

# Seed Saving Guide

Vegetable *good for beginners	Cycle	Pollination	Pollinator	Isolation Distance	Seed Longevity	Notes
Bean*	A	Self		100'	2-3 yrs	Lose vigor rapidly
Beet/Chard	B	Cross	Wind	1/2 mi	3-5 yrs	Beets X w/ Chards
Broccoli/Kale/ Cauliflower	B	Cross	Insects	1/2 mi	3-5 yrs	X-ing among brassica species is complex, consult a good reference book
Carrot	B	Cross	Insects	1500'	2-3 yrs	X's w/ wild species
Corn	A	Cross	Wind	1/2 mi	2-3 yrs	Adequate population essential
Cucumber	A	Cross	Insects	1500'	5-10 yrs	Harvest at yellow blimp stage
Eggplant	A	Self		150'	2-3 yrs	
Leek	B	Cross	Insects	1500'	2 yrs	
Onion	B	Cross	Insects	1500'	1 yr	
Lettuce*	A	Self		50'	2-3 yrs	Need long season for seed
Melon	A	Cross	Insects	1500'	5-10 yrs	Muskmelons will not X with watermelons
Mustard	A	Cross	Insects	1/2 mi	3-5 yrs	X's with wild species
Pea*	A	Self		50'	2-3 yrs	Do not save seed from diseased plants
Pepper	A	both	Insects	500'	2-3 yrs	Some varieties X more readily than others
Radish	A	Cross	Insects	1500'	3-5 yrs	
Spinach	A	Cross	Wind	1/2 mile	2-3 yrs	
Squash/Pumpkin	A	Cross	Insects	1500'	2-5 yrs	C. moschata 2-3 yrs, C. pepo & C. maxima 3-5 yrs. These 3 species generally do not cross.
Tomato*	A	Self		25'-100'	5-10 yrs	Potato-leaf types generally need the greater isolation distance.

**Cycle:** A=annual, B=biennial

**Pollination:** Self=self-pollinated, Cross=outcrossed, pollinated by another plant

**Isolation Distance:** recommended distance by which different varieties must be separated to prevent unwanted cross-pollination

**Seed Longevity:** Averages, not guarantees. Seed longevity depends on the conditions under which the crop was grown and how the seeds have been stored.

**Minimum Populations:** Crossers require minimum populations to maintain vigor and avoid inbreeding depression. Some recommended minimums: cucumbers, squash, melons- 25 plants; radish, brassicas, mustards- 50-100; sweet corn- 200.

*Adapted from Fedco Seeds' Seedsaving Chart—[www.fedcoseeds.com](http://www.fedcoseeds.com)*