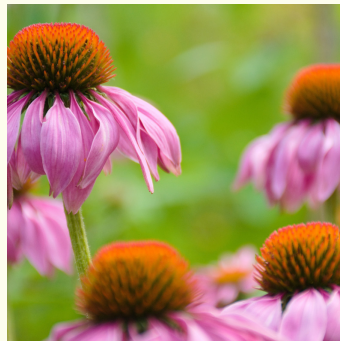
beneficial pollinators and building soil.



**ORGANIC
FEVERFEW**

HEIRLOOM Easy to grow and effervescently cheerful, feverfew is a popular cut flower as well as a medicinal herb. Though annual, feverfew will continue to flower abundantly through the first few

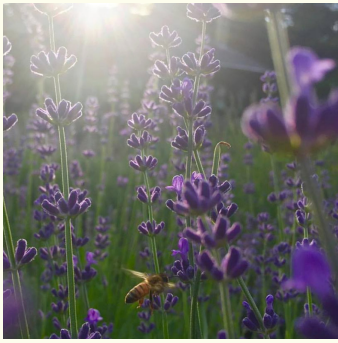
hard freezes! Long used for her anti-inflammatory qualities, feverfew is widely used to manage migraines, rheumatoid arthritis and insect bites as well as fevers. The more you harvest her blossoms, the more blossoms you'll have to harvest! Feverfew loves full sun and will easily perennialize in Zone 4 and warmer.



**ORGANIC
ECHINACEA**

Native to our mid-western prairies, echinacea is hardy perennial is beautiful, deeply medicinal and her petals are edible, as well! Butterflies flock to her bright blooms on long, strong 3+ foot stalks ideal for cutting.

Once established, Echinacea will thrive without much care for years and their roots are easily divided to propagate more. We toss her beautiful magenta petals on salads all summer and echinacea is also deeply medicinal, well known for increasing immune function. The most medicinal part of the plant is the 2-year root followed by her seeds and then leaves; we make an Echinacea root-seed tincture that we take at the first sign of a cold.



ORGANIC LAVENDER HEIRLOOM

Deliciously medicinal with timeless beauty, lavender is a hardy perennial you'll enjoy for years and generations to come. Beneficial pollinators revel in lavender as much as humans! Full sun and

well-drained soil will surround you with lavender abundance. Lavender may be propagated by seed, cutting and root and be forewarned: lavender is challenging to start, often taking 20+ days to germinate. Once established, lavender will carry on for years with relatively little effort. At Fruition, we sow lavender indoors in mini soil blocks on heat mats two months before final frost, transplanting out after final frost with one foot between plants.



ORGANIC WHITE YARROW

Medicinal as well as unsuspectingly delectable, yarrow thrives with ease as a hardy perennial just about anywhere. Yarrow attracts countless beneficial insects, making an excellent companion plant in gardens as well

as containers. Yarrow prefers well-drained soil in full sun but thrives in a great diversity of habitats. It's deep roots make it impressively drought tolerant and draw minerals up from the subsoil, bringing greater fertility to your garden. We love to tuck her tiny, freshly emerged spring leaves in salad! Yarrow leaves and flowers are also a classic addition to many bitters and liquors, as well.

Have fun and take notes, Friends! We're always learning, always sharing and love when folx reach out to share celebrations as well as struggles, so don't be shy.



ORGANIC SUMMER BERRIES YARROW

Nourishing for the soil as well as the soul, Summer Berries is a lush carpet of feather-like foliage with a dreamy canopy of raspberry, peach and ivory blossoms. A hardy perennial, yarrow emerges as

the snows melt and even in your first year, expect to harvest armfuls of her abundant blossoms. Her young leaves in spring we toss on salads and in all seasons the leaves are some of the finest blood-staunching first-aid around. May you enjoy Summer Berries for many years to come!

