

VITAL  SEEDS



# 2024 Organic Seed Catalogue



## About this catalogue

We are an online shop, as such this catalogue is for reference only, for more detailed and up to date information, and to place your order please visit our website - [vitalseeds.co.uk](http://vitalseeds.co.uk).

**Large Packs** - some of our varieties are available in large packs (roughly four times regular packet size). The price of a large pack is indicated next to the regular packet price throughout the catalogue.

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Growing your own food is a powerful act of self-reliance in a world where we are encouraged to buy everything we need (and lots that we don't) from external sources. Saving your own seed goes one step further, and part of our mission is to share what we know about saving seeds with others. We believe it is our duty as gardeners and growers to learn about this process, otherwise we leave the control of our precious food system in the hands of others.

You can find useful growing and seed saving resources on our website.

All the best, and happy growing for the coming season.

Fred, Ronja and the rest of the team

Vital Seeds  
Baddaford Farm Yard  
Ashburton  
Newton Abbot  
Devon  
TQ13 7NF

