

*Great plants for
beginner seed savers!*



Seed Saving

Basic seed saving guidelines

- a. Plan your garden to reduce cross-pollination by using isolation distances below.
 - b. Always save seeds from the healthiest, "true-to-type" plants.
 - c. Select seeds for different characteristics such as size, taste, & disease-resistance.
 - d. Don't save seeds from hybrids.
 - e. Label your garden and packets.
 - f.
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Peas & Beans (Legumes)

Plant: To ensure varietal purity isolate different varieties of beans by 10-20 ft and peas by 50 ft. Tall crops or other barriers can add protection.

Harvest: Let beans and peas dry on the vine until crispy. Collect. Shell.

Know your bean species: If you know the scientific name of your bean, then you can plant one of each species and not have to worry about cross-pollination. Ex. Fava beans (*Vicia faba*) can be planted right next to Kentucky wonder beans (*Phaseolus vulgaris*).

Sunflower Family

Lettuce

Plant: Isolate different varieties of lettuce by 10 ft.

Harvest: Let lettuce bolt. When half the flowers have turned white & fluffy, cut off

the stalk and put upside down in a brown paper bag to dry. Remove chaff.

Nightshade Family

Tomatoes

Plant: Isolate different varieties by 10 ft. Blossom bags may also be used.

Harvest: Collect ripe tomatoes. Squeeze pulp and seeds into a jar. Let ferment 2-3 days until a mold forms. Add water. Pour off mold, floating seeds and any pulp. Viable seeds will sink. Repeat until water is clear. Put on a labeled paper to dry.

Peppers

Plant: Isolate different varieties by 400 ft. Peppers will cross! If space is limited, use blossom bags.

Harvest: Remove seeds from fully ripened peppers. Use gloves, if hot. Dry.

Flowers: Some flowers can be easily saved. See flower saving handout.

