

The Waldorf School of Atlanta Spring 2021 Plant Fundraiser

VEGETABLES and FRUITS:

<u>Broccoli, Waltham 29</u>	\$2.5/4pack
<u>Cabbage, Red Acre</u>	\$2.5/4pack
<u>Collard, Georgia Southern</u>	\$2.5/4pack
<u>Kale, Red Russian</u>	\$2.5/4pack
<u>Lettuce, Mesclun Salad Mix</u>	\$3 for a 4" pot
<u>Strawberry (perennial)</u>	\$3 for a 4" pot
<u>Tomato, Cherokee Purple</u>	\$3 for a 4" pot
<u>Tomato, German Lunch Box</u>	\$3 for a 4" pot
<u>Tomato, Stone Ridge</u>	\$3 for a 4" pot

HERBS and FLOWERS:

(Annual)

Shiso, Perilla \$6/4pack

This fragrant and versatile herb is rich in iron and calcium and is commonly used in East Asia for seasoning, coloring, pickling and garnishing. Leaves are commonly used for tempura, to serve with sashimi, or to wrap around "onigiri" (rice balls). Dry leaves for seasonings and teas.

Calendula (Calendula officinalis) \$3 for a 4" pot

Also known as pot marigold. Grow it for attracting pollinators and then save some blooms for homemade salves. A companion plant to tomatoes, and deters general garden pests. Full sun to part shade. Grows up to 18". Space 8" apart.

Chamomile (Matricaria recutita) \$3 for a 4" pot

How about making chamomile teas from flowers from your garden?! It attracts beneficial insects and pollinators as well. Grows up to 18-30". Space 18" apart. Full sun.

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Cilantro

\$3 for a 4" pot

This is a widely used plant in many cuisines around the world. Dried seeds are known as coriander. The beautiful delicate flowers attract a variety of bees. Full sun to part shade. Up to 24" tall.

Marigold, Cracker Jack (Tagetes erecta)

\$3 for a 4"pot

Classic marigold. Big, 3-4 in. flowers in shades of yellow, gold, and orange. 3-4' tall. Full sun. Space 8-12" apart.

Sunflower, Mammoth (Helianthus annuus)

\$3 for a 4"pot

Easy to grow, drought tolerant plant that grows up to 12' with a flower as large as 10-12"! Birds and bees love the plant. Edible petals add color to your salads. Full sun.

(Perennial)

Catnip (Nepeta)

\$5 for a 4"pot

This hardy mint family plant grows in almost any soil, and spreads willingly in your garden. Catnip tea is extremely soothing, and helps calm a child. Enjoy its beautiful fluffy silver green leaves. A great pollinator plant. Grows up to 3'. Part shade. Space 18-24" apart.

Elderberry (Sambucus canadensis)

\$5 for a 4"pot

A beautiful shrub that grows up to 15 feet tall. Dry flowers and store in your medicine chest to treat the onset of colds and fevers. Homemade elderberry syrup with homegrown berries would be so special. But please leave some berries for the birds, too! Regular maintenance required to control spread. Full sun to part shade. Moist, well-drained soil.

Garlic Chives (Allium tuberosum)

\$5 for a 4"pot

An easy to grow yet versatile herb used widely in Asian cooking. Flowers attract a wide variety of pollinators in mid to late summer. Full sun to part shade. 18" tall. Drought tolerant, makes a good container plant.

Lemon Balm (Melissa officinalis)

\$5 for a 4"pot

Another mint family that does not require much attention from a gardener. A wonderful plant to grow for anyone who is new to gardening. Makes excellent tea for calming and uplifting. Useful for acute ailments like colds and digestive upset and flu. As its scientific name *Melissa* ("a bee" in Greek) indicates, lemon balm is a wonderful pollinator attracting plant. Part shade. Space 12-18" apart.

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Motherwort (*Leonurus cardiaca*)

\$5 for a 4" pot

Very easy to grow and attracts native bees. Aerial parts are used to make nervine relaxant and cardio tonic. Full sun to part shade. 4' tall.

Mountain Mint (*Pycnanthemum spp.*)

\$5 for a 4" pot

Mountain mint has a long history of use as a folk remedy. The Cherokee used this plant as a remedy for colds, fevers, upset stomach upsets, etc. Today it is more widely known as pollinator attracting wildflowers. Grows to 3' tall with 3' wide.

St. John's Wort (*Hypericum perforatum*)

\$5 for a 4" pot

A well-known healing plant for depressions accompanied by anxiety. Infused oil made with flowers is used as a remedy for nerve pain and muscle spasms. An easy to grow, must have plant for a medicine garden! Regular pruning helps to keep it contained. Space 18" apart.

Stay tuned for more plants including...

Anise hyssop

Basil (Italian Genovese, Cinnamon, Tulsi, Sweet Thai)

Echinacea

Mullein (Common, Wedding candles)