

Saving Seeds for Seed Sovereignty



Tomato seeds can last 10 years and more



Tomatoes

Lycopersicon esculentum

• A • S •

- Saving tomato seed is easy
- Cut the tomato in half, put the seeds in a jar with water
- leave the jar 2-3 days till mold is formed
- rinse the seeds through a strainer
- dry them on a newspaper
- write name + date



Beans last 10 years

Pods & Peas

Phaseolus & Pisum

• A • S •

- Saving seed from beans is easy
- Leave the last beans on the plant or - better - keep the best plants for seeds
- Let them dry down on the plant till they rattle
- shell them from the pod
- store very dry
- Fava beans (*Vicia faba*) and Runner beans (*Phaseolus coccineus*) are insect pollinators and will cross pollinate. Isolate varieties 300m apart.

Corn

Zea mays

• A • C • W •



- Diversity of corn is amazing
- Basic types are: dent, flour (tortillas, cornbread, cakes), flint (polenta, grits, hominy, tamales), popcorn, sweet (eat in milk stage), parch
- as a cross and wind pollinator, keep 5 km distance between varieties
- you need 100 plants to prevent inbreeding
- save the best ears for seed
- harvest when completely dry
- take the leaves off and tresh the kernels off



Corn seeds keep 5 years

Pumpkins, summer & winter squash, cucumber

Cucurbita's • A • C • I

- Cucurbits are cross pollinators, keep 1km distance between varieties!
- Species do not cross-pollinate
- Take seeds when fruit is completely ripe
- rinse the seeds, remove the pulp.



Pumpkin seeds lasts 5 years

Species: *Cucurbita maxima* (winter squash, corky stems (Buttercup, Hokkaido)) • *C. pepo* (summer squash: Zucchini; winter squash: Jack-o-lantern, Spaghetti) • *C. moshata* (e.g. Butternut) • *C. ficifolia* (fig-leaved gourd) • *Cucumis sativum* (all cucumbers)

Lettuce (and other greens)

Lactuca sativa

• A • S •



Lettuce seeds keep 5 years

- Lettuce is self pollinating
- let the best plants bolt and flower
- harvest the whole plant when most seeds are ripe
- whack the seeds off in a bucket
- winnow the seeds with a light breeze
- dry thoroughly
- store mouse proof in a jar

Biennial roots - beets & chard, carrots, turnips, onions, parsnips, leeks

• B • C • I/W

- Biennials are cross pollinators and need 30-100 plants
- save the 50 best plants in autumn
- store them in sand in cellar or basement
- replant in spring to flower
- harvest and dry when ripe



Parsnip and onion seeds germinate only first year, store in fridge

Brassicas/cole crops

Lactuca sativa

• B • C • I •

- Brassicas are important vegetables in our diets today
- most are biennials and cross pollinate
- varieties cross pollinate, species don't
- you need 50 plants and isolation
- harvest dry seeds in second year
- clean and



Cole seeds keep 5 years

Species: *Brassica oleracea*: Broccoli, Brussels sprouts, Cauliflower, Cabbage, Collards, Kohlrabi • *B. rapa*: Turnips, Asian mustards like Pak Choi, Mizuna) • *B. napus* (Russian & Siberian Kale) • *Raphanus sativus* (Radishes)

Glossary:

- A • Annual: plant that completes life cycle in one year (e.g. lettuce, squash, tomatoes, peppers)
- B • Biennial: plant that forms seeds and dies in the second year (e.g. carrots, beets, onions, cabbages)
- P • Perennial: plant that lives three or more years (e.g. rhubarb)
- S • Self-pollinator: plant that pollinates itself (e.g. wheat, beans, tomatoes, lettuce)
- C • Cross-pollinator: plant that is pollinated by pollen from other plants of same species (e.g. corn, carrots, cabbage)
- I • Insect-pollinator: plant pollinated by insects (e.g. carrots, broccoli and onions)
- W • Wind-pollinator: plants whose pollen are distributed through the wind. (e.g. beets, chard, corn, spinach, rye grain)

Varieties: different types of one species, like tomato varieties.



winnow

