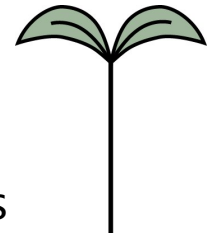


The LLD Seed Library



Vegetable Planting and Seed Saving Instructions

Beans (*Phaseolus vulgaris*) - *Planting*: Sow seeds outdoors after danger of frost has passed and soil and air temperatures have warmed. Plant seeds 2" apart and 1" deep in rows 36-48" apart. Beans prefer full sun. Provide support for pole beans. Harvest snap beans frequently for increased yields. Shell beans should be picked when seeds are plump in the pods. For dry beans, leave pods on the vine and harvest when completely mature and dry.

Seed Saving: 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.

Cucumbers (*Cucumis sativus*) - *Planting*: Sow seeds outdoors in 12"diameter hills after the last frost when soil is warm. Space hills 6' apart in all directions. Plant seeds 1" deep with 6-8 seeds per hill; thin to 3-4 plants per hill. Can also be started indoors 2-4 weeks before the last frost. Cucumbers benefit from full sun and consistent moisture. Provide support for vines in order to save space.

Seed Saving: 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.

Gourds (*Lagenaria siceraria*) - *Planting*: Sow seeds outdoors after the danger of frost has passed in 12"diameter hills. Space hills 6' apart in all directions. Plant seeds 1" deep with 6-8 seeds per hill; thin to 3-4 plants per hill. Can also be started indoors 8 weeks before the last frost. Gourds prefer full sun and grow well on fences or garden trellises.

Seed Saving: Hard-shelled gourds will cross-pollinate, so isolate ¼ mile away from other *Lagenaria siceraria* or hand pollinate. When dry, the gourds can be broken or cut open and the seeds separated from the dry pulp. Both wet and dry gourd pulp can irritate skin and the respiratory tract. Use caution when cleaning seed.

Lettuce (*Lactuca sativa*) - *Planting*: Sow seeds outdoors as soon as soil can be worked in spring. Plant seeds 1" apart and ¼" deep. Seeds will germinate in 7-14 days. Thin to 6-8" apart for Looseleaf, 10" apart for Romaine, and 10-12" apart for Crisphead. Sow continuously for a constant supply of lettuce. Lettuce is best grown in cooler weather and prefers full sun or partial shade.

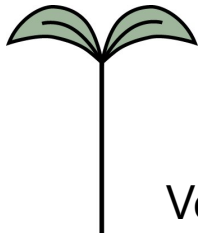
Seed Saving: There is only a slight chance of cross-pollination between lettuces. As a precaution separate by 25' from other varieties that are going to seed. Allow plants to bolt and form seed stalks. Seed heads may need to be protected from bird damage and rain when drying. Seeds are produced over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

Okra (*Abelmoschus esculentus*) - *Planting*: Sow seeds outdoors after danger of frost has passed and soil has warmed. Plant seeds 2" apart and ½" deep; thin to 6-8" apart. Okra is tolerant of heat and drought, but not of cold. Keep well picked for higher yields.

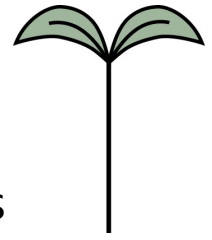
Seed Saving: Okra's large decorative blossoms are cross-pollinated by insects very easily. Varieties can be kept pure by covering blossoms with cloth bags before they open, or you can isolate varieties by 1 mile from each other. Allow the okra pods to turn brown and dry on the plant. Harvest before seedpods split open enough to drop seeds onto ground.

Information provided by Seed Savers Exchange. See more at: <http://www.seedsavers.org/Education/Seed-Saving-Instructions/>





The LLD Seed Library



Vegetable Planting and Seed Saving Instructions

Peas (*Pisum sativum*) - Planting: Peas thrive in cool weather. Sow seeds outdoors as soon as soil can be worked in spring. Plant seeds 2-3" apart and ½-1" deep in rows 24" apart. Seeds will germinate in 7-14 days. Double rows of peas can be planted on each side of a trellis.

Seed Saving: 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.

Pepper (*Capsicum pubescens*) – Planting: Sow seeds indoors ¼" deep 8 weeks before last frost. Seeds will germinate in 14 days. Peppers germinate best in warm soil, so gentle bottom heat may be helpful until seedlings emerge. Transplant into a container and place on a porch or other shaded area.

Seed Saving: 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.

Squash (*Cucurbita argyrosperma/maxima/ficifolia/moschata/pepo*) - Planting: Sow seeds outdoors in 12"diameter hills after danger of frost has passed and soil has warmed. Hills should be spaced 6' apart in all directions. Plant seeds 1" deep with 6-8 seeds per hill; thin to 3-4 plants per hill. Can also be started indoors 3 weeks before transplanting outdoors. Squash prefers full sun.

Seed Saving: Squash within the same species will cross-pollinate, so isolate species by ¼ mile. Seeds should be taken from fruits that have gone past maturity by 3 weeks. Remove seeds, wash, and let dry. (Note: There are five species of squash: *C. argyrosperma*, *C. maxima*, *C. ficifolia*, *C. moschata* and *C. pepo*. This allows you to grow five different species of squash and save pure seed in the same garden).

Tomato (*Solanum lycopersicum/pimpinellifolium*) - Planting: Sow seeds indoors 6 weeks before last frost. Plant ¼" deep. Seeds will germinate in 7-14 days. Transplant outdoors 24-48" apart when soil has warmed. Support indeterminate plants with a cage or trellis. Tomatoes prefer full sun.

Seed Saving: 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, spread on a paper plate, and dry.

Watermelon (*Citrullus lanatus*) - Planting: Watermelons love heat. Sow seeds outdoors in 12"diameter hills after danger of frost has passed and soil has warmed. Space hills 8' apart in all directions. Plant seeds ½" deep with 6-8 seeds per hill. Seeds will germinate in 4-10 days. Thin to 3-4 plants per hill. Can also be started indoors 4 weeks before transplanting outdoors.

Seed Saving: Watermelons will cross-pollinate. Separate varieties by ¼ mile or hand-pollinate. Always select disease-free early maturing melons to save for seed. Remove seeds from ripe melons, thoroughly wash in a strainer, and dry.

Information provided by Seed Savers Exchange. See more at: <http://www.seedsavers.org/Education/Seed-Saving-Instructions/>

