

We do offer Seakale in our catalog. One of our seed packers has done some research on medieval plants and recommended these varieties that we offer:

Burnet (*Sanquisorba*)

Flax (*Linum usitatissimum*)

Sprouting or Asparagus Broccoli (*Brassica oleracea var.italica*)

Mangels (*Beta vulgaris*)

Good King Henry, also known as Mercury and Lincolnshire Spinach (*Chenopodium bonus-henricus*)

Orach - one of the oldest cultivated vegetables (*Atriplex hortensis*)

Welsh Onion - perennial (*Allium fistulosum*)

Sweet Cicely (*Myrrhis odorata*)

Elecampane (*Inula helenium*)

Our ancient grains and Fava beans

She also recommends a book: "The Plan of St Gall" Univ of California Press

One of our customers who is specializing in medieval gardens has added these two as well:

Couve tronchuda/Portugese summer cabbage (*Brassica oleracea alboglabra*)

Alexanders/Black lovage (*Smyrniolum olusatrum*)?