

Great plants for beginning seed savers!



Seed Saving 101

Basic Seed Saving Guidelines

- a. Avoid cross pollination by planting different varieties at the recommended isolation distance. See isolation distances for species below.
 - b. Always save seeds from the healthiest, “true-to-type” plants.
 - c. Select seeds for different characteristics such as size, taste, and disease-resistance.
 - d. Don’t save seeds from commercial hybrids or seeds labeled PVP or GMO.
 - e. Map your garden and label packets.
 - f. Never plant all of your seeds in the same year.
-

Lettuce

Plant: To maintain a particular variety, isolate different varieties of lettuce by 3 m (10 ft). You can also plant a mix and save it as a mix.

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. Gently crush the dry seed heads to release the seeds, then use a light breeze or fan to separate the heavier seeds from the lighter chaff.

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Peas & Beans

Plant: To maintain a particular variety, isolate different varieties of beans by 30 m (100 ft) and peas by 15 m (50 ft). Fava and runner beans can cross so only plant one variety of each.

Harvest: Let beans and peas dry on the plant until crispy. Collect. Shell. Put completely dried, shelled seeds in the freezer for a week to kill weevils. Don't open the jar for 24 hours to prevent condensation.

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. Example: Fava Beans (*Vicia faba*) can be planted next to Kentucky Wonder Beans (*Phaseolus vulgaris*).

Tomatoes

Plant: To maintain a particular variety, isolate different varieties by 3 m (10 ft).

Harvest: Collect ripe tomatoes.

Squeeze pulp and seeds into a jar. Add a little water. Let ferment 2-3 days until a mold forms. Add water. Pour off mold, floating seeds and any pulp. Viable (good) seeds will sink. Repeat until the water is clear. Put on a labeled coffee filter or plate to dry.

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