



## Sustainable Gardening Resources

### Seed sources:

**Faerie Garden Seeds:** Buffalo produced organic seed. Available at Lexington Co-op, Urban Roots Garden Co-op and Rustbelt Books. (Richard Price, grower)

**Richters:** out of Ontario, huge variety of non-gmo seeds and plants - <http://www.richters.com/>

**Terra Edibles:** another Ontario seed purveyor, provides many varieties of organic seed - <http://www.terraedibles.ca/index.html>

**D. Landreth Seed Company:** Oldest seed company in the United States specializing in heirloom varieties - <http://www.landrethseeds.com/>

**Baker Creek Heirloom Seeds:** one of the two best sources of heirloom and non-gmo seed - <http://rareseeds.com>

**Seed Savers Exchange:** one of the largest seed banks of its kind in North America, specializing in organic, heirloom and non-gmo seed - <http://www.seedsavers.org/onlinestore/>

**Prairie Moon Nursery:** purveyor of native North American seeds and plants - <http://prairiemoon.com>

**Mountain Rose Herbs:** supplier of certified organic medicinal herb seed (along with all other things herbal) – <http://mountainroseherbs.com>

**Wood Prairie Farm:** specializes in organic seed potatoes plus other organic vegetable seed – <http://www.woodprairie.com>

### Organic Plant Food (and other supplies):

**Urban Roots Gardening Co-op:** 428 Rhode Island St., Buffalo - <http://www.urbanroots.org/>

**Kreher's Organic Fertilizer:** available at Lockwood's Greenhouses – Clark St., Hamburg

**Authentic Haven Manure Tea:** Online – <http://www.manuretea.com/shop/>

**Real Goods:** Online - <http://realgoods.com/homesteading-off-grid/gardening>

**Lee Valley:** Online - <http://www.leevalley.com/en/garden/WhatsNew.aspx>

**Seed companies owned by or obtaining seed from Monsanto or Seminis:  
AVOID AT ALL COST**

American Seeds	Lindenberg Seeds
Asgrow	McClure & Zimmerman Quality Bulb Brokers
Audubon Workshop	Mountain Valley Seed
Breck's Bulbs	Nichol's
Campbell	Osborne
Cook's Garden	Park Bulbs
De Ruiters	Park's Countryside Garden
Dege Garden Center	Peotec
DeKalb	Poloni
Diener Seeds	R.H. Shumway
E & R Seed Co	Rea Hybrids
Earl May Seed	Roots and Rhizomes
Ferry Morse	Rupp
Fielder's Choice	Seeds for the World
Flower of the Month Club	Seminis
Fontanelle	Seymour's Selected Seeds
Garden Trends	Snow
Gardens Alive	Specialty
Germania Seed Co	Spring Hill Nurseries
Gold Country Seed	Stewart
Hawkeye	Stokes
Heartland	Stone Seed
Heritage Seeds	T&T Seeds
Holdens	Tomato Growers Supply
HPS	Totally Tomato
Hubner Seed	Trelay
icorn	Vermont Bean Seed Co.
Jung Seed Genetics	Wayside Gardens
Kruger Seeds	Western Seeds
Lewis Hybrids	Willhite Seed Co.

**NOTE:** You may also wish to **avoid Seeds of Change**. It is owned by Mars, Inc. (the candy company) which still sources chocolate from the Ivory Coast where child slave labor has been used on cacao plantations.

## Plants that repel insect pests

**Borage** – Borage attracts bees and predatory insects, and repels many insect pests. It also has lovely blue flowers. Considered one of the best companion plants – helpful for many plants, especially strawberries, tomatoes and cabbage.

**Carrots** – Carrots inter-planted with alliums (onions, leeks, garlic) confuse onion and carrot flies. If carrots are allowed to flower, they also attract assassin bug, lacewing, parasitic wasp, yellow jacket and other predatory wasps which will attack other predators.

**Dill** – Dill is considered helpful for cabbages, corn lettuce, onions and cucumbers. It attracts Tiger Swallowtail butterflies/caterpillars, Hoverflies, Wasps, Tomato Hornworm, honeybees and Ichneumonid Wasps. It repels Aphids, spider mites, squash bugs, cabbage looper. Dill should not be planted with cilantro as it will cross pollinate with it.

**Garlic** – garlic is thought to assist Apple trees, Pear trees, Roses, Cucumbers, Lettuce and Celery. It is repellant to aphids, ants, rabbits.

**Radish** – Radishes can be used as a trap crop against flea beetles, to prevent them from attacking squash, eggplant, cucumber, lettuce. This means that they will prefer the radishes and leave the main crop alone.

**Parsnip** – Parsnips planted around fruit trees and left to flower will attract a variety of predatory insects to the garden – the predators attacking codling moth and light brown apple moth. Parsnip root can also be used to make a “natural pesticide: It contains Myristicin, which is toxic to fruit flies, house flies, red spider mite, pea aphids. Blend three parsnip roots with one litre of water through a food processor (not one for preparing food). Leave overnight, strain and use within a few days.

**Tarragon** – The scent of tarragon is disliked by most pests, and this plant is also thought to have “Nurse Plant” properties, enhancing the growth and flavor of crops grown with it.

**Lovage** – another herb considered to be one of the best companion plants for a wide variety of species. Will attract Ichneumonid Wasps, ground beetles (good). Thought to increase the health of plants around it.

**Sage** – deters cabbage flies, carrot fly, black flea beetle, cabbage looper, cabbage maggot. Attracts bees. Reported beneficial for rosemary, cabbage, beans, carrots.

## Hot Pepper Deterrent Spray (from Organic Gardening)

- Chop, grind, or liquefy one garlic bulb and one small onion.
- Add 1 teaspoon of powdered cayenne pepper and mix with 1 quart of water.
- Steep 1 hour, strain through cheesecloth, then add 1 tablespoon of liquid dish soap to the strained liquid; mix well.

Spray your plants thoroughly, including leaf undersides. Store the mixture for up to 1 week in a labeled, covered container in the refrigerator. Re-apply Conservatively after soaking rain