

| Plant Type             | Plant Seeds                                | Planting Notes   | Days to Germination | In-Row Spacing     | Recommended Isolation Distance for Seed Saving | Planting Depth | Life-Cycle | Primary Pollination Method | Population Size (Number of plants needed to have viable seeds) | How to Save Seeds   |
|------------------------|--|--|---------------------|--------------------|--|----------------|------------|----------------------------|--|---|
| Arugula                | Outdoors as soon as soil can be worked     | Sow in spring and late summer  | 3 - 10              | 1 - 6"             | 800 ft - 1/2 mile                              | 1/4"           | Annual     | Insects                    | 5  | Plants will form flower stalks. Harvest seed when they are very hard and pods are dry and brittle. Split pods to remove seeds           |
| Asian Greens           | Outdoors after danger of frost has passed  | Sow in spring and late summer  | 4 - 7               | 6"                 | 1/2 mile                                       | 1/4"           | Biennial   | Insects                    |  | Plants will form flower stalks in year 2. Harvest seed when they are very hard and pods are dry and brittle. Split pods to remove seeds |
| Beans                  | outdoors 4-6 weeks after last frost        | Harvest frequently for increased yields. Some varieties require (climbing) support                             | 7 - 14              | 2"                 | 10 - 20 ft                                     | 1"             | Annual     | Self                       | 1  | Harvest seeds when they are very hard and pods are dry and brittle. Split pods to remove seeds  |
| Beet & Swiss Chard     | Outdoors as soon as soil can be worked     | Direct sow seeds 2" apart and thin.  | 5 - 10              | 6 - 12"            | 800 ft - 1 mile                                | 1/2"           | Biennial   | Wind                       | 5  | In year 2, increase spacing between plants to 12 - 18". After flowering, harvest seeds from dried flowers                               |
| Broccoli & Cauliflower | indoors 4 - 6 weeks before transplanting   | Transplant outdoors just before last frost   | 3 - 10              | 24"                | 800 ft - 1/2 mile                              | 1/4"           | Biennial   | Insects                    | 5  | After flowering in year 2, harvest seeds when they are very hard and pods are dry and brittle. Split pods to remove seeds.              |
| Cabbage                | indoors 4 - 6 weeks before transplanting   | Transplant outdoors just before last frost   | 7 - 12              | 24 - 36"           | 800 ft - 1/2 mile                              | 1/4"           | Biennial   | Insects                    | 5  | After flowering in year 2, harvest seeds when they are very hard and pods are dry and brittle. Split pods to remove seeds.              |
| Carrot                 | Outdoors as soon as soil can be worked     | Direct sow seeds 2" apart and thin.  | up to 14            | 2 - 4"             | 800 ft - 1/2 mile                              | 1/4"           | Biennial   | Insects                    | 5  | In year 2, increase spacing between plants to 10 - 12". After flowering, harvest seeds from dried flowers                               |
| Celery                 | indoors 10 - 12 weeks before transplanting | Transplant outdoors just before last frost   | 10 - 20             | 8 - 10"            | 800 ft - 1/2 mile                              | 1/8"           | Biennial   | Insects                    | 5  | In year 2, increase spacing between plants to 24". After flowering, harvest seeds from dried flowers.                                   |
| Collard                | indoors 4 - 6 weeks before transplanting   | Transplant outdoors just before last frost   | 3 - 10              | 24"                | 800 ft - 1/2 mile                              | 1/4"           | Biennial   | Insects                    | 5  | After flowering in year 2, harvest seeds when they are very hard and pods are dry and brittle. Split pods to remove seeds.              |
| Corn                   | Outdoors after danger of frost has passed  | Direct sow seeds 2" apart and thin. For increased yield, plant in blocks of 3-6 rows, rather than one long row | 4 - 21              | 8"                 | 800 ft - 1/2 mile                              | 1"             | Annual     | Wind                       | 10   | Allow ears to dry on plants. Harvest before hard frost  |
| Cucumber               | Outdoors after danger of frost has passed  | Make 12" hills 6' apart in all directions. Plant 6-8 seeds per hill; thin to 3-4 plants per hill.              | 4 - 10              | see planting notes | 800 ft - 1/2 mile                              | 1"             | Annual     | Insects                    | 1  | Harvest fruit past edible stage when skin is tough and discolored and seeds are plump. Remove seeds, rinse, and dry.                    |
| Eggplant               | Indoors 6 - 8 weeks before transplanting   | Transplant outdoors 4 - 6 weeks after last frost   | 10 - 14             | 18 - 24"           | 300 - 1600 ft                                  | 1/2"           | Annual     | Self, Insects              | 1  | Harvest fruit past edible stage when skin is tough and discolored and seeds are plump. Remove seeds, rinse, and dry.                    |
| Endive                 | indoors 4 - 6 weeks before transplanting   | Transplant outdoors just before last frost   | 5 - 7               | 8"                 | 10 - 20 ft                                     | 1/4"           | Annual     | Self                       | 1  | Plants will form flower stalks. Harvest seed when they are very hard and pods are dry and brittle. Split pods to remove seeds           |

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| <b>Gourd</b>                | Outdoors after danger of frost has passed   | Make 12" hills 6' apart in all directions. Plant seed 1" deep with 6-8 seeds per hill; thin to 3-4 plants per hill.       | 3 - 10              | see planting notes | 800 ft - 1/2 mile                              | 1"                  | Annual     | Insects                    | 1  | Harvest dry fruit before hard frost. Separate seeds from pulp.   |
| <b>Kale</b>                 | indoors 4 - 6 weeks before transplanting  | Transplant outdoors just before last frost  | 3 - 10              | 24"                | 800 ft - 1/2 mile                              | 1/4"                | Biennial   | Insects                    | 5  | After flowering in year 2, harvest seeds when they are very hard and pods are dry and brittle. Split pods to remove seeds.   |
| <b>Kolhrabi</b>             | Outdoors after danger of frost has passed   | Sow in spring and late summer. Can be transplanted  | 3 - 10              | 9 - 12"            | 800 ft - 1/2 mile                              | 1/4"                | Biennial   | Insects                    | 5  | In year 2, increase spacing between plants to 24". After flowering, harvest seeds when they are very hard and pods are dry and brittle.                            |
| <b>Leek</b>                 | Indoors 8 - 10 weeks before transplanting   | Transplant outdoors just before last frost  | 5 - 7               | 6"                 | 800 ft - 1/2 mile                              | 1/4"                | Biennial   | Insects                    | 5  | In year 2, increase spacing between plants to 12". After flowering, harvest seeds from dried flowers.  |
| <b>Lettuce</b>              | Outdoors as soon as soil can be worked  | Sow Seeds 1" apart and thin. Can be transplanted. Looseleaf: 6 - 8" apart; Romaine: 10" apart; Crisphead: 10 - 12" apart. | 7 - 14              | see planting notes | 10 - 20 ft                                     | 1/8" or surface sow | Annual     | Self                       | 1  | Plants will form flower stalks. After flowers open and form feathery chaff, shake seed heads into bag. Seeds mature at different rates - repeat throughout season. |
| <b>Lima Bean</b>            | Outdoors after danger of frost has passed   | Tolerates heat  | 7 - 18              | 2"                 | 160 - 500 ft                                   | 1"                  | Annual     | Self, Insects              | 1  | Harvest seeds when they are very hard and pods are dry and brittle. Split pods to remove seeds   |
| <b>Melon</b>                | Outdoors after danger of frost has passed   | Create 12" diameter hills 6' apart. Plant 6 - 8 seeds per hill; thin to 3 - 4 plants per hill.                            | 4 - 7               | see planting notes | 800 ft - 1/2 mile                              | 1/2 - 1"            | Annual     | Insects                    | 1  | Remove seeds from ripe fruit, rinse, and dry.  |
| <b>Okra</b>                 | Outdoors after danger of frost has passed, can start indoors for an earlier harvest | Sow seeds 2" apart after soil has warmed. Thin to 12 - 18" apart. Tolerates heat and drought.                             | 6 - 18              | 12 - 18"           | 500 - 1600 ft                                  | 1/2"                | Annual     | Self, Insects              | 1  | Collect pods when they are hard and brittle Split pods to remove seeds after completely dry  |
| <b>Onion &amp; Shallots</b> | Indoors 8 - 10 weeks before transplanting   | Transplant outdoors just before last frost  | 4 - 10              | 6"                 | 800 ft - 1/2 mile                              | 1/4"                | Biennial   | Insects                    | 5  | In year 2, increase spacing between plants to 8". After flowering, harvest seeds from dried flowers.   |
| <b>Pea</b>                  | Outdoors as soon as soil can be worked  | Tolerates cool weather  | 7 - 14              | 2 - 3"             | 10 - 20 ft                                     | 1/2 - 1"            | Annual     | Self                       | 1  | Harvest seeds when they are very hard and pods are dry and brittle. Split pods to remove seeds   |

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| Pepper              | Indoors 6 - 8 weeks before transplanting  | Keep soil warm while seeds sprout. Transplant outdoors 4 - 6 weeks after last frost            | 14 - 18             | 12 - 24"           | 300 - 1600 ft                                  | 1/4"           | Annual     | Self, Insects              | 1  | Harvest fruit up to 2 weeks past edible stage. Remove seeds, rinse, and dry. Wear gloves if peppers are hot.                            |
| Potato              | Outdoors 2 - 3 weeks after last frost     | Plant in light, loose, well-drained soil   | 14 - 28             | 12 - 24"           | 16 ft  | 6 - 8"         | Annual     | Self, Insects              |  | Save best tubers to plant next spring   |
| Radish              | Outdoors as soon as soil can be worked    | Plant every 3 - 4 weeks for a continual harvest.   | 3 - 12              | 2 - 3"             | 800 ft - 1/2 mile                              | 1/2"           | Annual     | Insects                    | 5  | Plants will form flower stalks. Harvest seeds when they are very hard and pods are dry and brittle. Split pods to remove seeds.         |
| Runner Bean         | Outdoors after danger of frost has passed | Provide support for vines  | 5 - 10              | 2"                 | 160 - 500 ft                                   | 1"             | Annual     | Self, Insects              | 1  | Harvest seeds when they are very hard and pods are dry and brittle. Split pods to remove seeds  |
| Rutabaga            | Outdoors after danger of frost has passed | Tolerates cool weather   | 3 - 10              | 6 - 8"             | 800 ft - 1/2 mile                              | 1/2"           | Biennial   | Insects                    | 1  | In year 2, increase spacing between plants to 18". After flowering, harvest seeds when they are very hard and pods are dry and brittle. |
| Soybean             | Outdoors after danger of frost has passed | Tolerates heat   | 5 - 7               | 6 - 12"            | 10 - 20 ft                                     | 1"             | Annual     | Self                       | 1  | Harvest seeds when they are very hard and pods are dry and brittle. Split pods to remove seeds  |
| Spinach             | Outdoors as soon as soil can be worked    | Sow in spring and late summer. Tolerates cool weather  | 7 - 14              | 6 - 8"             | 800 ft - 1 mile                                | 1/2"           | Annual     | Wind                       | 10   | Plants will form flower stalks. Harvest seeds from dried flowers when seeds are very hard.  |
| Summer Squash       | Outdoors after danger of frost has passed | Create 12" diameter hills 6' apart. Plant 6 - 8 seeds per hill; thin to 3 - 4 plants per hill. | 5 - 10              | see planting notes | 800 ft - 1/2 mile                              | 1"             | Annual     | Insects                    | 1  | Harvest fruit past edible stage when skin is tough and discolored and seeds are plump. Remove seeds, rinse, and dry.                    |
| Winter Squash       | Outdoors after danger of frost has passed | Create 12" diameter hills 6' apart. Plant 6 - 8 seeds per hill; thin to 3 - 4 plants per hill. | 5 - 10              | see planting notes | 800 ft - 1/2 mile                              | 1"             | Annual     | Insects                    | 1  | Harvest ripe fruit before hard frost. Remove seeds, rinse, and dry.   |
| Tomato & Tomatillos | Indoors 4 - 6 weeks before transplanting  | Some varieties require support. Mulch base of plants to protect from disease                   | 7 - 14              | 24 - 28"           | 10 - 50 ft                                     | 1/4"           | Annual     | Self, Insects              | tomatillo 5, tomatoes 1  | Harvest fruit up to 2 weeks past edible stage. Remove seeds, ferment for 2 - 5 days, rinse, and dry.                                    |
| Turnip              | Outdoors as soon as soil can be worked    | Tolerates cool weather   | 3 - 10              | 4 - 6"             | 800 ft - 1/2 mile                              | 1/4"           | Biennial   | Insects                    | 5  | In year 2, increase spacing between plants to 12". After flowering, harvest seeds when they are very hard and pods are dry and brittle  |

