



CALL TO NATURE
HEIRLOOM SEEDS



We are leading growers and exporters of heirloom seeds in Africa



CALL TO NATURE SEEDS

We are one of the leading and fast-growing exporters of plant seeds in Ghana and Africa. Our seeds are heirloom (traditional), organically grown, untreated, and Non-GMO. At Call to Nature, we specialize in seed farming, bulk supply, and export of high-quality heirloom seeds in all forms for planting and industrial processing.

Whether you're a large-scale farmer, distributor, or international buyer, we offer a variety of premium seeds in large quantities to meet your agricultural and industrial needs. We accept large seed production orders from government entities and private companies.

Why Heirloom Seeds?

Their superior, unique flavors; the ability to save seeds and grow them again, ensuring true-to-type results; their rich history and connection to the past; a wider variety of colors, shapes, and sizes compared to modern hybrids; and their natural adaptation to specific growing conditions all contribute to the appeal of heirloom plants. Growing heirlooms supports genetic diversity and allows gardeners to develop plants perfectly suited to their own gardens over time.



Mission Statement

Call to Nature's mission is to care for the Earth, care for people, and share valuable resources by implementing permaculture principles, through farming, heirloom seeds saving, and providing hands-on training related to the importance of the use of permaculture in sustaining the environment and by creating a culture that is inspired by natural ways to produce seeds and food that will resolve food instability.



BUSINESS OWNER'S PROFILE

Solomon Amuzu has over 20 years of experience in wholistic permaculture design and agriculture. He started his career at the age of 16 and even before he went to high school and college.

He's worked as a Manager for several local organizations such as Harvesters Mission – Northern region, Ghana Permaculture Institute – Bono Region, Transcend International-Accra, and Sow Green Farms, Accra.

He's also earned international recognition working with Baker Creek Heirloom seeds, USA, Kent State University, School of Education, USA, University of Wisconsin – Madison, agricultural extension, USA, Water Charity and the National Peace Corps Association.

He currently serves as the Country Host for the Consortium for Overseas Students Teaching (COST), a program that includes more than 17 universities across the United States.



AWARDS

Proudly recognized as the Best Heirloom Seed Agriculture Company in West Africa, and Seed Exporter of the Year 2023 — Honored by MEA Markets, African Excellence Awards.



OUR SEED CATALOGUE



SWORD BEAN (SB-1)

Canavalia gladiata, commonly known as the sword bean or scimitar bean, is a domesticated plant species in the legume family Fabaceae. It is consumed as a vegetable in interior central and south-central India, although it is not commercially farmed. The unripe pods are also eaten as a vegetable in parts of Africa and Asia. Sword beans are valued as a food source, with young pods and seeds eaten as vegetables after proper cooking to remove potential toxins. They are also used as green manure, a cover crop, and fodder for livestock. In addition, sword bean seeds are a source of urease, an important enzyme for biochemical analysis, and the plant holds significance in traditional medicine. Its mature fruits are also processed into flour for commercial purposes.



SWORD BEAN (SB-2)

Canavalia gladiata, commonly known as the sword bean or scimitar bean, is a domesticated plant species in the legume family Fabaceae. It is consumed as a vegetable in interior central and south-central India, although it is not commercially farmed. The unripe pods are also eaten as a vegetable in parts of Africa and Asia. Sword beans are valued as a food source, with young pods and seeds eaten as vegetables after proper cooking to remove potential toxins. They are also used as green manure, a cover crop, and fodder for livestock. In addition, sword bean seeds are a source of urease, an important enzyme for biochemical analysis, and the plant holds significance in traditional medicine. Its mature fruits are also processed into flour for commercial purposes.



SWORD BEAN (SB-3)

Canavalia gladiata, commonly known as the sword bean or scimitar bean, is a domesticated plant species in the legume family Fabaceae. It is consumed as a vegetable in interior central and south-central India, although it is not commercially farmed. The unripe pods are also eaten as a vegetable in parts of Africa and Asia. Sword beans are valued as a food source, with young pods and seeds eaten as vegetables after proper cooking to remove potential toxins. They are also used as green manure, a cover crop, and fodder for livestock. In addition, sword bean seeds are a source of urease, an important enzyme for biochemical analysis, and the plant holds significance in traditional medicine. Its mature fruits are also processed into flour for commercial purposes.



LIMA BEAN (LB-1)

Phaseolus lunatus: This colorful lima bean originated from Ghana and part of South America. It likes warmth and, in Central Europe, grows best as a pot plant in a sunny location. Lima beans have a mild taste and are suitable for stews. In tropical and subtropical climates, lima beans grow perennially. However, in America and Europe, they are cultivated annually only as they can't stand frost. As this bean variety clearly likes more warmth than the common bean, an early preculture indoors is absolutely recommended to make ripening even possible – or complete greenhouse cultivation.



LIMA BEAN (LB-2)

Phaseolus lunatus: Lima beans, sometimes called butter beans, are flat-shaped, creamy white-colored beans. They have a smooth, creamy, sweet flavor and cook up in 1 to 1-1/2 hours. They are a popular vegetable side dish and are also added to soups and casseroles. Having a distinct flavor all their own, these beans make a delicious and hearty soup all by themselves.



CALYPSO BEAN

Calypso beans are an heirloom shelling bean botanically known to be a part of the *Phaseolus vulgaris* genus, the most widely cultivated genre of beans in the world. Unlike green beans which are consumed pod and all, shelling beans are grown primarily for their edible seeds or beans contained within the pods. There are several different varieties of Calypso beans with the black and white bean being the most commonly found.



WINGED BEAN

An early maturing and supremely delicious winged bean from Japan. This highly adaptable winged bean variety is not day-length sensitive, making it an excellent choice for a wide range of growing areas. Winged beans are native to equatorial Asia.



GBOMA (EGGPLANT)

A cousin of the eggplant but with densely nutritious edible leaves, this variety hails originally from West Africa. Like any other eggplant, this tropical perennial can also be grown as an annual, reaching 2-4 feet tall and about as wide. A gorgeous edible ornamental, the small leaves and stems, as well as flowers, are edible (best blanched and then sautéed) and prepared in a fashion similar to collard greens. This heat- and drought-tolerant green is a perfect staple green for anyone looking for a boost of healthful bitter greens.

Caution: Do not ingest this plant without cooking.



AUBERGINE (EGGPLANT)

Aubergine, or brinjal is a plant species in the nightshade family Solanaceae. *Solanum melongena* is grown worldwide for its edible fruit. Most commonly purple, the spongy, absorbent fruit is used in several cuisines. Typically used as a vegetable in cooking. Sow seeds in a moistened seed mix. Eggplant seeds germinate in about 5 to 6 days.



GHANAIAN NSOSO CHERRY TOMATO

This micro mini tomato is a true wild variety that has been in existence for over 100 years. Preferences for large size tomatoes contributed to its extinction, Call To Nature's founder Solomon Amuzu in the year 2019 came across a plant of this while taking a walk in the forest. We are happy to be able to bring this back to life. It's one of the world's tiniest tomatoes, very prolific, and easy to grow. Bright and sweet, they have a thin, snappy peel and a very juicy center. This variety is milder sweet.



ENSURO EWIA (TINNY EGGPLANT)

Ensuro ewia is one of the world's most smallest traditional eggplant from Ghana, this variety has been in existence for over 150 years. The name Ensuro Ewia means tolerance to drought. Ensuro Ewia used to be one common vegetable that could be seen in a typical Ghanaian home many years back, especially among the Bono's and the Ashanti's. It's very nutritious with less bitterness. It makes great stew, soup and stir fries, it's tender fruits are chopped and eaten on salads.



TECHIMAN TOMATO

This variety is the most popular and favorite tomato grown by the people of Techiman for over 100 years. This large fruit is super flavored with thick flesh and is juicy. A single fruit weighs about 1/2 lbs.



NUNUM BASIL

Wonderful flavor, the best for pesto! Gigantic and sumptuous basil is popular in African and Asian cuisines. This amazing plant has incredible flavor, a rich basil taste, oregano flavor, and a small kick of delicious spiciness! It is wonderful in salads, soups, pastas, vinegars, jellies, and killer pestos! We adore this wonderful variety also for its health properties! Popular in traditional medicine, it was clinically evaluated for its antibacterial properties and was found to possess impressive antibiotic qualities.



EVIVI NTOR BASIL

This peppery and piquant heirloom, traditionally grown by the people of the Ewe tribe in Ghana, West Africa, presents a concerto of delightful aromas and possesses many delicious culinary uses. Evivi Ntor means "very tasty" in the Ewe language and we must agree! The flavor is floral with a hint of pine and citrus, nuanced and bold! It is traditionally used in soup, stew, sauce, and juices, and also to flavor local drinks. We have found this unique and delicious basil to be a stellar choice for culinary experimentation!



AKOKOMESA BASIL

This plant is a native herb that originated in Ghana West Africa, where it's been used in many dishes and medicinal preparations for hundreds of years. This is one of the most common plants seen in every home of the Ghanaian people because of its numerous uses. This variety from Ghana is named Akoko Mesa because it is used for preparing poultry. The name Akoko Mesa means "chicken dance".



CARDINAL BASIL

A delicious, fragrant culinary basil that produces huge, rich purple flower heads! These are fantastic in flower arrangements. Try the spicy-sweet leaves in your favorite recipes. They are perfect for salads, soups, and curries, and leaves go well in many Mexican and Asian foods. A magnificent and grand variety for your garden and kitchen. Amazing flavor! Developed in Israel.



MORNING GLORY

Invite this antique Japanese morning glory mix into your garden, and your landscape will be enveloped in extraordinary and intriguing blooms in a range of colors and forms. This mix is a living collection of some of the best Japanese varieties from history with truly dazzling and glitzy blooms!



LAGOS SPINACH

A very decorative perennial, this leafy green herb/ vegetable is often grown in the ornamental garden. This plant loves the full sun and thrives in manured, well-drained soil. The leaves, young stems, and young flower buds are best used cooked. The leaves have a soft texture and a mild spinach-like taste.



SKY BLUE BUTTERFLY PEAS

9Clitoria tematea). Butterfly pea is one of our favorite heat-loving flowering vines, and this serene, sky-blue variety will complete your tranquil garden setting. This vigorous climber will produce a wall of powder blue double blooms. This rare shade is eye-catching, and it also makes a lovely cup of tea and could be used for light-dying works.



DOUBLE BUTTERFLY PEAS

Edible blue-flowered vining plant native to Southeast Asia. Gorgeous, huge, double blue blooms make a natural food dye and soothing tea to calm the nerves. This double-flowered type was found in Thailand, where the blooms are used to dye everything from teas to rice and desserts. A gorgeous ornamental edible flower, the vines are smothered in dazzling indigo petals. Our favorite kid-friendly drink; when you add a drop of lemon to the deep blue tea, the color instantly turns bright pink, like magic!



KROBONKO LUFFA

"Krobonko" *Luffa acutangula* is commercially grown for its unripe fruits as a vegetable or mature fruits used as natural cleaning sponges. Its fruit slightly resembles a cucumber or zucchini with ridges. It ranges from central and eastern Asia to southeastern Asia. It is also grown as a houseplant in places with colder climates. In a typical Ghanaian home, it's used in place of eggplant or tomato for numerous dishes.



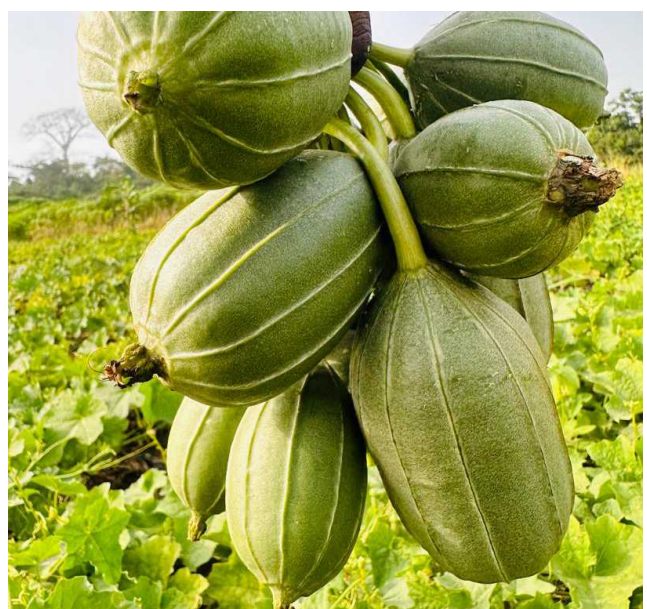
BELLO GOURD

Native to Ghana and other tropical regions of the world, this unique giant edible gourd is remarkable. Best eaten cooked, this gourd's flavor profile is utterly unique, boasting a distinct umami flavor akin to mushrooms. In Ghanaian cuisine, it serves as a versatile alternative and substitute for meat and fish in soups, stews, and sauces, imparting depth and richness.



TINNY LUFFA

The world's smallest and lightest luffa grows well on hedges and poles. Immature fruits can be picked and eaten when they are tender and seedless. For sponge use, the fruit must be left to fully mature until it is mostly brown with some yellow skin. To make a sponge, stitch several dried, cleaned fruits together! This can also be used for your craft projects.



CLUSTER RIDGE GOURD (EDIBLE)

Delicious and easy to grow, bottle-shaped gourds are great picked small, 4-6 inches, and stir-fried, curried, boiled, and in soup. They are used much like common zucchini. Very easy to grow with good disease resistance.



BLUE TURMERIC (RHIZOMES)

Blue turmeric, scientifically known as *Curcuma Caesia*, is a rare rhizome native to India and Southeast Asia. It possesses a unique camphor-like aroma and earthy flavour. Traditionally used in Ayurvedic medicine for its anti-inflammatory and analgesic properties, blue turmeric is also valued in culinary applications and natural dyes.



OKRA (NKRUMA TENTEN)

The famous "tree okra" of Ghana! Unique pods are tender and of deep green color, sometimes tinged in red. This prized variety is superior to most Okra from in the Americas. An exceptionally tall and delicious variety known to be long-lived in its native range in Ghana, West Africa. The name literally translates to "tall okra", and the plants can reach up to 7 feet tall.



JIBAI SHIMOSHIRAZU CUCUMBER

The sweetest cucumber we have tasted, this Japanese variety is a perfect snacking cucumber with no bitter flavor! Produces shorter, slightly thicker fruit than other Japanese varieties. Can be grown on the ground or on poles and is vigorous. Deep green fruit is about 7-8 inches long. Adapted to high temperature, and humidity, and is a disease and powdery mildew resistant.



GAGON CUCUMBER

A very unique cucumber! Gagon is a rare Bhutanese cucumber that thrives in cool northern climates, but also stands up to intense heat and humidity. When fruit is immature and green, it makes a great cucumber for raw eating or pickling. When mature, it resembles the more common Indian variety 'Poona Kheera', but is darker-skinned, much bigger (up to 20" long in our experience), but still quite tasty.



GREEN AYOTE SQUASH

Completely hull-less seeds are superb for roasting! Slightly oblate, delicately ribbed fruit is an unusual shade of yellow-orange, mottled here and there in dark green to virtually black. Simply scoop the seeds out of the 5- to 8-pound pumpkins, rinse, salt if desired, and roast in the oven until slightly browned. Semi-bush plants are compact and great for smaller gardens.



LIONS EAR

Also known as Klip Dagga, and a member of the mint family, Lion's Ear is native to Southern Africa and is used as a folk medicine among the native peoples for treating numerous ailments, and has shown some promise in studies. The tall, evergreen tropical plant produces loads of stunning peachy-orange flowers. Caution: This plant is a mild narcotic.



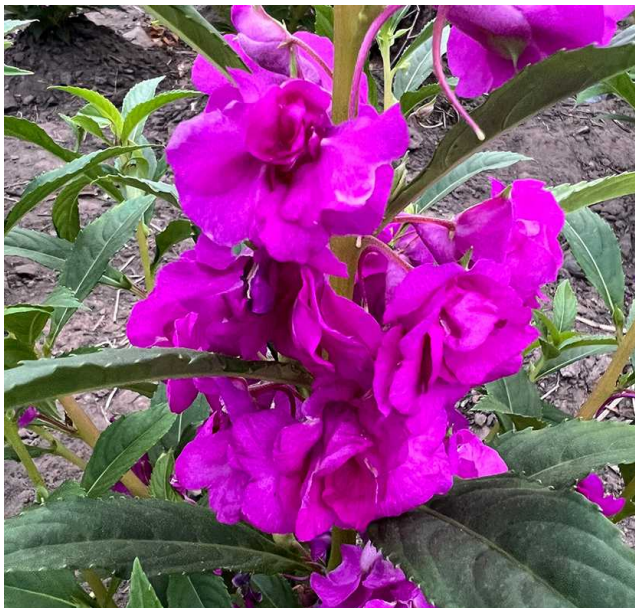
PINK BEAUTY AMARANTH

A popular green vegetable in many countries, including many Caribbean islands where this plant is famous for Calaloo Seafood Soup. Light green leaves are great in stews, stir-fries, and soups, with a tangy, spinach-like flavor. Easy to grow in warm weather.



SUNFLOWER (YELLOW DISK)

Helianthus annuus - (Annual Heirloom) Cheerful bunches of sunny-yellow sunflowers that are perfect for borders and hedges. Yellow Disk's strongly branched stems feature an abundance of 40 blossoms. Very easy to grow. Height: 5-7feet! We counted over 40 blooms per plant from our trial fields.



INDONESIA SINGLE PETAL

Impatiens balsamina is an ornamental single-flowering plant native to Africa and Asia. With its colorful blooms, it grows up to 1 meter tall. The leaves are lance-shaped, and it produces small, round seed pods. It is used in gardens for aesthetic purposes.



INDONESIA DOUBLE PETAL

Impatiens balsamina is an ornamental double-flowering plant native to Africa and Asia. With its colorful blooms, it grows up to 1 meter tall. The leaves are lance-shaped, and it produces small, round seed pods. It is used in gardens for aesthetic purposes.



CHINESE WOOL FLOWER

This 2-3 foot tall variety was a major standout in our trial gardens, and it's the most delicious flowering vegetable we've tried! Jere Gettle was intrigued by Chinese Wool Flower advertisements in seed catalogs dating back to 1915, and further research revealed these plants were no longer available anywhere in the U.S. We took the search abroad, finally tracking down a single seed packet in Japan!



COCK SCOMB (EDIBLE)

Cock's comb is a vibrant ornamental plant with striking plume-like flowers. Originating from tropical regions, it is widely used in floral arrangements. Its flowers come in various colors, and it can grow up to 60 cm tall. Its stem, leaves, and flowers are used for stews, soups, and as sides to meat and poultry. Don't forget its blooms make great colorful tea for your morning.



MORINGA

Moringa oleifera, also known as the "tree of life" or "miracle tree," is classified as an important herbal plant due to its immense medicinal and non-medicinal benefits. Traditionally, the plant is used to cure wounds, pain, ulcers, liver disease, heart disease, cancer, and inflammation. Its wide use in the cosmetic and pharmaceutical industry.



TURKEY BERRY (SOLANUM TORVUM)

Turkey berry (*Solanum torvum*) is a spiny, weedy shrub in the nightshade family that produces small, pea-sized, yellow-green berries. Native to Africa and tropical America, this widespread plant is used in culinary, medicinal, and horticultural practices, although the green fruits and leaves can be toxic and should be thoroughly cooked before consumption.

GLOBAL EXPORT DESTINATIONS OF CALL TO NATURE SEEDS



UNITED STATES
OF AMERICA

70%



CANADA

10%



GERMANY

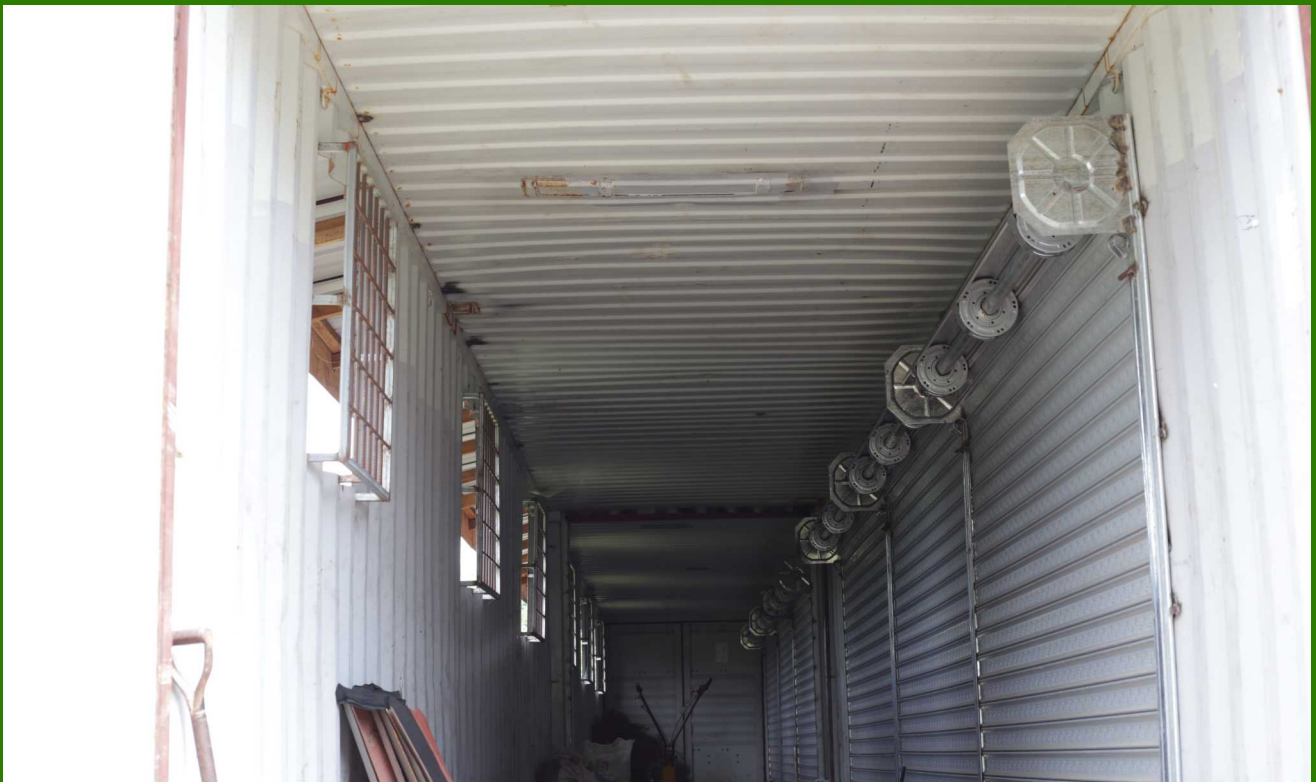
15%



SOUTH AFRICA

25%

ONGOING SEED BANK



COMMUNITY SUPPORT PROJECT

► SCHOOL GARDENING

One of our missions is to ensure every school has a garden. A school kitchen garden is a practical, hands-on educational space where students learn to grow food, fostering healthier eating habits, improved physical and mental well-being, and increased environmental awareness.

These gardens serve as living laboratories, teaching valuable lessons in science, nutrition, agriculture, and sustainability while also promoting teamwork, social skills, and a deeper appreciation for nature and food sources.



TREE PLANTING EXERCISE

► WITH LOCAL COMMUNITY SCHOOLS

Tree planting with schools creates vital green spaces, providing hands-on environmental education, promoting physical and mental well-being, and improving local air quality by absorbing carbon dioxide and reducing noise. It offers benefits such as cooling shade, wildlife habitats, and opportunities for community engagement and cultural connection, while also fostering a sense of environmental stewardship in students.

Schools can integrate trees into the curriculum, develop on-site nurseries for sustainability, and use planting activities to teach children about plant biology, ecosystems, and climate change.



OVERSEAS STUDENTS TEACHING

At Call to Nature, we effectively engage local and foreign students on the farm, focusing on creating an immersive and supportive experience by providing opportunities for hands-on learning, fostering cultural integration, and emphasizing mutual benefits and practical experience. This program includes both farm and cultural activities and connects students with locals to ensure a rewarding and educational exchange.







**Our business is certified by the
Plant Protection and Regulatory
Services Directorate (PPRSD), and the
Ministry of Food and Agriculture,
Ghana**



**MINISTRY OF
FOOD & AGRICULTURE**
REPUBLIC OF GHANA

☎ + 233 24 694 5682
☎ + 233 20 444 7035

✉ info@calltonaturegh.com
✉ sales@calltonaturegh.com

🌐 www.calltonaturegh

We persist in our search to discover, grow, and share our new heirloom varieties.

