

LOST FLAVOURS

2023 Catalogue

Drought resistant
vegetables

Native British
PURE Wildflowers

Franchi Seeds 7
generations still in
the same family

Heritage, ethical
and endangered
varieties

Franchi
SEEDS 1783

Our Mission to Reintroduce Lost Flavours

Vegetable Seeds & Plants

Flower Seeds

Food Market

Gifts



020 8427 5020



Seeds of Italy Ltd, D2 Phoenix Business Centre,
Rosslyn Crescent, Harrow, Middx, HA1 2SP



www.seedsofitaly.com

Seeds of Italy import and distribute the Franchi seed brand, the oldest family run seed company on the planet, est. 1783

Our seed packs can be recycled with your regular recyclable paper. We have new clean vans but prefer to post goods. Our warehouse uses natural lighting & heat retaining glass. We re-use packaging to send goods

Endangered, Heritage or Mass Produced veg seed?

An 11 year old asked me recently; "don't medicines come from plants?" - The young get biodiversity. It is their future which is why, Franchi Seeds were the first major seed brand in the UK to declare Climate Emergency. The problem is that at the moment some gardeners are indifferent, happy to grow mass produced corporate varieties sold by corporate seed brands. So instead of just growing Gardeners Delight where there are literally hundreds of producers, why not also grow an endangered San Marzano alongside? (see opposite) or our other Heritage varieties? By using Franchi seeds you are supporting Biodiversity on the planet. Paolo Arrigo

We specialise in endangered, heritage and ethical veg

We open our warehouse every Thu - Sat to the public 0930 to 1700 (except August)

Open all Christmas Week Mon 19th to Sat 24th Dec 2022

Everything you can order online or in this catalogue (and more!) is available to pick up every Saturday from 0930 to 1700 or come and browse. Nearest Tube - Harrow & Wealdstone (Bakerloo / Overground) or park directly outside. Look straight ahead for the Illy coffee sign, that is the entrance to Italian deliciousness. Our store is closed Mon-Fri to the public so we can concentrate on sending mail orders nationwide.

We reserve the right to change prices and store opening times.

Due to brexit we can no longer ship to N.Ireland or any EU country and we have reduced ranges

Please check our website for additional information www.FranchiSeeds.co.uk

Our seed quantities are very generous and are calculated using industry standard seeds per gram. Sowing times and performance will vary according to seasonal and climactic conditions as well as geographical location, please don't hesitate to contact us with any query and we will strive to look after you. We have an informative email newsletter which you can subscribe to through our website and you can unsubscribe anytime. If we have sent you a catalogue it is because you've requested one or requested to receive it each year. If you no longer wish to receive it just let us know. In the meantime please pass it on or recycle it. Your statutory rights are not affected. Returns: please see our website for more information on our policy and delivery options. Copyrights: Quotes, Images and recipes have been obtained by permission. Images are the property of all featured suppliers. E&OE. Co. Number 4628596. Seeds of Italy Ltd are registered with APHA



Franchi Seeds of Italy



[franchiseedsofitaly](https://www.instagram.com/franchiseedsofitaly)



[@FranchiseedsUK](https://twitter.com/FranchiseedsUK)



Customerservice@italianingredients.com



LOST FLAVOURS

Endangered varieties you can support and rediscover

94% of the world's heritage vegetable varieties have been lost in the last century alone, but Franchi supply over 200 varieties from the remaining 6%. So by using Franchi seeds you are already supporting biodiversity.

Use them, or lose them. Forever.

How do we know they are endangered?

Franchi seeds are the only seed brand that are approved by Slow Food UK and Slow Food launched an initiative a few years ago called 'The Ark of Taste' to showcase varieties that have been lost or are at risk of being lost to motivate people into action, before it is too late. If a variety or food is on the 'Ark of Taste' it is endangered either because it is grown in only a tiny geographical area or by very few producers and in small quantities and perhaps only distributed in a local area.

How can I help? Can I really make a difference?

The simple answer is YES you can. We have 14 varieties that are actually endangered and simply by growing them you are supporting Biodiversity. By using these specific varieties and the other two hundred plus '6%' varieties, the producers will continue to produce them. If they become unviable and unprofitable, they will go. Simple as. So here is a list of the main ones currently on offer from Franchi seeds.



V67a Spinach Monstreux de Viroflay - 16th century, produces numerous large delicate leaves @500. **£2.89**

V18 Carrot Parisier Market - Not as productive as modern varieties so not favoured by market farmers anymore. Ideal for clay soil and containers. @7000. **£2.89**

C6 Pumpkin Lunga of Naples - Mainly grown now only in gardens, loves clay, sweet flesh, 20kg fruits. **£2.89**

B17 Yellow French Bean Cornetti Meraviglia of Venice Crops heavily. Climber. Melts like butter in the mouth. Great in summer beans salads. 30g. Sow Apr-Jul. **£2.89**

V42 Hamburg or Root Parsley - 16th century, largely forgotten. Produces large roots which are cooked like parsnips. Leaves used as parsley. **£2.89**

L42a Scarola Lettuce Gigante of Bergamo - now only grown in plots around the medieval walls of Bergamo. Sow summer for autumn/winter @4000 **£2.89**

V16 Cardoon Gobbo di Nizza - dating to Roman times, the meaty celery flavoured ribs are used. @100. **£2.89**

EP29 Borlotto Bean of Saluggia - from our Eden Project range, dates to at least 1535. Used in risotto and soups, minestrone and side dishes. **£2.89**

S11 Cucumber Melon Carosello - These rustic Puglian varieties are produced only in 4 areas. They have a slight melon sweetness, delicious in salads. @120 **£2.89**

R27 Variegated Chicory of Castelfranco - A good variety for forcing. Sow summer for winter. @5000 **£2.89**

C4 Priest's Hat Pumpkin 'Berrettina' Ancient mid sized variety from Parma. @9 **£2.89**

V1 Asparagus of Argenteuils - after 1900 this variety diminished rapidly. Pink purple, aromatic. @100. **£2.89**

T4 San Marzano 2 - Neapolitan plum tomato used for Passata, Ragu and Pizza. It's tasty but not watery so reduces well for a thick sauce!! **OUT. I.** 70-80g. @300. **£2.89**

R35 Root Chicory of Chiavari - grown for the roots which are boiled. Traditionally served at Christmas **£2.89**

FRANCHI

LOST FLAVOURS



020 8427 5020



Seeds of Italy Ltd,
D2 Phoenix Business Centre,
Rosslyn Crescent, Harrow, Middx, HA1 2SP



www.seedsofitaly.com

Franchi seeds since 1783

Order form (Please write in capital letters):

Name: _____

Address: _____

Postcode: _____

Telephone: _____

Fax: _____

Email: _____

Delivery address (if different):

Name: _____

Address: _____

Postcode: _____

Telephone: _____

Fax: _____

Email: _____

GV1 Gift Vouchers available:
Seeds of Italy gift vouchers,
which come with a short
message of your choosing.
Multiples of £10

There are 4 easy ways to order:

Visit our London warehouse store: If you are local, we open our warehouse to the public from Thursday to Saturday 0930 to 1700 (closed Aug and bank holidays, check website for details). Nearest tube is Harrow & Wealdstone on the Bakerloo line.

Online: Our website operates 24/7 at www.seedsofitaly.com. You can Pay by card through Stripe or Paypal on our secure online system, which means that your personal details are always kept safe.

Post: Complete the order form with payment details (either UK £ cheque, credit or debit card).

Privacy Statement: We will not share our database with any other organisation.

Eden Project seed range

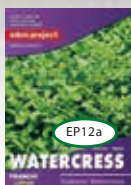
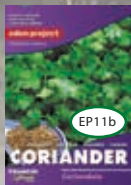
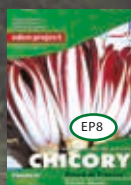
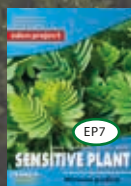
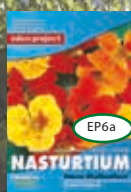
The Eden Project and Franchi Seeds have teamed up to produce a fabulous seed range inspired by the plants in Eden's Mediterranean Biome. All the seed varieties chosen have a 23 year track record of successful year-on-year growth in the UK.

In the heart of the Biome, Eden's top-rated Mediterranean Terrace restaurant is surrounded by tasty herbs and delicious vegetables grown from Franchi Seeds. This new regional range, carefully developed with the Eden Project, comprises gardeners' favourites complemented by some new, unique, heritage and endangered varieties. The range contains seeds that can be sown in summer and autumn as well as spring, is suited to new and experienced gardeners alike and also make a perfect gift.

The visitor destination in Cornwall, UK, is nestled in a huge crater. Here massive covered Biomes housing the largest rainforest in captivity, Mediterranean landscapes, stunning plants, crop displays, art installations, exhibitions and stories serve as a backdrop to striking contemporary outdoor gardens, summer concerts and exciting year-round family events.

The Eden Project, an educational charity, connects us with each other and the living world, exploring how we can work towards a better future.

Registered charity number 1093070 (The Eden Trust). Money raised supports Eden's transformational projects and learning programmes. www.edenproject.com.



EP5a Cornflower *Fiordaliso Mixed* *Centaurea Cyanus*

Double Mixed Corn Flower in very attractive colours of reds, purples, whites and pinks. 50cm tall, annual. Sow Mar-May. **£2.89**

EP6a Nasturtium dwarf *Tropaeolum Majus*

Mixed colour dwarf Nasturtiums which are suitable for both pots and flower beds. 35cm. Recommended for borders. Sow Mar to end May and flowers Jul-end Oct. **£2.89**

EP7 The Sensitive Plant "Mimosa" *Mimosa pudica*

In Southern Italy "Pudica" means "shy or bashful" because the leaves fold up when touched. Annual/perennial (depending on location). Sow at any time of year after soaking seed in warm water. **£2.89**

EP8 Radicchio Chicory "di Treviso" *Cichorium intybus*

Its tasty leaves can be eaten, but chicory's tall stature and clusters of bright blue flowers also make it a beautiful garden plant. Annual/Perennial. Sow Jun-Aug. **£2.89**

EP9 Wild Rocket "Foglia d'ulivo" *Diplotaxis tenuifolia*

Rocket is used across the Mediterranean. It brings a peppery bite to salads and a real freshness to cooked pizzas. Annual. Sow Mar-Sep. **£2.89**

EP10 Basil "Classico Tigullio" *Ocimum basilicum*

This is true Ligurian basil from near Portofino, Italy, traditionally used to make "Pesto Genovese". Annual. Sow March-July. **£2.89**

EP10a Basil "Bolloso of Naples" *Ocimum basilicum*

Large basil with blistered leaves. This variety is only found in Naples and is highly prized for its flavour. Ideal wrapped around mozzarella. Sow March-July **£2.89**

EP11b Coriander *Coriandrum sativum*

Easy to grow annual, indoors. Seeds ideal for curries and soups or the leaf which has a strong flavour as a seasoning for meat and salad. Sow Mar-Jun. **£2.89**

EP12 Parsley "Gigante Di Napoli" *Petroselinum crispum miller*

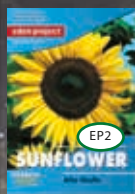
This is simply the best of all the parsleys, and is one of the staples of Italian cuisine. Annual. Sow outside Apr-Sep. **£2.89**

EP12a Watercress *Nasturtium officinalis*

Watercress is a fast-growing, semi-aquatic, perennial plant. Leaves are ideal for salads and sandwiches and are harvested usually before they flower. Sow Feb-Nov. **£2.89**

EP13 Beef Tomato "Red Pear Franchi" *Solanum lycopersicum*

Franchi's own cultivar from the hilly countryside of Bergamo. Annual, large, sweet, succulent and meaty. Sow Feb-May. **£2.89**



EP2 Sunflower "Alto Giallo" *Helianthus annuus*

Loved by children because of their cheery blooms. Each flower head contains hundreds of individual seeds. Annual. Sow seeds 1.5cm deep, from spring to early summer. **£2.89**

EP3 Margherita "Gigante" *Leucanthemum vulgare*

Ideal for sunny borders, lawns, under trees, or mixed into a meadow lawn. Perennial. Plant out late spring into well-drained soil. Sow under cover Mar-May. **£1.99**

EP3a Sweet Pea "Odoroso" *Lathyrus Odoratus L*

Mixed colour, large flowered Sweet Pea. Suitable for walls and balcony coverage. 150cm. Sow from Mar-end April and flowers Jun-end Jul. **£2.89**

EP4 Poppy "Rhoeas Semplice Rosso" *Papaver rhoeas*

This delicate red poppy grows wild across the Italian countryside. Annual. Sow in autumn on to the surface of clean, disturbed soil. The seed benefits from the cold. **£2.89**

EP5 Common Mallow *Malva Sylvestris*
Mediterranean annual plant with mauve flowers and dark veins. It was used by the Romans for food, medicine and as a yellow dye. Biennial/Perennial. Sow Feb-May. **£1.99**



**EP14 Plum Tomato San Marzano****"Scatolone Di Bolsena"*****Solanum lycopersicum***

A superb cordon-type tomato from Bolsena near Rome. Great for salads and considered one of the best cooking tomatoes in the world. Annual. Sow Feb-May. » **£1.99**

EP14a Cherry Tomato "Red Cherry"***Solanum lycopersicum***

Open pollinated variety producing many small fruits 'Pomodori'. Oblong 'plum' style cherry. Outdoor, determinate bush variety. Ideal for containers and balconies. Sow Feb-Apr. **£2.89**

EP15 Tuscan Salad Mix***Lactuca sativa***

One pack of this delicious mix of the very best Tuscan Lettuces makes the equivalent of about 50 "salad bags". Annual. Sow Apr-Sep. **£2.89**

EP15a Lettuce "Pesciatina" of Tuscany***Lactuca sativa***

Mid-early. Round closed head with green and red edging, dimpled, tender, crunchy. From Pescaia in Tuscany. Sow Mar-Sep. **£2.89**

EP16 Romaine Lettuce "Bionda Colosseo"***Lactuca sativa***

These crunchy, annual, upright lettuces are the mainstay of summer salads in Rome and are the hallmark of "Caesar Salad". Sow Mar-May. **£2.89**

EP16a Lamb Lettuce "Verte De Cambrai"***Valenariella locusta***

French Corn Salad, Mache or Lamb's tongue. Soft tender leaves, easy to grow and suitable for winter cultivation. Sow Mar-Apr & Jul-end Oct. **£2.89**

EP17 Pumpkin "Moscade De Provence"***Cucurbita maxima D***

Annual, flavoursome, heirloom variety. The fruits can be picked green, maturing to yellow after harvest. Annual. Sow Feb-May. **£2.89**

EP18 Spinach "Merlo Nero Astigiano"***Spinacia oleracea***

Annual variety, typical of the alpine region of Piemonte in Italy. Its tender leaves can be eaten raw. Sow end Feb-May and Aug-Oct. » **£1.99**

EP18a Spinach "Monstreux de Viroflay" 16th Century, Paris***Spinacia oleracea***

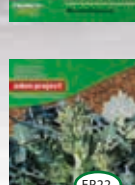
Very old, endangered, hardy variety. Really vigorous with large pointed leaves, matures in 2 months can be used as an annual or biennial vegetable. Resistant to the cold, and heat. Sow Feb-May and Aug-Oct. **£2.89**

EP19 Squash "Serpente Di Sicilia"***Lagenaria vulgaris S.***

Literally "Sicilian snake", this squash has fruits that can grow up to 2m long. It is also a climber, but it can be grown along the ground. Annual. Sow Feb-May, 2cm deep. **£2.89**

EP19a Butternut Squash "Rugosa"***Cucurbita Moschata.***

Heritage Variety. Peel and boil the squash until soft. Then simply mash it with some butter and freshly grated nutmeg, roast or for soups too. Slightly scalloped Variety with trailing habit. Sow Mar-Jun. **£2.89**

**EP20 Courgette "Striato Di Napoli"*****Cucurbita pepo***

This highly-prized zucchini variety can produce over 5kg of stripy fruits per plant and plenty of delicious flowers. Annual. Sow in spring and early summer. **£2.89**

EP20a Courgette "Tondo Di Piacenza"***Cynara Cardunculus***

Heritage, round, bush variety from near Parma. It's shape makes it ideal for stuffing. Bake them whole and they stay firm on the outside and go soft and creamy inside. Sow Mar-Aug. **£2.89**

EP20b Artichoke "Imperial star"***Cynara Cardunculus***

This traditional reliable, green, heritage variety is well adapted for annual growing in various climates. It produce nearly spineless, globe shaped, artichokes in its first year. If left to bloom will flower providing pollen for Bees and pollinators. Sow Feb-May & Aug-Sep. **£2.89**

EP20c Aubergine "Violetta Lunga"***Solanum Melongena***

Heritage variety. Classic Italian eggplant typically used in Emilia Romagna to make 'Parmigiana' with tomatoes and parmesan cheese. Mid-early productive variety. Long, dark, slightly curved aubergine of medium dimensions with very few seeds inside. Sow Feb-mid May. **£2.89**

EP20d Beetroot "of Chioggia"***Beta Vulgaris***

From the Veneto region. Round red root with alternate white and red stripes on the inside. Heirloom variety dating to the 16th century. Delicious when used as an ingredient in cakes as well in salads or cooked as a vegetable. Sow Mar-Jun. **£2.89**

EP20e Fennel "Montebianco"***Foeniculum vulgare***

Heritage, mid-late, variety that produces a large round bulb. Tightly layered and crisp. Vigorous plant with intense green leaves. Good to be eaten raw or cooked. Sow Jun-Aug. **£2.89**

EP21 Cavolo Nero Kale "Nero Di Toscana"***Brassica oleracea L.***

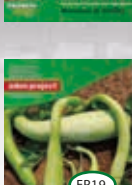
Cavolo nero is from the Apennines so it is cold hardy. It is a key ingredient in the Florentine dish "Ribollita Toscana". Annual. Sow May-Jul for a winter harvest. **£2.89**

EP22 Friarielli Broccoli "Spigariello"***Brassica oleracea Lcv***

This "broccoletti" is one of the most highly-prized vegetables in Italy from Naples. It is a stem broccoli and grows from seed in 3 months. Annual. Sow May-July. **£2.89**

EP22a Cauliflower "Romanesco"***Brassica oleracea***

Heritage Variety. Early, green cauliflower from Rome with unusual spiral patterns over each floret forming a conical head. Approximately 80 days to maturity Sow May-Jul. **£2.89**



Eden Project seed range



EP22a

CARROTS



EP20a

CARROT



EP23b

CUCUMBER



EP23c

RADISH



EP24a

SWISS CHARD



EP25a

LEEK



EP27

ONION

EP23 Mixed Mediterranean Orange Carrots Orange / Yellow *Daucus carota*

Part of the holy trinity of Italian cooking along with onion and celery. Great to roast. Annual. Sow direct in well-dug and raked ground, Feb-Jun. **£2.89**

EP23a Round Carrot "Parisier Market" *Daucus Carota*

Endangered variety. This carrot changed to grow better in heavy clay soil of Paris. Easy to grow in containers and not as prone to carrot root fly. Early, small round, sweet, carrot and preserves well. Sow Feb-Jul. **£2.89**

EP23b Cucumber "Sensation" *Cucumis Sativus*

Mid/late. This is a growers variety, a long cucumber with smooth skin, juicy and perfumed. Sow Mar-Jun. **£2.89**

EP23c Radish "Flamboyant" *Raphanus Sativus*

Early variety, produces cylindrical radish of intense red colour and white tip. Mid length, tender radishes. Sow Feb-May and Aug-Sep. **£2.89**

EP23d Pac Choi "Chinese Cabbage" *Brassica Rapa Var. Chinensis*

Vigorous, intense green leaves with large white stalks. A high quality vegetable expensive to buy. Sow Mar-Aug. **£2.89**

EP24 Swiss Chard "Liscia Barese" *Beta vulgaris L*

Used throughout Italy, where it is highly prized for its reliability and flavour. Annual. Sow in late spring and summer. **£1.99**

EP24a Swiss Chard "Verde da taglio" *Beta vulgaris L*

Heritage Variety. Light green, smooth leaves which are cooked liked spinach. Cut and come again commonly called Perpetual Spinach, but doesn't bolt like spinach Sow Mar-mid Sep. **£2.89**

EP25a Leek "Carentan" *Allium Porrum*

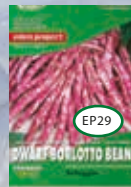
Late large variety from France. Resistant to lower temperatures. Dates to about 1874 Sow Feb-Jun. **£2.89**

EP26 Red Onion "Tropea Rossa Lunga" *Allium cepa*.

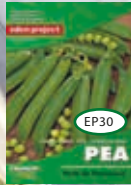
Featured in Stanley Tucci, searching for Italy/ It is said that Tropea onions are so mild that they can almost be eaten like apples. Biennial. Sow in Spring for the same year and Autumn for the following. **£2.89**

EP27 Chilli Pepper "Padron" *Capsicum annum*

A classic from Galicia and the "Russian roulette" of chilli peppers "one is hot and one is not". Sow Feb-May. **£2.89**



EP29



EP30



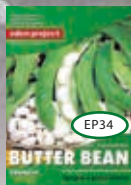
EP31b



EP32



EP33



EP34



EP35

EP28 Lentils "Lenticchie" *Lens culinaris*

A good source of protein with a nutty and slightly earthy flavour, Lentils were first grown in the Middle East and Eastern Med over 8,000 years ago. Annual. Sow Apr-Jul. **£1.99**

EP29 Borlotti Bean "Saluggia" *Phaseolus vulgaris* Endangered

Borlotti beans hail from northern Italy. Use them in soups, salads, or Italian baked beans in a rich tomato sauce. Annual. Sow Apr-Jul. **£2.89**

EP30 Pea "Petit De Provence" *Pisum sativum*

Annual, top quality "petit pois" from Provence has intense colour and real sweetness. Sow Feb-July. **£2.89**

EP31 Green French Bean "Ferrari" *Phaseolus vulgaris*

Early, annual variety of French bean is a fast grower, hence the name. It is stringless, tender, juicy and nutritious. Sow Apr-Jul. **£2.89**

EP31a Purple Climbing French Bean "A Cosse Violette" *Phaseolus vulgaris*

Heritage Variety. Productive Stringless French beans around 15cm long which turn green when cooked. Sow Apr-Jul **£2.89**

EP31b Dwarf Yellow French Bean "Roquencourt" *Phaseolus vulgaris*

Stringless yellow French bean produces plant about 50cm tall. Yellow, tender and meaty Pods 15cm long. Sow Mar-Jul. **£2.89**

EP32 Chick Pea "Principe" *Cicer arietinum*

Distinctive nutty flavour and an essential ingredient of hummus. They dry brilliantly for use during the winter months. Annual. Sow spring to early summer. **£2.89**

EP33 Broad Bean "Aquadulce Supersimonia" *Vicia Faba*

Mid/early, heritage variety 120cm tall plant, producing 30-32cm long pods with 8-9 green beans. Sow Feb-May and Sep-Nov. **£2.89**

EP34 Butterbean "Spagna Bianco" *Phaseolus Coccineus*

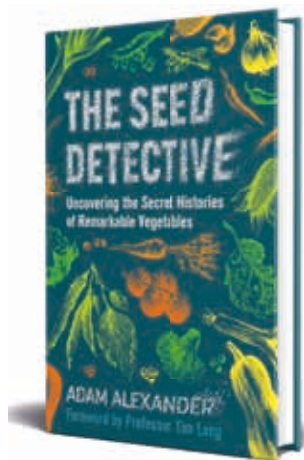
Heritage Variety, shelling bean. 180-200cm tall. 13-18cm pod containing 3-5 large white kidney shaped beans. Ideal for soups and bean salad. Sow Apr-Jul. **£2.89**

EP35 Sweetcorn "Golden Bantum" *Zea Mays Var Saccharata*

Heritage Victorian Variety, called 'Sugary' because of its sweet kernels. Vigorous, productive, mid-early plant, 150/180cm tall, cobs 22cm long. Superb roasted and served with butter campfire style or use in oriental cooking. Sow Apr-Jun. **£2.89**

Recommended by Franchi - The seed detective Book

SH = Shelling bean @600=Approximate Seed Quantity.



Ever wonder how peas, kale, asparagus, beans, squash and sweet-corn ended up on our plates? Well, so did Adam Alexander.

Adam Alexander is The Seed Detective. His passion for vegetables was ignited when he tasted an unusual sweet pepper with a fiery heart while on a film-making project in Ukraine. Smitten by its flavour, Adam began to seek out local growers of endangered heritage and heirloom varieties in a mission to take home seeds to grow and share so that he could enjoy their delicious taste – and save them from being lost forever.

In *The Seed Detective*, Adam shares his own stories of seed hunting, with the origin stories behind many of our everyday vegetable heroes. Taking us on a journey that began when we left the life of the hunter-gatherer to become farmers, he tells tales of globalisation, political intrigue, colonisation and serendipity – describing how these vegetables and their travels have become embedded in our food cultures.

'We are a nation of vegetable growers', says Adam, 'and this book explores the wonderful world of rare and endangered heritage and heirloom vegetables – and why we must keep growing them and saving their seed, not only for our gardening and culinary pleasure, but to pass these stories on – vegetables are truly our history on a plate.' Features some Franchi varieties!

BOOK2 The Seeds Detective Book by Adam Alexander £18.99

Beans

Borlotto beans freeze brilliantly. Simply harvest the pods when they are leathery and starting to dry out as that is when the bean inside is at its optimum, and then freeze in batches. You won't have to soak them overnight like dried beans, and they will cook in 40 minutes from frozen, 30 minutes from fresh, but as you are using them in winter dishes anyway (stews, soups, minestrone, casseroles etc), this won't be a problem.
SH = Shelling Bean, HT= approx. height of plant.



B1 Borlotto Bean of Vigevano
 Shelling pods when leathery, then freeze in blocks or dry. Use in Minestrone, stews and Risotto. **HT** 50/60cm. **SH**. 50g. Sow Mar-Jul. **£2.89**

B2 Borlotto Lingua di Fuoco Climber
 "Tongue of Fire". Good all rounder. **HT** 180cm. **SH**. 35g. Sow Apr-mid Jul. **£1.99**

B3 Borlotto Lamoni Climber
 The bean for making the Venetian "Pasta e Fagioli" **HT** 180cm. **SH**. 35g. Superior quality. Sow Apr-Jun. **£2.89**

B4 Borlotto Lingua di Fuoco Dwarf
 Good all rounder, very reliable. **HT** 50/60cm. **SH**. 40g. Sow Apr-Jul **£2.89**

B4ee Borlotto Bean Stregotana Climber
 6-8 seeds per 19-20cm pod. Suited to freezing. Sow Apr-Jul. **HT** 180cm. **SH** 170g Box **£3.59**
EP29 Dwarf **HT** 50/60cm. **£2.89**

B5 Cannellini Beans
 Famous small, white, kidney shaped beans similar to flageolet beans for drying. Dwarf. **HT** 50/60cm. **SH**. 50g packet. Sow Apr-end Jul. **£2.89**



B5a Runner Bean Fagiolo di Spagna a Grano Bicolore
 Late. **HT** 180/200cm. Blood red flowers. Large 175g box. Sow Mar-Jul. **£3.59**

B6 French Bean Baby Bianco
 Dwarf green bean with white seeds. Pod 12cm long. **HT** 50cm. 50g. Sow Apr-Jun. **£2.89**

B7 French Bean La Victoire
 Fine "squeaky" flat restaurant dwarf green bean with black seed. Pod 14cm long. **HT** 50/60cm. 50g. Sow Mar-Jun. **£2.89**

B8 French Bean Vanguard
 Dwarf green bean with white seeded pod 15cm long. Suitable for freezing. **HT** 50cm. 40g. Sow mid Apr-end Jul. **£1.99**

B8a Haricot Cocco Bianco
 Productive, of excellent quality, super thin skin which melts in the mouth. Pod contains 14-15 white/green shelling beans for use in classic winter dishes like cassoulet, stews and minestrone. Sow Apr-Jul. 200g box. **HT** 50/55cm. **SH**. **£4.99**



LM24 Dwarf French Bean Koala
 A productive professional variety with staggered cropping over a long period. Stringless and juicy. 160g Tin @1,000. Sow Mar-Aug. **£7.99**

B9a Roma Bean Smeraldo Climber
 Mid-early. Stringless French bean, Meaty green pods 24/26cm long 2cm wide, white seeded. **HT** 190cm. 30g. Sow Apr-Jul. **£1.99**

B10 Roma Bean Super Marconi
 Wide green bean as B9, but a climber. **HT** 190/200cm. 30g. Sow Apr-Jul. **£2.89**

B10a French Bean Bobis Green
 Climbing, straight, pencil-pod green bean. Black seeded. **HT** 50/60cm. 35g. **£2.89**





B11 French Bean Climbing S. Anna
One of our more popular green beans. Productive and tasty. 14cm long. **HT** 180/190cm. 35g. Sow Apr-Jul. **£2.89**



B11b 1/2 Metre French Bean Stringa
Stringless climber. Grow protected as needs some heat. **HT** 130cm. 18g. Sow Apr-Jul. **£2.89**

EP12 French Bean Ferrari
Stringless dwarf. Fast growing Annual. Sow April to Jun. **£2.89**

B13 French Bean Purple King
Purple french bean. Green when cooked. Pod 15cm long. Dwarf. **HT** 50cm. 45g. Sow Apr-mid Jul. **£2.89**

B14 French Bean Trionfo Violetto
Purple. Climbing variety, stringless. Good flavoured variety. **HT** 180/190cm. 30g. **£2.89**

B15 French Bean Yellow Brittle Wax
Thin stringless dwarf, French bean. **HT** 50/60cm. 45g. Sow Apr-end Jul. **£2.89**

B16 French Bean Roquencourt
Golden yellow bean from France. Dwarf. Fine bean which melts in the mouth. **HT** 50cm. 45g. Sow Mar-Jul **£2.89**

B17 French Bean Cornetti Meraviglia of Venice. Yellow, crops heavily. Highly recommended. Climber. Melt like butter in the mouth. Great in summer beans salads. **HT** 190cm. 30g. Sow Apr-Jul. **£2.89**

B18 French Bean Neckargold
Climber with straight yellow pod. Thin, waxy and delicate. 30g. Sow Apr-end Jul. **£2.89**

B19 French Bean Anellino Giallo
Climbing Yellow, shrimp shaped meaty, French beans. **HT** 190cms high. 25g. Sow Apr-Jul. **£1.99**

B19b French Bean Climbing Anellino Verde. Heritage variety. Mid/early with straw coloured seed. Curved meaty, stringless beans. 100g box **HT** 180cm. Apr-Jul. **£3.19**

B20 French Bean Yellow Roma Bean Meraviglia di Venezia Dwarf
Wide, flat, meaty, stringless. Good for bean salads. **HT** 40cm. 30g. Sow Apr-Jul. **£2.89**

B21 French Bean Merveille De Piemonte
Mottled pod turning yellow when cooked. Dwarf. 35g. **£1.99**

B21a Broad Bean Superagadulce Professional Range 1m tall. 6/8 beans in each 25cm pod. Cold hardy. 250g. **HT** 100/110cm. **SH.** Sow Feb-May & Sep-Nov. **£3.99**

B23a Lima Bean - Climbing shelling bean with large, flat, red on white colour. Pods contain 2-3 beans. **HT** 190/200cm. **SH.** 100g. Sow Apr-Jul. **£3.19**

B24 Pea Telefono Climbing
Intense green, fresh tasting. 60g. **HT** 160cm. Sow Feb-May & Sep-Nov. **£2.89**

EP30/ B25 French Pea Piccolo Provenzale
Dwarf from Provence. Small rustic variety of garden pea. Top quality. 60g. Sow Feb-mid May & Jul-end Nov. **£2.89**



B26 Pea Perfection
Dark green pod @11cm long. Suitable for freezing. Reliable and consistent variety. **HT** 100cm. 60g. Sow as above. **£2.89**

B27 Pea Progress no.9
Dwarf Pea. Pod @11cm long. 60g. Sow Feb-May & Sep-Nov. **£1.99**

B28 Pea Meraviglia d'Italia Straight pod of 9-10cm. 7-9 peas per pod. 45cm tall. 185g. Sow Feb- May & Sep-Nov. **£3.59**

EP28 Lentils

A good source of protein with a nutty and slightly earthy flavour. Lentils were first grown in the Middle East and Eastern Med over 8,000 years ago. Annual. Sow April-July. **£1.99**

B29 Pea Kelvedon Wonder
Famous regional pea from Essex grown widely in Italy. Superior quality. **HT** 40cm. 60g. Sow Feb-May & Sep-Nov. **£2.89**

B30 Snow Pea Taccola Gigante Caroubi "Swiss Giant". Mange-tout. Ideal for stir frying. **HT** 180cm. 60g. Sow Feb- May and Sep-Nov. **£2.89**

B30a Mangetout "De Grace"
A very fine pod, ideal for eating raw and stir fry. Sow Spring and Autumn. Large 100g pack. **£3.19**

B31 Mais Sweet Corn Zuccherino
"Sugary". A prized sweet eating variety. Boil, then coat in butter. **HT** 150/180cm. 10g. Sow Apr-Jun. **Packet £2.89**

GL2 Large 100g box £3.99

B33 Tris of Beans (190g box)
Yellow, green, purple stringless dwarf French beans make for the perfect bean salad cooked then dressed warm with a vinaigrette. Sow late spring. **£3.99**

EP32 Chickpea

Distinctive nutty flavour and an essential ingredient of hummus. They dry brilliantly for use during the winter months. Annual. Sow spring to early summer. **£2.89**

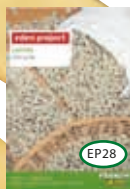
EP34 Butterbean Fagioli di Spagna
Large white kidney shaped beans. Floury texture. Vigorous growers! Sow Apr-Jul. **HT** 180/200cm. **SH. £2.89**

B35 Berggold French Bean
Thin yellow stringless, pencil pod, meaty, productive **HT** 50cm with 12-13cm pods. Sow Apr-Jul. **SH. 45g. £2.89**

B41 Broad Agadulce Supersimonia
Sow in spring for the same year or autumn for next. A good gardeners variety, reliable. **HT** 110/120cm. **SH. @40. £2.89**

B42 Runner Bean Preisegewinner
A popular red flowered variety producing a good length bean. Sow Apr-Jul **SH. £2.89**

B99 Black Podded Pea Desiree
By popular demand a 1m high variety with dark pods and green peas which makes the pods easy to pick. Sow in Spring. **HT** 80m. 40g. **£3.19**



Lettuces

Varieties highlighted in blue are suitable for winter cultivation. @600=Approximate Seed Quantity.

Lettuce is the food of summer but we specialize in late sowing alpine varieties used to both cool and wet, or try a cut-and-come-again variety with enough seed to produce about 50 of those salad packs you buy in your supermarket. Stagger the sowing every 4-6 weeks, in pots or outside from Mar-Oct and ideal for sowing in gaps. For winter, try a huge alpine "Scarola" lettuce (sow Jun - end Aug). Cover for 5 days with a bucket or dinner plate to blanch it before harvesting, then shred and pan fry with garlic like winter greens. (varieties highlighted in blue are particularly suitable for winter cultivation)



L1 Mixed Lettuce Pack
13 varieties all mixed together. Sow staggered @6000. Sow Mar-Sep. **£2.89**

LM3 Mixed Cutting Lettuce Large
13 varieties mixed together.

@40,000/50g. Sow Mar - Sep. **£9.99**

L1a Crunchy Salad Cutting Mix
Crispy red/green leaf. Grows back again after cutting. @4000 »**£1.99**

L1b Soft Salad Cutting Mix
Soft leaves only. Cut and come again mix. @4000. »**£1.99**

L1f Alpine Lettuce mix
Varieties from Alpine Italy, ideally suited to the UK! Stagger the sowing from Spring to Autumn and cut and come again. **£2.89**

L2 Bis di Lattughe Cutting Mix
Red and green salad bowl mixed together. @4000. Sow Mar-Sep. **£2.89**

L3a Misticanza Spring/Summer
Cut-and-come-again. Sowing Salad Mix. Sow staggered from Mar-Jul **£2.89**

L3b Misticanza Autumn/Winter
Sowing Salad Mix. Sow Aug to Oct and harvest till Feb under cover. **£2.89**

L3c Misticanza Oriental Salad Mix.
A mix of Chinese leaves including mizuna for salads and stir frying. **£2.89**

L3e Misticanza Romaine Lettuces
A nice mix to sow from Spring to Summer containing both green and red varieties. Sow Spring and Summer. Crunchy. **£2.89**

L4 Mixed Endives & Escaroles
9 endive varieties mixed in one pack. @6000. Sow Mar-Sep. »**£1.99**

L5 Romana Bionda Ortolani Crunchy
Classic Romaine lettuce used for Caesar salads. Crunchy and tasty. @4800. Sow Feb-May & Jul-Sep. **£2.89**

L5a Red Romaine Lettuce
"Rossa"Crunchy Stunning rustic red leaves add a splash of colour to a Caesar salad which traditionally uses the green Romaines. @4800. Sow Feb-May & Jul-Sep. **£2.89**



L6 Romana Lentissima
"Romaine Slow to Bolt". @4800. Sow Feb-May & Jul-Sep. **£2.89**

L12 Bionda a Foglia Liscia
Cutting lettuce, smooth single leaves. @5000. Mar-Oct. »**£1.99**

L13 Bionda Ricciolina
Sweet, ruffled green cutting lettuce. @5000. Sow Feb-end Sep. **£2.89**

L14 Green Salad Bowl
Green oak leafed-like cutting lettuce. @4000. Sow Mar-Sep. **£2.89**

L15 Regina delle Ghiacciole
"Reine de Glace" or Italian Iceberg. @4800. Sow mid Feb-end Aug. **£2.89**

L16 Lollo Bionda Green
Classic frilly green lettuce. Ample leaves. @4000. Sow Mar-Oct. »**£1.99**

L17 Gentilina - Open head, ruffled green leaves from Northern Italy makes it ideal in resisting low temps. @4000. Sow Feb-Sep. **£2.89**

L18 Lingua di Canarino - "Canary's Tongue". An oak leafed, green headed variety. @7000. Sow Feb-Oct. Harvest Mar-Nov. **£2.89**

L19 Testa di Burro D'Inverno
Italian winter butterhead. @6000. Sow Mar-May & Jul-Sep. **£2.89**

L21 Alpine Lettuce Meraviglia D'inverno S.Martino From the coldest region of Italy, this variety is sown Jul-Dec outside protected in a cold greenhouse/ cloche and harvested through winter till about March @2000. **£3.19**

L22 Corn Salad Valeriana D'Olanda
Corn salad/lamb's tongue. Sow summer for a winter harvest. @2000. **£2.89**

L22a Lamb's Tongue D'Olanda Semi Grosso "Ortolani" Professional Mid-early. Resists low temperatures @2200. Mar-Apr & Jul-Oct. **£3.19**

L23 Mache Verte de Cambrai
French corn salad. @2000. Sow Mar-Apr/Jul-Oct. Harvest end Dec. **£2.89**

L24 Radichetta Barba di Frate
A rustic variety, upright. Toss quickly in olive oil like radicchio. Grows back again. @5000. Sow Feb - end Oct. »**£1.99**

L25 Batavia Bionda Bordo Rosso
Large round green head with slight red laced edges. @4800. Sow mid Feb - mid Sep. »**£1.99**

L27 Lollo Rossa Red
Elegant sweet red ruffled classic with a long sowing period from Mar-Sep. @4000. **£2.89**

L28 Rossa of Trento
"Red of Trento". Regional red lettuce from the Dolomites. Large head @5000. Sow Mar - Sep. **£2.89**



Lettuces



L29 Red Salad Bowl
Cut-and-come-again lettuce with tender leaves which grow back after cutting. @4000. Sow Mar-Aug. **£2.89**



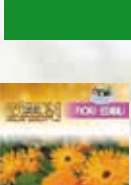
L30 Biscia Rossa
"Red Snake". Rosette shaped heads for cutting. @4800. Sow Feb - Apr & Jul - Aug. **£2.89**



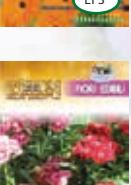
L31 Quattro Stagioni "4 Seasons"
Green with dark red/mauve edges. @6400. Sow Feb - Aug. **£2.89**



L32 Rossa Ricciolina Red cutting lettuce. @5600. Sow Feb - end Sep. **£2.89**



L34 Rouge Grenobloise
Mid/Late French variety. Semi open green and red. Rustic. Crunchy. @4000. Sow Feb-Sep. **£1.99**



L35 Maravilla de Verano Canasta
Beautiful deep red outer leaves and green head. Tasty, large. @3200. Sow Mar-mid Sep. **£2.89**



L36 Riccia Invernale (Americana Bruna)
"Winter Brunette" cutting lettuce which forms open rosettes, with ruffled edges. @6400. Sow Mar-May and Jul-Aug. **£2.89**



L39 Ubriacona - (Or "Drunkard")
Green heart, red outer leaves. Included by customer requests. @5600. Sow Mar - Sep. **£2.89**



L40 Endive Romanesco Green cutting endive. Single leaves. @6000. **£1.99**

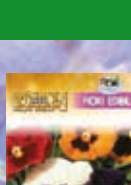


L41 Endive Cuor D'oro Pancalieri - "Golden Heart"
Splaying head. Crispy bitter frisee' leaves. @4800. Sow Jun-Aug. **£2.89**



L42 Scarola Verde
Green, "full heart". Large, crunchy head. Pan fry with garlic. @4800 Sow Jun-end Aug. **£2.89**

L42a Scarola Gigante di Bergamo Endangered now grown only on the hills surrounding this alpine city. Tolerates low temperatures. @4800 Sow Jun-end Aug. **£2.89**



L43 Scarola Bionda
Blond "full heart". Pan fry with garlic and use as greens in the winter. @4800. Sow Jun - Sep. Harvest protected in a cold greenhouse till Feb. **£2.89**



L44 Scarola Cornetto di Bordeaux
"Cornet of Bordeaux". Self blanching. Pan fry with garlic. @4800. Sow Jun to Sep. **£2.89**

L45 Dandelion Tarassaco
Every part of the dandelion is edible from the root which is used to make coffee to the leaves eaten in salads. 1.5g. Sow Mar-end Jun. **£1.99**



L47 Mizuna
Chinese salad leaf which tolerates half shade. Easy to grow. Sow Spring - Autumn. **£2.89**

L50 Cos Lettuce Little Gem
Compact variety with crisp leaves from the UK which is highly prized in Italy. Sow Feb-Jul. **£2.89**

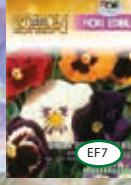
Edible flowers



EF1 Mixed Edible Flowers
For salads and general dishes.



EF2 Borage
Use especially in Pimms, port or fruit salad. A British institution!



EF3 Calendula Marigold
Also known as poor man's saffron.



EF4 Sweet William Carnation
Sweet petals for cakes, dessert wine.

EF8 Basil Flowers
Milder than the leaf. Great with mozzarella, pasta and tomato sauces.

EF9 Sage Flowers
Milder than the leaf. Ideal with mushrooms, beans, pork. Sage butter.

EF10 Courgette Flower
Produces only flowers. Batter and fry, stuff or put in omelette

EF11 Chicory Flower
Beautiful blue colour, pleasant bitter flavour. Risotto, salads.

EF12 Chamomile Flower
Dry, then Use to make relaxing tea.

EF13 Pumpkin Flower
Produces many large flowers for stuffing
All packets are £3.19

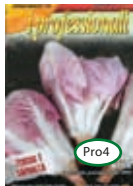
Radicchios and Chicories

Varieties highlighted in blue are suitable for winter cultivation. @600 = Approximate Seed Quantity.

Radicchio is a particular favourite in Treviso, Venice and Verona and the cold will blanch it, removing most of the bitterness as the Veneto region is the coldest in Italy so they actually require cold for harvest. It's often roasted in olive oil and served as a vegetable. Blanch your upright radicchios by tying them up for 10 days before harvest. If your chicory is too bitter, soak it in cold, salty water for 30 minutes or just add sugar or honey to the dressing.



R1 Mixed Chicories Pack
12 cut-and-come-again varieties.
Sow Mar-Sep. @4500. **£2.89**



R2 Radicchio Rossa di Treviso 2
Discard the outer leaves. Crunchy, red/white striped heart.
Sow Jun-Aug. @6000. **£2.89**



R3 Late Radicchio di Treviso Tardiva
Harvest with cold till end Feb. Sweet, compact, heads ideal for roasting and risotto. Sow May-Aug. @4000. **£3.19**



R4 Radicchio Black Trevigiana "Svelta" Special selection.
Upright dark red leaves with white ribs. Sow Jul-Aug. @2400. **£3.19**



Pro4 Pink Chicory Rosa AKA Rosalba
Mid-late, Resistant to cold, long harvesting season, Tasty and tender. @300 **£3.99**



R5 Variegated Radicchio of Lusìa Tardiva - Large, late, ample leaves. Green with red specks. Crunchy. Resists frost. Sow Summer harvest winter **£3.19**



R6 Chicory Pan di Zucchero
"Sugarloaf". A long variety from the alps, tightly wrapped with green head. @6000. Sow Jun-Aug. **£2.89**

R7 Chicory Bianca of Milano
Upright with tight wrapped blonde head. Ideal for shredding. @6000. Sow Jun-Aug. **£1.99**

R8 Grumolo Green Leaf
Blonde, rosette shaped head. @6000. Sow mid Mar-end Oct. **£1.99**

R9 Chicory Zuccherina of Trieste
"Sugar of Trieste". Quick growing cut-and-come-again variety. @6600. Sow Mar-end Sep. **£2.89**

R10 Chicory da Taglio a Foglia Larga
Large leaved cutting chicory. Quick to harvest with a long season @6000. Sow Mar-end Sep. **£2.89**

R11 Radicchio Palla Rossa of Verona
"Red Ball of Verona". Deep red head. @6000. Sow Jun-end of Aug. Harvest Sept-Feb. **£2.89**

R12 Radicchio Palla Rossa "Precoce"
Early. @6000. Sow Jun-Aug. Harvest red even without frosts. Aug-Nov. **£1.99**

R13 Radicchio Palla Rossa 6 "Agena"
"Red Ball". Resistant to frost. @2400. Sow Jul-Aug. Harvest Dec-Feb. **£3.19**



R14 Radicchio Palla Rossa Marzatica.
Frost hardy outside. Red with white nerving. Eat raw or cooked. Sow Jun - Aug. Harvest Nov-end Mar. **£3.19**



R15 Radicchio Palla Rossa "Melot"
Venetian large head. Resistant to first frosts. Great winter salad leaf. @2400. Sow mid Jul-end Aug. **£3.19**



LMS5 Mixed Cutting Radicchio & Chicories (large 100g) Cut-and-come-again. @50,000. Sow Mar-Sep. **£9.99**



R16 Variegated Palla Rossa of Chioggia Venetian with beautiful large variegated leaves. @5400. Sow Jun - end Aug. **£2.89**



R17 Bis of Chicories
Red and green cutting chicory mix. Sow spring summer & autumn **£1.99**



R19 Radicchio Palla Rossa "Pagoda"
Red leaf with white "nerving". @2400. Sow Aug - Sep. Harvest Dec - Feb. **£3.19**



R21 Chicory Bianca - Green Venetian variety. Resists low temperatures. Late. Open head. @2400. Sow Jul - end Aug. Harvest till mid Feb. **£3.19**

R22 Chicory Catalogna Gigante of Chioggia Giant from Venice. @6000. Sow mid Mar-mid Aug. **£1.99**

R24 Puntarelle Catalogna Chicory of Brindisi. Long, serrated leaves. Central buds with consistency of Fennel. Shred. Serve with oil, lemon and anchovy dressing. @6000. Sow Mar - Aug. **£2.89**

R25 Radicchio Orchidea Rossa
"Red Orchid". Quite hardy beautiful deep red crunchy leaves. @3000. Sow Mar & Jul-mid Nov. **£2.89**

R27 Variegated Castelfranco Chicory Endangered Rosette shaped open head with red "paint splashes" from Veneto region. @5400. Sow Jun - end Aug. **£2.89**

R28 Belgian Yellow Chicory Witloof
Place unearthened roots into buckets of sandy soil to produce the characteristic sweet yellow 'chicons'. @6000. Sow May - end Sep. **£2.89**

R29 Chicory Barba di Cappuccino
@6000 Sow May - Aug. **£1.99**

R30 Cutting Chicory Spadona
Lance shaped cutting variety easy with long sowing season. Grows back. @6000. Sow Mar-Sep. **£2.89**

R31 Radicchio Grumolo Rossa
Forms its stunning red rosette shaped heads with the cold. @6000. Sow May-Sep and Harvest Oct - Mar. **£2.89**

R32 Chicory Selvatica da Campo
Wild Chicory from Campania. Splaying head, spindly leaves. Use in salads or cooked. @6000. Sow May - Aug. **£1.99**

R37 Pink Chicory Rosa Isontina
Late variety with crunchy leaves. @2400. Sow Jul-Sept. Harvest Jan-Feb. **£3.19**

Salad accompaniments

Red onions are mild & sweet and so good eaten raw in salads but they caramelize well too. Try using wild rocket for a stronger flavour and using 50% to basil to make rocket pesto. Italian cucumbers are a different family from British ones and are called "melon cucumbers" with a refreshing melon after-taste. Sow radish Spring & Autumn.



S01 Cultivated Rocket
Milder/meatier than wild rocket. Grows quickly @5000 Sow Mar-Sep **£2.89**

S02 Wild Rocket
Strong flavour. Cut and come again. @6000. Sow Mar-Sep. **£2.89**

S03 Wild Rocket (Restaurant Quality)
@5000. Mar-May/Aug-Sep. **£3.19**

S4 Cultivated Rocket (Restaurant)
@3800. Top quality. Sow Mar-Sep. **£3.19**

S4a Cultivated Rocket Saetta Early, strong flavour, dark green. @6000. **£3.19**

LM6 Cultivated Rocket (Large pkt) 38g @25,000. Sow Mar - Sep. **£8.99**

S5 Long Red Onion of Florence
Sweet Tuscan onion. Use raw or cooked. A stunner. @1400. Sow Feb-May. **£2.89**

S6 Red Onion of Genova
Classic Italian flat sweet red onion. @840. Feb-Mar & Jul-Aug. **£2.89**

S7 Red Onion of Savona "Savonese"
Translucent variety. @840. Sow Mar-May and again Jul-Nov »**£1.99**

S8 Onion Tropea Rossa Round
Famous Calabrian Onion. Rosy flesh. Sow Spring/Autumn. @840. **£2.89**

S9 Scallion/Spring Onion Cipollotti a Mazzo - Mid-length. Long white stem. @1400. Sow Feb-end Jul. **£3.19**

S10 Salad Bunching Onion of Barletta
Small white Puglian onion. Also pickles. @840. Sow Mar-Jun. **£2.89**

Pro2 Cucumber Montebello F1
Early. Resists common diseases and is very productive. Fruits 18-22cm in length. @50. **£3.99**

S11 Melon Cucumber Pugliese Indoor. Mid-sized rustic and short. **Endangered** Old fashioned. @120. Sow Spring **£2.89**

S12 Round Cucumber of Manduria
Melon cucumber. Indoor. Vigorous. Self pollinating. @120. Mar-Jul **£2.89**

S13 Cucumber Tortarello Barese
Melon cuke. Long cucumber, sweet, rustic. Puglia. @120. Mar-Jul »**£1.99**

S14 English Cucumber Marketmore
Self pollinating. Outdoor. Mid-sized. Juicy. Sow Spring. @150. **£2.89**

S15 British Style Cucumber Lungo Verde degli Ortolani - Mid late. Smooth, dark. @150. Mar-Jul. »**£1.99**

S16 Cucumber Viridis F1 - Early dark green. 28-30cm long. Self pollinating. @50. Sow Mar-Jul. **£3.19**

S17 Forcing Cucumber Sakamari Hybrid
Mid early. Vigorous, productive, mid length. Self pollinating. @50. **£3.19**



S17a Cucumber Sensation
Mid/late. A long smooth growers variety. Sow in Spring. @60. **£2.89**

S18 Cornichon Piccolo di Parigi
"Gherkin of Paris". Ideal for pickling in vinegar. @150. Sow Mar-end Jul. **£2.89**

S19 Cornichon White Wonder
Pickler. @150. Sow Spring. »**£1.99**

S20 Gherkin Beth Alpha - Popular green gherkin. Sow Feb-Jul. **£2.89**

S21 White Mouli Birra di Monaco
"Beer of Monaco". Cylindrical, crunchy root. Sow Jun-Sep. »**£1.99**

S21a White Round Radish Crunchy and peppery. Sow Spring » **£1.99**

S22 Radish Rapid Red Sanova Round, red radish. Slow to go woody. @1800. Sow Feb-Jun/Sep-Oct. **£2.89**

S23 Radish Rosso Gigante
Red giant from Sardinia. @2000. Sow Feb-Jun/Sep-Oct. **£2.89**

S24 Radish Gaudry 2 - Crunchy round red salad radish with peppery white tip. @1800. Sow Spring/Autumn. **£2.89**

S25 Radish Flamboyant 3
Long, peppery radish with white tip similar to French Breakfast. @2250. Sow Feb-Jun/Sep-Oct. **£2.89**

S26 Radish Cherrybelle
Bright red skin, white flesh. @1800. Sow Feb-May/Aug-Sep. »**£1.99**

S27 Radish Candela di Ghiaccio Long, ice white mouli. @1800. Sow Feb-Jun/Sep-Oct. **£2.89**

S28 Radish Candela di Fuoco
Long, fire red variety. @1800. Sow mid Feb-mid Jun/Aug-Sep. »**£1.99**

S28a Radish Dattero Rosso
Mid-early. Red mid-length round & crunchy. Sow Mar-Aug. @1800. **£2.89**

S29 Black Radish Ramolaccio Spanish
Peppery winter radish. Often cooked. @1560. Sow Jun-Aug. **£2.89**

S30 Radish Zlata - "Gold"
Yellow radish from Poland. Strong flavour. Sow Mar-Aug. **£3.19**

S31 Raperonzolo (Rampion)
Bitter sweet tapering white radish. Sow Mar-May/Aug-Oct. **£3.19**

S32 Celery Gigante Dorato di Asti
Golden. Blanch 15 days before harvest. @6000. Sow Feb-Jun. **£2.89**

S33 Celery Pascal of Perpignan
Crunchy green celery. Mid-early. @6000. Sow Feb- end Jun. »**£1.99**

S33a Leaf Celery Verde da Taglio
Resistant to frosts, cut-n-come again. Early. Sow Feb- end Jun. »**£2.89**



Tomatoes

B = bush variety . T = trailing variety . @600=Approximate Seed Quantity.

Italian tomatoes are some of the best in the world, here are a few of them. We regret that due to Brexit we have reduced our tomato and pepper ranges by half. Sow from Feb to May.



T1 Principe Borghese da Appendere
Traditionally used for sun drying, egg sized meaty fruits. Hang plant upside down and pull fruits till Xmas.
OUT. I. 90-100g. @450. **£2.89**



T2 Costoluto Fiorentino Tuscany
Heirloom, ugly, mid sized ribbed RHS AGM winner. Old-fashioned flavour.
I. 150-180g. @375. **£2.89**



T3 Roma VF Semi Plum
Meaty, mid sized. mid-early. Ideal for sauces, cooking & eating **OUT. D.** 70-80g. @450. Sow Feb to May » **£1.99**



T4 San Marzano 2
Neapolitan plum tomato used for Passata & Ragù. Tinned tomatoes!!
OUT. I. 70-80g. @300. **£2.89**



T5 Beefsteak
Lightly ribbed, very large slicing beef tomato **I.** 500g fruits. @60. **£3.19**



T6 Lilliput Cherry Tomato F1
Reliable, round, productive and juicy. Ideal for containers. **OUT. D.** 20-30g. @60. **£3.19**



T7 San Marzano Sel 'Redorta'
Heritage variety. Giant plum tomato. Very good eater. **I.** 350g. @100. **£3.19**

LB8 Yellow Pear Shaped
Small, yellow, pear shaped cherry tomato. Very unusual. **OUT. £3.19**

T10 Cuor di Bue of Liguria
"Ox Heart". Meaty and very low acidity. AKA Coeur de Boeuf tomato.
I. 150-180g. @390. **£2.89**

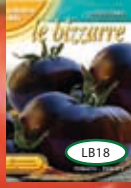
T11 Rio Grande Perini
"Little Pears". Productive and meaty. Cooking, passata or eating.
OUT. D. 70-80g. @450. **£2.89**

EP14 Plum Tomato San Marzano "Scatolone Di Bolsena"
Solanum lycopersicum
Cordon-type tomato from Bolsena near Rome. Great for salads and excellent cooking tomatoes. Annual. Sow Feb - May. » **£1.99**

T14 Marglobe
Heirloom variety. Mid early, large round fruits. British salad tomato. Good eater.
I. OUT. 140-150g. @390. **£2.89**

T15 Marmande
Semi-scalloped beef. Ideal for slicing. Superb outdoor beef tomato for the UK. **I. OUT.** 150-170g. @390. **£2.89**

T16 Saint Pierre
Round, French, lightly scalloped salad tomato. **I. OUT** 150-180g. @300. **£2.89**



T18 Pantano of Rome
Large tasty heirloom variety with green shoulders reaching 350g in weight. My personal favourite, so tasty.
I. 250g. @300. **£2.89**

LB18 Black Crimea 'Noire de Crimée'
This is a regional, heirloom variety from the island of Krim. It has very dark skin and flesh and a slight tartness which makes it superb in salads. @80 days to maturity. **Sow Feb-May. I. £3.19**

LB19a Black Cherry
Ideal for containers. Produces a good number of small round fruits which are quite sweet. Sow in the Spring. Lovely flavour, tart and sweet!
OUT. I. @150. **£3.19**

T20 San Marzano Nano Scipio F1
Bush plum variety ideal for cooking, sauces, passata. Pippa Greenwood's best tomato of 2008! @60. **D. OUT. £3.19**

T21 Baby Plum Red Cherry
Produces numerous sweet red oval fruits ideal for containers. Dates back to 19th Century. Open pollinated variety producing many small fruits - 'Pomodorini'. Oblong 'plum' style cherry. Bush, so ideal for containers and balconies too. **OUT. D.** @450 **£2.89**

T24 Baby Plum 'Piccolo Dattero Muscato' F1 - Date shaped large cherry tomatoes. A typical Piccolo baby plum tomato translated as 'small date' and commonly called Datterini in Italy. Juicy, full of flavour and reliable. Ideal for Indoor Gardening Systems. **OUT. D. £3.19**

T25 Piccolo Tondo Caliendo F1 Reliable, sweet, round golf ball sized salad tomato, juicy and reliable. **OUT. D. £3.19**

T26 Costoluto 'Riccio' of Parma
Traditional, ugly, mis-shaped, rustic variety. A classic tomato from Emilia Romagna, a 'proper' tomato, lovely 'lost' flavour for you to rediscover. Superb with Parmesan cheese from the same region. **I.** 180g. @300. **£2.89**

T29 San Marzano Nano
Early variety. Vigorous cordon variety producing many meaty, dry tomatoes with thin skin and few seeds. Traditionally renowned in Italy as one of the best paste/cooking tomatoes, ideal for vases. **D.** 200g. @500. **£3.19**

T30 Canestrino of Tuscany
Tuscan, basket shape and slightly ribbed. The pulp is solid, sweet, meaty with low acidity and high sugar content. Ideal for slicing, drizzled with a Tuscan olive oil. 200g. @300. **£2.89**

Courgettes, Pumpkins and Squashes

The flowers are always eaten in Italy. Pick the female flowers in the morning when they are open. They are usually battered and then fried, stuffed or used in "frittata", an Italian style omelette. Even simpler, remove the stamen and crown of the flower, wash, dry, dip in egg and then seasoned flour. Fry until golden and serve with freshly grated parmesan. B = Bush T = Trailing



C1 Mixed Pumpkins & Squashes
10 edible varieties mixed in one box. 20g. Sow Mar-Jun. **£3.99**

C2 Pumpkin Marina di Chioggia
Heirloom, rustic Venetian. The oldest pumpkin variety in Italy @9. Sow Mar-end Jun. **£2.89**

C3 Pumpkin Padana
Orange and grey from NW of Italy. @12. Sow Mar-end Jun. **£2.89**

C4 Priests Hat Endangered Pumpkin Berrettina Piacentina - "Berret of Piacenza". @9 Sow Mar-Jun. **£2.89**
See our pumpkin jam recipe on pg 15

C5 Pumpkin Quintale
"Tonne". Can get very large!! @12. Sow Apr-end Jun. **£1.99**

C6 Pumpkin Lunga of Napoli At Risk
Pear shaped. Fruits can reach 1m long. @20. Sow mid Mar-end Jun. **£2.89**

C7 Pumpkin Delica F1
A small variety grown for market. @6. Sow Mar-end of Jun. **£3.19**

C8 Zucchini Striato D'Italia
Classic striped Zucchini. Small-med. B. @50. Sow Mar-Aug. **£2.89**

C9 Courgette Verde D'Italia
Classic green Italian zucchini. B. @54. Sow Mar-mid Jul. **£2.89**

C10 Courgette Custard White
Patty pan shape!! Meaty and firmer. T. @54. ow Feb-Aug. **£2.89**

C11 Courgette Genovese
Very productive. Light green smooth. From Genova. B. @45. Sow mid Feb-Aug. **£2.89**

C12 Courgette Lungo of Florence
Green with long ribs and superior flavour. B. @50. Sow Feb-Jul. **£2.89**

C13 Courgette Romanesco
Nutty flavour, superior quality. B. @45. Sow Feb-Jun. **£2.89**

C14 Courgette Nero di Milano
"Black of Milan". Traditional, productive with dark skin. B. @45. Sow mid Mar-Aug. **£2.89**

C15 Courgette Dynasty
Mid early. Dark green. 18-20 cm fruits. B. @18. Sow Mar-Jul. **£3.19**

C16 Courgette Alberello di Sarzana (Liguria) Light green with a delicate flavour. B. @50. Sow Feb-Jul. **£2.89**

C17 Courgette Bolognese
Light coloured. "Boated" with good flavour. Large slices. B. @40. Sow Mar-Jul. **£1.99**



C18 Courgette Tonda di Piacenza
Dark round courgette from near Parma. B. @50. Sow March-Aug. **£2.89**

C19 Courgette Tondo di Nizza
Light round courgette from Turin. B. @40. Sow Feb-Jul. **£2.89**

C20 Courgette Lungo Bianco
"Long White" variety from Sicily with creamy consistency. B. @30. Sow Mar-Jul. **£1.99**

EP20 Courgette Striato di Napoli
Highly-prized, can produce over 5kg of stripy fruits per plant and plenty of flowers. Annual. Sow Mar-Jun. **£2.89**

C21 Courgette Goldrush F1
Yellow hybrid courgette. Mid early. Indoor or Outdoor. 18-20 cm fruits. B. @16. Sow Mar-end Jun. **£3.19**

C22 Courgette Novodiamant F1
Productive plant. Long vegetative cycle. Very early. Indoor or Outdoor. 18-20 cm fruits. B. @20. Sow Mar-Aug. **£3.19**

C23 Courgette Grezzini F1
Very productive. Good flavour. Very early. Indoor or Outdoor. 13-15 cm fruits. B. @16. Sow Feb-Jul. **£3.19**

C25 Courgette Rugosa of Friuli
Venetian variety. Ugly, but tasty and firmer when cooked. @15. T. Sow Feb-Jun. **£2.89**

C26 Butternut Squash Rugosa
Boil until tender, mash, then add butter and nutmeg. Or roast. T. @20. Sow Mar-Jun. **£2.89**

C27 Spaghetti Squash
Spaghetti-like flesh. Eat with pasta sauce. Keeps about 2 months. T. @30. Sow Mar-end Jun. **£2.89**

C28 Squash Tromba D'Albenga
"AKA Tromboncino" curved meaty courgette. Grow it up a frame. T. @25. Sow Mar-Aug. **£2.89**

EP19/C29 Squash Serpente di Sicilia /Duhdi
"Sicilian Snakes". Very unusual. Fruits can grow to 2 metres, white flowers. T. @30. Sow Apr-Aug. **£2.89**

C30 Tris of Zucchini
A mix of light, dark and striped bush varieties all mixed together in one packet. B. @40. Sow spring. **£2.89**





Torta di Spinaci:

A speciality of Borgo Val di Taro It's true that the simplest ingredients and recipes often make really tasty dishes loved by everyone. This is a great picnic dish also. Although his version doesn't call for pine nuts, you can fry some to taste and add to give a nutty flavour to the torta. Courtesy of Toni Delpoio.
Serves 8

Ingredients:

4 handfuls of fresh spinach
125 ml olive oil.
3 cloves of garlic, chopped.
1 large onion, chopped.
6 fresh basil leaves, torn.
A handful of pine nuts (optional)
Parmesan Reggiano.
A 500g pack of puff pastry.
3 eggs, beaten and mixed with 75ml of milk.
Salt and freshly ground black pepper.

Method:

Wash the spinach and blanch in salted water for 2 minutes. Remove, drain and squeeze out as much water as you can. Pour the olive oil into a pan and gently fry the garlic, onion, fresh basil and pine nuts, if using, mixing in the spinach after a few minutes and adding a generous amount of Parmesan, salt and pepper. Fry for just a few minutes over a medium heat and then switch off the heat, leaving the ingredients in the pan to warm through.

Roll out the pastry to about 3 mm in thickness and use it to line a greased shallow ovenproof dish, allowing an overlap of 2 cm round the edges. Spread the spinach filling out inside to about 1 cm in thickness, then pour the beaten eggs in on top and fold the pastry overlap over the edges of the spinach to seal it. Bake in the oven at Gas Mark 4/180°C for 40 minutes and serve hot or cold.





Stuffed Savoy Cabbage Leaves

Italy is 74% alpine so cold loving veg like savoy cabbages are really popular in Alpine regions especially. Serves 4

Ingredients:

A small sprig of rosemary, olive oil, 500 g minced pork, 1 large onion, Roughly chopped 10–12 black olives, 4 table-spoons beef stock, 4 tablespoons grated Parmesan, 8 Savoy cabbage leaves, 2 crushed cloves of garlic, salt and freshly ground black pepper.

Method:

Heat the rosemary in some olive oil in a frying pan, then fry the meat for a couple of minutes. Add the chopped onion, garlic and olives, season and fry for another couple of minutes. It's important that the filling is properly seasoned as the cabbage is fairly bland. Add the stock, which will add even more flavour and keep the meat moist, and cook until the meat is completely cooked through. Stir in grated Parmesan and leave the mixture to cool.

Blanch the cabbage leaves in boiling water for 1 minute and remove with a slotted spoon. Lay each leaf out flat, divide the filling between 8 leaves and place in the middle of each. Roll each one into a cigar or parcel shape and secure with a wooden toothpick.

Heat them on a gentle heat in a covered frying pan with a little oil to stop them sticking and a couple of tablespoons of water to keep them from drying out. Make sure they are hot through before serving.

Vegetables

Varieties highlighted in blue are suitable for winter cultivation. @600=Approximate Seed Quantity.

If you've not experienced Franchi seeds before, veg is where we really excel. You'll find a proper seed quantity and big tasting regional varieties.

Franchi are the only seed brand in the UK that are Vegetarian Society Vegan certified or Slow Food UK approved, so we have the pedigree and reputation you'd expect, and we're ethical too.

(varieties highlighted in blue are particularly suitable for winter cultivation)



V1 Asparagus of Argentineuil
Harvest after 3-4 years. @200.
Sow from Mar-Jun. **£2.89 Endangered.**



V2a Artichoke Imperial Star (ex Green Globe)
A traditional thornless green heritage variety with meaty leaves.
Sow Feb-May & Aug-Sep. **£2.89**

Pro5 Artichoke Tizio F1
Mid, produces a large number of heads, elongated purple & green streaks. Resistant to hot dry periods. **£3.99**



V3 Aubergine Violetta Lunga
Rustic Italian eggplant. @660.
Sow Feb-mid of May. **£2.89**

V4 Aubergine Black Beauty
Large, black, round variety. @660.
Sow Feb-end May. **£1.99**

V5 Aubergine Prosperosa
Large, round, light mauve. @660.
Sow Feb-end May. **£3.19**

V6 Aubergine Linda F1 Hybrid
Productive. Long, curved fruits. @25. Sow Feb-Jun. **£3.19**

V7 Aubergine Tonda Bianca
Sfumata Rosa - large white Italian variety. @25 Sow Feb-May. **£3.19**



V8 Beetroot Detroit 2
Old British quality variety. @480.
Sow Mar-end Jun. **£2.89**

V9 Beetroot of Chioggia (Veneto)
Sweet red and white striped flesh. @600. Sow Mar-Jun. **£2.89**

V10 Beetroot Egitto (aka Mr Crosby's Egyptian)
An heirloom variety over a century old. Earthy, flat, dark, tasty. Force and pick in 8 weeks. @425. Sow Mar-Jun. **£2.89**

V10a Long Beetroot Cylindra
Early. Mid sized cylindrical bulb. Earthy red coloured flesh. Sow Mar-Jun.@480 **£2.89**



V10b Beetroot Bikores
Early. Large, round, smooth skinned bulb. The bulb has a smooth thin skin and bright red tender, tasty flesh. Resist bolting!! Sow Mar-Jun. **£1.99**

V11 Brussels Sprouts
Classic variety to sow in the summer and harvest for the Xmas table. @1800. Sow May - Aug. **£2.89**



V12 Broccoli of Calabria
Good, delicate flavour. @1800.
Sow from May-end Jul. **£2.89**

V12a Broccoli Gentlemen Hybrid F1
Reliable, high quality variety highly prized by our customers. **£3.19**
EP21/V13 Cavolo Nero di Toscana /Kale
Used to make "Ribollita Toscana" and Tuscan minestrone. Harvest with cold. @1500. Sow May-Jul. **£2.89**



V13a Portuguese Kale - Galega
Early. Open head. Produces numerous large, smooth leaves with marked ribbing. @1500. Sow Mar-Sep. **£2.89**

V14 Cabbage Cuor di Bue Grosso
Sweetheart. Large, upright, conical green head. Summer cabbage. @1500. Sow May-end Jul. **£2.89**

V14a Cabbage Winter Langedijk
Traditional late Dutch cabbage. @1200. Sow May-Jul. Harvest Oct-Feb. **£2.89**

V14b Cabbage Copenhagen
Mid-early, grey-green closed head. Sow May-Jul. @ 1500. **£1.99**

V14c Cabbage Golden Acre
Early. Mid sized closed head. Light green classic. Sow May-Jul @1500 **£2.89**



V57 Red Cabbage Testa Nera
Frost resistant. Firm, deep red. @1500. Sow Mar- end Jul. **£2.89**

V15 Chinese Cabbage Michihil/ Ex Pe-Tsai Upright, mid-sized head. Easy to digest. Sow Mar-end Jun. **£2.89**

V16 Cardoon Gobbo di Nizza
"Hunchback of Nice". Architectural @105. Sow Mar-Jun. **£2.89 Endangered.**



LEB33 Carrot Ribrovitamina Early. Vivid orange in colour with narrow heart, full of vitamins! Large cylindrical root. High in Carotene and Vitamin B. @3,600 seeds. Ideal for juicing. Sow Mar-Jul. **£2.89**

TAP14 Carrot Nantese (Tape)
Seeds sown onto a biodegradable tape. Sow Mar-Jul. **£3.19**

LM15 Carrot Nantese (large pkt)
Mid-early heartless Venetian carrot. 50g @45,000. Sow Mar-Jul. **£9.99**

V17 Carrot Nantes Chioggia 2
Mid-early heartless Venetian carrot. @7000. Sow Mar-Jul. **£2.89**

V18 'Grelot' Carrot Parisier Market Small French "clay" carrots also for containers. @7000. Feb-Jul. **£2.89 Endangered.**

TAP12 Carrot Gigante Flakkee 2(Tape)
Seeds sown onto a biodegradable tape. Sow Mar-Jul. **£3.19**

TAP13 Carrot Berlicum 2 (Tape)
Seeds sown onto a biodegradable tape. Sow Mar-Jul. **£3.19**

V18a Carrot Gigante Flakkee
Large, thick Dutch carrot. Good flavour. Once found all over the UK now hard to find. Sow Mar-Jul. @7000 **£2.89**





V19 Carrot Berlicum 2
Mid/late with long, crunchy root.
Stores well. @7000. Sow Mar-Jul. **£2.89**

V20 Carrot Baladis F1 (ex Tellus)
Heartless, tender, crunchy root.
@2250. Sow Feb-end Jul. **£3.19**

V20b Carrot Jaune Du Doubs
Productive large yellow French
carrot. @4000 Sow Feb-June »**£1.99**

V20c Carrot Chantenay
An excellent quality, medium
French variety from near Nantes.
Sow Feb-Jul. @6000. »**£1.99**

V20d Carrot San Valerio
A long tapering variety from
Northern Italy. Sow Spring and into
Summer. @4000. **£2.89**

V20e Carrot Touchon
An old French variety of superb
quality and flavour ready in 65
days. Sow Spring/Summer. **£2.89**

LB22 Cosmic Purple Carrot
Tasty purple carrot. @125. **£3.19**

EP23 Mixed Mediterranean Carrots
Orange, Yellow and purple mix. Young
ones pulled when thinning add colour are
delicious in a salad. Sow Feb to Jul. **£2.89**

V21 Cauliflower Romanesco
Green, spiraling florets from Rome
with mild flavour. @1800. Sow May-
Jul. Harvest to end Jan. **£2.89**

V22 Cauliflower Macerata (Marche)
Green cauli sown Jan - end Jul for a har-
vest 90days after transplanting out.
Heads can reach up to 1.3kg. @1200.
Sow Jan, & May-end Jul. **£2.89**

V22a Cauliflower Marzatico
Early. Round, mid sized, light cream
coloured, tightly closed head.
@1500. Sow May-Jul. »**£1.99**

V24 Spiral Cauliflower of Jesi White
Large, white Romanesco. Spiralling
florets. From near Venice. @1050.
Sow May-end Jul. **£2.89**

V23 Cauliflower Violetto di Sicilia
Sicilian purple variety. Green when
cooked. @1200. Sow May - Jul. **£2.89**

V25 Cauliflower of Verona Tardivo
Cream coloured head. @900. Sow
May-end Jul. Harvest Feb-Apr. **£2.89**

V26 Cauli Palla di Neve "Adige"
"Snowball" cauliflower from the
Alps. @750. Sow May - end Jul. **£3.19**

V27 Celeriac Bianco Veneto
Excellent Venetian variety which resists
cold. @6000. Sow from Feb - Jun. **£2.89**

V28 Alpine Fennel Montebianco
"Montblanc". Large round bulb.
Vigorous plant resists bolting.
@1260. Sow Jun-Aug. **£2.89**

V28a Fennel Romanesco
Mid-early. Florence fennel producing a
large crunchy juicy white bulb.
Sow Mar-May. @1260. »**£1.99**



V29 Fennel Mantovano
Heritage Variety, Mid Early vigorous
plant with empty cane. White pods
crispy and perfumed. Sow Mar-May.
@1260. **£2.89**

V29a Fennel of Parma Sel.Prado
Mid-late. Full cane. Round large
crunchy closed head. Sow mid Jul - end
of Aug. @1260. **£3.19**

V30 Kohl Rabi of Vienna
White variety. Easy to grow. Increasingly
popular. Ideal for shredding for coleslaw.
@1250 Sow Mar - Aug. »**£1.99**

V30a Kohl Rabi Purple
Popular purple variety for eating
cooked or raw. Easy to grow. Makes
good coleslaw. @1000. **£2.89**

LEB14 Leek Porro Lungo Della Riviera
This variety comes from the Ligurian Rivi-
era. This is a Mid-Early variety that
produces really long leek and it has a good
production. Perfect for winter cultivation.
To be sown in the spring and early sum-
mer. @1500 Sow Feb - mid Jun. »**£1.99**

V31 Leek Gigante D'Inverno
"Winter Giant". Big & long. @1520.
Sow Feb - mid Jun. **£2.89**

V32 Leek of Delft
Shorter, fatter than Gigante d'Inverno.
@1520. Sow Feb-mid Jun. **£2.89**

V33 French Leek Carentan
Late. Mid sized. Resists low
temperatures. Very fine flavour, good
quality. @1200. Sow Feb - Jun. **£2.89**

V34 Leek D'Elbeuf (ex Tornado F1)
Ideal for long onion/winter harvests.
Large, round stalk. Resists low
temps. Sow Feb - Jun. **£3.19**

S5 Long Red Onion of Florence
Sweet Tuscan onion. Use raw or cooked.
A stunner. @1400. Sow Feb-May. **£2.89**

S6 Red Onion of Genova
Classic Italian flat sweet red on-
ion. @840. Feb-Mar & Jul-Aug. **£2.89**

S7 Red Onion of Savona "Savonese" Red
Translucent variety. @840. Sow
Mar-May and again Jul-Nov »**£1.99**

S8 Onion Tropea Rossa Round
Famous Calabrian Onion. Rosy flesh.
Sow Spring/Autumn. @840. **£2.89**

S9 Scallion/Spring Onion Cipollotti a Mazzo - Mid-length. Long white stem.
@1400. Sow Feb-end Jul. **£3.19**

S10 Salad Bunching Onion of Barletta Small white Puglian onion. Also
pickles. @840. Sow Mar-Jun. **£2.89**

EP26 Onion Tropea Long Red
So sweet and mild they can almost be
eaten raw. Sow indoors in autumn or
outdoors in spring. **£2.89**

V35 Onion Boretta Parma
Famous flat, sweet, white pickling
onion for "sott'olio" or "sott'aceto".
@840. Sow Feb - May. **£2.89**





V36 Onion Musona
White Spanish type, large cooking onion. @840. Sow Mar-Sep. **£2.89**



V37 Onion Piatta di Bergamo
Flat white onion from Bergamo. @840. Sow Feb - May. **£1.99**



V38 Onion Ramata di Milano
Large golden onion. Stores well. @1400. Sow spring and autumn. **£2.89**

V38a Onion Dorata di Parma
Large round golden bulbs. Good storer. Eat with Parmesan cheese. Sow Mar-May/Jul-Sept. @800. **£1.99**



V39 Onion Texas Early Granio
Mid late, white thick tender flesh. 1400. Sow Mar - Jun & Protected Jul - Sept. **£2.89**

V40 Salad Onion Giugnese
Mid-early, small bulb, flat, white for salads and stir fry. @900. Sow Mar-May & Jun-Sep. **£2.89**



V40a Onion Valenciana
Early, golden Spanish onion with white juicy flesh. @1000. **£2.89**

V92 Tris of Onions
White, red and golden in one packet, so great value. Sow in the spring for the same year and the autumn for the following year. @1000 seeds **£2.89**

V41 Okra Clemson
Also called "Lady fingers". Needs to be cultivated under glass in the UK. @150. Sow Apr - Jul. **£2.89**



V42 Hamburg Root Parsley Berliner
Sweet white roots like parsnips. @6000. Sow Mar - Aug. **£2.89** **Endangered.**

EP27 Pepper Padron "Bulls Horns"
Long The "Russian roulette" of chilli peppers about which they say "one is hot and one is not". Annual. Sow Feb-May. **£2.89**

V43 Pepper Corno Rosso
"Bulls Horns". Long red tapering pepper. Ideal for stuffing. @250. Sow Feb - Jun. **£2.89**



V44 Pepper Corno Giallo
Yellow sweet bulls horn pepper. Lovely to stuff. Easier to grow than bell peppers. @250. **£2.89**

V47 Pepper Topepo
RHS 'AGM' AWARD WINNER. This pepper ideal to stuff with mozzarella and anchovies or a meat filling and the peppers have a great flavour. Sow in Spring. @250. **£2.89**

V50 Pepper Giallo D'Asti
The most highly prized pepper in Italy. @260. Sow Feb - Jun. **£2.89**

V52 Pepper Rosso D'Asti
As V50, but red. @260. Sow Feb - Jun. **£2.89**

V54 Friggittello Peppers
Famous sweet Neapolitan eat-all pepper, also known as Friariello. Sow Feb-May. **£2.89**



V58 Savoy Cabbage of S. Michele of Verona - Green with pink flush. @1800. Sow May - end Jul. **£2.89**



V59 Savoy Cabbage of Mantova
Very large head. Cold resistant. @1800. Sow May - end Jul. **£2.89**



V59a Savoy Cabbage Pasqualino
"Easter". Early, round closed head, intense green leaves. @1800 **£1.99**



V60 Spinach America
Very slow to bolt. Called America because Italian immigrants took the seed there in their pockets! @1300. Sow Feb - May & Aug - Oct. **£2.89**



V60a Spinach Gigante d'Inverno
Early. Light green, lance shaped leaves for Autumn-winter harvest. Feb-Apr & Aug-Oct. @1300 **£2.89**



EP18 Spinach Merlo Nero
"Blackbird". Slow to bolt. @1500. Sow Spring and Autumn. **£1.99**



V61b Spinach Andhalu
Mid-early rounded, blistered leaves. Good resistance to summer heat slow to bolt. @900. Sow Spring and Autumn. **£2.89**

V62 Summer Spinach Matador
Large leaves. Best variety for summer harvest. @1300. Sow Feb-May & Aug-Oct. **£2.89**

V62a Spinach Viking
Mid-early, with smooth, wide, tender, thick leaves. Suited best for Autumn-Winter cultivation. Sow Feb-May & Aug-Oct. **£1.99**

V63 Spinach 7r F1 - Professional
Early productive hybrid variety. @1200. Sow Feb-May & Aug-Oct. **£3.19**

V64a Spinach Baby Leaf Ibrido F1
Small variety for eating raw. Sow spring and autumn. **£3.19**

EP24 Swiss Chard "Liscia Barese" Beta vulgaris L
Used throughout Italy, where it is highly prized for its reliability and flavour. Annual. Sow in late spring and summer. **£1.99**

V65 Swiss Chard Costa Bianca
Fry stalks in butter, eat leaves like spinach. @500. Sow Mar-Jul. **£2.89**

V66 Swiss Chard of Lyon
Large stalks. Light green leaves. @500. Sow Feb - Jun. **£2.89**

V67 Spinach Beet / Perpetual Spinach Costa Verde - Late. Green stalk. Smooth, tender leaves, easy to grow. @500. Sow Mar - mid Sep. **£2.89**

V68 Swiss Chard Rhubarb
Red stalked, earthy flavour and a great colour. Sow Mar - Jun. **£2.89**

V68a Swiss chard Costina Bianca
A white stalk with large leaves. Sow Spring/Summer. **£2.89**



V69 Spinach Tetragonia/Perpetual Spinach From New Zealand. Slow growing. @65. Sow Feb - Aug. **£2.89**

V70 Turnip of Milano
Rose neck, white base. Great flavour. @3400. Sow Apr-end Jul. **£2.89**

V71 Turnip of Lodi White
Underrated vegetable. Great for frying in butter @3400. Sow Apr-Jul. **£1.99**

V72 Turnip top/Cima di Rapa 40/ Broccoli Rabe "40 day" variety. Used for the famous pasta dish, pan fry with garlic. @4800. Sow Mar-Sep. **£2.89**

V73 Turnip top/Cima di Rapa 60/ Broccoli Raab "60 day" variety. Slower to grow but better quality. Pan fry with garlic. @4800. Sow Mar-Sep. **£2.89**

V74 Turnip top/Cima di Rapa 90/ Broccoli Raab "90 day" variety. High quality and slow to bolt. @4800. Mar-Sep. **£1.99**

V74a Turnip Top/Cima di Rapa 120/ Broccoli Raab "120 day". The best Cime of all. Slow to bolt, great with a frost. Sow Jul-Oct. Harvest Nov-Mar @3500 **£2.89**



V56 Turnip Top Leaf /Rapa da Foglia Senza Testa Only produces the leaf. Very good in pasta. Sow Apr-Sep. **£1.99**

V75 Pac Choy
High quality Chinese leaf ideal for stir-frys with a good sowing season May - Aug. @1000. **£2.89**

V76 Salsify Scorzabianca
(Vegetable Oyster) - white root 20cm long. Harvest same year. Sweet flavour. @500. May-Jul. **£2.89**

V77 Salsify Scorzanera or Vegetable Oyster - Black root 30cm long. Melts into a casserole like a potato or carrot would. Sweet. @360. Sow May - Jul. **£2.89**

V83 Parsnip Pastinaca Dugi Bijeli
This regional variety from Slovenia produces a large sweet root and resists very low temperatures. Much loved by our customers. Perfect for the Sunday roast, especially at Christmas. Sow Apr - Jun. @1000. **£2.89**

V91 Swede Rutabaga/Cavolo Navone Giallo Yellow
Early. Mid sized. Round yellow tasty flesh. Sow Apr - Jul. @2000 **£2.89**



Seasonal Bulbs and Asparagus

This section is dedicated to our garlic bulbs, onion, shallot sets and British elephant garlic.

Available in season only. You can pre-order these items for shipping in full season.



G1 White Garlic Bianco Veneto (Venice) - Soft Neck. White garlic. 3 pack. Sow Oct-Apr. **£6.49 (UK only)**

G2 Red Garlic Rosso di Sulmona (Abruzzo) - Hard Neck.
Sweet red garlic from Apennines. 3 pack. Sow Oct-Apr. **£6.49 (UK only)**

G3 French White - Hard Neck.
From Rhone Alps. Late, productive, rustic, strong flavour and high quality. 500g pack. Sow Oct-Apr. **£9.99 (UK only)**

G4 French Red - Soft Neck.
From Rhone Alps. Early, annual quality variety with a sweeter flavour. 500g pack. Sow Oct-Apr. **£9.99 (UK only)**

G5 Red Baron onion set.
By popular demand and in limited quantities. Available in a value 500g pack. Red onions caramelize well **£5.49 (UK only)**

G6 Golden Onion Set Stoccarda (Stuttgarter Riesen).
A good storing onion. Strong, flat. You can buy this onion set in season only in a value 500g pack. **£5.49 (UK only)**

G7 French Restaurant Quality Shallot "Longue de Bretagne".
Sweet, red blushed from Brittany. Very



high quality. Indispensable in French cuisine. Each shallot will multiply unlike onions. 500g pack. **£6.99 (UK only)**

G11 Elephant Garlic "Aglio Elefante"
From the leek family so a milder flavour and supplied for sowing in Autumn only. Grows a massive bulb one year, smaller cloves the next. From the UK. Traditionally roasted and just a real show stopper in terms of size! 5 cloves. **£7.99 (UK only)**



A1 Wild Asparagus Crowns "Scaber Montana"
Excellent flavour characteristics make this hard-to-find variety much sought after by chefs and foodies. Thin, tasty asparagus from small/med crowns. Pan fry with butter, use with eggs, crepes, risotto, "Torta di patate" (potato cake) and with black truffles. Sow Nov-Apr. UK only. 10 crowns **£14.99**



A2 Purple Asparagus of Albenga
Historic culinary variety with outstanding flavour. Sought after by chefs. 10 crowns **£13.99**

A4 Green Asparagus Verde "Superiore"
Regular traditional green variety used widely all over Europe. Superior quality. 10 crowns **£13.99**



Organic Range

Franchi tests all organic seeds to ensure they are truly free of pesticides even if certified, so now you can rest assured that they are truly clean. Controlled and certified by the Internationally recognised "Consorzio per il Controllo dei Prodotti Biologici" in Bologna. All £3.19 (varieties highlighted in blue are particularly suited to winter cultivation)

Varieties highlighted in blue are suitable for winter cultivation. @600=Approximate Seed Quantity.



O1 Basil Classico Italiano
Use it to make Organic Pesto.
@3200. Sow Mar-Jul.

O2 Borlotti Bean Lingua di Fuoco
Dwarf marbled shelling bean for minestrone. 40g. Sow Apr-Jul.

O2a Beetroot Detroit
Heirloom variety. Sow Mar-Jun. 6g.

O2b Broccoli Calabrese
Sow May-end July. 4g.

O3 Carrot Nantes of Chioggia
A Nantes Carrot from near Venice.
@3000. Sow from Mar-Jul.

O3a Carrot Berlicum - reliable variety, long, consistent. Sow Mar-Jul. @3000

O4 Chicory Grumolo Verde
Rosette shaped head. Add to salads.
@4000. Sow Mar-Oct.

O4a Cutting Chicory Zuccherina Triestina Sow Mar-end Sep @3000

O4b Chicory Catalogna Frastagliata
Early. Upright serrated green leaves, white stalks. Sow Apr-Aug. @3500

O5 Chicory Pan di Zucchero
Classic tall green shredding chicory.
@4000. Sow Apr-Jul.

O5a Courgette Nero Milano
Traditional black variety from the Alps. Sow Mar-end Aug. @24

O6 Courgette Genovese
Light green fruits. Delicate flavour.
@24. Sow mid Feb-Aug.

O6a Wild Rocket
Strong flavour. Sow Mar-Sep.

O7 Cultivated Rocket. Mild, meaty.
@4000. Sow Mar-Sep.

O7a Cucumber Marketmore
Juicy, mid length, reliable variety.
Sow Mar-end Jul.

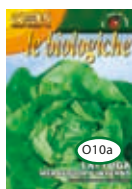
O8 Fennel Romanesco
Mid/early. Intense green leaves and full cane forming a crunchy large closed head. @1260. Sow March - May

O8a Shelling Bean Cannellino
Excellent for drying for use in Cassoulet. Sow Apr-end Jul.

O9a Endive Bionda Cuor Pieno Frisee'
Sow Jun-end Aug and harvest in the winter. @4000

O9b Escarole Bionda
Crunchy winter Endive. Sow Jun to the end of Aug, harvest till Dec. @4000

O9c Leek Carentan
Good flavoursome winter leek from France. Sow Feb - Jun. 4g.



O10 Lettuce Bionda Ricciolina
Sweet, ruffled cutting lettuce.
@4000. Sow mid Feb-end Sep.

O10a Lettuce Meraviglia D'Inverno
Early. 'Winter Marvel' Compact head resistant to low temperatures.
Sow July to December.

O11 Lettuce Green Salad Bowl
Cutting lettuce. Cut and grow again. @4000. Sow Mar-Sep.

O11a Lettuce Regina D'Estate
Mid-late. Round green closed head. Soft leaves. Sow Mar-Jul. @3000

O11b Lettuce Red Salad Bowl
Sow Mar-May end Jul-Aug.

O12 Lettuce Regina dei Ghiacci
"Queen of the ice" (Iceberg).
@4000. Sow Mar-Aug.

O12a Lettuce Romana Bionda
Sow Feb-May end Jul-Sep. @2500

O13 Lettuce Regina di Maggio
"May Queen". Round, green head. Soft leaves with fair resistance to bolting.
@3000. Sow Feb-May.

O13a Golden Onion Density
Mid-late. Large golden bulbs with white flesh. Good storers. Sow Mar-May & Aug-Sep for two harvest per year. 3g.

O13b Onion Tonda Musona
Large white juicy strong onions for cooking and eating fresh. Feb-Mar. 5g.

O14 Parsley Gigante of Italy
Classic Italian flat parsley. Fairly hardy. Very tasty. @6000 Sow Mar-Sep.

O15 Pea Rondo
Each pod produces 8-9 peas. 40g. Sow Feb-May for a late summer harvest.

O15a Pea Progress 9
Reliable. Sow Feb-May, Sep-Nov. 40g

O16 Pumpkin Marina of Chioggia
Ugly, rustic but tasty Venetian variety. @20. Sow Feb-Jun.

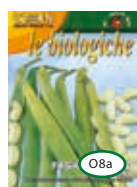
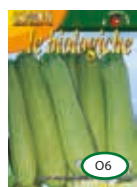
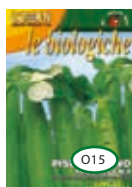
O17 Radicchio Rossa of Verona
Classic "Palla Rossa" (Red ball) variety. @4000. Sow mid Jun-end Aug.

O18 Radish Saxa. Round, juicy, mild red, salad radish. @1400. Sow Feb-Apr & Aug-Sep for a late harvest.

O18a Radish White Tip Gaudry
Peppery, round. Feb-Jun & Sep-Oct.

O19 Spinach America
Tasty, tender leaves. Full of iron too. @1000. Sow Feb-Apr & Aug-Oct.

O19a Spinach Gigante D'Inverno
Large upright smoothish leaves. Ideal for autumn/winter harvest. 10g. Sow Feb-Apr & Aug-Oct.



**O21 Tomato Ace VF55**

Tall Hairloom variety which is determinate climbing Salad tomato with increased resistance to disease. Tall bushy determinate variety of approximately 110cm height (needs support). @1000. Sow Feb-May.

**O24 Swiss Chard Costa Verde**

Green stalk, large leaves. Use like spinach. @400. Sow May-Sep.

O25 Melon Retato degli Ortolani

Mid-early heirloom variety. Netted skin with sweet orange flesh. Grow under cover and feed. Sow Apr-May 2.5g

O26 Watermelon Crimson Sweet

A round, very sweet, juicy variety for growing in heat in the UK or outside in hot countries. Sow Mar-Apr. 2.5g

O27 Broad Bean Aguadulce

When first beans appear at base of plant, pinch out top growing tip. Stake plants to avoid stems breaking. Completely winter hardy. Sow Oct - Nov or Mar-May for two harvests per year. 35g.

**O22 Valeriana. Core Salad, Mache or Lamb's Lettuce.**

Melts in the mouth and a great winter leaf. Sow in summer for winter harvest. @2200. Sow Mar-Apr & Jul-Oct.

O23 Swiss Chard Costa Bianca.

The best quality of all the chards. Meaty stalk ideal for parboiling, then toss in butter. @400. Sow Mar-end July.



Mushroom Spawn

From Bologna, these 100 gram boxes of dried mushroom spawn do require some work, but it's well worth the effort to produce your own, home-grown mushrooms. The packs consist of grains which have been innoculated with the dried white mycelium. Full detailed instructions are included, but please call for additional advice. Keep spawn in a protected environment (shed, garage, etc.). All spawns are £7.50

**M1 Prataiolo Button Mushroom**

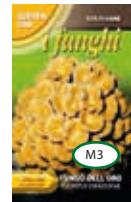
Versatile button mushrooms which if left will turn into field mushrooms which will umbrella out. Sow onto home-made manure/compost (not ontopspent mushroom compost). Should produce for 6-10 months in ideal conditions in waves. INDOOR.

M2 Pioppino (*Pholiota Aegerita*)

Usually found under the "Pioppo" (Poplar tree), after which it is named. Can be sown onto straw or broadleaved tree logs, especially of poplar. Produces for about 3 years. OUTDOOR.

M3 Cornucopia (Golden Mushroom)

Can be sown only onto clean wheat straw. Once impregnated, place straw in a shady area and cover with a fine layer of soil. This is a particularly good mushroom for use in risotto or for pan frying with garlic as side dish of Funghi Trifolati. OUTDOOR/INDOOR.

**M4 Pleurotus (*Ostreatus*) Oyster**

A larger, ruffled mushroom which can be cut into slices and cooked. Greyish white "trumpets". Sow on straw or broad-leaved tree logs. The impregnated log is planted 3 quarters into the ground so that it won't dry out, away from direct sunlight and wind, and should produce for about 3 years. OUTDOOR .

M6 Cardoncello Mushroom - Pleurotus Eryngii, or King Mushroom

This mushroom can be sown onto wet straw in dustbin sacks with a sponge in the neck of the bag held in place with an elastic band. When a white, sweet smelling mould forms, the straw can be planted out. Dried spawn sown onto grains. Treat just like dried yeast - it's dormant until you activate it. 100g pack. OUTDOOR.



Green Manure

These are varieties grown to fix nitrogen, add organic matter, control pests or suppress weeds naturally without the need for using damaging chemicals. Sow, cut back before flowering and dig in to 20cm depth.

Each box costs £3.19.

GRN1 Radish – Suppresses weeds and adds humus and organic matter. Sow Spring and Autumn. Covers 40sqm

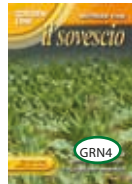
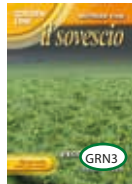
GRN2 Mustard – Suppresses weeds and adds humus and organic matter. Sow Mar - Oct. Covers 70sqm.

GRN3 Common Vetch – Nitrogen fixer which suffocates weeds and adds organic matter. Sow spring/autumn

GRN4 Field Beans – (*Vicia Faba Minor*) Nitrogen fixer which adds organic matter. Sow spring/autumn

GRN5 Clover Incarnate – Nitrogen fixer which adds organic matter and resists low temperatures. Sow spring/autumn.

GRN6 Green Manure Mix - A selection of all of the above in a 100g box.



A specially selected range of seeds from Franchi, many of which are exclusive to Seeds of Italy. Plants of particular interest, either gastronomically or horticulturally (or both). We are especially proud to be able to offer you Agretti (GL10) which is like Samphire, as well as a range of popular chilli peppers mainly from Europe (In a BBC Gardener's World chilli trial, Adorno and Etna were scientifically analysed as 10th and 9th, respectively, in terms of hottest of the varieties tested in 2010). There is a range of 7 pumpkins from Italy, France and America and some gastronomic basilis including Thai basil, Lemon and Cinnamon.



Chillies

GL11a Chilli Pepper Hungarian Hot Wax Early. Hot, conical light green fruits which turn yellow when ripe. Can also be grown in pots. **£3.19**

GL12 Chilli Pepper Ciliogia Piccante Mid-early, hot variety. Small round fruits which turn deep red when ripe. Solid, tasty flesh. Ideal for stuffing and preserving. **£3.19**

GL12a Chilli Pepper Jalapeno Mid-early. Hot, mid long green fruits for Mexican dishes. **£3.19**

GL13 Chilli Pepper Etna Early, hot variety named after one of our most famous volcanoes. Compact plant producing bunches of erect conical dark green fruits turning bright red when ripe. **£3.19**

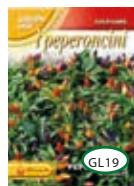
GL15 Chilli Grisù of Sardinia F1 Hot. Vigorous mid-sized plant. Produces meaty, cone shaped fruits with dark green skin, turning red when ripe. Grow inside or out. **£3.19**

GL18 Chilli Piccante Cayenne Mid-early, very hot variety. Plant with lots of branches & small leaves. Produces many long, deep green fruits turning red when ripe. Fruits can be dried or ground to make Cayenne pepper. **£3.19**

GL19 Chilli Pepper Pyramid Early, hot variety. Compact plant producing small, conical, yellow fruits with lilac shading, turning red when ripe. **£3.19**

GL20 Chilli Pepper Red Cherry Small (piccante calabrese) Early, hot variety. Meaty and traditionally stuffed with tuna and capers, then preserve in oil. **£3.19**

GL22a Chilli Chocolate Habanero Quality deep brown/red colour makes this hot chilli attractive in any dish and tasty. Sow spring. **£3.19**

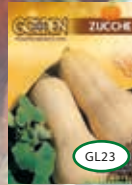


Agretti

GL10a Mediterranean Agretti (Similar to Samphire) Aka Roscano or Barba di Frate (Latin name 'Salsola Soda').

Real agretti only comes from the Mediterranean basin. This is NOT Japanese Oka Hijiki.

Annual with long, chive like foliage and intense flavour. Use fresh, braised in olive oil as a side to meat dishes, or to enhance fish and seafood dishes. Similar to Samphire. Sow within 90 days of receipt as the seed is not viable for more than about 4-6 months or so. 10g pkt. **£3.19** Also, **GL10b Agretti 100g box £5.99**



Pumpkins & Squashes

GL23 Butternut Squash Liscia Mid-late. Good foliage and a good producer. Pear shaped fruits have a smooth skin makes them easier to peel. Sweet, meaty flesh. **£3.19**

GL24 Pumpkin Gialla Quintale Mid-late. Vigorous plant producing very large fruits with smooth orange skin. Yellow, slightly sweet and meaty flesh. **£3.19**

GL28 Exhibition Pumpkin Atlantic Giant - Late. Lush foliage and productive. Very large, round, yellow fruits, scalloped and flattened at it's lobes. **£3.19**

GL30 Pumpkin Halloween Mid-late. Good foliage, luxurious productive plant. Med fruits with smooth orange skin and orange flesh. Preserves well and is used for "halloween lanterns". **£3.19**

GL31 Pumpkin Hubbard Large Blue Late. Traditionally used for pumpkin Pie. Good foliage, luxurious and productive. Med, wrinkled light green fruits, lightly scalloped. Preserves well. **£3.19**

GL32 Squash Mammouth Mid-late. Luxurious plant of good productivity. Round fruits flattened at the edges. Slightly wrinkled skin with meaty, sweet, yellow flesh. **£3.19**

GL34 Squash True Green Hubbard Late. Used traditionally for US pumpkin pie. Vigorous, productive, mid sized with consistent skin, slightly wrinkled and quite thick. Excellent taste. Good storer. **£3.19**





Basils

GL35 Red Rubin

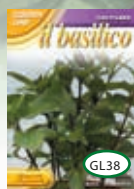
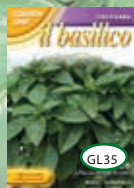
Mid-early. Vigorous plant with reddish purple strongly scented leaves. Easy to cultivate and ideal for containers. Sow Mar-Jul. **£3.19**

GL36 Thai Siam

Early. Rustic variety, vigorous and easy to grow. Highly perfumed mid sized green leaves and purple flowers. Suitable for containers. Sow Mar-Jul. **£3.19**

GL37 Largo Dolce Per Vasi

Mid-early. Rustic variety. Sweet large leaf basil with aromatic leaves. Suitable for containers. Sow inside in Spring and Autumn, but straight in the ground end of May **£3.19**



GL38 Cannella Cinnamon

Mid-early rustic upright variety with green leaves tinged with violet and cinnamon scented. Suitable for containers. Sow Mar-Jul. **£3.19**

GL39 Limone Lemon

Rustic variety easy to grow. Upright with light green, lemon basil scented leaves. Fabulous with fish or mozzarella. Sow Mar-Jul. **£3.19**

GL40 Basculo A Palla Verde Scuro

Mid/early. Dark green bush variety, highly scented leaves. Suitable for containers. Sow Mar-Jul or all year protected. A very good variety to grow with tomatoes as a companion plant. **£3.19**

GL41 Mixed Basils

Selection of 5 different basils from red leaved to large leaved, classic and a small leaved variety. **£3.19**



Unusual and Fun Varieties



LB1 Coffee "Coffea Arabica"

Beautiful plant produces numerous beans. Needs heat. Tricky. **£4.99**

LB2 Pepper "Piper Nigrum"

Indoor. Produces green peppercorns which turn black when dried. **£4.99**

LB3 Courgette "Da Fiore" Edible Flour

This variety produces large flowers. Fry in batter and sprinkle with parmesan, stuff or use in frittata. **£3.19**

LB4 Mixed Radishes Colorati

Mixed colour pack including white, yellow, red and purple. **£3.19**

LB5 Aubergine "Pianta Delle Uova"

Produces numerous fruits, resembling eggs in colour, shape and size. Sow early spring. **£3.19**

LB6 Physalis 'Alkekengi

Cape Gooseberry. Edible. Dip in chocolate, serve with coffee. **£3.99**

LB7 Strawberry "Di Bosco"

Woodland variety, small, Sweet. **£3.19**

LB9 Tomatillo "Physalis Ixocarpa"

Tangy South American fruit, aka Husk tomato, ground cherry or Jamberry. **£3.99**

LB10 Kiwi "Actinidia Chinensis"

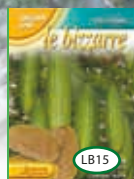
Delicious and high Vitamin C. **£3.99**

LB12 Jam Pumpkin "Da Marmellata"

Jam pumpkins. 50% pumpkin to sugar ratio, lemon rind, vanilla. Easy and tasty. Sow Mar-Jun. **£3.19**

LB13 Mixed Swiss Chards

Mixed pack of white, yellow, red stalk chards. Sow late spring. **£3.19**



LB15 Loofah - A gourd which is also the well known bath sponge when dried & cleaned. Sow Apr-Jun. **£3.19**

LB16 Stevia

Sugar plant used by native South American Indians. Sold as an ornamental. 36 times sweeter than sugar. **£3.19**

LB17 Mixed Beetroot - Golden, red and white coloured beetroot. Sow in spring and early summer. **£3.19**

LB20 Goji Berries

Easy to grow super-food. Winter hardy after 1st year. Sow Spring/Summer. **£3.99**

LB21 Liquorice - Many people say "Liquorice won't grow here" and I reply with one word - "Pontefract"! Native to the med, and of course to Pontefract since about 1600. Sow Spring /Autumn. **£3.19**

LB22a Pepper Purple Oda

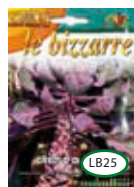
Early. Purple when mature, verging on brown. Compact, rustic with 3 lobes 70/90g. Recommended for cultivating either in greenhouse or outside in the ground or containers. Sow Feb - Jun. **£3.19**

LB23 Daikon Radish Mino Early

A winter radish, mild with overtones of watercress. Can be eaten raw, cooked or pickled. Sow all year, protected when cold. 55-60 days to maturity. **£3.19**

LB25 Red Brussels Sprouts

Mid late. 110 days to harvest. Good storer. Sow May-Aug and harvest for Christmas lunch and beyond. **£3.19**



Origano is used in Mediterranean cooking with breads, pizzas and tomatoes. For pesto, serving with tomatoes or for sauces, the basil to use is the "Classico Italiano". Neapolitan Basil Bolloso has very large leaves making it superb for wrapping around Mozzarella. Flat parsley is best eaten simply, with chopped boiled eggs and mayonnaise.



H1 Basil Classico Italiano
Classic Italian culinary basil good all round use in the kitchen plus pesto. @4000 seeds. Sow Mar-Jul. **£2.89**

TAP1 Basil Classico Italiano Tape
(Tape) sown onto a biodegradable tape. Sow Mar-Jul. **£3.19**

LM1 Basil Classico Italiano
50g growers packet. **£9.99**



H2 Basil Dark Opal (Purple)
Sweeter tasting, deep colour. @3200. Sow Mar-mid Jul. **£2.89**

H3 Basil Bolloso Napoletano
Famous Neapolitan large leafed basil. @4000. Sow Mar - Jul. **£2.89**

H4 Lettuce Leaf Basil
Huge mild leaves. Ideal for stuffing. @4800. Sow as above. **£2.89**

H7 Borage - Use the edible flowers to decorate fruit salads, punches and port. @260. Sow Mar - Jul. **£2.89**

H8 Capers
Needs heat. 3-9 months germination. Indoor only. @150. Sow Spring. **£2.89**

H9 Cat Grass - Favourite of cats everywhere. @7200. Sow Mar-Jul. **£2.89**

H10 Chervil
Used in France to flavour eggs, soup & salad. @450. Sow Mar-Sep. **£2.89**

H11 Chamomile
The dried flowers can be used for making tea. 1g. Sow Mar- end Jun **£2.89**

H12 Chives - Chop up and add to potato salad. @750. Sow Feb-end Jun. **£2.89**

H13 Common Cress - Add to sandwiches. 6g. Sow all year. **£2.89**

H14 Coriander - For leaf & seeds @270. Bolts in summer. Use in Oriental & Asian cuisine. Sow Mar-Jun **£2.89**

H15 Dill - Use with fish (Gravadlax) & eggs. @3600. Sow Mar-Jun. **£2.89**

H16 Erba Stella/ Bucks Horn - Eaten raw in salads. 2g. Sow Mar-Jun. **£2.89**

H17 Garden Burnet - Cucumber flavour. @450. Sow mid Mar-end Jun. **»£1.99**

H18 Culinary Lavender Spiga - Use the dried flowers to flavour sugar, biscuits and pork. @950. Sow Feb-end Sep. **£2.89**



H19 Lemon Balm. Ideal for using in fruit salads and teas. Bitter lemon scent. @2000. Sow Mar- Jul. **»£1.99**

H20 Lovage. (Mountain Celery) Strong celery flavour with leaves like flat parsley. @3000. Feb-Jun. **£2.89**

H21 Origano
The dried leaves are indispensable on pizzas and breads. Very Mediterranean. @6000. Sow Mar-Aug. **£2.89**

H22 Parsley Comune 2
Common flat leaf. Cut and grow again. @6600. Sow Mar-Sep. **£2.89**

TAP2 Parsley Comune 2 (Tape)
Seeds sown onto a biodegradable tape. Sow Mar-Sep. **£3.19**

H23 Parsley Gigante of Napoli
Giant flat leaf parsley. Superb flavour. @6600. Mar-Sep. **£2.89**

LM2 Parsley Gigante of Napoli
(large pkt) 50g @30,000. **£9.99**

H24 Parsley Moss Curled Riccio 2
Not just for garnishing, tasty also. Tender. @4800. Sow Mar - mid Oct. **»£1.99**

H25 Peppermint
Use in Pimms, tea or in fruit salad. Productive. @600. Mar-May. **£2.89**

H26 Italian Rosemary
Woody hardy plant. Use to flavour roasts, bread. @135. Sow Apr-Jul. **£2.89**

H27 Rue (*Ruta Graveolens*)
Used to flavour "Grappa" and other distillations. @250. Sow Feb-end Aug. **»£1.99**

H28 Sage
Chop and add to pork or pasta dishes. @4500. Sow mid Mar - end Sep. **£2.89**

H29 Ancient Roman Sculpit
Sweet flavour. Add the leaves to salads, soups, omelettes and to risotto. 0.2g. Sow Mar - end Jun. **£2.89**

H30 Senape Bianca Mustard Leaf
Mild flavour. The small leaves are used in salads and pasta with cream. @600. Sow Mar-Jun. **»£1.99**

H31 Sorrel
Cook like spinach. Lemon flavour. Add to lamb, beef, omelettes and for making soups. @2500. Sow Mar-Jun. **£2.89**

H32 Summer Savory
Cook with chicken or beans. @3000. Sow mid Mar- Jun. **£2.89**

H33 Sweet Marjoram
Add to meat dishes or butter sauces for fish. @4000. Sow Mar- Oct. **£2.89**

H34 Russian Tarragon
French cannot be grown from seed! Aniseed flavour. 0.4g. Sow Mar-Jun. **£2.89**





H35 Thyme of Provence. Excellent flavour, add to pork and fish dishes. @6000. Sow Mar-Aug. **£2.89**

H36 Wild Fennel. Add to trout/ salmon, cooked in foil with butter & lemon. @1240. Sow Mar-end Jun. **£2.89**

H37 Anise. Strong aniseed flavour. Great for flavouring cakes. @4000. Sow full sun Mar-May. **£2.89**



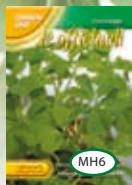
H38 Common Purslane (Portulaca Oleracea)
Grows like a weed, the meaty leaves are eaten in salads or used like spinach. Slightly sour/salty flavour. **£2.89**

H47 Red Mustard Senape Rossa
Oriental mustard leaf from the brassica family. Eat the younger leaves raw mixed in salads or stir fry the larger leaves. Sow Apr-Sep. **£2.89**



MH1 Marshmallow - Althea officinalis 1m tall. Perennial. Used in herbal teas. Sow Mar-Jul. **£3.19**

MH3 Hyssop Dried flowers used in herbal teas and leaves and shoots in condiments. Sow Feb-Jul. **£3.19**



MH4 Tall Mallow - Malva Sylvestris
Young leaves used chopped in the kitchen, dried leaves and flowers in herbal teas. Sow Feb-Oct. **£3.19**

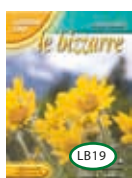
MH5 Valeriana Officinalis - Used for insomnia and some gastrointestinal problems. Sow Mar-Jul. **£3.19**

MH6 Fenugreek - Trigonella
Used by the Ancient Greeks & Romans. Annual. Seeds used in curries and pasta, bread, flavouring meat, fish and veg and in herbal teas. Sow Feb-Jul. **£3.19**

MH8 Cumin - Cuminum Cyminum
Annual. Crushed seeds use in sausages, soups, salsas, bread and with cheeses. Sow Mar-Jun. **£3.19**

MH9 St Johns Wort
Perennial. H 50cm Yellow flowers. For treatment of wounds, muscle pain and rheumatism. Also cited in research into Crohn's disease. Sow Mar-Jun. **£3.19**

MH13 Roman Mentuccia Calamita Nepita Rustic perennial, easy to grow. 50cm tall. Used in cooking and tisanes. Mint-like. Resists low temperatures and drought. **£3.19**



Borghini Focaccia, Puglian Bread and Pizza Dough Mix

Borghini has specially formulated these flour mixes to help create delicious regional style breads at home. Just add in the additional ingredients needed according to the recipe and follow the instructions for proving and baking.

BoFFO Focaccia Bread Mix

Contains type '00' (milled twice) and '0' soft wheat flours, the latter rich in starch and low in proteins and less refined than the type '00', which retains a small amount of bran. Among the ingredients we also find malted flour, which does not modify the nutritional characteristics of the focaccia, but helps the fermentation of natural yeasts, and so helps the dough to rise better. The malt makes the bread more digestible and gives the surface of the Focaccia a lovely golden glow. 500g bag **£4.99**

BoFPU Puglian Bread Mix

One of the most renowned breads in Italy, this rustic loaf is traditionally baked in baskets to achieve its flatish round form but this mix is also ideal for bread machines. Durum wheat semolina, natural dried sourdough yeast, salt, dried yeast, enzymes, vitamin C. Just add 300ml of room temperature water to this mix. 500g bag **£3.99**

BoFPB Pizza Base Mix

Makes up to 5 medium large (@30cm) Pizze from scratch. Just add olive oil, salt, brewers yeast and water to this mix for the ideal pizza base. Contains '00' Type soft wheat flour, '0' type soft wheat flour, Durum wheat flour, potato flakes, whole milk powder. **£3.99**



Drought resistance, Slug Bells,

Drought Tolerant Veg

The Environment Agency Drought Group has warned that the UK is at risk of prolonged drought conditions which could last into next year. With climate change in mind, I wanted to feature a few varieties which whilst not bulletproof, will certainly tolerate dryer conditions.



DROUGHTS Drought Tolerant Veg £6

Swiss Chard – Rich in iron, potassium, Vits C, K and A, Chard is a very underused and underrated vegetable in the UK. In the US it will grow in zones 3 – 10 (13 being the hottest) and that is thanks to its very long roots. Prefers 70% to full sun and is totally delicious. Blanch the meaty stalks and fry in butter, when almost cooked sprinkle with parmesan. Great served with fried eggs.

Tomato Plum - If you look at the attached image (taken in my Zia's 'Orto' in the Veneto), THAT is how a San Marzano SHOULD be matured. This variety hails from a very hot Naples and does best when largely ignored, water occasionally especially at first. The roots will dive deep into the soil and the plant will focus on ripening its fruits. In Italy its common to leave the whole plant to die with the tomatoes on to ripen them, though I'd imagine some raised eyebrows on some UK allotments at the sight of dead plants!

French Beans - are surprisingly drought resistant and don't need watering as often as your courgettes where the leaves droop as soon as they get thirsty. In full summer heat they will develop quickly and are effortless to grow, hence Jack and the Bean Stalk of course! Climbers are more productive than dwarf and delicious for multiple sowings from Spring through to the end of July and versatile in the kitchen, boiled and served hot to bean salads, stews and casseroles. They can also be pickled and 'canned'.

As an allotmenteer, I hate slugs and snails – they eat all my veg! But I also hate spreading slug pellets randomly all over the garden as I have hedgehogs and frogs, plus I keep chickens in my London garden. So I was very pleased to find this simple to use product, the Slug Bell.



Marigold Flower



Blue Flower



Tudor Rose



Green Flower

SBPOT Pot Plant Bell (effective over 1.75m/4ft diameter area) **£10.99 each**

SBDOME Slug Bell Dome (effective over 2.5m/8ft diameter area) **£12.99 each.**

SBPAIR Buy a pair for just £20 (a SBPOT Bell plus a SBDOME Dome in any colour)

It is safe for children, pets and wildlife. It is also safer for the environment as it prevents the pellets (organic or conventional) washing away into the soil. They are made of spur metal which is powder coated, then hand painted and varnished. They can be moved around the garden, keep the pellets dry even if watering the garden. Simply place the pellets in the elevated basket provided, insert the basket's spike into the ground and place the bell over it to protect it from the elements. The yeast in the pellets will attract the slugs to the bell day or night to feast on them rather than your valuable crops.



Climate, Endangered & Survival Kits

By using heritage and endangered varieties that our grandparents once grew instead of mass produced corporate varieties, you are supporting Biodiversity whilst rediscovering lost flavours. But our vegetables also need pollinators like bees, butterflies and ladybirds, and so these 2 survival kits were born.



CEPSK1 7 Pollinating Insects Varieties £16

Specially selected varieties to encourage pollinating insects back into the garden. Our mix contains varieties for ladybirds, bees and butterflies as well as other pollinating insects and includes borage, basil and lavender. 7 packs of flowers and herbs which are essential for some of our main pollinators.



CEPSK2 8 Endangered Varieties £16

There is a climate emergency, of this there can be no doubt. Franchi are producers of 200+ varieties that are biodiverse, varieties left over from the 94% of heirloom vegetables that have been lost in the last century alone, unique varieties. Once they are gone they are gone forever. Contents will be selected from the varieties pictured on page 3, according to availability



Everything you need to help feed your family for a year with varieties that are straightforward or easy to grow. Can be grown in containers or in the ground, for sowing and harvesting all year, grow quickly or have good storing properties, have good nutritional values, can be eaten raw or cooked, can be sown in succession for continuous crops or can be grown without special equipment. Franchi seed packs can contain up to 10 times more seed than any other seed brand on sale in the UK so are ideal for preppers.



BVGSK Vegetable Growing Survival Kit- 12 essential varieties with instructions for just £24.99

Spring - SOW Carrot, Lambs Lettuce, Lettuce, French bean, Tomato, Spinach, Pumpkin, Pea, Broad Bean, Borlotto bean.

Summer - SOW Carrot, Lettuce, Kale, French bean, Broccoli, Borlotto bean.

Autumn/Winter - SOW Lambs Lettuce, Spinach, Pea, Broad Bean. Bottling has for generations been a good way to extend the life of your vegetables through into the winter when there is not much left in the garden. See pages 52 and 53 for more information on our range of preserving equipment.

Fruit Seeds

You will need a greenhouse for the melons. The Cantaloupe melon is considered to have the best flavour to eat with Parma ham. It was originally grown in the Papal gardens of Cantalupo near Rome during the Renaissance period. Growing Rhubarb and Strawberries from seed is very cost effective.



FT1 Cantaloupe Melon of Charentais
Sweet yellow/orange flesh originating from the Papal gardens of Cantalupo in Rome @120. Sow Feb-end May. **£2.89**

FT3 Melon Rampicante Zuccherino
"Climbing Sugar". Sweet orange flesh. @150. Sow Feb-May. **£2.89**

FT4 Melon Tendral Valencia
Green Spanish melon with sweet white flesh. @100. Sow Feb-May **£2.89**

FT5 Melon Ananas "Pineapple"
Netted fruit. Yellow, perfumed flesh. @150. Sow mid Mar-May. **£1.99**

FT5b Melon Retato Ortolani.
Netted skin and sweet orange flesh. @150. Sow Mar-May. **£2.89**

FT5c Melon Giallo D'Inverno Yellow
Skinned variety, with green/yellow flesh. @100. Sow Feb-May. **£2.89**

FT6 Rhubarb Stew the stalks with a little sugar and water. 2g. Sow mid Jul-end Sep. **£2.89**



FT7 Strawberry Quattro Stagioni
Fruits twice a year. Large fruit. @400 seeds. Sow Jul-Aug. **£3.19**

FT8 Watermelon Charleston Gray
Long variety. Juicy and sweet red flesh. Sow Mar -Apr. @180. **£2.89**

FT9 Watermelon Crimson Sweet
Thick skin with sweet flesh. Round. @40. Sow Mar-Apr. **£2.89**

FT10 Watermelon Asahi Miyako
Japanese hybrid. Early with mid small fruit. @10. Sow mid Mar-Apr. **£3.19**

FT11 Yellow Watermelon Janosik
Polish variety with yellow flesh for greenhouse. @40. Sow Feb- Apr. **£3.19**

FT12 Melon Zatta of Padua
Called "Brutto ma Buono", or Ugly but good. Scalloped, scaly skin, but sweet orange flesh from Padua. Described by Giacomo Castelvetro in 1614 in his book "The Fruits, herbs and vegetables of Italy". @30 seeds. Sow Feb - Jun. **£2.89**



Specialist Tuscan Fruit Trees

Tuscan Olive Trees 'Olea Europaea Frangivento' and Lemon 'Citrus Limone'

Directly from Pistoia, we are really pleased to offer you some cracking olive trees "Olea Europaea Frangivento" which are hardy enough to stay outside in a sheltered UK garden (frangivento means wind break!) due to their provenance, subjected to bitter winters from the surrounding Apennine mountains.

The trees are from an 80 year old professional grower and have been fully virus checked. At the moment we offer 3 sizes but we're happy to quote for larger trees and also Tuscan Citrus. **London and home counties but please call if outside this area.**

OTS1 5 litre small £22 Approx 80cm tall **OTM2 Standard £39.99** Approx 1.10m tall Larger trees available on request **LEM1 - Tuscan Lemon trees £56.** 1 metre tall.



Pure Native Wildflowers seeds

97% of Butterfly habitat has been lost in the UK since the 1930's and Bee habitat is under threat too. A drop in insect populations has threatened birds and mammals, a chain reaction but it's not too late to help.

These PURE native British wildflower mixes are not watered down with grass seed or vermiculite like most other ranges - you pay for what you get! Planting these flowers will help restore grasslands and reverse damage done by intensive farming methods. Its a simple win win for our environment.

Responsibly produced native British varieties from the UK. 20g sachets of PURE wildflower seed, no grass, no vermiculite. Covers 4sqm. Comes packaged in a recyclable deli grab bag with instruction sheet inside.



WF1 No. 28 Mix - A colourful mix of 28 annuals and perennials which will produce from the first year. **£8.99**

WF2 Days of Olde - A traditional looking mix that will come back every year and attract many insects. **£8.99**

WF3 Summer Cornfield Annuals - Fast growing and colourful, can re-seed themselves to last 2-3 years and your garden will look a picture. **£8.99**

WF4 Colour Explosion - Extremely colourful with a striking mass of flower heads. Suitable for larger areas. Sow early spring and will flower right through to about October in a sunny spot. They will attract so many insects and invertebrates. **£8.99**

WF5 Drought Tolerant - Ideal for sandy soils. **£9.99**

WF6 Shady - Perfect for areas with shade trees or hedgerows. **£9.99**

WF7 Coronation Mix - Red white and blue mix. **£8.99**

WF8 Yellow Rattle - Promotes the growth of wildflowers smothering grass roots. **£14.99**

Pet seeds Range

Living Pet Foods "Piccoli Amici" is a carefully and specially formulated range by vets to supplement the dietary and nutritional needs of your pet with fresh foods they would naturally eat or that are beneficial for them, or to attract bees and butterflies which are beneficial to your garden.

Can be grown in the garden or in containers and depending on the variety, can be eaten fresh or harvested and fed to the animal. A great introduction for kids to the garden and growing for their favourite pet. Sow Mar-Jul. All cost per packet £3.19



PET1 Cat - (contains Nepeta Cataria "Cat nip"). Cats just love this plant. Easy to grow and adored by cats the world over.

PET2 Dog - A mix including grasses that aid digestion/intestinal function.

PET3 Rabbit - Contains Dandelion, Thyme of Provence, Lemon Balm, White Clover, Clover Incarnate, Green Swiss Chard, Lettuce Batavia bionda, Chicory Spadona, Chicory of Treviso, Coriander, Alfa alfa.



PET4 Bees - Flower mix. Attracts bees. Produces good honey. Plant 50cm. Help our British bees by planting this in unused parts of the garden.

PET4b Phacelia for Bees
The plant produces purple/blue flower over a long period in the summer which attract bees. Phacelia honey is also excellent. H 30cm.



PET8 Butterflies - Contains flowers of different colours and scents to attract butterflies into your garden. Butterfly numbers have decreased over the last few years.

PET9 Tortoise - Comprised of various nutritious leaves. Sow directly for your tortoise to graze.



PET10 Mosquitos - Mosquitos are also pollinators for our veg but these flowers help to keep them at bay from your seating area in the garden. Contains: Lime Basil, Lemon Basil, Nepeta Lemony, Ruta, Melissa, Allium, Lavander, Marigolds, Artemisia, Ageratum, Mint.

PET14 Ladybird - Flowers which attract ladybirds to your garden, a very beneficial greenfly predator.

PETray Cat Grass Growing Kit - Cat grass is eaten by cats and it helps them digest and cough up fur balls! it is often eaten also by guinea pigs and dogs. Open the package and place on a sunny windowsill at around 20c. Dampen the soil with a glass of water and sow the seeds evenly. The soil should be kept damp, not wet. The grass will have grown enough after a week that the cat will be able to eat directly from the tray! Contains sowing tray, substrate, seeds **£7.99**



Beekeepers Seeds Range

Sow near beehives or on the allotment to attract bees which will in turn pollinate your veg. You scratch my back, I'll scratch yours! Large 500g tin **£14.99. We do not use Neonicotinoids.**

TB1 Phacelia Plant is 30cm tall with blue flowers.

TB2 Common Sainfoin - Lupinella (Onobrychis Viciifolia Scop.) Enough for 100sqm coverage.

TB3 Sweet Melilot or Yellow Sweet Clover (Melilotus officinalis) Sufficient for 150-200sqm coverage

TB4 French Honeysuckle, Cock's Head or Italian Sainfoin - Sulla (Hedysarum Coronarium) Sufficient for 150-200 sqm coverage.

TB5 Mixed Flowers A selection of 4 varieties above 25% each. This large 500g tin is sufficient for 100sqm coverage.



Sunflower range



Specially selected sunflowers All at £3.19 each

SUN2 Evening Sun

150cm. Large orange flowers with dark centre. Ideal for borders and for cutting.

SUN3 Formula Mixture

Annual. Mix of sunflowers selected for their range of colours and height (130-160cm). Very striking.

SUN4 Lemon Leopold Mix

150cm. Lush plant, good sized yellow flower and large dark centre. Ideal for borders and for cutting.

SUN8 Orange Sun

160cm tall. Produces orange puff ball flowers and a small green heart. Super for cutting.



SUN9 Ornamental Multicolour

Annual. 150cm tall. Large mixed colour flowers with simple petals. Ideal as a flower for cutting. Requires a sunny spot.

SUN10 Paquito Extra

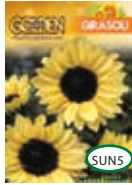
Mixture - Dwarf 40/50cm tall and selected for it's range of colours and striking aesthetic effect. Ideal for a border or container. Half or full sun.

SUN11 Red Sun

160cm tall. Produces large flower with dark red petals with a mid sized centre. Ideal for cutting.

SUN12 Tall Sunold

Compact yellow flowers with lots of yellow without centre. Superb for borders and for cutting.



Poppy range



Specially selected poppies All at £3.19 each

POP1 Poppy Rhoeads a Fiori Doppio

Annual plant with thin, upright stalks. Brightly coloured double cup flowers.

POP2 Poppy Glaucum Red

Bright red coloured cup shaped flowers ideal for decorating borders.

POP5a Poppy Naudicale Lemon Yellow

This is an annual variety producing plants about 60cm tall. This poppy is easy to cultivate and has thin upright stems and upright stalks. The cup shaped flowers have two layers of petals, of a bright yellow colour.

POP6 Poppy Mission Bells Mix

Brightly coloured cup shaped flowers ideal for a field effect.



POP7 Poppy Nudicaule Excelsior

Brightly coloured cup shaped flowers for borders and for cutting.

POP8 Poppy Orientale Scarlet

Red coloured cup shaped flowers which ideal for borders and for cutting. The most classic of poppies.

POP9 Poppy Orientale Mix

Red, yellow, white and pink cup shaped flowers with black centre.

POP10 Poppy Fior di Peonia Doppio

Peonia shaped double flowers ideal for borders and for cutting.

POP11 Poppy Rhoeads Shirley

Double Mix - Plant with double flowers and delicate pastel shade flowers.

POP12 Poppy di Campo a Fiore Sem-plice Mix - Gives a lovely meadow effect of tall poppy in mixed colour.



Ornamental gourds



Decorative squashes and gourds (not edible) - All are £3.19 per packet

OG1 Turks Turban

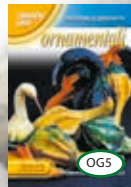
Classic ornamental gourd widely grown

OG2 Small Fruited Mix

Ideal for painting faces with the kids.

OG3 Large Mushroom Squash

Amazing colours and shapes.



OG5 Small Indy Mixed

Misshapen and interesting colours.

OG6 Crown Of Thorns

Beautiful in mixed colours and sizes with a kings crown.

OG11 Small Sweet Dumpling

Green and white striped variety.



Flower seeds

@€600 or 2g = Approximate Seed Quantity.

You'll be familiar with our vegetable and herb seeds which we produce mainly ourselves with their huge seed quantities and very high quality seed, but you may not have tried our flowers before which are the same quality and again with a proper amount of seed in the packet as you would expect. Some are single colour and some are mixes, but they all offer value for money and a really nice range.

We have some very special varieties like the Italian Edelweiss or Stella Alpina as we call it with its soft white blooms which will die back in the winter and burst into life in the Spring as it would in the Alps. Sunflowers in shades of yellows, oranges and reds, mixed colour packets of Nasturtiums and Sweet Peas, beautiful *Nigella*, Cornflowers which fill rolling hills and lots of lovely cottage garden plants, border flowers and flowers for cutting or drying.

Annuals



F1b Alyssum Violet Queen
A larger flowering variety, which flowers all summer. Full sun. H 20cm. Sow Spring. 1g. **£2.59**

F1f Alyssum Snow White
A white version of the previous variety which flowers all summer. H 20cm. Sow Spring. 1g. **£1.99**



F1c Aster Unicorn
Mixed colour feathery flowers for beds and cutting. Sow late Spring. H 50cm. 2g. **£1.99**

F2a Acrolinium Double Mix
Annual variety. Produces numerous colourful flowers with thin branching stems. It can be grown in containers or directly in the ground. Suitable for drying. H 40cm. Sow Mar-Jun. **£1.99**



F2b Ageratum Blue
Annual Plant, about 50cm tall, easy to cultivate. Intense dark blue flowers, ideal for borders and path. Prefers full sun. Sow from Feb to May. **£2.59**

F3 Busy Lizzies (Impatiens)
Popular mixed colour hybrid. Likes shade. H 30cm. Sow Spring **£3.19**



EP3 Margherita "Gigante" *Leucanthemum vulgare*
Ideal for sunny borders, lawns, under trees, or mixed into a meadow lawn. Perennial. Sow under cover Mar-May. Plant out late spring into well-drained soil. **£1.99**

F4a Calendula Fiore Semplice Orange
Simple orange flowers which bloom over a long period. Sow Feb-May. **£2.59**



F4b Calendula Mixed Colour
Easy to grow, blooms for long period. H 40cm. Sow Spring. 3g. **£2.59**

F5 Californian Poppy (Escarlzia)
Yellows, reds and pinks. H 40cm. Sow Mar-May & Aug-Sep. **£2.59**



F5a Celosia Cristata Multicolour
Cocks crest flower. Vivid colours. H 50cm. Sow Mar-Jun. 1.6g. **£2.59**

F7 Chinese Lantern Alchechengi Franchetti - Pretty ornamental orange fruits - Sow mid Apr-Jun. **£2.59**

F8 Convolvulus Bella di Giorno "Beauty of the Day"
Lovely open trumpet flowers. 40cm. Sow Spring **£2.59**



F9 Cornflower Fiordaliso Mix
Mixed double prairie flowers. H 50cm. Sow Mar-May. **£2.89**

F9a Cornflower Jubilee Gem Blue
Annual. H 50cm. Blue flowers of great decorative effect. Ideal for borders and for cutting. Sow Mar-May. **£2.59**

F9b Dimorphoteca Sinuata Mix
Easy to grow and ideal for patios. Vivid daisy like flowers. Sow Spring. H 30cm. 1g. **£2.59**



F13a Flax Ornamental Sky Blue - Annual plant 50cm tall. Upright, rustic and easy to grow. Ideal for flower beds and vases. Sow Mar-May. **£2.59**

F17 Gomphrena Globosa
Multi coloured. H 40cm. For beds and cutting with its poker like blooms. Sow Mar-May. **£2.59**



F17a Iberis Pink And White
Plant in a sunny position for blooms all summer. Ideal for borders and cutting. H 40cm. Sow Spring. 2g. **£2.59**

F19a Lobelia Crystal Palace
Ideal for borders, flower beds and rockeries. Compact blue carpet. Sow Spring. 0.3g. **£2.59**



F22a Marigold Dwarf Tagete Patula Nana Long lasting dwarf. 30cm. Sow mid Apr-mid Jun. **£1.99**

F23 Marigold Tall Tagete Gigante
Mixed giant marigold. H 60cm. Sow Apr-mid Jun. **£1.99**



F24 Mirabilis Jalapa (Belle de Nuit) Bella di Notte Flowers open at sunset, Nice scent in the evening. H 70cm. Sow mid Mar-end Jun. **£2.59**

F25 Mixed Tall flowers
Seven annual varieties in this packet make it outstanding value. H 55cm. Sow Mar-Jun. **£2.59**



F26 Mixed Annual Climbers
Morning Glory, Nasturtium, Sweet Pea. Sow Mar-May **£2.59**

F28 Morning Glory Ipomea Multicolor
Mixed colours give great value. H 150cm. Sow mid Mar- end May. **£2.59**

F29 Nasturtium Climbing Mix
Great for pergolas and walls H 200cm. Sow Mar-end May. **£2.59**



F30 Nasturtium Dwarf Mix
Leaves and flowers have peppery flavour when eaten, look great in salad. H 35cm. Sow Mar-end May. **£2.89**



F31 Nigella of Damascus Mixed
Purple, deep pinks/white flowers suitable for drying. H50cm. Good pollinator. Sow Spring. **£2.59**

F34 Petunia Compatta Dwarf Mix
Ideal in pots and in borders for adding colour. H 20cm. Sow Jan-Mar. **£2.59**



F36 Prato Giapponese "Japanese Meadow" - 8 flowers & 45% grass seed. Great for bald lawn patches. Sow Mar-Jun. **£2.59**

F37a Pyrethrum Robinson's Mix
Annual rustic plant. It produces many colourful flowers. Ideal for cutting, flower beds and borders. H 80cm. Sow Mar-May. **£1.99**



F38 Rudbeckia Gloriosa Multicolor
Delicate flower petals and "black eye". H 40cm. Sow in Spring. **£2.59**

F38a Rudbeckia Purple Red
Annual, 90cm tall with delicate purple flowers ideal for borders. Sow Mar-May. **£1.99**

F38b Salvia Splendida Scarlet Beauty
Fire red spikes over green leaves. Easy to grow. H 60cm. 0.5g. Sow Spring. **£2.59**



F40a Sunflower Nanissimo Sunspot
H 40cm. It is ideal for containers and balconies in full sun. Flowers have large head. Sow Feb-Jun. **£1.99**

F41 Sweet Pea Pisello Odroso
Mixed colours. Very popular climber. H 150cm. Sow Mar-end Apr. **£2.89**

F45 Tabacco Ornamentale
Perfumed flowers open at sunset. Sow Mar-May. **£1.99**



F47 Zinnia Thumbellina
Mixed, with long lasting flowers. Suits all soils. Ideal for borders. H 20cm. Sow Apr-mid Jun. **£2.59**

F48 Zinnia Cactus
Suits all soils. Mixed colour. H 70cm. Sow Apr-mid Jun. **£1.99**

F49 Scabiosa
Pack contains purple, white, pink and red flowers. Sow Apr-Jun. **£1.99**



F52 Aster Piuma di Struzzo
Annual. Mixed colour. Suitable for beds and as cut flowers. H 50cm. Sow Apr-Jun. **£2.59**

F53 Balsamina Balsam
Mixed colour. Prefers partial sun. Flowers all summer. Suitable for beds, borders and pots. Plant about. H 50cm. Sow from Jul-Sep. **£2.59**



F56 Begonia Semperflorens
Easy to grow. Ideal for pots. Mixed colour, flowers spring to autumn. H 15-30cm. Sow Feb-Apr **£3.19**

F58 Everlasting Mixture - Fiori secchi Semprevivi
Perfect for cutting. Contains (everlasting), Gerbia, Gypsophila, Leuchanteum, Delphinium and Thrift. H 65cm. Sow Apr-Jun. **£2.59**

F59 Portulaca Semplice
Rustic plant. Prefers full sun and flowers all summer. Suitable for borders and rockeries. Sow Mar-Jun. **£1.99**

Single Colour Annual Flower Mixes
Sow spring to summer:

F61 Fiori Rosa - Pink **£1.99**

F62 Fiori Rossi - Red **£1.99**

F63 Fiori Blu - Blue **£1.99**

F64 Fiori Bianchi - White **£1.99**

F65 Fiori Gialli - Yellow **£1.99**



F65a Dahlia Semplice
Mixed coloured simple Dahlias red, yellow and white flowers. H 90cm. Sow Mar-Jun. **£1.99**

F67 Schizanthus Multicolor
Annual variety, tall and green. H 50cm. Good for cutting is also suitable for borders. Sow Mar-May. **£2.59**

F71 Ornamental Cabbages
Brilliant for winter colour till March outside! Sow Jun-Aug. 1g. **£3.19**

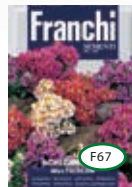
F72 Thrift Statice Grandi Fiori
Old fashioned and easy to grow. Ideal for drying. H 50cm. Sow Feb-Jun. 0.5g. **£2.59**

F73 Morning Glory Caerulea Blue
Perfect where you want climbing colour or pretty shaded areas. H 250cm+. Sow Mar-Jun. 0.5g. **£1.99**

F77 Meadow Flower Mix- Prato Fiorito mix of annual and perennial flower, perfect to be sow directly into the soil. Sow Mar-Jun. 2g. **£3.19**

F78 Wild Flower Mix
Mix of annual and perennial flowers. Sow them directly into the ground from March to June. **£3.19**

F79 Mixed Flowers for Sloping Banks
Mix of annual and perennial flowers. Sow March to June. H30-50. **£3.19**



Biennials

F6 Campanula a Grandi Fiori Mixed bell flower. H 60cm. 2g. Sow Apr-May & Sep-Oct. **£1.99**

F6a Carnation Chabaut Doppio White
Double flower for summer sowing. Easy to grow. Ideal for cutting. **£2.59**



F12 Delphinium Speronella Multicolour. Suitable for cutting. H 70cm. Sow Mar-mid Apr & Sep-Oct. **£2.59**

F14 Forget-me-not Non-ti-scordardi-me. Mixed colour. Ideal for making posies. H 20cm. Sow Apr-end May. **£2.59**



F14a Foxglove Digitale Multicolour Cottage garden favourite in yellow, pink, red, orange. Sow Apr-Aug. H 100cm. 1g. **£2.59**

F14c Gypsophila White "Elegans" Traditionally used in bouquets. Highly decorative flower displays. Sow Mar-Sep. 2g. **£1.99**



F18 Honesty Flower Lunaria Known as the "Pope's money" in Italy. Height 30cm. Sow May-Jul. **£2.59**

F42 Sweet William Garofano Dei Poeti Singolo Mixed colour single flower. H 30cm. Sow Jul-end Aug. **£2.59**

F43 Double Sweet William Garofano dei Poeti Doppio Multiple flowered. H 30cm. Sow Jul-end Aug. **£1.99**

F44 Swiss Pansy Viola Mixed colours for bedding. H 15cm. Sow Jun-Aug. **£3.19**

F44a Pansy Viola Del Pensiero Mix A wide range of colour variations. Sow Jun-Aug. 1g. **£3.19**

F54 Carnation Chabaud Mixed colour Suitable for beds, pots and as cut flowers. H 50cm. Sow Jul-Sep. **£2.59**

F74 Violacciocca Gillyflower Upright plant 25cm tall with long compact perfumed flowers. 0.6g. Sow Feb-Apr & Jul-Sep **£2.59**

Perennials

F1 Aquilegia F1 Stunning mixed colour alpine which will self seed for the following year. H 60cm. Sow Feb-end Apr. **£3.19**

F2 Aster Alpinus Found in the alps. Rustic daisy-like flower, purple to white. Ideal for ground cover, borders & rockeries. H 20cm. Sow Apr-Jun. **£1.99**

EP5 Common Mallow Malva Sylvestris Mediterranean annual plant with mauve flowers and dark veins. It was used by the Romans for food, medicine and as a yellow dye. Biennial/Perennial. Sow Feb to May. **£1.99**

F6b Campanula Carpathic Blue Produces chalice shaped flowers. Height 30cm. Sow Apr-Oct. **£2.59**

F10 Cosmos Bipinnatus Easy to grow classic which flowers until autumn. Lovely mix of colours. H 100cm. Sow Feb-Jun. **£2.59**



F13 Edelweiss Stella Alpina - from the alps. Likes the cold. Ideal for rockeries. H 15cm. Sow Feb-mid Jul. **£3.19**

F15 Gazania Mixed colour pack. Full sun. Half-hardy. H 30cm. Sow during Spring. **£3.19**

F16 Geranium Pelargonium Large flowered mixed colour Geranium. Tender perennial which needs some protection. 30cm. Sow Aug-Oct. **£3.19**

F16a Gerbera Hybrid Grandi Fiori Mix Large flowered. Lovely in the garden, ideal for cutting. South African. H 50cm. Sow Spring. 0.2g. **£3.19**

F19 Livingstone Daisy (Mesembryanthemum) Vibrant mixed coloured flowers. H 30cm. Sow Mar-end Jun. **£2.59**

F20 Lupin - Lupino Alto Mixed, tall flower creates spots of colour. Classic cottage garden flower. Sow Spring. **£2.59**

F20a Margherita Carinatum H 70cm tall. Resists low temps. Fabulous at creating spots of vivid colour in borders, flower beds and to create colour in the front garden! Sow Spring & Autumn. **£1.99**

F27 Mixed Rockery Flowers 5 mixed varieties in one packet. Sow Mar-end of Jun. **£2.59**

F37 Primula dei Giardini Large, mixed colour Primula. Half-hardy. H 30cm. Sow Feb-end Mar. **£3.19**

F39 Snap-Dragon Gigante Suitable for cutting and easy to grow. H 65cm. Sow Mar-end Apr. **£2.59**

F50 Passiflora Cerulea Climbs so is ideal for walls, pergolas and dividing screens. Sow Feb-Apr. **£3.19**

F51 Strelitzia "Bird Of Paradise" Not hardy. Beautiful flowers resemble an exotic birds head. Sow Feb-Apr. **£3.19**

F55 Snap Dragon (Dwarf) Mixed colour. Ideal for beds and as cut flowers. Prefers full sun. H 30cm. Sow Feb-May **£1.99**

F57 Blanket Flower - Gaillardia Mixed colour. Suitable for borders. Very pretty. H 40cm. Sow Jun-Aug. **£2.59**

F66 Achillea Filipendula Yellow Producing umbrellas of small yellow flowers. H 120cm. Sow Jun-Aug. **£1.99**

F69 Cacti Mixed Pack 13 different varieties. Sow Mar-Jun and grow indoors. **£3.19**

F70 Perennial Flower Mix Perennial mix in varying colours, sizes and shapes. Contains yellow Alissum, Digitale, Nigella, Rudbeckia, Saponaria, Delphinium. H 40-90cm. Sow Mar-Jul. **£2.59**



Website open 24/7 All year for national
mailorder (except NI.)

We open our warehouse to the public every
Thurs, Fri and Saturday 9.30m to 5pm

Closed August. see website for more details
Closed Sundays and Bank Holidays

www.seedsofitaly.com
Tel: 020 8427 5020

We open our warehouse to the public every Thurs, Fri, Sat 9.30-5

Italy from seed to plate, everything from 600+ Franchi seed varieties, fresh bread, unique Italian ingredients and Tuscan perfumery. Nearest Tube is Harrow & Wealdstone (Bakerloo/Overground 6 mins walk) or Harrow on the Hill (Metropolitan Line 12 mins walk). For Satnav enter Rosslyn Crescent and not postcode. Unit D2 Phoenix Industrial Estate, off Rosslyn Crescent in Harrow HA1 2SP. Park in a SOI parking space, in front of our unit or on our ramp directly outside.

You will see throughout our catalogue a lot of products that are 'Free-From' so they may be gluten or lactose free for instance, or perhaps vegetarian or vegan. If you have any questions about the ingredients, please don't hesitate to contact us before your order. Remember that we SOURCE our products personally, many are made locally by small producers using natural sustainable quality ingredients, to simple recipes or are trusted brand names. We also try and source products that are free from non recyclable plastics, hydrogenated fats and sweeteners, or that are Organic or Slow Food Approved.

Free-from

Rummo 1846 - Benevento

RUMGFSR Rummo Gluten Free Spaghetti in recyclable packaging 400g

Gluten free pasta based on rice and corn by Rummo GMO FREE, made from brown rice, white and yellow corn, steam blended to obtain a soft balanced dough which is extruded through traditional bronze dies giving it a rougher texture which holds the sauce better. **£2.45** **Gluten Free** 



RUMCECF Rummo Chick-pea and Rice Pasta Vegan Gluten Free 300g

Rice and Tuscan chickpeas make this wheat free pasta seriously taste delicious and easy to digest. Studies have found Chickpea pasta to be low "Fodmap" for a 100g portion. Our "Fusilli ai Ceci" with its sauce-catching spirals is a delicious partner for your favourite sauces. A healthy option and recyclable packaging. **£2.99** **Gluten Free** 



RUMLENT Rummo Red Lentils and Brown Rice Maccheroncelli GF 300g

Maccheroncelli are unique to the Rummo brand. Made with red lentils and brown rice and can be used in a variety of dishes from pasta bakes to cold pasta salad dishes. We found them excellent with tomato based sauces which goes inside the pasta. Suitable for Vegans. Rummo packaging is recyclable. **£2.99** **Gluten Free** 



DadoStar Star Italian Stock Cubes 10 X 10g **Lactose FREE**

- CLASSICO
- VEGETALE
- DELICATO
- PORCINI MUSHROOM
ideal for seasoning risotto, sauces and more. For broth dissolve 1 tablet in 500 ml of boiling water. As a seasoning: add a whole or chopped cube to pot or pan to taste. **£2.09** **Gluten Free** 



RUMPR Rummo Pesto Rosso 190g

Rummo is a good pasta brand from Benevento near Naples. This 190g. Tomato paste 23%, Sunflower oil, dried tomatoes, basil, ricotta cheese, cashews, extra virgin oil, Pecorino Romano DOP goats cheese, pine nuts, garlic, salt, sugar, natural flavouring, lactic acid GLUTEN FREE. Perfect with Rigatoni. **£3.69** **Gluten Free** 



FMOLG4 Organic Pesto Genovese 130g Made by olive oil producer Ghigliione of Liguria, with basil, extra virgin olive oil, Italian pine nuts, cashew nuts and sea salt. No cheese or garlic. **£5** **Gluten Free** 

Latteria Soresina Grana Padano

CastPad Grana Padano DOP 200g

The one, the only, Grana Padano DOP for grating. Made with unpasteurised cows milk. Sent without ice block as it is a hard cheese. Please refrigerate on arrival. **£4.79**

Lactose FREE



Gluten Free Cake and Biscuits mix from Tuscany

Gluten Free 

People think that because these also happen to be gluten free, there is something missing, substituted or added. But they are just natural and made using the best non wheat flours like pistachio, walnut or almond for example. Check them out below, they are really tasty, fun to do with the children but genuine enough for an afternoon tea.



FM2 Castagnaccio Dry Mix 250g

An excellent traditional Tuscan dessert cake. Just add olive oil to the Italian chestnut flour, pine nuts and raisins mix, along with either some rosemary (according to legend for love) or fennel seeds. Goes incredibly well with coffee or with sweet dessert wine like Vin Santo or a Moscato. **£4.85**

FM2A Pistacchio Choc Chip Biscuit Mix 250g

Pistacchio flour is very expensive but well worth it. Mix 2 large eggs, shape your biscuits and bake. Ingredients: Pistacchio flour, maize starch, chocolate chips. **£4.49**

FM2B Coconut "Cocchini" Choc Chip Biscuit Mix 250g

Mix 2 eggs, shape and bake. Ingredients: coconut, sugar, chocolate chips. **£3.25**

FM3A Almond "Mandorle" Choc Chip Biscuit/Cake Mix 300g

Make either biscuits or cake. 47% almond flour, sugar, mais starch, 3% almond kernels. **£3.25**

FM4A Hazelnuts "Nocciole" Choc Chip Cake Mix 250g

Mix 2 egg whites, melted butter, water and yeast, pour into a cake tin and bake. Ingredients: Walnut flour, sugar, choc chips, maize starch, milk. 6-8 portions. **£3.25**



Paneangeli was founded in Cremona, Lombardia 1932, and are renowned for their specially formulated raising agents, yeast, aromas and vanilla powder. They are the go to brand in Italy for all things relating to home baking in particular the "lievito vanigliato" vanilla flavoured raising agent.



FMF8- Brewers Yeast by Paneangeli Mastro Fornaio

'Master Baker' - for making real Italian pizza bases, focaccia, bread and cakes, just add to the flour with a teaspoon of sugar. **3x7g sachets** (equivalent to 3 cubes of 25g yeast) **£1.79 Gluten Free**



FMF8a- Vanilla Flavoured Yeast by Paneangeli 16g

This Lievito Pane degli angeli is perfect for making the most exquisite vanilla flavoured cakes, just add it to the flour with a tablespoon of sugar. **£1.79 Gluten Free**



FMF8b- Paneangeli Vanilla Aroma Powder

Vanilla aroma powder for cakes and desserts. **6x3g sachets** **£1.75 Gluten Free**



FMF8c- Fior D'Arancio Orange Flower Essence 2 x 2ml

FMF8d- Vanilla Essence 2 x 2ml Used specifically to make 'Pastiera Napoletana' (a Neapolitan Easter Cake), the 2 vials (containing 2ml each) can be used where orange blossom essence is required or in other cakes. Harmonious, perfumed, intense, also works with cannoli. **£1.75 Gluten Free**



PANGEL- Aspic Gel sheets by Paneangeli - Sachet contains sufficient dose for 500g and can be used for cold or hot dishes. Ideal for cakes and savoury dishes **£1.49 Gluten Free**



Food market *Organic Sourdough and Yoghurt Starters*


With a tangy taste, it's sure to strike a chord with those that like trying new and interesting foods. These **Organic Freezedried Sourdough Starters** can be used whenever you're ready, making it a great gift for a fermenting-loving foodie. A mature, well-aged sourdough starter has a much stronger and distinctive sourdough flavour than one recently started from scratch. We have worked hard to obtain the very best sourdough from across the world. These **Organic Yogurt and Dairy starters** come sourced from starter cultures that have been passed on and many are heirloom varieties.



FFSDCB- Colorado Brown Sourdough Starter

Sourced directly from the USA, it found its way from the Rocky Mountains in Colorado to a small bakery in San Francisco. It makes a very firm dough, with a tart, almost vinegar-like flavouring that comes through into the loaf. Something new for the sourdough aficionado to try. **£8.50**

FFSDGF- Gluten Free Sourdough Starter Culture

For those who struggle with gluten you don't have to miss out. This delicious gluten-free sourdough is known for its fuller texture compared to other gluten-free bread options. If bread is something that you've had to remove from your diet, you might want to give this a try! Its based on brown rice flour. **£8.50** **Gluten Free** 

FFSDSF- San Francisco 100 year old Sourdough Starter Culture

Bring the heart of San Fran into your home and replicate the city's famous sourdough loaf with this San Francisco Sourdough Starter. It produces a distinctive vinegar-like flavour which cannot usually be replicated outside of the city and comes from the Fishermans Wharf area. **£8.50**

SalsT1- White Hampshire 100 year old Sourdough Starter Culture

The heritage of this Hampshire sourdough has been traced back over a century to the New Forest and been used in kitchens across the UK ever since. A true heirloom variety that has only been fed on plain white flour. It produces a classic tasting white sourdough loaf that has a mild, subtle flavour. **£8.50**

FFSDAL- Alaskan 100 year old Sourdough Starter Culture

From Fairbanks in Alaska, with a mild flavour for a sweeter sourdough. Anyone that has spent any time around Alaskan old-timers is likely to have heard about a sourdough starter that has been handed down from the Gold Rush era. Sourdough is such an important part of Alaskan culture that people who have lived in Alaska for more than one winter are often referred to as "Sourdoughs". However this sourdough is sweeter in flavour than the San Francisco starter. **£8.50**

FFYOCS- Caspian Sea Matsoni Yoghurt Starter

Also goes by the name of Matsoni, of Armenian and Georgian origins. It found its way to the Cocassos region between the Black Sea and Caspian Sea where it gained popularity and became known as Caspian Sea yoghurt. Its a slightly tart yoghurt with a unique consistency and can be cultured at room temperature. Just combine milk with the starter culture. No yoghurt maker required **£9.50**

FFYOGR- Greek Yoghurt Starter

Traditional Greek yoghurt is made with goat's milk and strained to remove any whey to produce a very thick cultured milk product. This starter is a heirloom "Greek-style" yoghurt starter which means it can be recultured time and time again. It produces a very airy, thick yoghurt that is often full of bubbles. It can be made at home without the need to add sugar, preservatives or emulsifiers. This is a thermophilic yoghurt and requires a yoghurt maker. This can be picked up online reasonably cheap (less than £20). **£9.50**

FFYOFS- French Set Yoghurt Starter

This French farmhouse set yoghurt is traditionally made in small glass jars, with limited ingredients. What makes it unique is that they are made in small batches and each small serving is cultured separately for eight hours. The consumers then eat the yoghurt directly out of the jar it was cultured in. It is a thick, unstrained variety, is said to contain less protein than Greek yoghurt and often has more sugar. This is an ideal yoghurt to make at home. This rich, creamy thick-set yoghurt has a translucent colour and a fantastic taste. A yoghurt maker is required. **£9.50**

FFYOIC- Indian Cooking Yoghurt Starter

Indian cooking yoghurt, also referred to as Indian curd is a plain somewhat lumpy thermophilic yoghurt used in traditional Indian cooking. Indian cooking yoghurt can also be enjoyed cold like any other yoghurt can be. This yoghurt is usually prepared from cows milk, but goat and buffalo milk is also used. This yoghurt is great in curry and a must-have for any enthusiastic cook. A yoghurt maker is required. **£9.50**



FFYOSK- Skyr Yoghurt Starter

If you're looking for a low fat, low sugar, high-protein, source of fermented dairy, you'd do well choosing this organic skyr yoghurt starter. It's been a provision of Icelanders for nearly 1,000 years. Similar to Greek yoghurt, it has a thick and rich texture similar to creme fraiche. Traditionally made by heating milk to scalding point and kept there for 15-20 minutes. Often rennet is also added. A great gift for the experienced yoghurt aficionados. This starter culture should help to simplify the process and It requires a yoghurt maker. **£9.50**



FFYOSC- Sour Cream Starter

This versatile dairy product softens baked goods. Its an heirloom variety, and can be re-cultured by taking a small amount from the batch just made and adding it to double cream, single cream, or a mixture of cream and milk, to make a fresh batch. This process can be continued indefinitely as long as the culture is properly cared for. The more fat content available, during fermentation, the thicker the sour cream will become. This incredibly easy to make sour cream requires no special equipment and tastes delicious. **£9.50**



FFYOSC- Creme Fraiche Dairy Starter

A popular French version of sour cream. It has a tangy, almost nutty, flavour that is wonderfully smooth. This is a heirloom version which means you can continue to produce creme fraiche time and time again by reculturing cream from the previous batch you made. **£8.99**

Caputo professional flour

Caputo was founded in 1924 in Naples Italy. '00' means that the flour has been milled twice so it is finer and of high quality. It also has a higher gluten content than plain flour so the mixture is stronger without being heavier, making it ideal for cakes, pasta, pizza and breads. Used by top restaurants and chefs. Caputo from Naples is considered to be one of the finest brands in Italy, especially by pizzaioli. We also have Semola (a very fine semolina), Caputo Sourdough mother starter and 'heart of the cereals' for mixing in your flour. Order now! All 1kg bags.



FMF1 - Pasta fresca e gnocchi "00" Flour for making all types of pasta and gnocchi, by hand or with a pasta machine **£2.25**

FMF2 - Cuoco "00" Flour for making breads, focaccia, grissini, pizza and bread recipes. **£2.25**

FMF4 - Semola fine durum wheat semola hard flour for making pasta and bread. Not semolina which is much coarser, Semola is fine like flour. Use for non stick dusting also. **£2.25**

FMF7 - Manitoba "0" Long-leavening strong flour for Baba, panettone, baguettes, croissants, doughnuts, focaccia **£2.25**

FMF10 - Pizzeria "00", elastic gluten, ideal for bread dough that requires a longer proving time and perfect for the classic Neapolitan style pizza and country style breads. **£2.25**

FMF11 - Nuvola "0" ("Cloud") Strong flour for the perfect fluffy raised edge on your pizza. **£2.45**

FMF5 - Caputo dried Italian Sourdough (inactive yeast) 1kg Antico Lievito Madre Dried Sourdough will add that sour-dough flavour but you still need to add active yeast to your recipe. It will give your bread a great old fashioned flavour and finish, like bread used to be! A bag will go a long way because you use only 30g (three tbsps) per kilo of flour. 33 uses. **£8.50**

FMF6 - Cuor di Cereali Professional Mixed Grains & flax 1kg Made with the finest sunflower, rye, flax, barley sesame, malted barley flour and white soft wheat. Just add up to 30% to your bread mix for a wholegrain loaf that's light, healthy and tasty, really tasty. Top end quality cereals and seeds. **£9.99**

FMF12 - Caputo Neapolitan Gluten Free Flour 1kg For breads, pizze, cakes. Ingredients: gluten free wheat starch, dextrose, maize starch, buckwheat flour, rice starch, psyllium seed fibre, thickener guar, flavouring. Recipe available on our website under this product. **£5.49 Gluten Free**

FMF14 - Caputo Dried Yeast for Italian Loaves and Pizze 100g dried brewers yeast for breads, pizze, doughnuts and other raised savoury or sweet bread doughs. Comes in a tin with airtight lid. 100g equals about 14 of those 7g sachets from the supermarket. **£2.99**



Food market *Extra Virgin Olive oil and Flavoured oils*

Food Market.

Italy has a wealth of artisan products, each with an amazing story and provenance. We have decided to focus on a very few but very special foodstuffs from only the best quality producers make them available for your table. Each is a story of tradition forged through nature, through toil, dedication, passion but overall with pride. And we too are proud to be able to introduce you to these artisan products and we hope you will be proud to serve them to your family and friends.

Organic Ligurian Extra Virgin Olive Oil By Ghiglione 1920

FMOLG1 Ghiglione Organic Extra Virgin 75cl Bottle Exceptional oil **£15**

FMOLG2 Ghiglione Organic DOP 'Ligurian Riviera' Boxed 25cl For drizzling **£13**

Ligurian oils are considered to be some of the best in Italy and this is just typical of the classic Ligurian style - fruity, grassy with a slight bitterness. Produced organically in Dolcedo by hand for almost a century.

This type of oil is of high quality for using raw on mozzarellas, tomatoes and basil, in minestrone and soups etc but also for shallow frying meats, fish, vegetables in pastella etc as it is a good all rounder of good quality.

Production area: **Dolcedo - Liguria**
Flavour: Pleasant fruity flavour with overtones of grassiness and pepper.



Barbera 1894 Olive Oils from Sicily

FMOLBC - Barbera Sicilian Frantoio Chilli Extra Virgin Olive Oil 250ml.

So many chilli oils are made with cheap oil masked by hot chilli. Not so here.. Good extra virgin olive oil by Barbera with chilli extract. A little goes a long way and it can be topped up with oil at half empty. Use on pizza and pasta, at Christmas or to pep up any dish. **£7.99**

FMOLBG - Barbera Sicilian Frantoio Garlic Extra Virgin Olive Oil 250ml. A quick way to add fragrant garlic flavour to your dish.

Premium Sicilian Extra Virgin Olive oil with garlic extract, not to be confused with cheaper products. Use in place of ordinary olive oil to give any recipe a garlicky kick. Brush over lightly toasted bread to make crunchy garlic crostini, delicious with soup or antipasti! **£7.99**



Terre Nobili are based in the most iconic truffle town in Italy and hand make all their products. The amount of work to find them is considerable and their reputation and flavour is unique in the world and is reflected in the price. Truffles make excellent gifts. They are perfect for dinner parties and romantic meals and a little bit goes a long way so we've chosen a small selection to suit every budget and use in the kitchen.

*Truffle oil for drizzling on pizza,
pasta, meats and vegetables.*

FM15 - White Truffle Oil 55ml bottle boxed

One of the most versatile condiments in the kitchen, used for drizzling onto pasta, into risotto, onto eggs (egg mayonnaise, fried eggs, omelette etc) and roasted potatoes or over asparagus especially wild asparagus. White truffles are the most intense in flavour and the most highly prized of all truffles and you only need drops to transform your dish. **£8.99**

FM15BL - Black Truffle Oil 55ml bottle boxed

Again, not as strong as the white oils so a good subtle flavour for breakfast (with fried eggs!) and late dinners. Don't cook with the oil they are for drizzling last minute for best results and maximum flavour. Fab on buffalo mozzarella. **£7.99**



Truffle slices for pizza, pasta fried eggs.

FM14 - Sliced White Bianchetto Truffle 45g jar

This is one of those products which goes such a long way as the slices are in oil and so long as they are kept covered, will keep. You only need a little as white truffles are so intense, yet delicate. Serve with cooked foods polenta, risotto, tomato sauces, with fried eggs and fried potatoes, with fish or meat, with wild asparagus, to make truffle mayonnaise and "ripieni" (Stuffing). **£14.99**

FM14BL - Sliced Black Truffle 45g jar

I really like Black summer truffle because the flavour is more subtle, yet it lingers. It is the only edible truffle found in the summer and is milder. Eat with potatoes, pasta, risotto and polenta. Amazing with eggs for breakfast and of course, it is an aphrodisiac too. **£11.99**



*Truffle ideas for bruschetta, cheese,
pasta or toast.*

FM17 - White Truffle Honey 100g jar

Miele di Tartufo is wonderful served with cheeses as is the tradition in Italy and it is simply a marriage made in heaven. This is a 100g jar of local Italian honey infused with Italian white bianchetto truffle. **£9.49**

FM16 - Tartufata Truffle Mix 170g jar

A mixture of champignon mushrooms, olives and black truffle in a large 170g jar it is great value mostly because it goes such a long way. It can be used straight from the jar so is perfect for antipasti drizzled over tomato and mozzarella cheese or with halved **hard boiled** eggs, but also on savoury tarts, carpaccio, with **cheese and frittata**. **£9.99**



Modena *Aceto Pedroni 1862 Balsamic Vinegar*

Giuseppe Pedroni is a 6th generation artisan small producer whose family has been making fine balsamic the traditional way, aged in barrels for 154 years. Real Balsamic Vinegar is made with love and with good ingredients and with time, lots of time. It is not cheap vinegar thickened with syrup and coloured with caramel, but instead the thickness, and depth of flavour, comes with age in barrels. Sensational.



12 year old aged Balsamic Vingar

FMBV4 - 'Italo' D.O.P. 12 Years Old Balsamic vingar. 100ml Giugiaro Bottle, Boxed.

The GIUGIARO Italian car stylist designed this bottle but it is what is inside that is so special. The vinegar lays in oak, then chestnut barrels for 12 years as is the Pedroni family method. The aroma is obtained primarily from the grapes but also the double cask ageing.

Serve with risotto, vegetables, omelettes, roasted meats and not forgetting always with ice cream and strawberries, with cheeses and in salads. A match made in heaven. The youngest and keenest priced of all the DOP vinegars. **£40**



Aged Balsamic Vingar

FMBV1 - 'Dote' Bronze P.G.I. 250ml bottle

Produced in small quantities, Dote is traditionally given at weddings. Not too sweet, a bottle goes a long way. Superb with cheeses, Parmesan and pears, in salads, meats, risotto. **£10**

FMBV2 - 'Anniversario' Silver P.G.I. 250ml bottle

Produced in very small quantities especially to celebrate Pedroni's 150th anniversary in 2012. Sweeter, deeper than the Dote, not sickly, well rounded, supreme quality. Fab with Strawberries. **£15**

FMBV3 - 'Sigillo Oro' Gold P.G.I. 250ml bottle

The finest of all the IGP balsamic vinegars signed by Giuseppe Pedroni himself. The finest gift, a bottle will last ages. Drizzle onto strawberries and other fruits, into risotto, eat with meats and cheeses, over tomatoes and cucumbers. Sweet but not sickly, sharp but with rounded edges, elegant, refined. **£20**

Add a special touch to your gift

FMBVBAG - Gift bag Add a touch of luxury to your gift with the Pedroni satin drawstring bag **£1.50 extra**

FMBVB1 - Single Wooden Box for a distinguished touch we are please to offer the Pedroni wooden presentation box with a metal clasp and gold printed Pedroni coat of arms (fits the Dote, Anniversario or Sigillo bottles) **£8 extra**

FMBV5 - Triple Wooden Box For the true foodie, the triple bottle wooden display case offers the tantalising opportunity of gifting one of each of the Dote, Anniversario and Sigillo Balsamic vinegar bottles. As with the single case it has a metal clasp and printed Pedroni coat of arms. **£20 extra**

Borghini of Arezzo Traditional comfort food

Borghini of Arezzo are a really nice Natural / Wholefoods company based in Tuscany and their products have been made only with natural ingredients for over a generation, many of which are local where possible. Here is a selection of some of our favourites.



FMPT1 Black Truffle Polenta 300g
FMPP1 Porcini Mushroom Polenta 300g

The pasta of the North of Italy is Polenta where it is eaten regularly during the bitterly cold winters. And given that both truffles and porcini are both found in the same areas, it is no surprise they're eaten together. Talk about a match made in heaven! Made from only natural ingredients (polenta, truffle or porcini, garlic, parsley), they are ready in just 5 mins adding 2 litres of water and bringing to a simmer mixing continuously. Serve with a full bodied wine from Piemonte. Serves 3-4 as a starter. **£3.79**

Gluten Free

M6 Chickpea Piccino of Chianti 350g £4.99
FM6MB 2 packs for £9.50

A very old regional variety grown only in the Tuscan hills. It is of small size, harvested by hand with exceptional flavour characteristics and balance of proteins, fats and carbohydrates. Because it is skinless, it is easily digestible. Soak for at least a day changing the water at least once, before boiling from cold for about an hour. It is wonderful served hot on its own with salt and pepper and good Tuscan olive oil, but they are particularly well suited when served with fish. Serve with a wine from Chianti.



FM5B Ribollita Campagnola Toscana 70g

The classic dish of Tuscany which you can recreate using this authentic mix from Tuscany! Pre-soak for only 2 hours before cooking for 45-50mins. A rustic dish containing beans, olive oil, stale bread, leek, carrot, tomato, onion and parsley. Warming winter food. Serve with a good Tuscan wine and rustic bread. Serves 2. **£2.89**

FM7 Lentil of Colfiorito, Umbria 350g

Produced in the high plains of Colfiorito in Umbria in the fertile earth, once a lake, which slowly dried leaving a unique micro climate and soil makeup. So many lentils are now in the shops - red, green, yellow, small, large and with no provenance or regionality, often coloured and with preservatives, and they just cannot live up to such high quality low productions like the Colfiorito Lentil. **£3.49**

The lentil is small and tender and naturally varies in colour from yellow to green to red and it needs no soaking, cooking from dry in just 20 minutes. It is superb 'in umido' cooked with some pancetta (bacon), onion and some broth. **£3.49**

FM4b Tuscan Chickpea Flour 500g

This is top end Chick pea flour and a different product to 'Garam' flour you might be used to. It is used to make recipes like Farinata which is a speciality of Liguria, crepes, gnocchi, omelettes and more. **£3.49** **Gluten Free**



Carnevale Napoli & Sicilian Sausage

Made using pure pork and seasoning with no bulking out, no breadcrumb or rusk, using British pork to an Italian recipe by Italians. Choose from fennel, chilli or plain with black pepper. Classic large Napoli and Sicilian (coarse cut mince) sausage perfect for the grill or BBQ, in tomato sauce served with pasta, polenta or gnocchi, you won't find these in the supermarket and if you did, you wouldn't find them easily at this price!! 440g average weight.

Ingredients: Pork meat 96%, salt and pepper 0.25%, natural flavouring (fennel seeds or chilli or black pepper 0.25%) preservative E250 Sodium Nitrate, dextrose, sucrose, Antioxidant E300 asorbic acid, potato starch, dietary fibre, E223

Vacuum packed. Delivered fresh (at least 4 days expiry min). Suitable to freeze. Subject to availability. Fresh product. We won't send them over a weekend, postal strikes or summer heatwave. Please ensure someone is home to accept delivery or choose an alternative address like work. **Gluten Free** 



NAP1 Napoli Plain, NAP3 Napoli Chilli £3.49 each Minimum order two packets of each
SALSS1 Sicilian Fennel and sea salt sausage £4.89 @500g
LugG Toscana Luganica spiral sea salt with garlic £3.99 @400g

Nduja Hot Calabrian Salame

Made in Calabria, this is the traditional Nduja used now even by some chain restaurants on pizza and pasta but traditionally Nduja was mainly served with slices of bread or with ripe cheese. Calabria is known for its chillies and this is hot stuff! Buy it once and you will buy it again it is so addictive!!

Nduja is a spicy spreadable sausage made with cuts from the shoulder, belly and jowl, as well as roasted peppers and a mixture of spices. It is a Calabrian variation of salami, loosely based on the French andouille introduced in the 13th century by the Angevins. Its unique taste makes it suitable for a variety of dishes - it can be fried as a base to a hot sauce, added to pasta or even used as a base for stews. Enjoy.

NDU1 Avg. 450g **£7.99**



Salame Rustico Levoni 1911 Mantova

A really good salame flavoured with wine, sweet, delicate with an old fashioned coarser grind and made from only Italian pork. Ideal served thinly with "sottoaceti" (vegetables preserved in vinegar), with artichokes, sun dried tomatoes and cheeses as a platter, or with other cold cuts of meat and salad as a meal.

SAL1 Levonetto Rustico Salame 225g £4.99

Gluten free 



Smoked Napoli Salame

Hard to find smoked Napoli coarse cut salame by Levoni.

SAL2 Smoked Napoli Salame at least 500g min £18.99

Gluten free 



Salame Felino from Parma

Felino salami is considered to be one of the finest in Italy. Ideal for the Christmas table, sliced finely. From Parma, Italy.

SAL3 Salame Felino approx. 850g £19.99

Gluten free 



Simonini Guanciale Con Pepe

A pork jowl piece, with pepper, from Castelvetro (MO) in Italy. Traditionally used for making Spaghetti alla Carbonara but can also be used for other dishes like omelettes and Amatriciana sauce or sliced very thinly in place of bacon to make a GLT sandwich! Much like Pancetta.

GUAN1 Guanciale approx. 500g £9.99

Gluten free 





Provolone Soresina 200g Cheese

Hard cheese, so posted without the need for ice block. Provolone is one of those underrated and underused cheeses in the UK. The Dolce (Sweet) one is too mild, but the piccante (Strong) is where the flavour is at. The US on the otherhand uses stacks of this stuff and every Italian sandwich has 'provolone' (said with a NY accent!) in it. **£3.49 each.**

- Prov 1 Provolone Dolce Cheese 200g**
- Prov2 Provolone Piccante Cheese 200g**

Smoked Calabrian

Ricotta Cheese

Very hard to find, traditional smoked ricotta from Crotona. Grate over pasta, bruschetta, in cold dishes or hot.

- RicSom Calabrian smoked Ricotta from Crotona**
- approx. Avg 200g **£6.99**



Smoked Scamorza Cheese

Real Neapolitan smoked Scamorza for use on everything from pasta to panini. Good melter. 200g

- SCAMORaff Sorrentina Smoked Scamorza**
- £2.99**



Pugliese Taralli

Quality Taralli made with olive oil and olives or fennel. They melt in the mouth and are very moreish. Ideal for an aperitif. **£1.75 each.**

- TAR-1 Fiore di Puglia Taralli Olive 250g**
- TAR-2 Fiore di Puglia Taralli Classico**
- TAR-3 Fiore di Puglia Taralli Fennel 250g**
- TAR-4 Fiore di Puglia Taralli Chilli 250g**



Moscato Jelly from Alba

- GelMosc Moscato Jelly 110g**

Azienda Agricola Mariangela Prunotto is located in Alba on the southern plains of Piedmont. They use the fruit and the vegetables from their organically-grown trees, to obtain their jams. Just ideal to serve with the cheese board or with cold cuts of meat, savoury tarts and glazed carrots. **£3.29**



Italian Deli Treats Hampers

Hampers are available all year round please call or email us to arrange. (Image above is an example and products may vary due to availability)





Foresta Oro Dried Porcini

FodP1- Dried Porcini Mushrooms by Foresta Oro

Foresta Oro are based in Caserta, near Naples and for 47 years have based their entire philosophy on the quality of their products. So much so that they are ISO9001 certified. Enough for 4 people for a risotto, pasta, tomato sauces and more. 30g packet. **£3.69**

Borghini of Arezzo, Tuscany Italian Pine Nuts



FM1 20g pack **£3.30**. **2 pk** for **£6**
FM1a 50g pack **£6.79**. **2 pk** for **£12**

Pine nuts (Pinus Pineae). Italian Pine nuts are almost impossible to find in the UK and these Mediterranean gems are not oily, can be up to twice as long as Chinese ones, are nutty with no black bits. Collected by hand, they are super high quality and full of flavour with overtones of orange and no oily flavour.

Use them to make Pesto Genovese, in cakes and desserts, in pasta, toasted first, they are unbelievable, with fish and more...

Almost all pine nuts in the UK are from China and a smattering of other countries, they are not as high quality being quite small, oily, have unsightly black/brown ends and have been linked to a condition called 'Pine Mouth' which can leave a bitter taste in your mouth for weeks. No pine mouth with Italian pine nuts and the quality of the product is reflected in the price.

Dried Italian Origano Branches

FMGH1 Origano Branch

Origano actually has more flavour when its leaves are dried and of all the Italian herbs, it is the one used the most on breads and pizzas but it is hard to find the real Mediterranean herb like this. A relative of the mint family, it is especially good to use with vegetables, lamb and in pasta dishes too, it is simply indispensable in the Italian kitchen. **£5.99**



Borghini Wild Fennel Flowers & Pasta Seasoning

**BoVF- Wild Fennel flowers
from Valdichiana** This ancient alluvial valley is located in Tuscany and the riches of its farmlands were mentioned by the Roman Naturalist Plini the Elder in his book Naturalis Historia III. Fennel flowers are traditionally used in Porchetta, roasted meats and has a strong flavour so only a pinch is required, 30g packet. **£3.99**



Passion for Pasta Herbs 10g

These fabulous sachets contain all the seasoning you need to recreate delicious pasta classics at home. Each 10g sachet contains enough for 250g pasta (2-3 servings). **£1.19**

BoPAG Aglione Garlic, chilli, calt, parsley, chervil.

BoPAR Arrabbiata Chilli, garlic, parsley, basil.

BoPCA Cacio & Pepe Bread crumbs, black pepper, pecorino cheese powder, salt, onion, garlic, chilli pepper, mint.

BoPPT Porcini & Tartufo Salt, parsley, tomato, mint, garlic, Porcini mushrooms (*Boletus edulis*), chillies, summer truffle.

BoPPU Puttanesca Chilli, garlic, tomato, salt, black olives, courgette, oregano.

Flavoured Tuscan Borghini Sea Salts

We couldn't resist these completely natural, traditional Tuscan sea salts flavoured with red wine, basil or porcini mushroom. Each salt will lift your 'cucina povera' dishes simply and with little effort. **Each £2.29**

FM14A Red wine salt "Vino Rosso" 100g

Use in stews, casseroles, tomato sauces, coq au vin, on red meats but also on tuna steaks.

FM14B Basil Salt "Basilico" 100g

Perfect with freshly sliced tomato with mozzarella, for making tomato sauce or used in a salad.

FM14C Porcini Mushroom Salt "Porcini" 150g

Enhance a risotto, gnocchi or pasta dish, or lift a steak pie. But best of all in a tomato sauce.

FM14D Lemon Salt "Limone" 100g

Perfect with any seafood from lobster to prawns, fish and with pork. Lovely also in risotto and pasta.

FM14E Black Truffle Salt "Tartufo" 150g

Truffles are unique and ideal sprinkled on fried eggs, potatoes, pasta, polenta, gnocchi and risotto.



Lombardia Ariosto Natural Seasoning Milano

For 50 years, Ariosto have used Sicilian salt, dried veg and herbs with **NO additional ingredients, MSG's or preservatives**. Use the correct one for your dish and it will be properly seasoned "all'Italiana" and no need to use salt. Ariosto seasonings are the market leaders in Italy. **Gluten Free** 

AR1 Aglio e Peperoncino - Garlic and Chilli 60g

For "Spaghetti Aglio Olio peperoncino" or with tomato and fish sauces, fried prawns and on pasta too. **£2.99**



AR2 Ferri/Arrosto - Grill/ Roast 80g £2.99

AR2a - 1kg Catering Tub. £19.50

Ideal for roast meat and grills. 1-2 Tsp will season 1kg of chicken, steak, pork, ribs, lamb or your favourite meat.

AR2c Ferri with Chilli Piccante As above but with chilli. Use on meats, veg and fish. Seasoning with a kick. **£2.99**



AR4 Carni in Umido/Stufate - Pot

Roasts & Stews 80g Use 10g seasoning per 1kg of meat. This mix brings out the warmth and richness of your stews, casseroles, shepherds pie and other comfort winter dishes. **£2.99**



AR6a Potatoes/Patate 80g £2.99

AR6b 1kg Catering Tub. £19.50

Sprinkle the potatoes half way through cooking whether roasting, grilling, saute or wedges, but it makes the best seasoned chips on the planet!! And of course, on proper chips.

AR10 Sughì al Pomodoro 80g £3.19

AR10a 1kg Catering Tub £19.50

For perfectly seasoned tomato and 'ragu' based sauces.

AR8 Pesci - Fish & Seafood 80g

Use 10g (2 tsp) per 1kg of fish or seafood to taste for perfect seasoning. **£2.99**

AR12 "Impan" 250g

Seasoned breadcrumb coating. Dip your mushrooms, veg, meat etc into milk, into the fine coating which contains salt and egg and fry till golden brown. Ideal for Scotch eggs, artichokes, aubergine, fish and Weiner Schnitzel/ escalope. **£2.29**



AR15 Saffron/ Zafferano 390mg

Real Italian saffron for making rich Risotto and other dishes. 150,000 flowers are needed to make just 1kg of saffron!
3 sachets of 130g. **£3.49**



AR16a Unrefined Sea Salt Seasoned with Organic Herbs for all Meat-Based Dishes, 80g

Ariosto has created an unrefined sea salt mix seasoned with turmeric, ginger and organically grown herbs. Ideal as a finishing touch to all sorts of dishes. Used near the end of cooking, it turns white and red meat, whether roast, grilled, pan fried, or stewed into tasty home cooked specialities. With no gluten or lactose. **£2.99**



tel 020 8427 5020



Star Gran Ragù with Speck 

RAGUSP Star Gran Ragù' Pasta Sauce Speck 2 x 180g Iconic brand from Milan. Pasta is an abbreviation for 'pastasciutta' which means dry. Pasta should always be just coated, These tins are enough for a packet of pasta for 4 people really good for everyday. Tomato sauce with speck (cured ham) from Alto Adige. **£4 Gluten Free**



by Ghiglione 1920

FMOLG3 Real Pesto Genovese 130g Made by olive oil producer Ghiglione of Liguria, with Italian pine nuts. The traditional way to eat pesto is with "Trofie" pasta, with cubed boiled potatoes and green beans. Enough for 500g of pasta. **£4**



Barilla Alla Pesto Siciliana

BarPeSic Barilla Sicilian Pesto with Ricotta & walnuts 190g Whilst Pesto originates in Liguria, Sicily have their own classic version always with ricotta and nuts, tomato, Grana Padana DOP and oil. Great on pasta, great on bruschetta too and on gnocchi. Barilla brand 190g **£3.39**



Barilla rocket pesto

RumWFus Barilla Pesto with Rocket 190g Made with wild rocket and tempered with Italian basil. Enough for 4 main portions (1 packet of Trofie or other pasta). Don't eat pesto with spaghetti which are smooth and can't hang on to the sauce! **£3.39**



Agromonte tomato sauce

Rega-1 Rega San Marzano Tomatoes D.O.P 400gr Rega are very traditional and have been in the business for over 50 years in Salerno. Whole San Marzano tomatoes in juice. Great with seafood, in pasta, loads of uses.. **£2.00**



Agromonte tomato sauce

FMAG1 Baby Plum Tomato Sauce 330g By Agromonte. Ingredients: Sicilian plum tomatoes 97%, extra virgin olive oil, salt, carrot, onion, basil, celery and a touch of sugar simple. **£2.19**



Bomba Pugliese from Amato

AMBDP Bomba di Puglia Chillies 314ml

Direct from Puglia, famous for its chillies! This is on the hot side and use for Orechiette and cima di rapa pasta dish or any pasta dish, tomato based sauce or if you are up to it, thinly spread it on toast to add some pep to your life! Made in Puglia. **£5.99**



Callipo Bottarga

FMbot Grated bottarga 40g

By Callipo, grated seasoned tuna eggs. Gluten-free. GMO-free ingredients. Use it to add flavour to pasta dishes such as spaghetti alle vongole, stuffed courgette flowers and other fish dishes. **£5.98**

Gluten Free 



La Molisana Gnocchetti Sardi

FM19G Gnocchetti Sardi Pasta La Molisana 500g
This special shape of pasta is typical from Sardinia region. Gnocchetti sardi are not gnocchi at all but a small pasta generally eaten with lots of tomato sauce or ragu. Not available in the supermarkets. 500gr packet. **£2.99**



L'Agnese Casereccia Pasta

FM19Cap Capunti plain 500g This shape originates in Puglia and resembles an empty pea pod. Its really good at capturing the sauce and can be served with pesto type sauces or try it with pancetta, pecorino and rosemary. **£2.99**



FM19Or Orecchiette plain 500g Orecchiette means "little ears". Traditionally eaten in Puglia with Cima di Rapa (broccoli raab though you can use Spigarielli or Broccoli too), with chilli, onion, anchovy, white wine and olive oil. **£2.99**



FM19T Trofie plain 500g
The traditional pasta of Liguria to eat with "Pesto Genovese", traditionally with cooked green French beans and boiled peeled potatoes added which soak up the pesto and turns a dish into a meal. **£2.99**



Venere Rice

Venere Black Venere Rice Intergale 500g
A sought after black rice, rich and with hints of sandalwood and sourdough bread, it is wonderful with gorgonzola, octopus and many other risotto sauces, truffles and mushrooms of course, seafood or vegetable sauce. Also known as 'Forbidden Rice' it is hard to find, produced in small quantities and is produced in the Po Valley in Italy, though it has Chinese roots originally. **£3.99**



Morelli Fregola pasta

FMfreg Fregola / Fregola Toasted Pasta 500g
Fregola is a type of pasta 2-3mm in size which is toasted. It has an amazing nutty flavour and is a hard-to-find ingredient in the shops. It is similar to North African Berkoukes and Israeli Ptitim. 500g pack. Made with Durum hard wheat and toasted **£3.59**



Di Bari Squid Ink and Chilli Pasta

TOPSI Morelli circa 1860 - Squid Ink Linguine 250g
This pasta from Bari is flavoured with squid ink, which is considered to be a delicacy in Italy with a creamy rich flavour.

Not easy to find so we're pleased to be able to offer it to you. Serve with loads of garlic and parsley, some shrimps if you wish, cherry toms and chilli. **£2.49**



TOPSI Morelli circa 1860 - Squid Ink Linguine 250g
This is an interesting and delicious twist on spaghetti and are made in Bari using traditional methods of bronze cutting dyes and slow drying. They are made with chilli which gives the pasta its red colour in the port town of Bari from Durum wheat. 250g is enough for 2 people. **£2.49**



Mostarda - Whole fruit Mustard

BOSCH Boschetti since 1891 - Mostarda di frutta Cremonese

A traditional Cremonese style recipe. This Mostarda is typically served with 'Bollito misto' and is indeed very good with any cooked meat. Candied in mustard syrup - cherries, pears, figs, apricots and clementines. Eaten especially over Christmas with hot or cold meats, with the cheese board, vegetable dishes and more! 400g jar 220g net weight. Made in Cremona. **£6.99**

Gluten Free



Chestnut Cream and Jams from Bologna

SanRChes Santa Rosa Chestnut (Marroni) Cream 350g

Chestnut cream made in Italy from 'Marroni' chestnuts by Santa Rosa. Sugar, Marroni (45%) Pectine, Natural Vanilla aroma, that's it! **£2.89**

SRFIG Santa Rosa Fig Jam 350g

Fig jam by Santa Rosa with 57% fruit. Lovely on home made bread or on toast, but amazing served with cheese. Use it to glaze roasts and for jam tarts. **£2.89**

SRPLU Santa Rosa Plum Jam 350g

Plum jam by Santa Rosa with 80% fruit. Lovely on home made bread or on toast, but amazing served with cheese. Use it to glaze roasts and for jam tarts. **£2.89**



Pistachio cream by Gandola

FMPC1 180g Jar

Spread onto bread or toast as a treat, use on cakes and really superb in crepes actually. It shines when eaten together with Ice Cream. This product is made in Italy and is just unctious, creamy, nutty, gooey, gloopy and delicious and is made using 13% pistachio and 10% walnut. **£3.99**

Gluten Free



"82% fruit" Calabrian Fruit "Cheeses" and Spreadable Creams

If you could bottle a region, this would be it. Calabria has the perfect climate for citrus and soft fruit production and the fruits are so naturally sweet because of the heat and intense sunshine, that only 16% organic sugar is used.

Choose from 9 delicious flavours. 350g jar **£3.99**



FMCIT1 Bergamot as used in Earl Grey tea

FMCIT2 Blood Orange Sweet, ideal with good bread

FMCIT3 Lemon tart, sweet, serve with cheeses or as a glaze

FMCIT5 Grape also makes great tarts, superb for breakfast

FMCIT6 Lemon & Orange citrus zing, for tarts and glazes.

FMCIT8 Strawberry cream teas and cakes

FMCIT12 Apricot great on tarts and toast.

FMCIT10 Calabrian Red onion 78% Marmalade 230g jar - ideal with cold meats or cheeses, with roasted veg or even just spread on hot toast. **£3.99**

FMCIT11 Orange 65% with dark chocolate 240g jar

FMCIT13 Fig 70% with dark chocolate 240g jar

65% fruit mixed with dark chocolate. I think that is all the description this product needs. The oranges are grown locally in Calabria and once open it should be kept in a fridge. This is not a mass produced product, but artisan by a small producer. **£4.49**



Brezzo Regional Honey from Italy

Made with love and care, in harmony with nature, in the uncontaminated mountain pastures and forests of Italy. Quality **natural honey** from Brezzo apieries since the 1950's.

FMHB1 Lemon 250g Only produced in Eastern Sicily, ideal in tea, not only flavoursome but also has medicinal properties. **£5.99**

FMHB2 Natural Eucalyptus 250g Intense eucalyptus flavour, highly prized. A really excellent honey for milk and honey, glazing gammon or lamb, baking and superb in Greek yoghurt. Produced in Piemonte **£5.99**

FMHB3 Natural Millefiori 250g Classic flavour of flower fields with fine crystallisation. It is the best honey for dissolving into, tea or chamomile and great for spreading on toast. **£5.99**

FMHB4 Natural Chestnut 250g Dark with a deep, pleasant bitter caramel flavour, highly prized. A really excellent honey for milk and honey, glazing gammon or lamb, baking and superb in Greek yoghurt **£5.99**



Baci Perugina & Vergani Gianduiotti

FMBaci BACI PERUGINA with love messages inside. 125g

The company dates back to the early 12th century. These are the famous chocolates with love messages wrapped inside the foil and a whole hazelnut, wrapped in deep dark chocolate. Talk about romantic. **£6.99**

Gluten Free 

VERG Vergani Gianduja / Gianduiotti Vergani 1kg Bag

As the best hazelnuts in Italy, the PGI Piemonte Hazelnut is unique and considered top end. Gianduja chocolate is made with hazelnut paste and prime chocolate, it is divine and has been enjoyed in Turin since they were invented during the reign of Napoleon (1796-1814).

Each chocolate is individually wrapped in either foil for freshness. Colour may vary between gold, pink and blue **£15.99**



D'Addezio Cannoli & Aragostine

dAddAr-1 D'Addezio Aragostine (sfogliatelle) Apolline
Hazelnut filling, crisp filo pastry shell **x6 (200g) £3.59**

dAddAr D'Addezio Aragostine (sfogliatelle) Apolline
Lemon filling, crisp filo pastry shell **x6 (200g) £3.59**

dAddCan D'Addezio Sicilian Cannoli with sweet Pistacchio nut cream filling **x6 (200g) £3.89**

DADCANH D'Addezio Sicilian Cannoli with sweet Hazelnut filling **x6 (200g) £3.89**



Sperlari sweets

SPE125 Sperlari Lavazza Coffee Sweets 125g

These are the original iconic Coffee sweets by Sperlari of Cremona. Loved by everyone in Italy! Made with 2.5% Coffee. **CONTAINS MILK £2.69 Gluten Free** 

SPEgelee Sperlari Italian 'Gelee' Sweets 175g

Traditional sugar coated soft jelly fruit sweets which Italian children grow up on. NO animal gelatine, contains pectin **£2.69 Gluten Free** 

Preserve your own *Rigamonti*

Food Market.

Rigamonti for home food prep. High quality, functional, durable preserving equipment for preparing your vegetables and herbs, by Rigamonti of Lecco. Made from sturdy, dishwasher safe, food safe polypropylene, these low cost versions of professional machines have a 1 year guarantee and have proved so popular over the years. Full spare parts back up available.



RG1b

RG1a Passa Pomodori - Passata Maker "Velox" £32.99

RG1b Passa Pomodori - Passata Maker "Large" £39.99

This tomato press can pulp approx 50kg per hour, separating skin and seeds from the flesh. Pure rubber suction base. Simple to use, lightweight and easy to clean. Dishwashable. If you grow tomatoes or use passata, you need a Rigamonti passa pomodori!!



RG2

RG2 Quick Herb Chopper

Chops up herbs, small nuts for sweets. Particularly good for making pesto. Easily removable base collector. Dismantles for easy cleaning. **£9.99**



www.seedsofitaly.com



RG3

RG3 Preserving Funnel

For wide-mouthed jars with an attachment for narrower preserving bottles. Mess free jar filling. The best preserving funnel we've ever come across. Indispensable in the kitchen for pouring and filling, just a very simple but useful thing. **£4.99**



RG4

RG4 Parmesan Grater

All in one classic Italian grater for parmesan and pecorino Sardo & Romano. Easy to use and perfect to store the cheese cleanly inside the grater. When you want to grate it, simply open the base, grate and close again. Made with hard plastic that make it resistant and long lasting product.. **£9.99**



RG5

RG5 Meat Mincer

Lighter, easier to clean and safer than the metal version. Attachments included for spaghetti, tagliatelle, maccheroni, and biscuits. Great value given the many functions. **£34.99**



RG6

RG6 Potato Masher

Traditional Italian potato masher for gnocchi and smooth, lump free mashed potatoes. How to use it: place cooked potatoes in hopper, squeeze and the mash comes out of a grill with small holes, ensuring there really are no lumps. It also works with cooked carrot, pumpkin and sweet potato. **£9.99**



RG7

RG7 Mandolin

With 5 settings. Food safe, stainless steel with finger guard. Slice very thinly - veg, truffles, fruits and for grating carrots, julienne etc. **£9.99**



RG10

RG10 Vegetable chipper

Insert spud, press handle, hey presto 9mm or 7mm chips! Also does other vegetables (See picture). Made from Inox stainless steel and food safe polypropylene. Makes making chips much faster and is easy to use. **£14.99**



Sharp1

Sharp1 Knife Sharpener

Wooden Handle these handy knife sharpeners are the easy way to sharpen your knives quickly and regularly. These tools are made to last, I have my one for more than 10 years! **£6.99**



Our organic & vegan vegetable starter culture will give your vegetable ferments the best start in life. Containing a range of bacteria and starches to get things moving quickly and safely with your vegetable fermentation. Just add salt, our starter culture, and your favourite vegetables. Sourced from starter cultures that have been passed on and many are heirloom varieties.



With "Quattro Stagioni" (four seasons) jars and passata bottles, you can immediately see if the jar is hermetically sealed by pressing the vacuum button on the lid - a safety which "normal" jars cannot guarantee. Re-use the jars year after year, simply replacing the lid each time and store in the larder for up to a year. Designed specifically for home preserving of jams, passata, pickles, chutney, sott'olio, sott'aceti, compotes and sauces. My mother and nonna always swore by Bormioli!!

Single Bormioli Jars

BR1 0.25 ltr jar with lid
small jar for pesto. £2.69

BR2 0.50 ltr jar with lid
for Jams, pickles and Chutneys. £3.19

BR3 1 ltr jar with lid
for pickling, storage and larger quantities. £3.99

BR4 1 ltr Passata Bottle with lid
like old milk bottles with a lid, perfect for storing passata and other liquids. £3.99

Cases Bormioli Jars

BR5 12 x 0.25 ltr jars with lids
for pesto, jams. £24.99

BR6 12 x 0.50 ltr jars with lids
for jams, pickles £29.99

BR7 12 x 1 ltr jars with lids
for pickled walnuts, large items like gherkins, olives, etc. £39.99

BR8 12 x 1 ltr Passata Bottles
for sauces. £29.99

Replacement lids

BR9 Lids for 0.25/0.50 ltr jars. (2 pack) £1.99

BR10 Lids for 1/1.5 ltr jars. (2 pack) £1.99

BR11 Lids for 0.15 ltr jars and 1 ltr Passata Bottles. (3 pack) £1.99

FFFERVV Organic & Vegan Vegetable Starter Culture

Our organic & vegan vegetable starter culture is free from dairy (whey) and any other animal-based products.

One 5g sachet is enough for up to 4kg of vegetables. £5.75



La florentina 1894 *from Florence*



La Florentina dates back to 1894 when Alighiero Campostrini decided that his secret recipes for soaps and perfumes should have a trademark to promote the Tuscan culture around the world. Bellosguardo is a range of Vegan ok handmade soaps using natural high quality raw materials and unique fragrances for daily wellbeing.

Each fragrance is inspired by the Tuscan hills and the elegant packaging is hand illustrated by Tuscan artists.

Handmade Tuscan soaps with a high extra moisturizing creamy effect. These exclusive made-to-order soaps are evocative and sensual and loaded with the typical local flavours and ingredients of the region. A special vegetable formula enriched with olive oil and selected ingredients for a unique experience.



La Florentina hand wrapped soap 200g £4. Choose between: -

pomegranate (with Pomegranate extract), **rose of may** (with Rose extract), **Boboli citrus** (with Orange extract), **garden olive** (with Olive oil), **porticcio "marine"** (with Jojoba oil), **silver cypress** (with Cypress extract) **Chi-anti grapes** (with Grape extract), **sea breeze** (with Jojoba Oil), **wild rose** (with wild rose extract), **lavender** (with Lavender angustifolia extract), **lemon and lavender** (with Lemon extract, **magnolia** (with Magnolia extract, **orange** (with wild Orange extract), **lilly of the valley** (with Lilly of the Valley extract).



La Florentina gift box single soap 300g bar £7

Choose between: -

tuscan olive, lemon house, fresh magnolia, lavender hills, mediterranean orange, lemon & lavender.



Gift Box with 3x150g £10 Choose between:

Pomegranate, lavender, peach, may rose, Boboli citrus, orange, lemon, lemon & lavender

Back by popular demand and for a limited period our Green Paradise olive oil (Olea Europea) gardeners hand scrub soap bar and soothing hand cream.

Gardener's Vegetable Hand Soap

The added wheatgerm will gently scrub away ground dirt from your hard working allotment hands, leaving them clean and refreshed while the olive oil leaves your hands soft and nourished. Ideal for the hand basin and free from SLSs.

Olive oil scented vegetable soap,
180g bar. **£4**

Olive Oil hand Cream

Made with Italian olive oil (Olea Europea), the rich formulation of this cream is designed specifically to hydrate, revive and protect dry, gardeners hands, leaving them soft and reinvigorated. We recommend our gardeners soap first to remove all dirt.

100ml tube. Tube 14cm. Boxed. **£7**

Made in Italy and the ideal gift for the gardener in your life!



Fratelli Riso *from Emilia Romagna*



Vegetable Soap Bar

Traditional Marseille cube bar of soap, enriched with olive oil, for washing all types of clothes by hand, whilst being gentle on the skin, from Romagna. The bars are made from all natural, plant based materials and there are no synthetic ingredients or animal products in them. 300g bar. **£3.99**

An ancient legend tells the story of Venus who was born from the sparkling foam of the sea's waves. The Diadema or Tiara that adorned her, broke and formed the many islands of the Tuscan Archipelago.

Diadema is a cosmetic artisan laboratory that was born from the ideological dreams of two Tuscan pharmacists. Their wish was to create uniquely exclusive products with all natural ingredients.



Their philosophy is based purely on artisan methods of working, knowledge and passion. Their delicate formulas are made using carefully chosen base ingredients, which have been mixed with perfumes that recall the fragrances of the local Tuscan coast. Every product is microbiologically and dermatologically tested to guarantee the highest safety and tolerance levels.



SOLLEONE

Refresh your body to the fresh rhythm of the sea that smells of hot summer days. (UK only)

Eau de toilette Fruity warm scent with notes of tropical fruit and white musk. 30ml **£18.50**

Face and body scrub the gentle scrub spheres contain Jojoba oil and the casing is of a natural material not plastic. Ideal for cleansing the face and body, Use once or twice a week. 100ml **£11**

Body milk This formula firms and hydrates the skin giving it elasticity. It has a soft and silky texture with notes of mango, pineapple and vanilla. Excellent as an after-sun, non-greasy, it delicately perfumes the skin. Contains: hyaluronic acid, vitamin E, aloe, pentavitin and precious vegetable oils.. 250ml bottle. **£12**

Shower gel/ Body shampoo

A soft foam will leave your skin soft, fresh and fragrant. Ideal after a sunbath, and after sporting activity. The scent of summer will remain on your skin contains: coconut and vanilla 250ml **£7.50**



SADDISALE

Close your eyes and allow yourself to be swept away by an aromatic wave of fresh Mediterranean sea breeze. This wonderfully refreshing scent has been enhanced with coconut and vanilla for a warm sense of Summer desire. (UK only)

Eau de toilette light summery scent with hints of coconut and vanilla. 30ml **£18.50**

Shower gel/ Body shampoo contains: coconut and vanilla 250ml **£7.50**

Body milk contains: coconut, vanilla, hyaluronic acid and mimosa extract. 250ml **£12**

ACQUA CHIACCIA

Eau de toilette Notes of lime and mint blended with pepper, mango and smells of tropical fruits and prickly pear. 30ml **£18.50**



TERRE MARIQUE

TERRE MARIQUE

Designed to help fight the signs of ageing. (UK only)

Densia Concentrated Drops The power of a true concentrate to fight the signs of aging, bags and dark circles. This is a fresh serum designed to combat facial wrinkles using natural ingredients. The hyaluronic acid has a replenishing action and together with the Maritime Pine extract antioxidant action, these drop give visible results with the first use. They combat the signs of ageing with a pleasant tightening effect. The soothing and feeding action of Panthenol and Dunaliella seaweed help reduce under eye swelling and dark circles. 30ml **£28.50**

Firming Face Cream Anti-wrinkle formula, rich in olive oil, which helps to combat the loss of skin elasticity due to ageing. Gradually the skin returns to its healthy and smooth appearance. Soft and creamy, easily absorbed into the skin and making the underlying tissue layers more plump. The hyaluronic acid penetrates deeply and together with the collagen forming Matrixyl molecules they promote skin repair, making it ideal for more mature or dehydrated skin. 50ml **£23**

Eau de parfum Spring blooms across the Tuscan coast enfusing the air with smooth, sweet fruity scents. Terra marique is a perfume with a dark, silky note of cherry that mixes with the fresh notes of citrus and kiwi. Unisex. 30ml **£23**



AEGILIVM

GRECALE

GRECALE JA

Pure Hyaluronic Acid in Drops, can be used on any skin type to give it firmness, hydrate and prevent wrinkles. Its concentrated formula gives your skin a smooth and velvet feel. Apply morning and evening all over your face, particularly around the eyes and lips. It can be used as base for make up or under the a moisturising cream. NON-GREASY, 15ml **£13.50**

AEGILIVM

Anti-Wrinkle Face Cream This moisturiser is designed to meet the needs of a more mature skin and contains hyaluronic acid and argireline which help to gradually fight skin ageing and wrinkles. This makes the skin smoother, more radiant, and more elastic. Contains: argireline, hyaluronic acid, rosehip extract, coenzyme Q20, vitamin E, avocado oil, aricot kernel oil, beta-glucan. 50ml **£17.50**





BARATTI

BARATTI

A magical Tuscan coastal gulf, which time seems to have forgotten. Loved and revered by the Etruscans and to this day a destination for lovers of nature. The area is enlivened with the scent of the surrounding shrubs and trees, which Baratti has emulated. The fragrance is rich in tamarisk, pine, myrtle, almond, honey and grape.



Room Fragrance contains : denatured Alcohol and parfum 200ml **£22**

Eau de Toilette 50ml **£22**

Body Cream contains: red grapevine, butcher's broom and hyaluronic acid 200ml **£12**

Shower Gel contains: red grapevine and butcher's broom 250ml **£7.50**

New - Toothpaste 100ml Tube instead of 75ml, contains essential oils of peppermint and crista mint, hydroxyapatite which is a natural constituent of enamel, is free from fluoride and SLSs. **£4.50**

Beard oil contains: jojoba and olive oil. Light, non greasy and with a mediterranean scent 50ml **£12.50**

After Shave contains: glycyrrhetic acid, bisabolol and menthol 100ml **£12.50**

Shaving Soap contains: red grapevine, butcher's broom and hyaluronic acid 200ml **£8.50**





TAMERICI

Inspired by the fresh mediterranean sea breeze and tamarisk. Made with bergamot from Calabria and lemon from Sicily, mixed with an hint of Black pepper and cedar wood to create a unique fresh and sensual scent for men.



Eau de Toilette contains: lemon, bergamot and black pepper 50ml **£22**

Shower gel contains: lemon, bergamot and black pepper 300ml **£7.50**

After Shave Balm contains: hyaluronic acid and pentavitin 50ml **£12.50**

Anti-wrinkle Cream for Men contains: hyaluronic acid and coenzyme Q10 **£16**



PODERE DEGLI AFFITTI

Created using raw materials that come directly from the Tuscan countryside. The gentle cleanser is 100% natural and biodegradable. These products do not contain: parabenz, PEG, silicones, SLSs, colours, SLESs or Tiazoline.



Body and Hand Cream contains: Calendula oil, Oat and pine extract. 90ml tube **£9.50**. 30ml tube **£5**

Gentle Cleanser contains : Calendula and Lavender, 500ml **£8.50**.

Finesse Fragrances



For a larger range of Italian niche fragrances and branded perfume house, visit www.FinesseFragrances.London

Finesse Fragrances is a small family run business that sells both designer and luxury niche fragrances. We have a wide range so that you can explore the world of fragrances and find something you will fall in love with. You can visit our concession at Seeds of Italy's London store near Harrow & Wealdstone tube or order online.

Italian deli products delivered
straight to your door



Passionate about food from SEED TO PLATE

www.seedsofitaly.com