



Growing
gardens
naturally
since 1986

2009-2010
www.eco-culture.ca



eco-culture^{TM/MC}
SERACON

Edible Flowers

Chefs at the finest restaurants are using edible flower blossoms to add a touch of elegance to their meals - as garnishes in soups and salads or candied for delicious desserts. Galvanized planter (25.4 cm x 10.2 cm x 8.9 cm / 10" x 4" x 3.5").

6 min. per sku

EGO61 - 12pc. prepack asst. edible flowers



EGO63 - Nasturtiums (*tropaelum majus*)

Nasturtiums have a sweet, spicy flavour that is similar to watercress with leaves that add a peppery tang to salads. Beautiful orange, yellow and gold colours.



EGO62 - Marigold (*tagetes tenuifolia*)

Marigolds have a mild, tarragon flavour and a subtle citrus-like fragrance. They bloom prolifically to provide a continuous supply of bite-sized edible petals in shades of sunlight oranges and yellows.



EGO64 - Pansy (*viola cornuta*)

Pansies have a slightly sweet grassy flavour. Wonderful mix of colours : violet, golden yellows, lavender, mauve and white.



EG160

EG162

Classic Eco-Gardens

Our best selling heirloom eco-gardens.

Painted planter (25.4 cm x 10.8 cm x 8.9 cm / 10" x 4.25" x 3.5").

4 min. per sku

EG159 - 12pc. prepack asst. eco-gardens

EG160 - Tasty heirloom tomatoes

EG162 - Three green teas

EG164 - Decorative wheatgrass

EG168 - Fragrant blue flowers



EG164



EG168

Italian Herbs

SEEDS ARE NATURAL, UNTREATED, GMO-FREE /
TO BE GROWN WITH ORGANIC METHODS

It's hard to imagine Italian cuisine without the distinct flavour of fresh herbs! Recipes included. This kit contains everything needed to grow nutritious herbs using natural, untreated, GMO-free seeds and organic growing methods (without harmful chemicals)

6 min. per sku

EG068 - 12pc. prepack asst. italian herbs



EG067 - Genovese Pesto Plus
(Genovese Basil, Pistou Basil and Italian Parsley)

Pesto's origins date back four hundred years and Genoa is without question the pesto capital of the world.



EG066 - Herbs of Tuscany
(Sweet Marjoram, Sage and Garlic Chives)

The fresh herbs grown in the hillsides of Tuscany continue to this day to play a central role in Florentine cuisine.



EG065 - Herbs of Napoli
(Oregano, Rosemary and Thyme)

Neapolitan cuisine reflects the influences of the various civilizations that have passed by the shores of southern Italy. It was in Naples that tomato-based sauces and pizza were developed into art forms.



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Organic Sprouting Kits

in terracotta

SEEDS ARE NATURAL, UNTREATED,
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ORGANIC METHODS

Micro-greens, easy-to-grow. Always fresh, tasty and nutritious. Ready to eat in 5-8 days. Can be eaten raw or cooked. Add to salads, sandwiches, soups, stir-fries, eggs, pizza and snacks. Great for kids of all ages. You don't have to be a vegetarian to enjoy fresh sprouts.

Terracotta Kit includes: Certified organic (OCIA) GMO-free seeds for three harvests; Eco-friendly coir disks (soil-less growing medium); Terracotta dish (15.2cm / 6" d).

6 min. per sku

EG240 - 12pc. prepack asst. sprouts

EG242 - Radish
Spice with a kick.

EG243 - Broccoli & Rapini
Mildly spicy flavour.



EG241 - Italian Arugula
Peppery spice flavour.

EG244 - Curly Cress
Peppery, spicy, flavour



Refills for Terracotta Sprouts

6 min. per sku

EG245 - 12pc. prepack asst. refills

EG246 - Italian Arugula

EG247 - Radish

EG248 - Broccoli & Rapini

EG249 - Curly Cress

Organic Sprout Kits in Glass Jar

Nutritious, fresh, delicious. Easy-to-grow, ready to eat in 4-6 days. Certified organic (OCIA) GMO-free seeds for three harvests. Glass jar with netting and band. Re-usable & recyclable lunch bag (22.8 cm x 29.2 cm / 9" x 11.5" h).

4 min. per sku

EG045 - 12pc. prepack asst. sprouts

- EG041 - Ancient Eastern Blend
Fenugreek, lentils, kamut & adzuki beans.
- EG042 - Crunchy Bean Mix
Crunchy blend of peas, lentils & garbanzo beans.
- EG043 - Spicy Lentil Crunch
Lentils, alfalfa, red clover, radish, canola (GMO-free) & mustard
- EG044 - Spring Salad
Broccoli, radish, red clover & alfalfa



Refills for Sprouts in Glass Jar

6 min. per sku

EG039 - 12pc. prepack asst. refills

- EG035 - Ancient Eastern Blend
- EG036 - Crunchy Bean Mix
- EG037 - Spicy Lentil Crunch
- EG038 - Spring Salad Blend

Herbal Teas & Coffee

Indoor-outdoor growing Kits

Caffeine free herbal tisanes. Indoor-outdoor growing kits include: Untreated seeds for organic cultivation; Terra cotta pot and saucer (12.7 cm x 11.4 cm/ 5" d x 4.5" h); Coconut Coir (the eco-friendly, soil-less growing medium). It's easy to brew a delicious cup of tea. Place leaves in a cup of hot water and enjoy

6 min. per sku

EG059 - 12pc. prepack asst. teas & coffee

- EG055 - Soothing Teas
Chamomile is an apple-scented herb traditionally used to induce calm and sleep. Lemon Balm leaves are ideal for salads, sweet drinks and for cooking fish and poultry.
- EG056 - Relaxing Teas
Lavender tisanes are calming and highly recommended for reducing tension. Vervain is often used as a digestive or sedative.
- EG057 - Refreshing Teas
Mint leaves and flowers are edible raw or cooked. Anise-hyssop has a licorice flavor and makes great tea.
- EG058 - Arabica Coffee
This is a unique house plant with white fragrant flowers that will produce the berries that contain coffee beans.



Fresh Gardens

Seracon offers a wide range of all-natural growing kits for use indoors all year 'round and outdoors in warmer weather.

All seeds are untreated, GMO-free varieties suitable for cultivation with organic (chemical-free) growing methods. Many are valuable heirloom varieties - hardy, adaptive, biologically diverse seeds from around the world.

Complete kits include: seeds, coir disks (eco-friendly soil-less growing medium made of coconut fibre), attractive window-sized galvanized metal planter (10.2 cm x 8.9 cm x 25.4 cm / 4" x 3.5" x 10" h) and easy-to-follow growing instructions

4 min. per sku

EG140 - 20pc. prepack asst. fresh gardens

EG141 - Trio of Dwarf Heirloom Sunflowers (African Orange, Mexican Red, Zulu White)
Brought to Europe from the Americas in the 16th century.

EG142 - Dwarf Cherry Tomatoes (Tiny Red, Golden Plum)
Grown in Central America prior to the arrival of the first Europeans.

EG143 - As Different as Night and Day (White Moonflower, Sunrose)
Moonflower is fragrant and a night-bloomer. Sunrose is a day-bloomer in assorted colours that can survive in dry conditions.

EG144 - Intriguing Basil (Italian Spice, Indian Subja, Thai Lime)
Basil stimulates passionate emotions. In Italy, a lady would place a pot of basil on her window to signal to her lover that he was welcome.

EG145 - Heirloom Mini-Peppers (Chocolate, Sweet Cherry Red, Sun Orange)
Known for their excellent taste and versatility, these mini-peppers can be eaten raw or cooked

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EG145



EG144



EG142



EG143



EG141



World Gardens

6 min. per sku

EG119 - 20pc. prepack asst. world gardens

EG194 - Indian Spice

Cilantro / Coriander is a key ingredient in Indian curries and sauces. **Cumin** has been used in chilies and curries since biblical times. **Fenugreek (curry)** will add zest to yoghurt, meats and vegetarian dishes.

EG195 - Asian Herbs

Coriander was among the first herbs used to add a citrusy flavor to foods. **Watercress** has a mustard-like flavor to enhance salads and soups. **Lemon grass** is popular in Thai and Vietnamese food.

EG196 - Tuscany Italian

Italian chefs consider the **San Marzano** to be the world's finest tomato. **Italian basil** is the soul and spice of Italian cooking. **Chili Peppers** are rich in vitamin C - add them to soups, salads and stir-fries.

EG197 - French Country

Lavender has a light, refreshing scent. Sprinkle on salads or add them to soups. **Sage** was used by the Romans for its taste and medicinal properties. **Thyme** is valued for its sharp aroma and pungent flavor.

EG198 - Mediterranean Herbs

Garlic chives have a delicate flavor - best served raw as a garnish on soups, salads and pasta. **Greek oregano** adds zest to tomato sauces, vegetable and meat dishes. **Thyme** is a staple of French and Italian food.



Greetings that Grow

2-in-1 : Greeting card and gift

Can be personalized with a minimum order of 24 pieces (\$15 set up charge per design)
Includes: untreated seeds, coir disk, and terra cotta pot (10.2 cm x 8.9 cm / 4" d x 3.5" h).
Ex : Happy Mother's Day; You were a great teacher; Mary+John - Wedding June 19, 2009.

12 min. 4 per sku

EG127 - 16pc asst. flowers & herbs

EG128 - 16pc asst. flowers

EG129 - 16pc asst. herbs

Happy Birthday

EG079 - Dwarf Sunflower

EG091 - Lavender

Thank You

EG081 - Pansy

EG093 - Thyme

Thinking of You

EG083 - Forget-Me-Not

EG095 - Sage

Celebration

EG085 - Sweet Pea

EG097 - Tea

Blank

EG087 - Sun Rose

EG099 - Basil

EG156 - Strawberries

EG158 - Peppers

Get Well

EG089 - Citrus Bergamot

EG101 - Chamomile

Friendship

EG107 - Sweet Pea

EG111 - Tea

Good Luck

EG109 - Citrus Bergamot

EG113 - Chamomile



Indoor Trees



Fresh and clean air. Trees remove greenhouse gases from stale indoor air without the use of expensive filters, air exchangers or chemical air fresheners. Stackable box (8.3cm x 8.3cm x 8.9cm / 3.25" x 3.25" x 3.5" h)

4 min. per sku

EG133 - 12pc. prepack asst. indoor trees

EG202 - Hawaiian Noni



EG203 - Caribbean Guava



EG202 - Hawaiian Noni

Its fruit is known to have many health benefits. Will start bearing fruit in approximately six months.

EG203 - Caribbean Guava

An evergreen with seedy fragrant fruit. It is an excellent source of Vitamin C.

EG204 - Indian Tamarind



EG205 - Cherimoya Sugar Apple



EG204 - Indian Tamarind

Its lacy foliage is used for tea and its long pod-shaped fruit is eaten fresh or made into chutneys and curries.

EG205 - Cherimoya Sugar Apple

Its fruit is a cross between a banana, passion fruit, papaya and pineapple. Melts in the mouth.

Tropical Trees



Be exotic in your home.

EG138 - 12pc. prepack asst. tropical fruit trees

EG206 - Pomegranate

This vitamin C-rich fruit can be enjoyed in salads, soups or with meats and vegetables.

EG207 - Passion Fruit

The pleasant tasting fruit is eaten raw or used to flavor jams, sherbets, and beverages. Acts as a sedative and sleep aid.

EG208 - Papaya

Papaya's edible fruit is high in Vitamin C and can be eaten raw or cooked like squash.

Outdoor Trees

Plant a Tree - Save the Planet. What better way to mark any life-cycle event than a gift that grows. Includes :100% biodegradable pot made of rice, coconut and bamboo husks; All seeds are hardy and disease-resistant; Outdoor trees can withstand temperatures of -40 degrees.

4 min. per sku

EG146 - 24pc. prepack asst. outdoor trees

EG147 - 24pc. prepack asst. indoor & outdoor trees

EG148 - 30pc. prepack asst. indoor, outdoor & tropical trees



EG183 - Vineyard Grapes

Blue, red and yellow grapes. Eat fruit straight from your vine.

EG184 - Roselow

Produces clusters of cherry-red fruit that adorn its bare branches all winter long to feed cardinals and other wildlife.

EG185 - Balsam Fir Tree

Harvested for Christmas celebrations, its soft evergreen foliage fills the indoor air with a delightful, natural fragrance.

EG186 - Seaberry

Its orange-colored berries are loaded with vitamin C and make excellent winter feed for birds.

EG187 - Honey Locust

Hanging clusters of fragrant white flowers with edible beans.

EG188 - Korean Pine

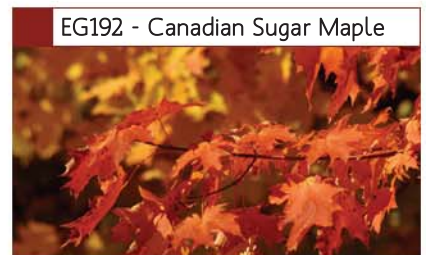
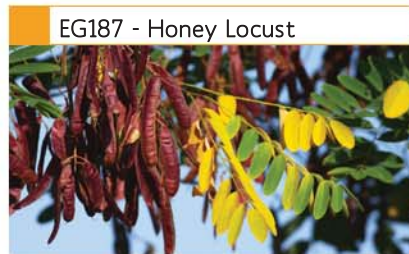
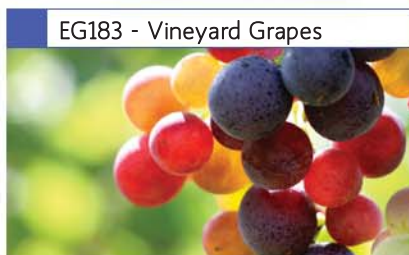
A majestic evergreen that produces large cones with an abundance of tasty pine nuts for pesto and other delicacies.

EG190 - Dwarf Mountain Goji

Produces bright red berries reported to be the most nutrient-dense fruit on the planet.

EG192 - Canadian Sugar Maple

Produces the sweet sap that is boiled down to make real maple syrup.



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Mini Trees

Experience the joy of planting a Tree. Great as a fund raiser or for special occasions. Includes; all-natural, untreated seeds; terracotta pot (7.6 cm x 7.6 cm x 6.4 cm / 3" x 3" x 2.5"h); coir disk (eco-friendly soil-less growing medium).

6 min. per sku

EG236



EG230 - 30pc asst. prepack mini trees with Christmas

EG231 - 24pc asst. prepack mini trees without Christmas

- **EG232 - Scots Pine (*Pinus Sylvestris* - conifer)**
This evergreen is the only pine tree native to Europe. Its stately appearance is marked by a long, bare, straight trunk with a rounded or flat-topped mass of foliage.
- **EG233 - Colorado Blue Spruce (*Picea Pungens Glauca* - conifer)**
An adaptable, drought-tolerant tree that needs sunlight. Its name is derived from the sharp ice blue needles on its branches. Requires slightly acidic soil to maintain its color.
- **EG234 - American Elm (*Ulmus Americana* - deciduous)**
A hardy self-pollinating shade tree that traditionally lines city streets. Can withstand temperatures of -40°.
- **EG235 - Sugar Maple (*Acer Saccharum* - deciduous)**
Provides breathtakingly beautiful fall foliage, delectable maple syrup in early spring, and beautiful hardwood furniture to last a lifetime.
- **EG236 - Christmas Fir (*Abies Balsamea* - conifer)**
Our ancestors harvested the balsam fir from our northern forests for their Christmas celebrations. Fills indoor air with a delightful, natural fragrance.

EG234



EG235

EG233



EG232

Mini Friendship

A great way to show someone you really care

Choice of flowers or herbs. Space to inscribe "TO and FROM." Includes; seeds, terra cotta pot with peat pellet (5 cm x 5 cm x 5 cm / 2" x 2" x 2" h)

min. box of 40

FG360 - 40pc asst. flowers (FG310-FG350)

FG376 - 40pc asst. herbs (FG372-FG375)

FG378 - 40pc asst. flowers & herbs (FG310-FG375)



FG300 - Lucky Clover



FG310 - Forget-Me-Not



FG320 - Wood Violets



FG330 - Strawberries



FG350 - Sunrose



FG372 - Thyme



FG373 - Basil



FG374 - Oregano



FG375 - Dwarf Sunflower

International Gardens

Galvanized planter (25.4 cm x 10.2- cm x 8.9 cm / 10" x 4" x 3.5").

6 min. per sku

EG20 - 24pc prepack asst. international gardens

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EG174

EG170

EG172

EG176

EG178

EG180

EG170 - Italia

Basil was the "king of herbs" to ancient Greeks. **Italian Parsley** is rich in iron, vitamins A and B. **Oregano's** pungent, aromatic flavor is a key element of many tomato-based sauces of Italian cuisine.

EG172 - England

Borage leaves have a nutritious, tasty, cucumber-like taste. **English Lavender's** lilac-blue flowers will attract butterflies. **Lemon balm** is wonderful in teas - its leaves should be torn to release essential oils.

EG174 - France

Besides its wonderful fragrance, **Lavender** has exceptional flavor. **Thyme** is used to flavor meats, soups, and stews. **Roquette** (French arugula) is a tasty, wild lettuce and a member of the mustard family.

EG176 - Thai

Thai cuisine uses both leaves (**cilantro**) and seeds (**coriander**) of the plant. **Thai basil** has a stronger aroma than traditional basil and a sweeter, peppery flavor. **Thai Chile Peppers** are among the strongest pepper varieties.

EG178 - Rainforest

Noni is a hardy plant whose fruit juice is considered to have important health benefits. **Love-in-the-Mist** (*Nigella Damascena*) is delicate-looking but very hardy. Its seeds can be eaten cooked or raw.

EG180 - Tex-Mex

Cilantro, also known as Mexican Parsley, was brought to N. America in 1670. **Cumin** is used in chilies. **Tomatillo** is a relative of the tomato but with a very tart flavor.

An easy way to get started
All displays include a free four-tier displayer
(EG074B).

EG217 - 59pc Gardens & Teas

- 4 x Teas & Coffee (EG055-EG058)
- 3 x Fresh (EG141-EG145)
- 3 x World (EG194-EG198)
- 2 x International (EG170-EG180)

EG218 - 91pc Gardens & Trees

- 4 x Mini Trees (EG235)
- 3 x Mini Trees (EG232-EG234, EG236)
- 3 x Eco-Gardens (EG160-EG168)
- 2 x Greetings (EG079, EG091, EG081, EG093)
- 2 x Greetings (EG083, EG095, EG087, EG099)
- 2 x Greetings (EG089, EG101)
- 2 x International (EG170-EG180)
- 2 x Outdoor Trees (EG183-EG192)
- 2 x Indoor / Tropical Trees (EG202-EG208)

EG219 - 79pc Sprouts & Teas

- 5 x Sprouts in Terra-cotta (EG241, EG244)
- 4 x Sprouts in Terra-cotta (EG242, EG243)
- 4 x Edible Flowers (EG062-EG064)
- 4 x Italian Herbs (EG065-EG067)
- 3 x Sprouts in Jar (EG041-EG044)
- 3 x Sprout refills in jar* (EG035-EG038)
- 3 x Sprout refills in terra cotta* (EG246-EG249)

* Not shown in picture of displayer (see pages 4-5)



EG252



EG250

EG251

Galvanized tub (45.7 cm x 22.9 cm / 18" d x 9" h).

EG199 - 3pc asst. empty tubs

- EG250 - Green tub
- EG251 - Red tub
- EG252 - Beige tub

Seed availability subject to seasonality, crop failures, and other natural causes
Seeds are natural, untreated, GMO-free / to be grown with organic methods
All seeds are guaranteed to germinate

Seracon supports the work of the David Suzuki Foundation to protect the balance of nature and our quality of life