

### ***Beginners Guide to Seed Saving***

***This is the very basics and there are other ways to save seeds besides this way***

**Beans (*Phaseolus vulgaris*)** Bean flowers are self-pollinating and almost never cross-pollinate. As a precaution never plant two white seeded varieties side-by-side if you intend to save seed because crossing may occur but not be visible. It is always best to save seed from plants that ripen first and are free from disease. Harvest seed pods when completely dry, crush in a cloth or burlap sack, and winnow the seeds from the chaff. Small amounts of pods can be opened by hand. Flail larger amounts. Remove large chaff by hand or fork. Winnow remaining particles.

**Cucumbers (*Cucumis sativus*)** Cucumbers will cross-pollinate, so isolate ¼ mile from other cucumbers. Fruits for seed should ripen past edible stage and begin to soften and turn yellow. Cut lengthwise, scoop out seeds, wash, and dry. Seeds are dry when they break instead of bending.

**Lettuce (*Lactuca sativa*)** there is only a slight chance of cross-pollination between lettuces. As a precaution separate by 25' from other varieties that are going to seed. Allow plants to bolt and form seed stalks. Seed heads may need to be protected from bird damage and rain when drying. Seeds are produced over a 2-3 week period **and** will require repeated harvesting.

**Peas (*Pisum sativum*)** Peas should be separated by 50' to ensure pure seed. Select the healthiest plants for seed. Allow pods to dry on the plant before harvesting and separate seeds from pods by hand. If birds start eating the seeds before the pods are completely dry, they can be harvested slightly green and brought indoors to dry.

**Peppers (*Capsicum annuum/baccatum/frutescens*)** Peppers will cross-pollinate, so separate by at least 500' or plant in insect-proof cages covered with window screen. Select peppers that are ripe, fully colored, and show no signs of disease to save for seed. Remove seeds from core and place on a paper plate to dry.

**Tomato (*Solanum lycopersicum/pimpinellifolium*)** Cross-pollination between modern tomato varieties seldom occurs, except in potato leaf varieties which should be separated by the length of the garden. Do not save seeds from double fruits or from the first fruits of large-fruited varieties. Pick at least one ripe fruit from each of several plants. Squeeze seeds and juice into a strainer and wash, remove gelatin if possible, spread on a paper plate, and dry.

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