



*Northern  
Wildflowers*

# Seeds & Resources

For Inspired Gardening



**CATALOGUE**  
2ND EDITION

# CONTENTS



A Message from our Founder & CEO	<b>3</b>
Wildflower Seed Catalogue	<b>4</b>
Wildflower Seed Mixes	<b>5</b>
Easy to Grow	<b>7</b>
Pre-Treatment Required	<b>10</b>
Native Grasses	<b>19</b>
Trees & Shrubs	<b>22</b>
Wildflower Collections	<b>24</b>
Container & Part Shade Garden Design	<b>28</b>
Seed Stratification Methods	<b>30</b>
Blooming Period Chart	<b>32</b>
Native Range Chart	<b>34</b>
Wildflower Seedling Identification Guide	<b>36</b>
Restoration Feature	<b>39</b>
Meet the Pollinators	<b>40</b>
Cutleaf Seeds Catalogue	<b>42</b>
Vegetables & Fruits	<b>43</b>
Cutleaf Collections	<b>56</b>
Farmer Feature	<b>58</b>
Join our Community & Where to Buy our Products	<b>59</b>

# A Message from Our Founder & CEO, *Jenny Fortier*



Dear Gardening Friends,

As we turn the page to another growing season, I'm filled with gratitude for how far we've come together. This past year marked incredible growth for Northern Wildflowers — we celebrated our 20,000th online store order, were honoured with the Government of Ontario's

Excellence in Agriculture Award, and welcomed new faces to our growing team, including a full-time Seed Production and Processing Technologist, a Marketing and Sales Coordinator, and two enthusiastic part-time students.

On the farm, we more than doubled our seed production, expanding into new acres, signing on new contract growers, and adding many more native wildflower, tree, and shrub varieties to our offerings. Our wild seed collection partnerships also grew dramatically, helping make even more local, diverse genetics available for restoration and gardening across Canada.

We're also deepening our commitment to research and innovation — this year hosting an applied research project in collaboration with Laurentian University to study the diversity of pollinators visiting our crops, all while using non-invasive environmental DNA technology. Our retailer program continues to flourish with new partners across Eastern and Western Canada, and our Community Garden Giveaway supported over 70 grassroots habitat and urban food production projects in 2025.

Beyond our own fields, I'm proud to share that Northern Wildflowers helped form and now chairs the Native Seed Producers of Canada (NSPC) — a national association working to strengthen the Canadian native seed supply chain and ensure producers have a voice in shaping its future. This past year we also continued our participation in Seeds of Diversity's "Adopt a Variety" program, funding the preservation of a heritage seed in their national seed bank to safeguard it for future generations.

Through all this growth, our mission remains the same: to empower everyone to create outdoor spaces that spark joy and support biodiversity. Thank you for being part of this journey and for helping us grow habitat, one seed at a time.

Here's to a joyful and thriving 2026 season,

**Jenny Fortier, M.Sc., MG**

*Founder & CEO, Northern Wildflowers*





# Wildflower Seed Catalogue

## About Us

At Northern Wildflowers, we are dedicated to supporting Canadian gardeners in creating beautiful, sustainable gardens. Our passion lies in providing native wildflower seeds and vegetable seeds that thrive in Northern climates. Our mission is to empower everyone to create wildlife habitat and outdoor spaces that spark joy.

## Our Commitment

### Supporting Canadian Farming:

Our native wildflower varieties are either grown on our farm in Northern Ontario, sustainably collected in the wild by our field crew or our network of wild collectors, or are sourced from other reputable growers. Our line of vegetable seed is 100% grown by small, organic Canadian farmers.

### Environmental Sustainability:

We are an environmentally sustainable company. We are actively working to eliminate all plastics from our packaging and processes. Our seed packs are printed on recyclable paper, and we use compostable cotton bags for our bulk mixes. We actively promote landscaping with native plants as a turf alternative to sequester more carbon.

### Biodiversity Focus:

We offer a carefully curated collection of wildflowers that not only enhance the beauty of gardens but also support essential pollinators. These wildflowers are selected to thrive in Northern gardens, contributing to local biodiversity.

### Eco-Friendly Farming:

We pride ourselves on our ecological farming practices. Our seeds are non-GMO, and we do not use synthetic chemicals. When you choose Northern Wildflowers, you're making an environmentally responsible choice for your garden.

“ A few years ago I planted some Wild Bergamot and Anise Hyssop. They are doing great! A hummingbird came to visit the flowers and spent a few minutes. The whole time he was not more than 1-2 feet from my face.

It was amazing seeing the bird so close and watching him enjoy the flowers. ”

- Kelley, West Nipissing, Ontario

# Wildflower Seed Mixes

## DRY AND SUNNY WILDFLOWER SEED MIX

This mix is suited to full sun areas and sites with dry to medium conditions. Ideal for fall sowing. Spring sowing is possible, some species may not come up until the following spring.

**Contains:** *Common Milkweed, Black-Eyed Susans, Grey-Headed Coneflower, Wild Bergamot, Dotted Mint, Oxeye Sunflower, Pale Purple Coneflower, Canada Tick Trefoil, Lanceleaf Coreopsis, Butterfly Milkweed, Common Evening Primrose, New England Aster, Hoary Vervain, Smooth Blue Aster, Leadplant, Anise Hyssop, Savannah Grass, Little Bluestem, Switchgrass and Sideoats Grama*  
**| Starting at \$16.99**

100 square feet (25 g), 250 square feet (62 g), 500 square feet (125 g), 1,000 square feet (250 g), 2,500 square feet (625g) and 5,000 square feet (1.25 kg)



## EASY TO GROW WILDFLOWER SEED MIX

This mix is suited to full sun areas and sites with dry to medium conditions. The mix is ideal for spring or fall sowing and contains easy to grow species that will often flower in their first year. This mix is for dominant with 60% composition of wildflower seed and 40% native grass composition.

**Contains:** *Anise Hyssop, Lanceleaf Coreopsis, Canada Tick Trefoil, Purple Prairie Clover, Perennial Blanketflower, Dotted Mint, Wild Bergamot, Common Evening Primrose, Black-Eyed Susans, Little Bluestem and Prairie Dropseed.*  
**| Starting at \$16.99**

100 square feet (25 g), 250 square feet (62 g), 500 square feet (125 g), 1,000 square feet (250 g), 2,500 square feet (625 g), 5,000 square feet (1.25 kg)



## LAKESHORE WILDFLOWER SEED MIX

This mix is suited to full sun areas and sites with medium to wet conditions. The mix can be applied to lakeshore, lowland and wetland sites. The mix is ideal for fall sowing. Spring sowing is possible, however note some species may not come up until the following spring.

**Contains:** *Swamp Milkweed, Black-Eyed Susans, Grey-Headed Coneflower, New England Aster, Blue Vervain, Wild Bergamot, New York Ironweed, Dense Blazingstar, Great Blue Lobelia, Spotted Joe Pye Weed, Pale Purple Coneflower, Canada Tick Trefoil, Common Milkweed, Anise Hyssop, Maximilian's Sunflower, Canada Wild Rye, Big Bluestem, Sideoats Grama and Switchgrass.*  
**| Starting at \$16.99**

100 square feet (30 g), 250 square feet (76 g), 500 square feet (153 g), 1,000 square feet (306 g), 2,500 square feet (765 g) and 5,000 square feet (1.53 kg)





## PART-SHADE WILDFLOWER SEED MIX

This mix is suited to sites with medium moisture and can tolerate slightly acidic soil.

The mix is ideal for fall sowing. Spring sowing is possible, however note some species may not come up until the following spring.

**Contains:** *Great Blue Lobelia, Eastern Columbine, Canada Anemone, Tall White Beardtongue, Black Cohosh, White Wood Aster, Calico Aster, Bigleaf Aster, White Avens, Bluebead Lily, Bunchberry, Tufted Hairgrass, Gray's Sedge and Bottle Brush Grass.* | **Starting at \$16.99**

100 square feet (20 g), 250 square feet (52 g), 500 square feet (105 g), 1,000 square feet (210 g), 2,500 square feet (625 g) and 5,000 square feet (1.25 kg)



## RESILIENT MIX | ONTARIO, QUEBEC, MANITOBA (BULK)

This mix is designed for maximum wildlife value and is ideal for application on disturbed or degraded sites. The mix is suited to full sun areas and sites with dry to medium conditions and is appropriate for fall or winter sowing.

**Contains:** *Common Yarrow, Hairy Penstemon, Lanceleaf coreopsis, Common Milkweed, Grey headed Coneflower, Helen's Flower, Oxeye Sunflower, Wild Bergamot, Common Evening-primrose, New England Aster, Early Goldenrod, Black-Eyed Susan, Little bluestem, Sideoats Grama, Switchgrass, Savannah Grass* | **Starting at \$325.45**

6,400 square feet (1 kg), 1 acre (6.8 kg), 1 ha (14.9 kg)

## Custom Bulk Seed

Our custom native seed mixes are designed to meet the unique challenges of restoration and reclamation projects across Canada. Whether you're working on mine rehabilitation, construction sites, land reclamation, pollinator habitats, rights-of-way, or landscaping, we create seed mixtures tailored to your site, region, and seeding equipment. Our team of in-house biologists and experienced seed technologists will work with you to develop a mix that meets your project specifications and budget, ensuring optimal establishment even on the most challenging sites.

We also offer an innovative, eco-friendly seed coating that improves germination, enhances seed spread, and makes broadcasting easier. By combining our scientific expertise with practical solutions, we make it simpler to achieve successful restoration outcomes.



To learn more about our custom bulk seed mixes and request a quote for your project, visit our website today.



## Wildflower Seeds

Easy to Grow



### ANISE HYSOP

*Agastache foeniculum*

A native culinary delicacy that is very easy to grow from seed and a breeze to maintain. The crushed leaves and flowers smell and taste like licorice and are popular with bees.

3-4 feet tall | Full Sun to Part Shade | Blooms July to August | Dry to Moist Site | Zones 3-6 | \$4



### BLACK-EYED SUSANS

*Rudbeckia hirta*

A favourite among new gardeners that is prolific and easy to grow. They have a biennial life cycle, but often self seed acting more like perennials once established.

1-3 feet tall | Full Sun | Blooms August to October | Medium to Moist Site | Zones 3-9 | \$4



### BLANKETFLOWER

*Gaillardia aristata*

A great wildflower for new gardeners. It requires little maintenance once established, and thrives in poor soil. Native to dry prairie habitats in Western portions of Canada and the US.

1-3 feet tall | Full Sun | Blooms July to September | Dry to Medium Site | Zones 3-10 | \$4



### BORAGE

*Borago officinalis*

An annual native to Europe that will often self seed. It may not be native, but it is loved by bees, all parts of the plant are edible and it repels pests like hornworms.

1-3 feet tall | Full Sun to Part Shade | Blooms July to September | Dry to Medium Site | \$4



### COMMON EVENING PRIMROSE

*Oenothera biennis*

Flowers open in the evening until late morning and are pollinated by night-flying moths and bees in the early morning. A variety noted for its long bloom period.

3-5' tall | Full Sun | Blooms June to October | Dry to Medium Site | Zones 3-9 | \$4



### COMMON YARROW

*Achillea millefolium*

A widely distributed native plant with so much going for it. It is drought tolerant, the foliage has a pleasant fragrance, and is the host plant of many native moths and beetles.

2-3 feet tall | Full Sun to Part to Shade | Blooms June to September | Dry to Medium Site | Zones 3-9 | \$4



### CULVER'S ROOT

*Veronicastrum virginicum*

A beautiful accent plant in any garden. Native to the southern-most parts of Ontario and Manitoba, where it is a threatened species.

2-5 feet tall | Full Sun to Part Shade | Blooms June to August | Medium to Wet Site | Zones 3-8 | \$4



### DOTTED MINT

*Monarda punctata*

Beautiful, undemanding and edible. Native to Eastern Canada and US, the leaves and flowers can be used to make an aromatic tea or as a savoury herb.

1-3 feet tall | Full Sun | Blooms August to October | Dry to Medium Site | Zones 3-9 | \$4



### PRAIRIE CONEFLOWER

*Ratibida columnifera*

Native to the Canadian prairies, its deep taproot allows it to survive well in dry conditions. Flowers have a unique shape and may exhibit yellow, red or mixed colouration.

2-3 feet tall | Full Sun to Part Shade | Blooms June to August | Dry to Medium Site | Zones 3-10 | \$4



### PURPLE PRAIRIE CLOVER

*Dalea purpurea*

A great wildflower for new gardeners. It requires little maintenance once established, and thrives in poor soil. Native to dry prairie habitats in the Western portions of Canada and the US.

1-2' tall | Full Sun | Blooms July to August | Dry to Medium Site | Zones 3-8 | \$4



### SCARLET BEEBALM

*Monarda didyma*

Scarlet Beebalm is prized for its vibrant red, tubular flowers that are loved by hummingbirds and butterflies. This plant provides long-lasting colour to the garden.

3-5 feet tall | Full Sun to Part Shade | Blooms August to October | Medium to Moist Site | Zone 4-9 | \$4



### SMOOTH BLUE ASTER

*Symphyotrichum laeve*

The purple-blue fall flowers attract many different pollinators and the plant is host for the Silvery Checkerspot and Pearl Crescent Butterflies.

4 feet tall | Full Sun to Part Shade | Blooms August to October | Dry to Medium Site | Zones 3-9 | \$4



### SQUARE STEMMED MONKEY FLOWER

*Mimulus ringens*

A compact plant with delicate blooms. This plant occurs naturally in wet meadows, swamps, and stream and pond borders.

2 feet tall | Full Sun to Part Sun | Blooms June to September | Medium to Wet Site | Zones 3-9 | \$4



### WHITE PRAIRIE CLOVER

*Dalea candida*

Beautiful when sown with Purple Prairie Clover. Flowers start growing at the base of a cone-shaped spike, and continue to wrap upwards as the season progresses.

2'-3' tall | Full Sun to Part Shade | Blooms July to August | Dry to Medium Site | Zones 3-8 | \$4



### WILD BERGAMOT

*Monarda fistulosa*

The leaves and petals can be used to make a delicious Earl Grey tea. It's undemanding but does not like being crowded by other plants. It is an important nectar source for bees.

3-5 feet tall | Full Sun to Part Shade | Blooms July to September | Dry to Medium Site | Zones 3-9 | \$4

## Wildflower Seeds

Pre-treatment Required



### BLUE FALSE INDIGO

*Baptisia australis*

Adds a gorgeous punch of deep blue into the spring and early summer garden. Often in its third year the plant will develop a larger shrub like habit and begin to flower.

3-4 feet tall | Full Sun to Part Sun | Blooms May to July |  
Medium to Medium-Wet Site | Zones 4-9 | \$4



### BLUE VERVAIN

*Verbena hastata*

A unique, eye-catching beauty in any garden. It grows quickly from seed and requires little care to maintain. Blue vervain will survive in dry sites, but prefers moist conditions.

2-5 feet tall | Full Sun | Blooms July to September |  
Medium to Moist Site | Zones 3-8 | \$4



### BONESET

*Eupatorium perfoliatum*

It has a long bloom period, with intensely aromatic flowers that are of high value to pollinators. It is the host plant to a number of butterflies and moths and is deer resistant.

3-6 feet tall | Full Sun to Part Shade | Blooms July to October |  
Medium to Wet Site | Zones 3-8 | \$4



### BOTTLE GENTIAN

*Gentiana andrewsii*

Blooms are a brilliant mauve-blue and appear just as the rest of the garden is winding down. Plant close to the front of your garden border. A favourite of bumble bees.

1-2 feet tall | Full Sun to Part Sun | Blooms August to October |  
Dry to Medium Site | Zones 3-6 | \$4



### BUNCHBERRY

*Cornus canadensis*

An excellent choice for shaded sites or as a ground cover in dense gardens. Its dainty leaves are some of the first to emerge on the forest floor in the spring.

0.5 feet tall | Part Sun to Full Shade | Blooms June to July |  
Medium to Moist Site | Zones 2-7 | \$4



## BUTTERFLY MILKWEED

*Asclepias tuberosa*

A host plant of the Monarch Butterfly and an important nectar source. The bright orange blooms stand-out. It is less toxic than Common Milkweed, and has more of a shrub-like habit.

1-2 feet tall | Full to Part Sun | Blooms June to August | Dry to Medium Site | Zones 3-9 | \$4



## CANADA ANEMONE

*Anemone canadensis*

Your go-to for a short, hardy native ground cover. The spring flowers are whimsical and abundant and the remaining foliage is attractive right into the fall.

1 foot tall | Full Sun to Partial Sun | Blooms May to June | Medium to Wet to Medium Site | Zones 3-8 | \$4



## CANADA GOLDENROD

*Solidago canadensis*

Beautiful golden-yellow, cascading clusters of small flowers that appear in late summer into fall. Bees and butterflies love the flowers so this is a great addition to pollinator patches!

Up to 2-6 feet tall | Full Sun | Blooms August to October | Medium to Moist Site | Zones 3-9 | \$4



## CANADA TICK TREFOIL

*Hylodesmum canadense*

A native legume that makes nitrogen available, which in turn enriches the soil. Its pollen, nectar, seeds and foliage provide a food source for insects, birds and mammals.

3-6 feet tall | Full Sun | Blooms July to September | Dry to Moist Site | \$4



## CARDINAL FLOWER

*Lobelia cardinalis*

Easily distinguished by its vibrant red flowers, which are favorites of hummingbirds. Over picking of this flower has led to its scarcity, so it is an excellent choice for any garden.

1-3 feet tall | Part Sun to Full Shade | Blooms July to August | Medium to Moist Site | Zones 4-9 | \$4



## COMMON MILKWEED

*Asclepias syriaca*

A host plant of the Monarch Butterfly with incredibly fragrant blooms. Common milkweed sap is toxic, so growing it in areas where livestock graze is discouraged.

3-5 feet tall | Full Sun | Blooms July to September | Dry to Medium Site | Zones 3-8 | \$4



## CUP PLANT

*Silphium perfoliatum*

Adds a lot of wildlife value to the garden. The plant's leaf bases form cups which provide water to birds and insects, butterflies visit the flowers and birds feed on fall seeds.

3-6 feet tall | Full Sun to Part Shade | Blooms July to September | Dry to Wet Site | Zones 4-8 | \$4



## CUTLEAF CONEFLOWER

*Rudbeckia laciniata*

Adds a beautiful burst of yellow at the end of the season. This taller cousin of the Black-Eyed Susan spreads aggressively via rhizomes.

3-6 feet tall | Full Sun to Part Shade | Blooms August to October | Medium to Wet Site | Zones 3-8 | \$4



## DENSE BLAZINGSTAR

*Liatris spicata*

Whimsical flower spikes of this Northeastern native are loved by hummingbirds, bees and butterflies. Supplies a winter food source for birds and is deer resistant.

3-4 feet tall | Full Sun | Blooms August to September | Medium to Moist Site | Zones 3-10 | \$4

**NEW**



## FIREWEED

*Chamaenerion angustifolium*

A tall showy wildflower that thrives in open meadows, along streams, roadsides, and forest edges. Spreads via rhizomes and likes disturbance, be cautious with planting this in small garden situations as it can take over.

2-6 feet tall | Full Sun to Part Shade | Blooms June to September | Dry to Moist Site | Zones 2-7 | \$4

**NEW**



## FLAT-TOPPED WHITE ASTER

*Doellingeria umbellata*

A cheerful early bloomer of the Aster family. Excellent nectar source for bees and hosts the caterpillars of the Pearly Crescent and Harris Checkerspot butterflies. Grows best in moist areas.

2-5 feet tall | Full Sun to Part Shade | Blooms July to September | Medium to Moist Site | Zones 3-9 | \$4



## FOXGLOVE BEARDTONGUE

*Penstemon digitalis*

Beautiful white to pink tubular flowers that attract long-tongued bees and hummingbirds. Can adapt to many light conditions.

1-3 feet tall | Full Sun to Part Shade | Zones 4-8 | Blooms June to July | Medium-Dry to Medium Site | \$4



## FRINGED POPPY MALLOW

*Callirhoe digitata*

Produces brightly coloured cup shaped flowers throughout most of the summer. It is native to prairie habitats in the US and is drought tolerant.

1-4 feet tall | Full Sun | Blooms July to September | Dry to Medium Site | Zones 4-8 | \$4



## GOLDEN ALEXANDERS

*Zizia aurea*

Important to a number of short-tongued insects. Black Swallowtail and Ozark Swallowtails caterpillars will feed on the leaves of this early bloomer.

3 feet tall | Full Sun to Part-Shade | Blooms April to June | Medium-Dry to Medium-Wet Site | Zones 3-8 | \$4



## GREAT BLUE LOBELIA

*Lobelia siphilitica*

A great option for planting near ponds, along lake shores or rain gardens. The dainty blue flowers are a lovely end of season addition to the garden.

1-3 feet tall | Part Sun to Shade | Blooms July to September | Medium to Moist Site | Zones 3-9 | \$4



## GREY GOLDENROD

*Solidago nemoralis*

This is one of the shortest Goldenrod varieties, reaching 2' at most and it tends to bloom later in the fall than other Goldenrods. It has a beautiful golden-yellow colour and is popular with pollinators.

2 feet tall | Full Sun to Part Shade | Blooms August to September | Dry to Medium Site | Zones 3-9 | \$4



## GREY-HEADED CONEFLOWER

*Ratibida pinnata*

Known for its drooping yellow petals. Host plant of the Silvery Checkerspot butterfly and Wavy-Lined Eupithecia moth.

3-6 feet tall | Full Sun to Part Shade | Blooms July to September | Dry to Wet Site | Zone 3-9 | \$4



## HAIRY BEARDTONGUE

*Penstemon hirsutus*

Trumpet-shaped, lavender flowers, attract bumblebees, butterflies and hummingbirds. Its early bloom time and hairy stems distinguish it from other Beardtongues.

1-2 feet tall | Full Sun to Part Shade | Blooms May to June | Dry to Medium Site | Zones 3-9 | \$4

**NEW**

## HELEN'S FLOWER

*Helianthemum autumnale*

Abundant yellow blooms in late summer well into fall. Attracts bees and butterflies, and offers cheery yellow colour long after most other wildflowers have finished blooming.

3-5 feet tall | Full Sun | Blooms August to October | Medium to Moist Site | Zones 3-8 | \$4

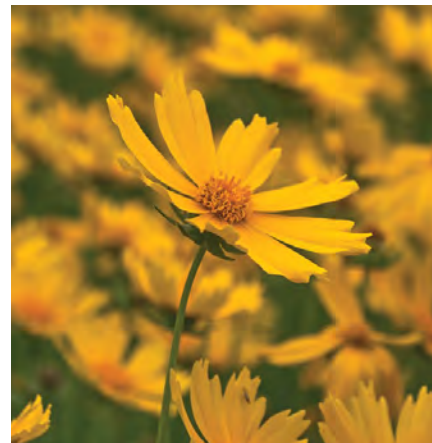


## HOARY VERVAIN

*Verbena stricta*

A gorgeous prairie native that is more compact than its more popular relative Blue Vervain. Hoary vervain is the host plant of the Common Buckeye butterfly.

2 feet tall | Full Sun to Part Shade | Blooms June to September | Medium to Dry Site | Zones 3-8 | \$4



## LANCELEAF COREOPSIS

*Coreopsis lanceolata*

Easy to grow, and does well in rocky, sandy or poor soil. We collected our original wild seed crop off the edges of a cliff! Plants grow into clumps and deadheading will prolong flowering.

1-2 feet tall | Full Sun | Blooms June to August | Dry to Medium Site | Zones 3-9 | \$4



## LEADPLANT

*Amorpha canescens*

Deep roots allow for drought tolerance and the ability to survive fires. Note, this long lived perennial may take up to 4 years to reach maturity and flower.

1-3 feet tall | Full Sun | Blooms July to August | Dry to Medium Site | Zones 3-8 | \$4



## MAXIMILIAN'S SUNFLOWER

*Helianthus maximiliani*

Can grow anywhere from 3-10 feet tall and produces countless flowers throughout the late summer and fall. Seed provides an important food source for birds and small mammals.

3-6 feet tall | Full Sun to Part Shade | Blooms September to October | Dry to Medium Site | Zones 3-9 | \$4



## NEW ENGLAND ASTER

*Symphyotrichum novae-angliae*

This under-valued native provides an important nectar source for pollinators continuing after the frost. Host plant of the Pearl Crescent and several Checkerspot butterflies.

3-6 feet tall | Full Sun to Part Shade | Blooms September to October | Medium to Moist Site | Zones 3-8 | \$4



## NEW YORK IRONWEED

*Vernonia noveboracensis*

Found in moist areas in the wild but will also flourish in a garden with medium soil. Native to the eastern United States and a reliable attractor of butterflies.

3-6 feet tall | Part Shade to Full Sun | Blooms August to September | Medium to Moist Site | Zones 4-9 | \$4



## NODDING WILD ONION

*Allium cernuum*

An edible, unique addition to the garden. A member of the Allium family, its stems can be used much like chives, bulbs are also edible. Pollinated by native sweat bees.

1-1.5 feet tall | Full to Part Sun | Blooms July to August | Medium to Moist Site | Zones 3-8 | \$4



**NEW**

## OBEDIENT PLANT

*Physostegia virginiana*

Its snapdragon-like blooms can be gently rotated and will remain in place; giving rise to its common name, "obedient plant." Excellent for attracting bees, hummingbirds, and beneficial insects.

3-4 feet tall | Full Sun | Blooms July to September | Medium Site | Zones 3-9 | \$4



## OXEYE SUNFLOWER

*Heliopsis helianthoides*

Not a true sunflower, but rather the flowers resemble a smaller version of the yellow sunflower. Easy to grow from seed, maintenance is undemanding and it does well in clay.

3-5 feet tall | Full to Part Sun | Blooms June to September | Dry to Medium | Zones 3-8 | \$4



## PALE PURPLE CONEFLOWER

*Echinacea pallida*

Flowers are a unique dusty purple and emerge in early summer. Drought tolerant but resents being transplanted due to long taproot.

3-5 feet tall | Full Sun | Blooms June to July | Dry to Moist Site | Zones 3-8 | \$4



**NEW**

## PEARLY EVERLASTING

*Anaphalis margaritacea*

Reliably thrives in the driest of sites and is highly valued in gardens for its long bloom time. Host plant for American Lady and Painted Lady butterflies.

2-3 feet tall | Full Sun to Part Shade | Blooms June to September | Dry to Medium Site | Zones 3-8 | \$4



## PRAIRIE DOCK

*Silphium terebinthinaceum*

Just as desirable for its foliage as it is for its flowers. The plant has huge fan-like basal leaves throughout the year, then in late summer sends up clusters of bright yellow flowers.

3-8 feet tall | Full Sun | Blooms August to September | Dry to Wet Site | Zones 4-8 | \$4



## PRAIRIE SMOKE

*Geum triflorum*

A unique spring flower. After pollination the deep red flowers puff out into plumes. The foliage is also attractive, turning red, orange and finally purple into the fall and winter.

1 foot tall | Full Sun to Part Shade | Blooms June to July | Dry to Medium Site | Zones 3-7 | \$4



## PURPLE CONEFLOWER

*Echinacea purpurea*

Popular with bees, hummingbirds and butterflies and seeds are a fall and winter food source for birds. Makes excellent cut flowers and can be used as a tea.

2-5 feet tall | Full Sun to Part Shade | Blooms July to September | Dry to Medium Site | Zones 4-8 | \$4



## RATTLESNAKE MASTER

*Eryngium yuccifolium*

Adds so much character to the garden! It belongs to the same family as celery and carrots and the stem has a carrot like fragrance when crushed.

2-5 feet tall | Full Sun | Blooms August to October | Dry to Medium Site | Zones 3-9 | \$4



## SHOWY MILKWEED

*Asclepias speciosa*

The host plant of the Monarch Butterfly and an important nectar source for bees and butterflies. Native to the western portion of Canada and the United States, this species spreads less aggressively than its cousin Common Milkweed.

3-4 feet tall | Full Sun | Blooms July to September | Dry to Medium Site | Zones 3-9 | \$4



## SPOTTED JOE-PYE WEED

*Eutrochium maculatum*

Rose-coloured flowers bloom on tall, strong stems and last for several weeks. A tall, quick-growing perennial great for around ponds or spots with poor drainage.

4-6 feet tall | Full Sun to Part Shade | Blooms July to September | Medium to Wet Site | Zones 3-9 | \$4



### SWAMP MILKWEED

*Asclepias incarnata*

A host plant to the Monarch Butterfly, but has the advantage of being less toxic than Common Milkweed. Thrives in moist sites and is an important species for wetland restoration.

2-5 feet tall | Full Sun to Part Shade | Blooms August to September | Medium to Wet Site | Zones 3-9 | \$4



### THIMBLEBERRY

*Rubus occidentalis*

Native berry shrub that thrives in a range of conditions. The deep red/black raspberries are delicious but the leaves can also be used for teas and baking.

3-6 feet tall | Full Sun to Part Shade | Blooms June to July | Dry to Moist Site | Zone 4-8 | \$4



### THIMBLEWEED

*Anemone virginiana*

A great spring plant with delicate white and yellow flowers. After flowering the seed heads add a lot of personality to the garden, they resemble elongated thimbles that persist into the winter.

1-3 feet tall | Full Sun to Part Shade | Blooms May to July | Dry to Moist Site | Zones 3-8 | \$4



### WHITE WILD INDIGO

*Baptisia alba*

Beautiful, pea-like blossoms on long spikes that bring a showy pop to any garden space. A member of the legume family that also looks stunning around garden borders

4 feet tall | Full Sun to Part Shade | Blooms June to July | Medium Wet to Dry Site | Zones 3-9 | \$4



### WILD BLACKBERRY

*Rubus allegheniensis*

Produces delicious soft wild blackberries that are nothing like the grocery store variety. The plant has a colony forming habit and will do well in acidic areas and will tolerate some shade and drought.

4-6 feet tall | Full Sun to Part Shade | Blooms July to September | Moist Site | Zones 4-6 | \$4



### WILD COLUMBINE

*Aquilegia canadensis*

Easy to maintain native plant that does well in a variety of poor soil conditions, from sand to rock gardens. Its shallow roots make it a good option for planting on septic beds and it also transplants very well.

1-3 feet tall | Full Sun to Part Sun | Blooms June to July | Medium to Moist Site | Zones 3-8 | \$4



## WILD LOWBUSH BLUEBERRY

*Vaccinium angustifolium*

Packed with antioxidants and vitamins, wild blueberries are definitely a must-have for your garden (or food forest) if your conditions are right. Blueberries do best in acidic soils. Note that it may take 3 years for the plants to produce fruit.

1-2 feet tall | Full Sun to Part Shade  
| Blooms June to August | Medium to Moist Site | Zones 2-6 | \$4



## WILD LUPINE

*Lupinus perennis*

An important nectar source for bees and butterflies and the only host plants of the extirpated Karner Blue Butterfly. Wild lupines prefer sandy soil.

1-2 feet tall | Full Sun | Blooms  
May to June | Dry to Medium Site  
| Zones 3-8 | \$4



## WOODLAND STRAWBERRY

*Fragaria vesca*

Presents early-summer white blossoms and edible, red-gem fruit. This lovely plant takes on a great red fall colour too!

3-9 Inches tall | Full Sun to Part  
Shade | Blooms June to August |  
Moist Site | Zones 2-8 | \$4

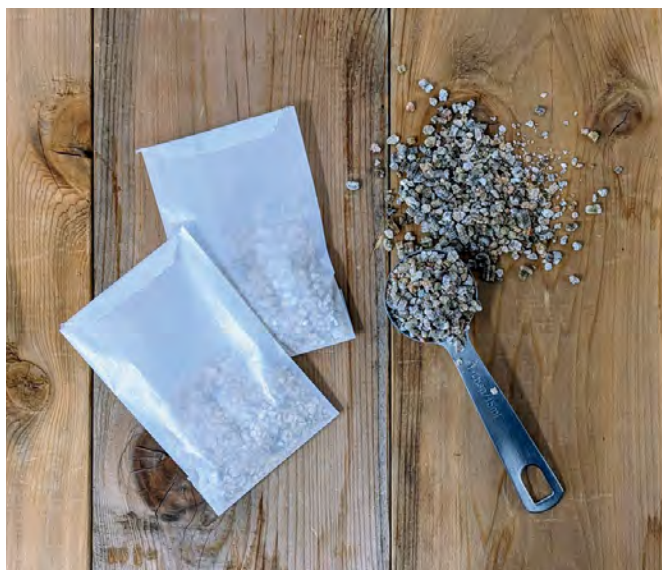


## YELLOW WILD INDIGO

*Baptisia sphaerocarpa*

Yellow wild indigo is a host plant of the Orange Sulfur Butterfly and Wild Indigo Duskywing. Its drought tolerance and tidy, shrub-like habit make it a low-maintenance standout in native plantings.

3 feet tall | Full Sun | Blooms July to August | Dry to  
Medium Site | Zones 4-9 | \$4



## VERMICULITE

Each bag contains enough vermiculite to cold stratify one seed pack with either of the fridge methods shown on page 31. Simply mix your seeds that require pre-treatment with the vermiculite, label, add enough water to saturate the vermiculite, and place in a container or bag in the fridge.

Small package | \$2

## Native Grass Seed



### BIG BLUESTEM

*Andropogon gerardii*

A well-known prairie staple that plays an important role in native prairie ecosystems. Its beautiful fall colours display in the range of gold and pink.

**Perennial | 6-7 feet tall | Full Sun to Part Shade | Blooms June to September | Dry to Medium Site | Zones 3-9 | Starting at \$10**

Available in 5 g, 10 g, 50 g, 100 g, 250 g, or 500 g and 1 kg pricing varies



### CANADA WILD RYE

*Elymus canadensis*

A cool-season grass with wispy nodding seed heads and a warm green colour that actively grows during the spring and fall when soil temperatures are cool.

**Perennial | 5 feet tall | Full Sun to Part Shade | Blooms July to October | Dry to Medium-Wet Site | Zones 2-9 | Starting at \$11**

Available in 5 g, 10 g, 100 g, 250 g, or 500 g, pricing varies



### FALL/ WINTER RYE (NURSE CROP)

*Secale cereale*

An excellent nurse crop for fall sown wildflower mixes. It prevents erosion, suppresses weeds and improves soil drainage and aeration.

**Annual | 2-3 feet tall | Full Sun to Part Shade | Dry to Medium to Wet Site | Zones 3-9 | Starting at \$12.75**

Available in 200 g, 500 g, or 1k g, 5 kg, and 10 kg, pricing varies

**NEW**

## FOWL MANNAGRASS

*Glyceria striata*

Has a wide range of wetland habitat preferences, from shaded woodland ponds to open and sunny marshes.

*Perennial | 2-4 feet tall | Full Sun to Full Shade | Medium to Wet Site | Zones 4-9 | Starting at \$8*

*Available in 200 g, 500 g, or 1k g, 5 kg, and 10 kg, pricing varies*



## LITTLE BLUESTEM

*Schizachyrium scoparium*

An important native prairie grass species, popular in restoration and ornamental plantings. In the fall it turns shades of red and copper.

*Perennial | 3-6 feet tall | Full Sun to Part Shade | Blooms September to October | Dry to Medium Site | Zones 3-9 | \$4*

*Available in \$4 seed packs or 1 g, 5 g, 10 g, 50 g, 100 g, and 250 g, pricing varies*



## PRAIRIE DROPSEED

*Sporobolus heterolepis*

A low-maintenance grass for landscaping. It is short and clump-forming. If not cut back, it maintains its fountain shape all winter.

*Perennial | 1-3 feet tall | Full Sun | Blooms July to August | Dry to Medium Site | Zones 3-9 | \$4*

*Available in \$4 seed packs or 1 g, 5 g, and 10 g, pricing varies*

**NEW**

## RIVERBANK WILDRYE

*Elymus riparius*

Does best along rivers and in riparian habitats but it does survive in wet meadows and prairies. Will only actively grow in the spring and fall when the soil is cooler.

*Perennial | 4 feet tall | Full Sun to Part Shade | Blooms July to August | Medium to Medium Wet Site | Zones 3-8 | \$4*

*Available in \$4 seed packs or 1 g, 5 g, and 10 g pricing varies*



## SAVANNAH GRASS

*Sorghastrum nutans*

Has golden stems and large seed heads that provide colour and texture to plantings. Seeds are striking clusters of bronze.

*Perennial | 3-6 feet tall | Full Sun to Part Shade | Blooms August to September | Dry to Medium Site | Zones 3-9 | Starting at \$10*

*Available in 5 g, 10 g, 50 g, 100 g, 250 g, or 500 g and 1 kg, pricing varies*



### SIDEOATS GRAMA

*Bouteloua curtipendula*

A short prairie grass. Gives off hints of bright red and purple. It has a non-aggressive, semi-clumping nature, making it perfect in gardens.

**Perennial | 2-3 feet tall | Full Sun to Part Shade | Zones 3-9 | Blooms September to October | Dry to Medium Site | \$4**

Available in \$4 seed packs or 1 g, 5 g, 10 g, 50 g, 100 g, and 500 g, and 1 kg pricing varies



### SLENDER WHEATGRASS

*Elymus trachycaulus*

A cool-season bunchgrass native to every province in Canada. Known for its adaptability, it thrives in a wide range of soils and climates.

**Perennial | 2 feet tall | Full Sun to Part Shade | Zones 3-9 | Blooms July | Dry to Medium Wet Site | \$4**

Available in \$4 seed packs or 1 g, 5 g, 10 g, 50 g, and 100 g pricing varies



### SWITCHGRASS

*Panicum virgatum*

One of the dominant species of the tallgrass prairie. The rich, golden clumps last throughout the winter. Host plant for the Delaware Skipper and the Dotted Skipper.

**Perennial | 4-8 feet tall | Full Sun to Part Shade | Blooms August to October | Dry to Moist Site | Starting at \$10**

Available in 5 g, 10 g, 50 g, 100 g, 250 g, or 500 g and 1 kg, pricing varies



### VIRGINIA WILD RYE

*Elymus virginicus*

Actively grows during the spring and fall when soil temperatures are cool. Turns a warming shade of tan and crimson in the fall. A great choice to help with erosion control.

**Perennial | 4 feet tall | Full Sun to Part Shade | Blooms July to August | Dry to Wet Site | Zone 3-9 | Starting at \$10**

Available in 5 g, 10 g, 50 g, 100 g, 250 g, or 500 g and 1 kg, pricing varies

#### GRASS SEED PRICES VARY

**FOR PRICING AND MORE DETAILS ON GRASSES PLEASE VISIT THE PRODUCT PAGES IN OUR ONLINE STORE.**

## Native Tree &amp; Shrub Seeds

**CHOCKECHERRY***Prunus virginiana*

Fruit lend themselves to jellies, pies, syrups, butters and wines. A low-maintenance plant, this double delight produces long, white flowers that turn into famous purple-black berries.

15-25 feet tall | Full Sun to Part Shade | Blooms May to June | Medium to Moist Site | Zones 2-7 | **\$4.25**

**GREEN ALDER***Alnus viridis subsp. crispa*

A cold-hardy native shrub found across boreal and subalpine regions of Canada and the United States. An excellent species for soil stabilization and nitrogen fixation.

6-14 feet tall | Full Sun to Part Shade | Medium to Moist Site | Zones 2-6 | **\$4**

**HASKAP (HONEYBERRY)***Lonicera caerulea*

Perfect for northern growers, they are incredibly hardy, thriving through harsh winters and producing some of the earliest fruit of the season, often before strawberries.

3-4 feet tall | Full Sun to Part Shade | Blooms April to May | Medium to Moist Site | Zones 2-8 | **\$4**



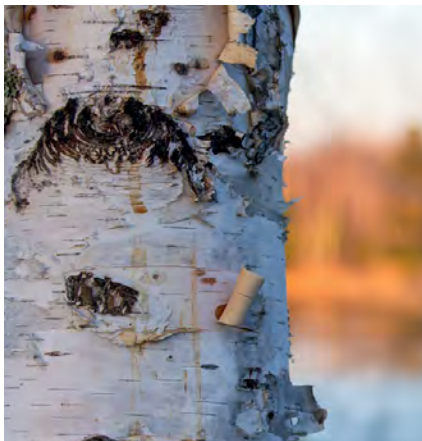


## MOUNTAIN HOLLY

*Ilex mucronata*

The only native holly within Eastern North America. This species is a small to medium-sized, deciduous shrub which grows erect with ascending branches.

*Up to 9 feet tall | Full Sun to Part Shade | Medium to Wet Site | Zone 3-6 | \$4.25*



## PAPER BIRCH

*Betula papyrifera*

Also called White Birch, is ubiquitous across Canada. This cold hardy species has distinctive white papery bark that peels in layers, making it a beautiful ornamental or accent tree.

*70 feet tall | Full Sun to Part Shade | Medium to Moist Site | Zones 2-8 | \$4*

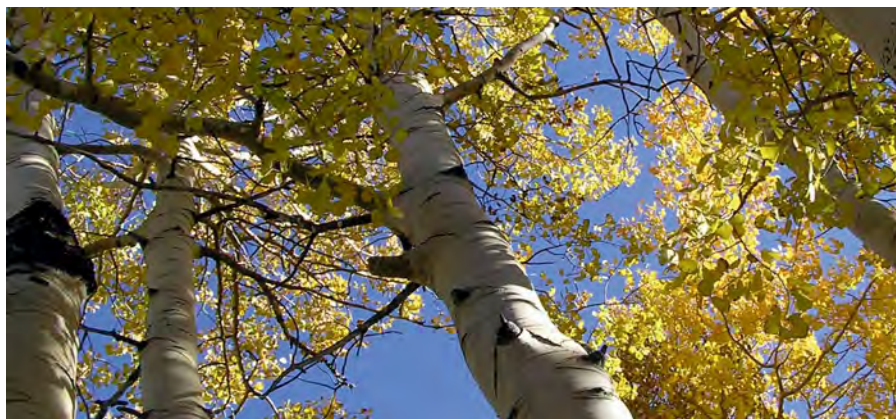


## RED ELDERBERRY

*Sambucus racemosa*

A hardy, multi-stemmed native shrub valued for its striking appearance, ecological benefits, and cultural significance. In early summer, it produces vibrant clusters of red berries that are loved by birds and other wildlife.

*8-20 feet tall | Full Sun to Part Shade | Blooms May to June | Medium to Moist Site | Zones 3-8 | \$4.25*



## TREMBLING ASPEN

*Populus tremuloides*

A beautiful, fast-growing poplar species known as a pioneer tree, often among the first deciduous trees to colonize disturbed areas following events like fire or logging. They offer a golden yellow display in fall.

*Up to 50 feet tall | Full Sun | Medium to Moist Site | Zones 1-8 | \$4.25*



## WINTERBERRY

*Ilex verticillata*

A shrub grown for its colourful and abundant fruit. It can be used as a property border or a natural privacy fence. Winterberry provides beautiful colours in the fall and early winter.

*3-15 feet tall | Full Sun to Part Shade | Blooms June to July | Moist to Wet Site | Zones 3-9 | \$4.25*

## Wildflower Seed Collections



### CONDO WILDFLOWER COLLECTION

Wildflowers are for condo-dwellers too! This full to part sun collection is curated with 5 wildflower varieties that will do well in pots, add colour and provide an important nectar source for all our urban dwelling pollinators. See page 28 for a container garden design using this collection.

**Includes:** Purple Prairie Clover | Prairie Coneflower | Black-Eyed Susans | Lanceleaf Coreopsis | Purple Coneflower | **\$19**



### CONEFLOWER COLLECTION

With their distinctive cone shape and drooping petals, coneflowers are an integral part of any wildflower garden. Also popular with butterflies, their shape makes for easy access to nectar and a sturdy landing pad for larger butterflies. This collection is curated with 5 coneflower varieties with different colours, heights and bloom periods.

**Includes:** Pale Purple Coneflower | Grey-Headed Coneflower | Purple Coneflower | Cutleaf Coneflower | Prairie Coneflower | **\$19**



### CULINARY WILDFLOWER COLLECTION

This full to part sun collection is curated with 5 edible wildflower varieties that have so many culinary uses. Use them for baking, making preserves, to season meats, in lemonade or to add a splash of flavour and colour to salads.

**Includes:** Nodding Wild Onion | Wild Bergamot | Thimbleberry | Anise Hyssop | Borage | **\$19**



### CUTFLOWER COLLECTION

An assortment of 5 wildflower varieties that will make for beautiful bouquets from summer right through into fall. With their plentiful, long lasting and sturdy blooms these wildflower varieties are ideal for cut flowers. Once your cut flower garden is established you can enjoy creating unique fresh or dried floral arrangements for many years to come.

**Includes:** Pale Purple Coneflower | Oxeye Sunflower | Boneset | Rattlesnake Master | Anise Hyssop | **\$19**



## EASY TO GROW WILDFLOWER COLLECTION

The perfect collection for new gardeners. This assortment of easy to grow wildflowers includes 5 or 10 varieties that will provide colourful blooms throughout the summer and fall. Plant in full sun in the spring, summer or fall.

**5 Variety Collection Includes:** *Black-Eyed Susans* | *Anise Hyssop* | *Culver's Root* | *Prairie Coneflower* | *Wild Bergamot* | **\$19**

**10 Variety Collection also includes:** *Dotted Mint* | *Purple Prairie Clover* | *Little Bluestem* | *Common Evening Primrose* | *Blanketflower* | **\$38**



## FOR THE BEES WILDFLOWER COLLECTION

Bumble bees, honey bees, sweat bees, carpenter bees—OH MY! This full to part-sun collection includes 5 wildflower varieties that provide an important pollen and nectar source for bees. The collection is curated with species that have floral colors, shapes and scents that are loved by bees.

**Includes:** *Anise Hyssop* | *Blue Wild Indigo* | *Canada Tick Trefoil* | *Lanceleaf Coreopsis* | *Oxeye Sunflower* | **\$19**





## FOR THE BIRDS WILDFLOWER COLLECTION

This full to part sun collection is curated with 5 varieties to attract birds to your garden. Wild Columbine and Wild Bergamot provide nectar for hummingbirds, the fluffy seed head of Thimbleweed is used as a nesting material, and the cup-shaped leaves of Cup Plant provide a natural watering hole for birds.

**Includes:** *Wild Columbine* | *Prairie Dock* | *Cup Plant* | *Wild Bergamot* | *Thimbleweed* | **\$19**



## FOR THE BUTTERFLIES WILDFLOWER COLLECTION

This full to part sun collection is curated with 5 wildflower varieties that are beneficial to butterflies. Common and Butterfly Milkweed are the host plant of the monarch butterfly caterpillar, while the others provide an important nectar source for adult butterflies.

**Includes:** *Common Milkweed* | *Butterfly Milkweed* | *Cutleaf Coneflower* | *Black-Eyed Susans* | *Blue Vervain* | **\$19**



## FOR THE HUMMINGBIRDS WILDFLOWER COLLECTION

This full to part sun collection is curated with 5 wildflower varieties to attract hummingbirds to your garden. This collection includes spring, summer and fall bloomers to ensure a consistent nectar supply throughout the season.

**Includes:** *Wild Columbine* | *Wild Bergamot* | *Great Blue Lobelia* | *Dense Blazingstar* | *Common Evening Primrose* | **\$19**



## FOR THE MONARCHS WILDFLOWER COLLECTION

This full sun collection is curated with 5 wildflower varieties that are beneficial to Monarch Butterflies. Common, Butterfly, Showy and Swamp Milkweed are the host plant of the Monarch Butterfly caterpillar, while Dense Blazingstar is a favourite nectar source for adult butterflies.

**Includes:** *Common Milkweed* | *Butterfly Milkweed* | *Showy Milkweed* | *Swamp Milkweed* | *Dense Blazingstar* | **\$19**



## ROCK GARDEN COLLECTION

Thin, rocky or sandy soil? No problem for these wildflowers. This short, full to part sun collection is curated with 5 wildflower varieties that will do well in a scree garden, on your septic bed or on the thin soil of a rocky area.

**Includes:** *Wild Columbine* | *Lanceleaf Coreopsis* | *Prairie Smoke* | *Purple Prairie Clover* | *Blanketflower* | **\$19**



## SOIL AMENDMENT WILDFLOWER COLLECTION

This full sun collection is curated with 5 varieties that will improve the quality of your soil. Canada Tick Trefoil, Leadplant, Yellow Wild Indigo and Purple Prairie Clover are legumes, hence they fix nitrogen and make it available for other plants. Borage aids neighbouring plants by increasing their resistance to pests and disease.

**Includes:** *Canada Tick Trefoil* | *Leadplant* | *Yellow Wild Indigo* | *Borage* | *Purple Prairie Clover* | **\$19**



## WILD TEA SEED COLLECTION

This full sun collection is curated with 5 wildflower varieties that can be dried or used fresh to make delicious hot or cold teas. This collection includes wildflowers that belong to the Mint and Echinacea family.

**Includes:** *Dotted Mint* | *Wild Bergamot* | *Purple Coneflower* | *Pale Purple Coneflower* | *Prairie Coneflower* | **\$19**

# Garden *Design*

Plant a native wildflower pollinator garden to thrive in any space.

## Container Pollinator Garden

Don't let limited space stop you from creating a vibrant pollinator garden! This container garden brings the beauty and benefits of a wildflower meadow right to your balcony, patio, or small yard. Perfect for urban gardeners or anyone with minimal space, these plants are carefully selected for their ability to thrive in containers while attracting bees, butterflies, and other pollinators. Be mindful that soil in containers dries out more quickly and you will need to water consistently, especially in the first year.

### **Includes:** Our Condo Wildflower Collection

- 1. Purple Prairie Clover.** A nectar-rich favourite for pollinators
- 2. Prairie Coneflower.** Adds cheerful shape and a mix of reds and yellows
- 3. Black-Eyed Susans.** Classic golden blooms
- 4. Lanceleaf Coreopsis.** Delicate yellow flowers with long-lasting blooms
- 5. Purple Coneflower.** Striking purple flowers that butterflies love



## Part Shade Wildflower Garden

Bring life to the shadier spots in your landscape with this lush, pollinator-friendly wildflower garden. Specially selected for part-shade conditions, these native wildflowers provide beauty through the seasons while supporting bees, butterflies, and other wildlife.

### Includes:

- 1. Wild Columbine.** One of the first blooms of spring, with graceful red-and-yellow flowers that attract hummingbirds and early pollinators.
- 2. Great Blue Lobelia.** Deep blue flower spikes brighten the late summer garden and are a magnet for native bees.
- 3. Culver's Root.** Elegant white spires add vertical structure and a sense of movement to the garden.
- 4. Pearly Everlasting.** Soft white blooms and silvery foliage bring light to partially shaded spots and serve as a host plant for the American Lady butterfly.
- 5. Bunchberry.** A charming, low-growing groundcover with white blooms in spring and bright red berries in late summer.
- 6. Smooth Blue Aster.** Provides late-season color with abundant blue-purple blooms that keep pollinators visiting into fall.
- 7. Foxglove Beardtongue.** Tall, graceful white blooms that bridge the gap between spring and summer, beloved by bees.
- 8. Ostrich Fern.** Optional but adds lush green texture and contrasts, perfect for filling shaded corners. Ferns can be sourced from many garden centers.



# Cold Stratification

## Methods for Wildflowers

### Winter Planting Method



fill your containers with potting soil and water the soil. Plastic jugs cut in half or any container with a clear plastic lid works great. Poke small holes in the bottom for drainage.



Scatter your seeds on top of the soil and be sure to label your containers in a way that will not wash away over the winter.



Close/cover the containers with clear plastic lid. Place outdoors in a shady location. Leave them there over winter under the snow.



Transplant into their destination once they are large enough to handle. Water after transplanting.



In spring after plants grow their first true leaves, thin out the seedlings to allow room to grow strong.

This method can be started anytime in the first half of winter.

### Fall Planting Method | Nature's Way



Choose the right time. Wait until after the first frost, but before the ground is too frozen to work October is usually a good time to plant.



Choose the right location. Pay special attention to the sun, moisture and soil requirements of the varieties you are planting. Choose your site accordingly.



Prepare the site. Remove all existing growth and debris and loosen soil.



Label the planting site and wait for spring!



Scatter seeds and ensure good soil contact by either walking on seeds or using a seed roller. Do not cover seeds.

# Spring & Summer Planting Methods

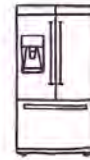
## Long Stratification Method



Label container with the name of the plant, the date you started stratification and the date stratification should be complete (typically 6-8 Weeks).



Combine your seed with vermiculite or perlite and water. Squeeze out and pour off any excess water.



Put the container in the fridge and check weekly to ensure it is still moist enough.



Care for your seeds as prescribed on your seed packs and watch them grow!



At the end of your stratification period, or when they begin to germinate (whichever comes first), plant your seeds.

## Quick 7 Day Stratification Method



Label the container with the name of the plant, the date you started and a place to check off each fridge/freezer switch.



Combine your seed with vermiculite or perlite and water. Squeeze out and pour off any excess water.



Put the container in the fridge for the first day. On day 2, put it in the freezer.



At the end of the 7 days, or when they begin to germinate (whichever comes first), plant your seeds.



Alternate between fridge and freezer for 7 days, checking your seeds daily. Add additional water as required.


# Blooming Periods

## of our Wildflower Varieties

Whether you're growing for pollinators and wildlife, or just for beauty, you will likely want to select a variety of wildflowers that bloom at different times throughout the growing season. This will ensure part of the garden has some visual interest from spring until fall. Native pollinators sometimes struggle to find enough food sources during the fall and early spring, so growing plants that fill in these gaps is a great way to support pollinators when they need it most.

*\*Please note these times are based on our observations in Northern and Central Ontario, bloom times vary.*

### Legend:

Seeds or berries are ripe 

Blooming period 

Wildflower	April	May	June	July	August	September	October	
Anise Hyssop				[Blooming period]			***	
Black Cohosh		[Blooming period]				***	***	
Black-Eyed Susans				[Blooming period]			***	
Blanketflower				[Blooming period]			***	
Blue False Indigo		[Blooming period]				***	***	
Blue Vervain				[Blooming period]			***	
Bluebead Lily		[Blooming period]		***	***			
Boneset				[Blooming period]			***	
Borage				[Blooming period]			***	
Bottle Gentian					[Blooming period]			***
Bunchberry			[Blooming period]		***			
Butterfly Milkweed			[Blooming period]			***	***	
Canada Anemone		[Blooming period]			***	***		
Canada Goldenrod					[Blooming period]			***
Canada Tick Trefoil					[Blooming period]			***
Canada Wild Rye	***	***		[Blooming period]			***	
Cardinal Flower				[Blooming period]		***		
Common Evening Primrose	***		[Blooming period]				***	
Common Milkweed				[Blooming period]			***	
Common Yarrow			[Blooming period]			***	***	
Culver's Root			[Blooming period]			***	***	
Cup Plant				[Blooming period]			***	
Cutleaf Coneflower					[Blooming period]			***
Dense Blazingstar					[Blooming period]		***	
Dotted Mint					[Blooming period]			***
False Solomon's Seal		[Blooming period]		***	***	***		
Fireweed			[Blooming period]			***	***	
Flat-topped White Aster				[Blooming period]			***	



Wildflower	April	May	June	July	August	September	October
Foxglove Beardtongue			██████████	██████████		***	
Fringed Poppy Mallow				██████████	██████████	██████████	***
Golden Alexanders	██████████	██████████	██████████	***	***		
Great Blue Lobelia				██████████	██████████	***	***
Grey Goldenrod					██████████	██████████	***
Grey-Headed Coneflower				██████████	██████████	██████████	***
Helen's Flower					██████████	██████████	██████████
Hoary Vervain			██████████	██████████	██████████	***	
Lanceleaf Coreopsis			██████████	██████████	██████████	***	***
Large-leaved Aster				██████████	██████████		***
Leadplant				██████████	██████████	***	***
Little Bluestem	***					██████████	***
Maximilian's Sunflower					██████████	██████████	***
New England Aster						██████████	***
New York Ironweed					██████████	██████████	***
Nodding Wild Onion				██████████	██████████	***	
Obedient Plant				██████████	██████████	***	***
Oxeye Sunflower			██████████	██████████	██████████	***	***
Pale Purple Coneflower			██████████	██████████	***	***	***
Pearly Everlasting			██████████	██████████	██████████	***	***
Prairie Coneflower			██████████	██████████	██████████	***	
Prairie Dock					██████████	***	***
Prairie Dropseed				██████████	██████████	***	***
Prairie Smoke			██████████	***			
Purple Coneflower				██████████	***	***	***
Purple Prairie Clover				██████████	***	***	
Rattlesnake Master						██████████	***
Showy Milkweed				██████████	██████████	██████████	***
Sideoats Grama						██████████	***
Smooth Blue Aster					██████████	██████████	***
Spotted Joe Pye Weed				██████████	██████████	***	***
Square Stem Monkey Flower			██████████	██████████	***	***	***
Swamp Milkweed					██████████	██████████	***
Black Cap Raspberry			██████████	***	***		
Thimbleweed		██████████	██████████	██████████		***	***
White Prairie Clover				██████████	***	***	
White Wild Indigo			██████████	██████████	***	***	
Wild Bergamot				██████████	***	***	***
Wild Blackberry				██████████	██████████	***	
Wild Columbine			██████████	***	***		
Wild Lowbush Blueberry			██████████	██████████	***	***	
Wild Lupine		██████████	██████████	***	***		
Wild Raspberries			██████████	***	***	***	
Woodland Strawberry		██████████	***	***	***		
Yellow Wild Indigo			██████████	██████████		***	***





Wildflower	BC	AB	SK	MB	ON	QC	NL	PE	NS	NB	YT	NT
Grey Goldenrod	█							█				
Grey-Headed Coneflower					█							
Helen's Flower	█											█
Hoary Vervain					█							
Lanceleaf Coreopsis				█				█				
Large-leaved Aster				█				█				
Leadplant				█								
Little Bluestem	█								█			
Maximilian's Sunflower		█										
New England Aster	█			█					█			
New York Ironweed												
Nodding Wild Onion	█				█							
Obedient Plant				█					█			
Oxeye Sunflower			█								█	
Pale Purple Coneflower					█							
Pearly Everlasting	█											
Prairie Coneflower	█											
Prairie Dock					█							
Prairie Dropseed				█								
Prairie Smoke	█										█	
Purple Coneflower					█							
Purple Prairie Clover		█										
Rattlesnake Master												
Showy Milkweed	█											
Sideoats Grama	█											
Smooth Blue Aster	█							█		█		
Spotted Joe Pye Weed	█											
Square Stem Monkey Flower		█						█				
Swamp Milkweed				█				█				
Black Cap Raspberry	█				█							
Thimbleweed	█								█			
White Prairie Clover		█										
White Wild Indigo												
Wild Bergamot	█											█
Wild Blackberry	█				█			█				
Wild Columbine			█							█		
Wild Lowbush Blueberry			█									
Wild Lupine					█							
Wild Raspberries	█											
Woodland Strawberry		█										█



# Wildflower Seedling Identification Guide

This guide is intended to assist with identifying emerging seedlings, and to identify which seedlings you planted and what weeds to remove in spring after planting our wildflower seed. It is not comprehensive, but is a place to start.



The Seek app by iNaturalist is also a helpful tool for identifying plants quickly.



### ANISE HYSSOP

*Agastache foeniculum*

Serrated, triangular shaped leaves display a purplish colour. Leaves smell like licorice.



### BLACK-EYED SUSANS

*Rudbeckia hirta*

Rough, hairy leaves with prominent leaf veins. Forms low growing rosette in first year.



### BLUE FALSE INDIGO

*Baptisia australis*

Classic legume appearance, smooth clover-like leaves in clusters of 3, leaves stand upright when young.



### BLUE VERVAIN

*Verbena hastata*

Hairy squared stem can be green or a red shade. Serrated leaf edges. Prominent veins. Stems are 4 angled.



### BUTTERFLY MILKWEED

*Asclepias tuberosa*

Leaves alternate on stem. Smooth on topside of long, narrow leaves. No milky sap.



### CANADA GOLDENROD

*Solidago canadensis*

Leaves alternate along stem. Sharp teeth around leaf edges. Leaves are hairy beneath and attached directly to the stem.



### CANADA TICK TREFOIL

*Hylodesmum canadense*

Can display a light purple colour. Velvety haired stem. Circular leaves, three leaflets. Hooked hairs on underside of leaves.



### CARDINAL FLOWER

*Lobelia cardinalis*

Unbranched central stem, leaves are coarsely toothed and attached to the stem in an alternate pattern.



### COMMON YARROW

*Achillea millefolium*

Lacy, fern-like leaves. Has several stems rising from a branched rootstalk.



### CUP PLANT

*Silphium perfoliatum*

Smooth, round cotyledons remain attached for the first season. Perfoliate, opposite leaves and stout, square stem.



### DOTTED MINT

*Monarda punctata*

Lavender-pink leaves, serrated edges, opposite on stem. Leaves have minty scent.



### FOXGLOVE BEARDTONGUE

*Penstemon digitalis*

Smooth, prominently veined leaves. Spatula shaped leaves with variable length. Leaf edges and veins appear red when young.



### GOLDEN ALEXANDER

*Zizia aurea*

Compound leaves with serrated margins.



### GREAT BLUE LOBELIA

*Lobelia siphilitica*

Unbranched central stem, leaves are coarsely toothed and alternate. Leaves typically wider than Cardinal Flower, otherwise similar.



### GREY GOLDENROD

*Solidago nemoralis*

Wider and longer leaves in contrast to Canada goldenrod. Leaves tend to be smooth and waxy in contrast to Canada goldenrod.



### LANCELEAF COREOPSIS

*Coreopsis lanceolata*  
Hairy leaves and stem. Long stalks with round oval shaped leaves, becoming more lanceolate over time.



### LEADPLANT

*Amorpha canescens*  
Branched roots, multiple stems. Reddish stems with brightly coloured round leaves.



### MAXIMILIAN'S SUNFLOWER

*Helianthus maximiliani*  
Central stem is covered with small white hairs. Central stem is thick. Long and narrow leaves, alternating on stem.



### NEW ENGLAND ASTER

*Symphytotrichum novae-angliae*  
Leaves are stalkless, are connected to stem. Stem is covered in stiff hairs. Thick long roots.



### OXEYE SUNFLOWER

*Heliopsis helianthoides*  
Serrated, long opposite leaves. One main stem that branches. Rough/coarse textured egg shaped leaves taper to a point.



### PALE PURPLE CONEFLOWER

*Echinacea pallida*  
Purplish hairy stems. Long leaves are rough on both sides with hairy edges. Long veins.



### PURPLE PRAIRIE CLOVER

*Dalea purpurea*  
Multiple stems that hold alternating leaves. Smooth narrow rounded leaves. Stems usually hairless.



### THIMBLEWEED

*Anemone virginiana*  
Groups of three coarsely toothed leaflets. Leaflets wedge-shaped at the base, fanning out.



### WHITE WILD INDIGO

*Baptisia alba*  
Smooth, oval shaped leaves. Greyish in colour. Leaves stand upright.



### WILD BERGAMOT

*Monarda fistulosa*  
Open branched stems with opposite leaves. Serrated, pointed leaves have a tea-like scent.



### WILD COLUMBINE

*Aquilegia canadensis*  
Stems, and sometimes leaf margins are purple when young. 3 distinct leaves per stem. Leaves are inversely heart-shaped (obcordate) to fan-shaped (flabellate).



### YELLOW WILD INDIGO

*Baptisia sphaerocarpa*  
Smooth oval-shaped leaves, more olive-green than White Indigo. Flimsy stems in first year.



# *Restoration Success Story*

## **From Lanark County.**

We are excited to share a roadside restoration success story from Lanark County. Our custom native seed mixes transformed invasive weeds into a pollinator-friendly, biodiverse habitat.

“ Over the last 5+ years Lanark County has been using native wildflower seed from Northern Wildflowers Inc. to restore pollinator habitat on roadsides following invasive species control. Previously these sections of road were infested with Wild Parsnip, but after several years of controlling the noxious and invasive weed Lanark County has restored these roadsides with pollinator habitat.

The pollinator habitat is full of diverse, flowering plants that are great for pollinators. Residents love to see the showy, colourful displays along the roadside in the summertime. The pollinator habitat provides services like flood control, water filtration and carbon storage in the soil to support climate resiliency. Full

roadside with flowering plants also hold the space and slow down the spread of invasive species, providing natural control method.

Lanark County relies on the quality native seed provided by Northern Wildflowers to create these biodiverse roadsides with habitat for pollinators. The expertise and professional services provided by Northern Wildflowers has always been exceptional and very reliable. ”

**Michelle**  
*Climate Environmental Coordinator, Lanark County*



### APPLYING WILDFLOWER SEED MIXES



Check out our website for more information and resources on applying native wildflower seed mixes to large areas.

# Meet the *Pollinators*

Let's look closer at a few pollinators and their favourite native host plants.

Native plants are vital partners in the life cycles of butterflies and moths. Each species relies on their host plants where their caterpillars can feed and grow, and many also serve as pollinators in our native ecosystems. Some species rely on one specific species or genus of host plants, while others evolved to feed on a wider variety of plants and trees. The Monarch and milkweed is the most well-known of these relationships, but let's take a closer look at the diversity of our native Lepidoptera and their hosts.

## Karner Blue Butterfly

**Host Plant:** Wild Lupine (*Lupinus perennis*)

The tiny yet striking Karner Blue depends entirely on wild lupine for its survival, its caterpillars feed exclusively on the plant's leaves. Found in oak savannas and sandy pine barrens, this endangered butterfly highlights how essential native host plants are for sustaining fragile species and restoring disappearing habitats. Once found in southern Ontario, the Karner Blue was extirpated. Wild lupine populations declined due to habitat loss and heavy deer browse, which left too little for the Karner Blue to survive on. Encouragingly, habitat restoration and deer herd management are helping wild lupine recover in these areas, offering hope that the Karner Blue can one day be reintroduced to its historic range in Ontario.





## Primrose Moth

**Host Plant:** Common Evening Primrose (*Oenothera biennis*)

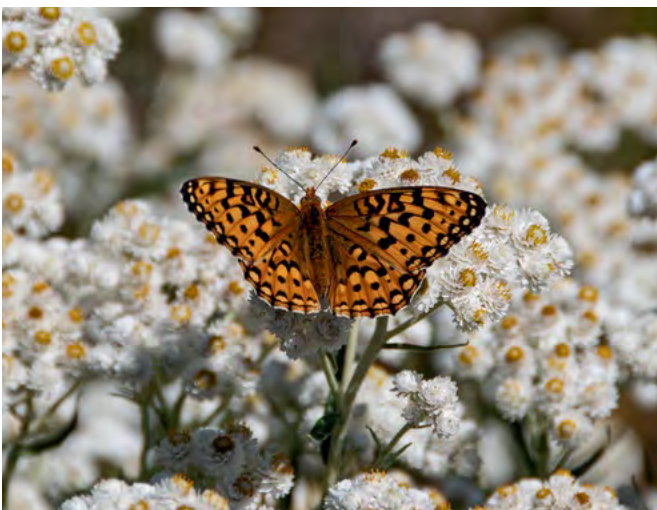
The Primrose Moth is a charismatic, pink and yellow moth that resembles the beloved Rosy Maple Moth. Adults are often found nestled inside the yellow blooms of evening primrose. Females lay eggs on primrose stems and leaves, where caterpillars feed and pupate. This moth is a gentle reminder of the importance of night-flying pollinators.



## Virginia Ctenucha Moth

**Host Plants:** Grasses, Sedges & Irises

A day-flying moth with striking blue-black wings and an orange head, the Virginia Ctenucha bridges the worlds of moths and butterflies. Its caterpillars rely on native grasses and sedges, while adults sip nectar from wildflowers, aiding in pollination. We frequently see this species on our wildflower farm.



## Painted Lady Butterfly

**Host Plant:** Pearly Everlasting (*Anaphalis margaritacea*)

Few butterflies are as well-traveled as the Painted Lady, famous for its long migrations. The caterpillars feed on Pearly Everlasting and some other members of the aster family, while the adults visit a wide array of flowers for nectar, spreading pollen as they go.



## Wavy-lined Emerald

**Host Plant:** Lanceleaf Coreopsis (*Coreopsis lanceolata*)

This delicate green moth lays its eggs on coreopsis, where the caterpillars feed on leaves and flower heads. They camouflage perfectly by attaching bits of flowers to their body!



**CUTLEAF SEEDS**

by *Northern Wildflowers*

## Catalogue

### About Cutleaf Seeds

Our selection of vegetable seeds is specially selected to thrive in Canadian gardens. We work with a network of small, organic farms across Canada to bring you high-quality, heirloom, and northern-adapted varieties. Each seed is chosen for its flavour, resilience, and performance in short seasons, so your garden can flourish from planting to harvest.

By partnering with a dozen dedicated seed growers, we ensure that every seed reflects careful cultivation, sustainability, and the best of Canadian farming. You can be confident that our seeds are non-GMO, untreated and chemical free. Explore our catalog and discover varieties bred to grow strong in your region.

### Grassroots Support

Northern Wildflowers proudly supports several important grassroots projects across Canada every year. Annually, we donate the equivalent of at least 1% of our sales to local projects supporting the creation of naturalized spaces for children, food security, the enjoyment of wild spaces, and greening.

#### Annual Community Garden Giveaway

Our annual Community Garden Giveaway, launched in 2022, continued to grow this year with more than 75

inspiring projects from across Canada applying for support. Through this initiative, selected community groups and organizations received Garden Seed Kits which included a mix of vegetable and wildflower varieties to enrich community spaces and foster connection through gardening.

This year's giveaway focused on supporting initiatives that introduce children to gardening and engage older adults; two groups close to our hearts. Eligible projects ranged from community gardens and food forests to seed libraries and programs led by schools, nursing homes, and shelters.

“ I wanted to share my success with the Farthest North tomato. I only put in two plants. I have never seen such abundance, they are loaded with tomatoes, gorgeous, fat, juicy and non-stop.

I pick them a little before they ripen to make sure that we get them and not the critters. ”

- *Diana, Minden, Ontario*

## Fruit & Vegetable Seeds



### ARUGULA, ROQUETTE

Extra cold hardy variety with long, dark, deeply lobed leaves with a nutty and peppery flavour. Great on its own, in salads, or as a fresh pizza topping! Good companions include celery, cucumber and lettuce. Seed is grown on a small organic farm in British Columbia.

21 Days Baby, 40 Days Mature | \$4



### BEANS, BLUE LAKE POLE

A small, fresh pole bean with straight 5-6" stringless pods. Pick early and often. Sweet flavour and crisp, tender texture. Seed from a small organic farm in British Columbia.

Companions: Squash, Corn, Swiss Chard

60-70 Days | \$4



### BEANS, PROVIDER

An easy to grow, dependable variety that germinates well in cool soil. Prolific producer of round straight pods that are delicious fresh and excellent for freezing and canning. Bush habit.

Companions: Corn, Summer Savoury, Potato

50-55 Days | \$4



### BEANS, ROCDOR (YELLOW)

An easy to grow nitrogen-fixing, dependable variety that germinates well in cool soil. Prolific producer of crisp and stringless pods with a rich and buttery flavour. Yellow beans make harvesting much easier, as they contrast against green foliage to find them easier. Bush habit.

50-55 Days | \$4



### BEANS, SCARLET RUNNER

Striking scarlet flowers attract hummingbirds. Beans are delicious when young and tender. Rapid and tall climbers. Doubles as an ornamental. Seed from a small organic farm in British Columbia.

Companions: Squash, Corn, Swiss Chard

50 Days | \$4



### BEETS, FLAT OF EGYPT

Very old heart-shaped Egyptian variety with sweet crimson flesh. Rapid growth and great for storage. Seed from a small organic farm in British Columbia, Canada.

Companions: Kohlrabi, Lettuce, Mint

50 Days | \$4



### BOK CHOY, SHANGHAI

This is a lovely little vase-shaped bok choy. Early, mild and tender with medium-green leaves on pale-green, spoon-shaped stalks. This variety was bred to tolerate heat, rain, cold, and dampness. Great variety for early spring and late summer plantings in mild-winter areas.

45 Days | \$4



### BROCCOLI, PURPLE PEACOCK SPROUTING

This cross between Goliath broccoli and two colourful kales is a beautiful, eat-it-all plant producing tender kale-like leaves and delicious tender florets.

Companions: Carrots, Radish, Celery.

70 Days | \$4



### CARROT, KURODA

A large smooth, uniform Chantenay-type carrot. Stores well, excellent for juicing and known for their flavor and sweetness.

Companions: Beans, Peppers, Lettuce

70-100 Days | \$4



### CILANTRO, SLOW BOLT

A popular spicy herb used in Mexican and Asian cuisine. A longer producer compared to other varieties. Attracts beneficial insects like hoverflies, and other predatory beneficial bugs. Repels aphids, potato beetles, and spider mites. Seed from a small organic farm in Ontario.

50 Days | \$4



### CORN, GOLDEN BANTAM

An open pollinated, old-fashioned variety that produces sweet flavourful golden kernels. An excellent producer for northern climates.

Companions: Beans, Squash, Peas

75-85 Days to Maturity | \$4



### CUCUMBER, COOL CUSTOMER PICKLING

A rugged heirloom cucumber, excellent for pickling with a uniform yield of crunchy, flavourful 4-5" fruit and small seed cavities. This variety has white spines instead of black so the fruit will not yellow.

55 Days | \$4



### CUCUMBER, JAPANESE CLIMBING

Strong vining tendency makes this variety excellent for small gardens. Crisp and slightly tart 9" long fruit ideal for slicing or pickling.

58-65 Days | \$4



### CUCUMBER, MARKETMORE

An open pollinated variety with 8-9" slender, dark green fruits. Seed from a small organic farm in British Columbia.

58 Days | \$4



### CUCUMBER, SOUR GHERKINS

Also called cucamelons, mousemelons, or sanditas, these grape-sized fruits are native to the Americas and offer a crisp, cucumber-like crunch. Great fresh or pickled.

65 Days | \$4



### DILL, BOUQUET

A compact heirloom variety that is early to flower. The umbel shaped flowers of dill attract many beneficial garden insects that can help to repel pests like aphids and cabbage moths.

Companions: Cabbage, Broccoli, Cucumbers.

45 Days | \$4



### EDAMAME, ENVY

A nitrogen-fixing, compact and easy to harvest soybean with heavy yields. Plump pods are delicious fresh or steamed.

Companions: Corn, Strawberries, Potatoes

80 Days | \$4



### GROUND CHERRY

This is a must-grow if you enjoy tropical, fruity flavours. Abundant, small, orange fruit enclosed in papery lanterns present on bushy plants. Ready for harvest when the fruit drops to the ground (hence the name "ground" cherry) and their papery lanterns are a beige colour.

75 Days | \$4



### KALE, RED RUSSIAN

A variety of decorative kale with a mild nutty flavour and tender leaves that are excellent for salads. Foliage becomes more vibrant as the fall temperatures drop. Tolerates cold weather very well, great for early or late plantings.

Companions: Beets, Garlic, Peas

50 Days | \$4



### KALE, SCARLET

Beautiful, curly green leaves darken to intense purple with cooler weather. This nutritious kale turns deep green when cooked. Seed from a small organic farm in Ontario.

Companions: Beets, Garlic, Peas

60-70 Days | \$4



### KALE, SMOOTH GERMAN

A mild tangy mustard flavour, perfect for fresh salads. This rare annual kale goes to seed in the first season.

Companions: Cabbage, Cucumber, Spinach

50 Days to Maturity | \$4



### KALE, WESTLANDER

Very cold-hardy with curled blue-green, tender, and flavourful leaves. Grows in a compact shape. Seed from a small organic farm in Ontario.

Companions: Beets, Garlic, Peas

50 Days to Maturity | \$4



### LETTUCE, DRUNKEN WOMAN

A green head lettuce with a bronze heart, buttery soft leaves and a crunchy rib. Grows well both spring and fall.

Companions: Beets, Spinach, Carrots

55 Days to Maturity | \$4



### LETTUCE, JESTER

A bright green crisphead, splashed with red on semi-savoyed leaves. Slow to bolt; good for summer growing. Seed grown at a small organic farm in Ontario.

Companions: Beets, Spinach, Carrots

60 Days | \$4



### LETTUCE, KWEIK

A tender, sweet variety of butter lettuce. Superior cold tolerance makes it an excellent option for spring and late summer seeding.

Companions: Beets, Spinach, Carrots

50 Days | \$4



### LETTUCE, PARRIS ISLAND ROMAINE

A tried-and-true Romaine variety named after a South Carolina island. Crunchy, sweet, deep green leaves with pale hearts. Resistant to bolting and suited for growing throughout the season and in containers.

60 Days | \$4



### LETTUCE, RED SALAD BOWL

A cold-tolerant loose-leaf variety that is also slow to bolt. Oak leaves are tender and mild tasting with sweet and spicy tones.

Companions: Beets, Spinach, Carrots

55 Days | \$4



### LETTUCE, ROUGE D'HIVER

French heirloom with green inner leaves and deep bronzed tips. Preferring the cooler weather, it is best grown in the spring or fall. Seed from a small organic farm in Ontario.

Companions: Beets, Spinach, Carrots

65 Days | \$4



### MELON, EDEN'S GEM

Developed in Colorado, this cantaloupe variety produces 2-3 lb fruit with an average diameter of 5-5.5 inches. Rinds are heavily netted and slightly ribbed, while the flesh is sweet and has a fine-grained texture.

Companions: Beets, Spinach, Carrots

80 Days | \$4



### MUSTARD GREENS, MIZUNA

Tall, feathery greens with deeply incised leaves. Very mild in flavor, with crunchy succulent stems. Makes an excellent salad green. Seed from a small organic farm in Quebec.

Companions: Dill, Garlic, Lettuce

18 Days Baby, 40 Days Mature | \$4



### MUSTARD GREENS, SCARLET FRILLS

Specialty purple mustard green from Japan with radiant, deeply serrated leaves and a robust and peppery flavour. Great in salad mixes. Slow to bolt. Seed from a small organic farm in B.C.

Companions: Dill, Garlic, Lettuce

21 Days Baby, 38 Days Mature | \$4



### ONION, NEW YORK EARLY

A medium-sized open-pollinated yellow onion, this variety is mild in taste and perfect for winter storage.

Companions: Peas, Parsley, Beans

95 Days to Maturity | \$4



### ONION, ROSSA DI MILANO

A stunning, rare Italian heirloom. These large onions (10–15 cm) feature a vibrant rosy red hue, sweet yet deep flavor, and a firm texture. Excellent for storage, lasting over six months.

100 Days | \$4



### ORACH, MAGENTA (MOUNTAIN SPINACH)

Similar to spinach and a relative of amaranth. Great for bright, colourful, nutritious salads, in smoothies or in stir-fries and Ramen!

28 Days Baby, 40–50 Days Mature  
| \$4



### PARSNIP, HOMESCHOOLER

A productive parsnip adapted to drier weather and heavy soils. Parsnip have great storage ability in both the ground and in cold storage.

Companions: Beans, Peppers, Lettuce  
100 Days | \$4



### PEAS, BANANA NANO

Also known as Brazilian Peas. Large edible pods can be used as a snow pea but best when peas mature to full size. Sweet and beautiful with bicolor pink/purple flowers.

Companions: Carrots, Parsley, Potatoes

70 Days | \$4



### PEAS, CHAMPION OF ENGLAND

Old shelling variety collected from a manor garden in Lincolnshire, England. Produces many large pods filled with delicious, sweet peas.

Companions: Carrots, Parsley, Potatoes

70 Days | \$4



### PEAS, SUGAR SNAP

The dessert of all vegetables! Sweet edible pods full of plump peas. The perfect sweet, crunchy snack!

Companions: Carrots, Parsley, Potatoes

65 Days to Maturity | \$4



### PEPPER, DOE HILL

Sweet, crisp, and earlier to mature, makes this orange fruit a perfect selection for northern gardens.

Companions: Carrots, Cucumbers, Eggplant

60-70 Days | \$4



### PEPPER, HOT EARLY JALAPEÑO

Short season jalapeños that grow on compact plants. Small 1.5" peppers with descent heat of 8,000 Scoville units. Can be harvested green at around 60 days or red at approximately 80 days.

60-80 Days | \$4



### PEPPER, HUNGARIAN HOT WAX

Short season pepper on compact plants that does well in cool summers. Relatively mild 5" peppers (7,500 scoville units) are great for pickling and chilies.

58-85 Days | \$4



### PEPPER, LONG RED CAYENNE

Abundant fruit that can be harvested green or red. Peppers have medium heat, between 30,000-50,000 scoville units, and are excellent for drying into chili powder.

75 Days | \$4



### PEPPERS, JIMMY NARDELLO

Prolific producer of long, up to 10", thin skinned, sweet, Italian frying peppers. Slow Food USA Ark of Taste choice variety. Benefits from starting indoors. Seed from small organic farm in Ontario.

80 Days | \$4



### PEPPERS, KING OF THE NORTH

Best known for its ability to produce good sized sweet, red bell peppers in short, cool seasons. Benefits from starting indoors.

60 Days | \$4



### PEPPERS, TEQUILA SUNRISE

Sturdy plants with 5-6" bright orange, carrot-shaped, crisp, sweet peppers with just a hint of citrus. Good size for container growing. Benefits from starting indoors. Seed from a small organic farm in Ontario.

75 Days | \$4



### PUMPKIN, WINTER LUXURY PIE

Perfect for pies, this 6 lb golden pumpkin is very sweet with a velvety smooth flesh and white netting appearance.

Companions: Corn, Sunflower, Beans

100 Days to Maturity | \$4



### RADISH, HORUS

Beautiful, round, mild-flavoured radishes with a nice crunch. They can grow quite large while remaining delicious, non-pithy, and without splitting. Seed from small organic farm in Ontario.

26 Days to Maturity | \$4



### RADISH, PINK BEAUTY

Beautiful, round, mild-flavoured pink radishes with a nice crunch. They can grow quite large while remaining delicious, non-pithy, and without splitting. Seed from small organic farm in Ontario.

Companions: Parsnip, Peas, Spinach

26 Days | \$4



### RUTABAGA, HELENOR

A tried-and-true Rutabaga variety, the workhorse of fall root vegetables. Store exceptionally well in a cool, well-ventilated space. While they can be planted early, they are most commonly grown for fall and winter harvests.

90 Days | \$4



### SPINACH, BLOOMDALE

Large, deeply crinkled, dark green leaves. Fresh flavour and slow to bolt. Great in salads, smoothies, and stir fries. Seed from a small organic farm in British Columbia.

Companions: Eggplants, Leeks, Strawberries.

50 Days | \$4



### SQUASH, BRÛLÉE BUTTERNUT

Produces high yields of uniform, stout fruits that have a rich and savoury flavour, with the right amount of sweetness.

Companions: Corn, Sunflower, Beans

95 Days | \$4



### SQUASH, RED KURI

A mini Hubbard squash with smooth, rich and sweet flesh. Early maturing fruit are teardrop shaped, average 3-4 lb and are perfect for pies and soups.

Companions: Corn, Sunflower, Beans

95 Days | \$4



### SQUASH, SPAGHETTI

Cooked flesh can be separated into spaghetti-like strands and used as a healthy alternative to pasta. Vigorous vines produce numerous fruit that are excellent for winter storage.

Companions: Corn, Sunflower, Beans

90 Days | \$4



### SWISS CHARD, RAINBOW

Tender immature leaves are excellent in salads, while mature leaves have a flavour milder than spinach and are excellent cooked. Mature leaves can be blanched and frozen for winter enjoyment.

Companions: Cabbage, Turnips, Tomatoes.

55 Days | \$4



### TOMATILLO, PURPLEKEEPERS

Tomatillos are similar in taste and culinary uses as tomatoes. Enjoy them fresh, cooked, or in a salsa to accentuate their citrus tones. Plants have a trailing habit and should be planted in pairs to ensure pollination.

Companions: Basil, Carrots, Peas

70 Days | \$4



### TOMATO, ANAWINE

Indeterminate. A yellow beefsteak variety that is medium to large in size. Some fruits may have red streaks. Yellow flesh with a sweet, juicy pineapple flavour.

80-85 Days | \$4



### TOMATO, BLACK PLUM

Indeterminate. Oval 2", mahogany-coloured saladette tomatoes. Crack resistant, red flesh, few seeds, smoky-sweet flavour, and low moisture. Great for sauce and pastes. Seed from small organic farm in Ontario.

80 Days | \$4



### TOMATO, BLUEBERRY

Indeterminate. A lovely 1-2 oz purple shouldered cherry tomato that has high levels of the antioxidant anthocyanin. A very productive variety with a rich and sweet flavour. With their striking appearance they make a unique addition to summer salads.

85 Days | \$4



### TOMATO, CENTENNIAL ROCKET

Determinate. Canadian bred. Very early red "two-bite" cherry tomato with good flavour on bush habit plants. This heirloom was developed by the Agriculture Canada Experimental Farm in Alberta in 1967 to celebrate Canada's Centennial.

50 Days | \$4



### TOMATO, CHOCOLATE CHERRY

Indeterminate. Chocolate Cherry tomatoes are a unique heirloom that have a deep colour and complex flavour. 1-2 oz attractive brownish- red fruit is sweet & juicy with a refreshing flavour. Prolific 6-8' tall slender vines hold large trusses of seemingly endless fruit.

65 Days | \$4



### TOMATO, COSTOLUTO FIORENTINO

Indeterminate. An early maturing heirloom beefsteak from Florence. Fruit have balanced notes of sugar and acid and are intensely flavoured. Excellent for eating fresh or cooking down for sauces.

80 Days | \$4



### TOMATO, DARK TIGER

Indeterminate. A rare blue tomato variety with meaty, tangy 1 inch fruit. A handsome and productive variety that is multi-purposed and can be used for salads, garnishing, cooking and fresh eating.

75 Days | \$4



### TOMATO, FARTHEST NORTH

Determinate. Be the first with tomatoes in your garden with this early producer! Produces very early and abundant bite sized, red cherry-type tomatoes with a nice, full flavour even in cooler weather. The plants are manageable in size, allowing them to be container grown.

40-50 Days | \$4



### TOMATO, GERMAN JOHNSON

Indeterminate. Pink, juicy, beefsteak-type fruits are prolific on this workhorse variety in Northern climates. Fruits ripen earlier, are more uniform and crack less than similar heirloom varieties. These are vigorous plants that keep pumping out juicy tomatoes.

80-85 Days | \$4



### TOMATO, MERVILLE ROCKET

Determinant. A uncommon variety developed in British Columbia. An early, prolific producer of 3-4 oz round, sweet, tart fruit and a bush habit.

60 Days | \$4



### TOMATO, NAPA CHARDONNAY

Indeterminate. Produces an abundance of cherry tomatoes that start to ripen early. The fruits are a pale yellow with a translucent skin, but if left to ripen a little longer they turn a little darker with a pink blush. This is when they reach their peak for flavour.

*65 Days to Maturity | \$4*



### TOMATO, PRINCIPE BORGHESE

Determinate. Italian heirloom famous for sauces & sun-drying. These bushy plants require a large tomato cage for support and produce trusses of 1-2 oz red, plum shaped fruit. Huge, continuous harvest. Benefits from starting indoors.

*62-72 Days to Maturity | \$4*



### TOMATO, ROSE DE BERNE

Indeterminate. Medium in size, this pinkish tomato is sweet and flavourful. Open pollinated, resists cracking, and is often compared to the Brandywine tomato.

*75 Days to Maturity | \$4*



### TOMATO, SIOUX

Semi-Determinate. An early, multi-purpose red tomato with thick walls that resist cracking. Good for canning, salsa, sauces and sandwiches.

*70 Days | \$4*



### TOMATO, YELLOW PEAR

Indeterminate. Produces sweet and tangy yellow pear-shaped tomatoes that resist cracking and are wonderful in fresh summer salads. Plants will produce heavily until first frost. Seed from a small organic farm in Ontario.

*80 Days to Maturity | \$4*



### WATERMELON, BLACKTAIL MOUNTAIN

A super sweet, flavourful and juicy heirloom watermelon that is perfect for the north due to its ability to thrive in a short, cool season. A reliable producer with 6-12 lb fruit that have a solid dark green rind.

70 Days | \$4



### WATERMELON, SWEET SIBERIAN

An old watermelon variety originating in Russia. Produces an abundant harvest of dark green, oblong shaped 9-10 lb fruit that have apricot-coloured flesh and are extremely sweet and juicy.

Companions: Corn, Lanceleaf Coreopsis, Radishes

80 Days | \$4



### ZUCCHINI, COSTATA ROMANESCO

Classic Italian heirloom with a delicious nutty flavour and excellent texture. Distinctive appearance with tender grey-green skin and pale ribbing. Large male blossoms are perfect for cooking.

Companions: Beans, Dill, Borage

52 Days | \$4



### ZUCCHINI, DARK STAR

A prolific producer bred for drought resistance. Gardeners will surely appreciate its spineless stalks and open bush habit making easy to spot fruit at the desired harvest stage.

Companions: Beans, Dill, Borage

55 Days | \$4



### ZUCCHINI, GENOVESE

A prolific producer and a great option for smaller gardens. An Italian variety that has a pastel green colouration and no ribbing. The flavour and texture of this variety remains delicious even when overgrown.

Companions: Beans, Dill, Borage

55 Days | \$4

## Cutleaf Seed Collections



### CHILDREN'S GARDEN COLLECTION

A fun collection of vegetables that are visually appealing and easy to harvest and enjoy in the garden. Experience the joy of watching your little ones care for and enjoy their garden-fresh vegetables. With this collection, you can explore the beauty and flavours of the garden together!

**Includes:** *Sugar Snap Peas, Sour Gherkin (Cucamelons), Provider Beans, Envy Edamame, Kweik Lettuce* | \$19



### CONTAINER COLLECTION

A collection of heirloom vegetable seed varieties that are ideal for growing in containers, planters and small spaces. Our Container Collection offers the perfect solution for urban gardens, balconies and small yards.

**Includes:** *Westlander Kale, Tequila Sunrise Peppers, Rainbow Swiss Chard, Banana Nano Peas (Brazilian Pea), Merville Rocket Tomato* | \$19



### EASY TO GROW VEGETABLE COLLECTION

These heirloom seed varieties are perfect for the new gardeners or anyone who is a self-described 'black thumb'. These productive, short-season and incredibly hardy varieties are sure to please! Give this collection a try and take your gardening skills to the next level!

**Includes:** *Champions of England Peas, Pink Beauty Radish, Red Russian Kale, Red Salad Bowl Lettuce, Blue Lake Pole Beans* | \$19



### HEIRLOOM TOMATO COLLECTION

A must have for any tomato gardener. Collection includes 5 heirloom varieties that have a range of culinary uses from sauces, salads, sliced and canning! Two types of cherry tomato, our Chocolate Chery tomato and the beautiful Napa Chardonnay. German Johnson tomatoes are a large variety that are amazing sliced. The Black Plum and Sioux varieties are both great for making sauces.

**Includes:** *Chocolate Cherry Tomatoes, German Johnson Tomatoes, Black Plum Tomatoes, Sioux Tomatoes, Napa Chardonnay Tomatoes* | \$19



## PICKLING COLLECTION

Everything you need to grow to make some amazing pickled vegetables. This collection features beans, peppers and of course cucumbers along with some delicious dill. These crisp, crunchy and unique pickling varieties are sure to make delicious preserved treats to enjoy all year.

**Includes:** Bouquet Dill, Jimmy Nardello Pepper, Japanese Climbing Cucumber, Cool Customer Pickling Cucumber, Rocdor Yellow Wax Bush Bean | \$19

## SWEET HEAT PEPPER COLLECTION

Pepper lovers rejoice! We have a collection that covers your need for sweet and spicy peppers. Ideal for our Northern growing climate.

**Includes:** Jimmy Nardello Pepper, Hungarian Hot Wax Pepper, King of the North Pepper, Early Hot Jalapeno, Long Red Cayenne Pepper | \$19



## Rhubarb “Lemonade” Recipe

This refreshing and tart spring beverage is made entirely from fresh rhubarb - no citrus required. Its natural tartness gives it a lemonade-like zing, perfect for warm June days when you're craving something bright and refreshing.

### INGREDIENTS

- 3 cups fresh rhubarb, chopped
- 2–3 tablespoons sugar, honey, or maple syrup (adjust to taste)
- 3 cups cold water
- Ice and sparkling water, for serving

### INSTRUCTIONS

Add rhubarb, sweetener, and water to a blender. Blend on high until smooth. Pour the mixture through a fine mesh strainer or cheesecloth into a pitcher or jar. Press or squeeze to extract as much juice as possible. Discard the pulp. Serve over ice with a splash of sparkling water.

Find recipes, gardening tips, resources, and more on our blog!





# *Farmer Feature*

## From Root Cellar Gardens in Neebing, Ontario.

We are proud to partner with small Canadian farmers to produce seeds for our line of heirloom, ecologically grown vegetable seeds for northern gardeners: *Cutleaf Seeds*.



I love seeds. In 2015 when I started saving seeds, my understanding of the importance and wonder of seeds began to grow. I realized that through seed saving I was able to journey more fully with plants – discovering sides of them and connections between them I

had never known before: like the intoxicating smell of carrot flowers, and that spinach is much more closely related to beets than it is to lettuce. I also began to better appreciate the importance of having regionally adapted seeds, and the lack

of such seeds for our (and most) regions within the global seed industry.

Over the years since then, my relationship with seeds has deepened. Through careful selection, variety trials, on farm-research, and independent breeding projects I continue to explore and celebrate the wonder of seeds - all with the goal of making seeds that THRIVE in northern Ontario more broadly available. ”

**Evalisa**

*Owner, Root Cellar Gardens*

### GROWING VEGETABLES FROM SEED

Check out our website for more information and resources on growing vegetables from seed, garden design and tips for a better harvest.




# Join Our *Community*

Let's keep the conversation going!

Our online community is where gardeners, veggie growers, nature enthusiasts, and restoration champions come together to learn, swap stories, and celebrate the joy of native plants and homegrown vegetables. Follow us on Facebook, LinkedIn, and Instagram for fresh tips, updates, and inspiration. And don't forget to sign up for our monthly newsletter. Come grow with us!

 @northernwildflowers

 @northern\_wildflowers

 Northern Wildflowers Inc.

 northern\_wildflowers



**Sign up for  
our Newsletter**

## Contact Us

hello@northernwildflowers.ca  
705.618.4797

Northern Wildflowers Inc.  
2 Black Lake Road, Building B, Unit 5  
Lively Ontario, P3Y 1C6



## Where to Buy our Products



### Shop Online

Shop our full selection of products on our online store. Find more information on each of our varieties.



### Find a Retailer

Find our seeds in over 100 retailers across Canada. Check our retailer map for a location near you. Note that selection will vary.

**“And give thanks  
that we live in such a  
wonderful, magical, and  
endlessly fascinating  
kingdom. The kingdom  
of the plants.”**

*- Jane Goodall*



**Northern  
Wildflowers**



**CUTLEAF SEEDS**

*by Northern Wildflowers*