2016/17 HSA Seed List (Updated 2/17)

$2.00 per packet

Botanical Name - Achillea filipendulina
Gold Plate
Common Name - Fern Leaf Yarrow
Family - Compositae/Asteraceae
Zones - 3-10
H&W - 30"X24"
Germination hints - do not cover seed, need light to germinate, warm soil
Uses - Cut; Bees; Medicinal
Flower Colour - Yellow
Cultivation - Full sun; well draining soil

Botanical Name - Acmella oleracea;
Spilanthes oleracea
Common Name - Toothache Plant;
Paracress; Sechuan button; Buzz buttons;
Electric Daisy
Family - Compositae/Asteraceae
Zones - Tender
H&W - 18" - 10"
Germination hints - do not cover seed, need light to germinate, warm soil
Uses - Medicinal; Cooking; Dried
Flower Colour - Gold and red
Cultivation - Full sun; well draining soil

Botanical Name - Agastache foeniculum
Common Name - Giant Hyssop/Anise Hyssop
Family - Lamiaceae
Zones - 6-9
H&W - 4'-2'
Germination hints - warm soil
Uses - Medicinal; Cooking; Bees; edible flower
Flower Colour - Purple
Cultivation - Full sun/part shade, avge soil

Botanical Name - Alcea rosea
Common Name - Hollyhocks
Family - Malvaceae
Zones - 3-9
H&W - 2-6'X1'
Germination hints - Warm soil
Uses - Cut; Bee;

Botanical Name - Allium tuberosum
Common Name - Garlic Chive; jiu cai; jiu huang; gow choy; euchay, kiu-ts’ai
Family - Lilaceae
Zones - 5-10
H&W - 18"
Germination hints - pre-soak seed
Uses - Cooking, Cut, Dried, Edible flower
Invasive - YES
Flower Colour - White
Cultivation - Full sun/part shade

Botanical Name - Amsonia tabernaemontana
Common Name - Eastern Blue Star
Family - Apocynaceae
Zones - 3-9
H&W - 1-4'
Germination hints - moist for 4 weeks
Uses - Cut; Bees
Flower Colour - Blue
Cultivation - Full sun; avge soil

Botanical Name - Artemisia annua
Common Name - Sweet Annie
Family - Asteraceae
Zones - Annual
H&W - 3-4'X2'
Germination Hints - Warm soil
Uses - Medicinal; Crafting
Flower Colour - Yellow
Cultivation - Full sun; avge soil
Invasive

Botanical Name - Asclepias *incarnata*
Common Name - Swamp Milkweed
Family - Asclepiadaceae
H&W - 2-4' & 1.5-2'
Germination hints - Needs 3-6 weeks
cold/moist stratification
Uses - Wildlife, larval food source of
Monarch Butterfly; Garment trade;
Flower Colour - Pink
Cultivation - Average to moist well drained
to ‘mucky’ soil. Full sun to part shade.
Long Island ecotype - 2016 D Stravinsky

Botanical Name - Asclepias *syriaca*
Common Name - Common Milkweed
Family - Asclepiadaceae
Zones - 4-9
H&W - 3' & 1'
Germination hints - Needs 3-6 weeks
cold/moist stratification
Uses - Wildlife, larval food source of
Monarch Butterfly; Medicinal.
Flower Colour - Pink, Mauve
Invasive - YES
Cultivation - Average moisture Full sun.
Long Island ecotype - 2016 D Stravinsky

Botanical Name - Asclepias *tuberosa*
Common Name - Butterfly Weed/Pleurisy Root
Family - Asclepiadaceae
Zones - 4-9
H&W - 1-2'
Germination hints - Needs 3-6 weeks
cold/moist stratification
Uses - Wildlife, larval food source of
Monarch Butterfly; Medicinal.
Flower Colour - Orange
Cultivation - Full sun Average to dry soil.
Uses - Cut; Butterfly; garment trade; medicinal
Flower Colour - Orange
NOTE - taproot that is easily damaged
during transplanting. - 2016 D Stravinsky

Botanical Name - Asimina *triloba*
Common Name - Paw Paw Tree
Family - Annonaceae
Zones - 5-9
H&W - 35' X 15-20'
Germination hints - difficult if the seed has
dried out; cold stratification for 9 weeks at 5
degrees centigrade
Uses - Cooking; Insecticidal; Butterfly
Flower Colour - Red purple maroon
Cultivation - Part shade to full sun and can
tolerate wet soil

Botanical Name - Aster *tartaricus*
Common Name - Tartarian Aster
Family - Asteraceae
Zones - 3-8'
Germination hints - Warm soil, do not let soil dry out
Uses - Medicinal
Flower Colour - Lavender
Cultivation - Full sun; Avge soil

Botanical Name - Baptisia *australis*
Common Name - False Indigo
Family - Fabaceae
Zones - 2-9
H&W - 3'X1'
Germination hints - nick seed; warm soil
Uses - Medicinal; Cut
Flower Colour - Blue
Cultivation - Full sun; rich soil

Botanical Name - Borago *officinalis*
Common Name - Borage
Family - Boraginaceae
Zones - Annual
H&W - 2'X2'
Germination hints - Warm soil
Uses - Medicinal; Culinary; Companion Planting
Flower Colour - Blue
Cultivation - Full sun; Blue

Botanical Name - Asclepias *incarnata*
Botanical Name - Campsis radicans
Common Name - Trumpet Vine
Family - Bignoniaceae
Zones - 4-7
H&W - 40+++ x 3+++ 
Germination hints - pre-chill 2 months
Uses - Hummingbirds
Flower Colour - orange red
Cultivation - Full sun, avge soil
Can quickly become invasive

Botanical Name - Catalpa spesiosa
Common Name - Catawba/Cigar Tree
Family - Bignoniaceae
Zones - 4-8
H&W - 60’X20+’
Germination hints - soak seed and mulch pot with pine needles
Uses - Birds; Moths; Butterflies; Guitar wood
Flower Colour - White yellow
Cultivation - Full sun; Avge soil

Botanical Name - Cercis canadensis
Common Name - Eastern Redbud
Tree/Judas Tree
Family - Fabaceae
Zones - 4-8
H&W - 20-30’X25'
Germination hints - both scarification and stratification
Uses - Bees; Butterflies; Medicinal; Edible flower
Flower Colour - Magenta Pink
Cultivation - Understory tree; Full sun;

Botanical Name - Clematis paniculata aka C. Maximowicziana
Common Name - Sweet Autumn Clematis
Family - Ranunculaceae
Zones -6a-9b
H&W - 20-90'
Germination hints - warm soil
Uses - Cut fresh and/or seed heads dried
Flower Colour - White & fragrant (vanilla)
Cultivation - Full sun to part shade

Pruning Group 1 - Summer/Fall bloomers; prune hard in early spring

Botanical Name - Conoclinium coelestinum
Common Name - Blue Mistflower
Family - Asteraceae
Zones -5-9
H&W - 3’X4’
Germination hints - Need light to germinate
Uses - Cut, Bees, Butterflies
Flower Colour - Blueish lavender
Cultivation - Full sun

Botanical Name - Consolida ajacis
Common Name - Field Larkspur
Family - Ranunculaceae
Zones - 2-9
H&W - 2’X1’
Germination hints - Pre-chill seed for 2 weeks
Uses - Cut
Flower Colour - Blues
Cultivation - Avge soil

Botanical Name - Cryptotaenia japonica
Common Name - Mitsuba
Family - Apiaceae
Zones - 4-9
H&W -1’X2'
Germination hints -
Uses - Medicinal; Culinary
Flower Colour - White
Cultivation - Sun to shade; Light to heavy soil
Invasive

Botanical Name - Cymbopogon citratus
Common Name - Lemon Grass
Family - Poaceae
Zones - TENDER PERENNIAL 9-11
H&W -4’ X 3’
Germination hints - warm soil
Uses - Food/Health/Spa
Flower Colour - white
Cultivation - Full sun, avge soil

Botanical Name - Daucus carota
Common Name - Queen Annes Lace
Family - Apiaceae
Zones - 3-10
H&W - 1-3'
Germination hints - warm soil
Uses - Cut; Medicinal; Aromatic
Flower Colour - White
Cultivation - Full sun; poor soil
Botanical Name - Digitalis grandiflora
Common Name - Yellow Foxglove
Family - Plantaginaceae
Zones - 3-8
H&W - 2'X4'
Germination hints - do not cover seed, needs light to germinate
Uses - Cut; Moth
Flower Colour - Yellow
Cultivation - Part sun to deep shade; Avge soil

Botanical Name - Eutrochrium dubium
Common Name - Coastal Plain Joe Pye Weed
Family - Asteraceae
Zones - 4-8
H&W -3'X2'
Germination hints - Warm 2-4 weeks, then cold.
Uses - Butterfly; Bird; Cut; Medicinal
Flower Colour - Pinky mauve
Cultivation - Full sun, poor soil

Botanical Name - Foeniculum vulgare
Common Name - Fennel
Family - Apiaceae
Zones - 5-8
H&W -5'X3'
Germination hints - warm soil
Uses - Cooking/health/important

Botanical Name - Gossypium hirsutum
Common Name - Cotton
Family - Malvaceae
Zones - 9-11 Treat as an Annual
H&W - 5'X3'
Germination hints - Warm soil
Uses - Garment
Flower Colour - ?
Cultivation - Full sun; well drained soil

Botanical Name - Hemerocallis Stella D’Oro
Common Name - Daylily
Family - Xanthorrhoeaceae
Zones - 3-10
H&W - 1'X1'
Uses - Butterflies, Cut
Flower Colour - Orangey Yellow
Cultivation - Full Sun to Part shade

Botanical Name - Hibiscus sabdariffa
Common Name - Roselle
Family - Malvaceae
Zones - 9b-11 Treat as an Annual
H&W - 4'X2'
Germination hints - Warm soil
Uses - Cooking
Flower Colour - Lemon to pink
Cultivation - Full sun; Well drained soil above 55 degrees

Botanical Name - Inula helenium
Common Name - Elecampane/Scab wort
Family - Asteraceae
Zones - 3-9
H&W - 5'X1'
Germination hints - warm soil
Uses - Medicinal; Spa; Cooking
Flower Colour - Yellow
Cultivation - Full sun, avge soil

Botanical Name - Ipomoea purpurea
‘Grandpa Ott’
Common Name - Morning Glory
Family - Convolvulaceae
Zones - Annual
H&W - 6'
Germination hints - Nick seed and soak
Uses - Ornamental
Flower Colour - Deep purple with a red throat
Cultivation - Full sun; Avge soil

Botanical Name - Ipomoea quamolit
Common Name - Cardinal Vine, Cypress Vine
Family - Convolvulaceae
Zones - Annual
H&W - 6' X1'
Germination hints - Soak seed
Uses - Hummingbird
Flower Colour - Red
Cultivation - Full sun; Avge soil

Botanical Name - Iris *domestica*
Common Name - formerly Blackberry Lily
Family - Iridaceae
Zones - 5-10
H&W - 2'-4' X 1'
Uses - Cut; Medicinal;
Flower Colour - Spotted Orange
Cultivation - Full sun

Botanical Name - Lablab *purpureus*
Common Name - Hyacinth Bean
Family - Fabaceae
Zones - Annual
H&W - 12'X1'
Germination hints - Nick seed and soak
Uses - Culinary; Cover crop; Cut
Flower Colour - Pinkish purple
Cultivation - Full sun; Avge soil

Botanical Name - Lunaria *annuus*
Common Name - Honesty/Money Plant/Silver Dollar
Family - Brassicaceae
Zones - 3-9
H&W - 2'-3'
Uses - Dried
Flower Colour - purple
Cultivation - part shade to full sun

Botanical Name - Melissa *officinalis*
Common Name - Lemon Balm
Family - Labiatae/Lamiaceae
Zones - 4-9
H&W - 2'X3'+
Invasive - YES
Germination hints - warm soil
Uses - Porpourri; Medicinal; Culinary
Flower Colour - pale pink
Cultivation - Full sun/part shade, avge soil

Botanical Name - Nicotiana *tabacum* ‘Big Burly’
Common Name - Tobacco Plant
Family - Solanaceae
Zones - 7-11
H&W - 4'X2'
Germination hints - Warm soil; tiny seed
(try mixing with sand)
Uses- Smoking; Cut; Dried
Flower Colour - pinks
Cultivation -

Botanical Name - Pennisetum *glaucum* Jester
Common Name - pearl millet
Family - Poeaceae
Zones - ANNUAL 8-11
H&W - 3'X 2'
Germination hints - warm soil
Uses - bird food
Flower Colour - Dark red/brown
Cultivation - Full sun, avge soil

Botanical Name - Pennisetum glaucum
Lime Spray
Common Name - pearl millet
Family - Poaceae
Zones - ANNUAL 8-11
H&W - 2'X1'
Germination hints - warm soil
Uses - food
Flower Colour - green
Cultivation - Full sun, avge soil

Botanical Name - Pennisetum glaucum
Lime Spray
Common Name - pearl millet
Family - Poaceae
Zones - ANNUAL 8-11
H&W - 2'X1'
Germination hints - warm soil
Uses - food
Flower Colour - green
Cultivation - Full sun, avge soil

Botanical Name - Perilla frutescens (green)
Common Name - Shiso, beefsteak plant
Family - Labiatae/Lamiaceae
Zones - Annual
H&W - 1-2'X1'
Germination hints - warm soil
Uses - Cooking, medicinal, paper industry
Invasive - YES
Cultivation - Full sun part shade

Botanical Name - Phlomis cashmeriana
Common Name - Kashmir Sage
Family - Lamiaceae
H&W - 30"X10"
Germination hints - moist for 4 weeks
Uses - Cut
Flower Colour - lavender pink
Cultivation - Full sun/part shade; avge soil

Botanical Name - Porophyllum ruderale
Common Name - Papaloquelite/Papalo/Bolivian Cilantro/Brazilian Cilantro
Family - Asteraceae
Zones - Annual in Zone 6
H&W - 4'X2'
Germination hints - warm soil
Uses - Cooking
Flower Colour - Brown
Cultivation - Full sun, avge soil

Botanical Name - Pycnanthemum muticum
Common Name - Mountain/Short toothed Mint
Family - Labiatae/Lamiaceae
H&W - 30"X10"+
Germination hints - warm soil
Uses - Cooking; Dried Cut; Bees
Flower Colour - pale pinkish green
Cultivation - Full sun, avge soil

Botanical Name - Quercus rubra
Common Name - Northern Red Oak
Family - Fagaceae
Zones - 3-8
H&W - 40'+
Germination hints - Stratification
Uses - Medicinal; Garment; Birds
Flower Colour - Green catkins
Cultivation - Full sun; Avge soil

Botanical Name - Porophyllum ruderale
Common Name - Papaloquelite/Papalo/Bolivian Cilantro/Brazilian Cilantro
Family - Asteraceae
Zones - Annual
H&W - 4'X2'
Germination hints - Warm soil
Uses - Cooking
Flower Colour - Brown
Cultivation - Full sun; Well draining soil

Botanical Name - Rudbeckia triloba
Common Name - Brown-eyed Susan
Family - Asteraceae
Zones - 4-8
H&W -2-3"X2-3'
Germination hints - warm soil

TAKE CARE NOT TO TOUCH MOUTH WHEN HANDLING SEED - HIGH ALLERGENIC REACTION
Uses - Cut, Butterfly
Flower Colour - Orangey yellow petals with brown eye
Cultivation - Sun or Shade

Botanical Name - Saponaria officinalis
Common Name - Bouncing Bet; Soapwort
Family - Caryophyllaceae
Zones - 2-8
H&W - 2'X1+
Germination hints - do not cover, need light to germinate; warm soil
Uses - medicinal & soap
Flower Colour - pale pink
Cultivation - Full sun/part shade, avge soil
Invasive

DO NOT PLANT NEAR PONDS - POISONOUS TO FISH

Botanical Name - Scutellaria baicalensis
Common Name - Baical Skullcap
Family - Lamiaceae
Zones - 4-8
H&W - 1"X2'
Germination hints - cool soil
Uses - Medicinal, Cut, Butterfly
Flower Colour - Bluish/purple
Cultivation - Sun or part shade

Senna marilandica OR S. hebecarpa
(Unfortunately we are not certain)

Botanical Name - Solanum sisymbriifolium
Litchi
Common Name - Litchi Tomato

Uses - medicinal & soap
Flower Colour - white
Cultivation - Full sun, avge soil

Botanical Name - Stachys lanata ‘Byzania’
Common Name - Lambs ears
Family - Lamiaceae
Zones - 4-8
H&W - 12"X2+
Germination hints - warm soil
Uses - Medicinal, Herbal tobacco and snuff
Invasive - YES
Flower Colour - pink
Cultivation - Full sun

Botanical Name - Stevia rebaudiana
Common Name - Stevia
Family - Asteraceae
Zones - Annual
H&W - 2-3' X2'
Germination hints - warm soil
Uses - sugar replacement,
Flower Colour - white
Cultivation - full sun

Botanical Name - Tetradium daniellii
Common Name - Bee Bee Tree
Zones - 4-8
H&W - 25'X25'
Germination hints - Warm soil
Uses - Birds; Bees
Flower Colour - White tinged with yellow or pink
Cultivation - Full sun; Avge soil
Invasive

Botanical Name - Toona sinensis
Common Name - Chinese Toon Tree
Family - Meliaceae
Zones - 6-9
H&W -70'
Germination hints - Soak seed
Uses - Medicinal; Culinary
Flower Colour - White to pale pink
Cultivation - Full sun to part shade; well draining soil

Botanical Name - Vernonia noveboracensis
Common Name - New York Ironweed
Family - Asteraceae
Zones - 5-9
H&W - 4'-6'
Germination hints - Cold stratification for 12 weeks
Flower Colour - purple
Cultivation - Full sun

Botanical Name - Vitex agnus castus
Common Name - Chaste Tree

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Family - Verbenaceae
Zones - 6-9
H&W - 10'X5'
Germination hints - warm soil
Uses - Medicinal; Cut; Bee; Butterfly
Flower Colour - steel gray blue
Cultivation - Full sun; Avge soil

Botanical Name - Vitex *negundo* var. *heterophylla*
Common Name - Chinese Chaste Tree
Family - Verbenaceae
Zones - 6-9
H&W - 10'X5'
Germination hints - warm soil
Uses - Medicinal; Cut; Bee; Butterfly
Flower Colour - pale gray blue
Cultivation - Full sun; Avge soil
Can become invasive

Botanical Name - Zanthaxylum *simulans*
Common Name - Chinese Prickly Ash
Family - Rutaceae
Zones - 6-9
H&W - 15'X15'
Uses - Medicinal
Germination hints - seed does not store well
Flower Colour - Green
Cultivation - Sun to part shade

Many thanks to Karen O'Brien for the photos