

MOONGLOW GARDENS

SEED SAVING CHEAT SHEET

<i>Flowers</i>	SCIENTIFIC	POLLINATION METHOD	ISOLATION	MINIMUM PLANTS
Alyssum	Lobularia maritima	Insect	2250 ft	6+
Anemone	Anemone coronaria	Insect	5250 ft	6+
Aster	Aster spp.	Insect/Self	5250 ft	6+
Astilbe	Astilbe spp.	Insect	5250 ft	6+
Amaranth	Amaranthus spp.	Wind	1300 ft	5-25
Bee Balm (Monarda)	Monarda fistulosa	Insect	5250 ft	6+
Calendula	Calendula officinalis	Insect	5250 ft	6+
Chamomile	Matriaria recutita	Insect	5250 ft	6+
Columbine	Aquilegia vulgaris	Insect/Self	5250 ft	6+
Cosmos	Cosmos bipinnatus	Insect/Self	5250 ft	6+
Delphinium	Delphinium elatum	Insect/Self	5250 ft	6+
Echinacea (Coneflower)	Echinacea purpurea	Insect/Self	5250 ft	6+
Hollyhocks	Alcea rosea	Insect	10,000 ft	6+
Honeywort	Cerithe major	Insect	1200 ft	6+
Hyssop	Agastache foeniculum	Insect/Self	5250 ft	6+
Larkspur	Consolida ajacis	Insect/Self	5250 ft	6+
Lupine	Lupinus polyphyllus	Insect/Self	5250 ft	6+
Milkweed	Asclepias spp.	Insect	5250 ft	6+
Nasturtium	Tropaeolum majus	Insect	5250 ft	6+
Pincushion Flowers	Scabiosa japonica	Insect	5250 ft	6+
Pansies & Violas	Viola tricolor	Insect	5250 ft	6+
Poppies	Papaver spp.	Insect	5250 ft	12+
Petunia	Petunia x atkinsiana	Insect	5250 ft	6+
Sunflowers	Helianthus annuus	Insect	5250 ft	20-50
Salpiglossis	Salpiglossis sinuata	Insect	5250 ft	6+
Strawflowers	Xerochrysum bracteatum	Insect	5250 ft	6+
Sweet Peas	Lathyrus odoratus	Insect/Self	20 ft	12+
Yarrow	Achillea millefolium	Insect/Self	5250 ft	6+
Zinnias	Zinnia elegans	Insect/Self	5250 ft	6+

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<i>Vegetables</i>	SCIENTIFIC	POLLINATION METHOD	ISOLATION	MINIMUM PLANTS
Amaranth	Amaranthus spp.	Wind	1300 ft	5-25
Artichoke	Cyanara cardunculus	Insect	5250 ft	20-50
Arugula	Eruca sativa	Insect	5250 ft	20-50
Asparagus	Asparagus officinalis	Wind	5250 ft	20-50
Barley	Hordeum vulgare	Self	20 ft	5-10
Basil	Ocimum basilicum	Insect	1600 ft	80
Bean - Pole	Phaseolus vulgaris	Insect/Self	10 ft	10-20
Bean - Bush	Phaseolus vulgaris	Insect/Self	10 ft	10-20
Bean - Runner	Phaseolus coccineus	Insect/Self	800 ft	40
Bean - Lima	Phaseolus lunatus	Insect/Self	40 ft	40
Bean - Fava	Vicia faba	Insect/Self	800 ft	40
Bean - Cowpea	Vigna unguiculata	Insect/Self	160 ft	40
Beet	Beta vulgaris	Wind	3200 ft	80
Broccoli	Brassica oleracea	Insect	1600 ft	80
Brussels Sprouts	Brassica oleracea	Insect	1600 ft	80
Buckwheat	Brassica oleracea	Insect	1600 ft	80
Cabbage	Brassica oleracea	Insect	1600 ft	80
Carrots	Daucus carota	Insect	1600 ft	200
Cardoon	Cyanara cardunculus	Insect	5250 ft	20-50
Cauliflower	Brassica oleracea	Insect	1600 ft	80
Celery	Apium graveolens	Insect	1600 ft	80
Celeriac	Apium graveolens	Insect	1600 ft	80
Chicory	Cichorium intybus	Insect	5250 ft	20-50
Chives	Allium schoenoprasum	Insect	5250 ft	20-50
Cilantro	Coriandrum sativum	Insect	5250 ft	20-50
Corn	Zea mays	Wind	5250 ft	50-120
Cucumber	Cucumis sativus	Insect	5250 ft	5-10
Dill	Anethum graveolens	Insect	2250 ft	20-50

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<i>Vegetables & Fruit</i>	SCIENTIFIC	POLLINATION METHOD	ISOLATION	MINIMUM PLANTS
Eggplant	Solanum melongena	Insect	1600 ft	5-20
Fennel	Foeniculum vulgare	Insect	5250 ft	20-50
Ground Cherry	Physalis prunalis	Insect/Self	1600 ft	5-20
Kale	Brassica oleracea	Insect	5250 ft	20-50
Kohlrabi	Brassica oleracea	Insect	5250 ft	20-50
Leeks	Allium ampeloprasum	Insect	5250 ft	20-50
Lentil	Lens culinaris	Self	20 ft	5-10
Lettuce	Lactuca sativa	Self	20 ft	5-10
Melon	Cucumis melo	Insect	5250 ft	5-10
Mustard	Brassica juncea	Insect	5250 ft	20-50
Oats	Avena sativa	Self	20 ft	5-10
Okra	Abelmoschus esculentus	Insect/Self	1600 ft	5-10
Onions - Common	Allium cepa	Insect	5250 ft	20-50
Onions - Perennial	Allium fistulosum	Insect	5250 ft	20-50
Orach	Atriplex hortensis	Wind	10,000 ft	5-25
Parsley	Petroselinum crispum	Insect	5250 ft	20-50
Parsnip	Pastinaca sativa	Insect	5250 ft	20-50
Peas	Pisum sativum	Self	20 ft	5-10
Peanuts	Arachis hypogaea	Self	20 ft	5-10
Pepper - Hot	Capsicum chinense	Insect/Self	800 ft	10-20
Pepper - Sweet	Capsicum annuum	Insect/Self	160 ft	10-20
Pumpkin	Cucurbita spp.	Insect	1600 ft	10-20
Quinoa	Chenopodium quinoa	Self	300 ft	10-25
Radicchio	Cichorium intybus	Insect	5250 ft	20-50
Radish	Raphanus sativus	Insect	5250 ft	20-50
Rutabaga	Brassica napus	Insect	5250 ft	5-25
Rye	Secale cereale	Wind	750 ft	20-50
Spinach	Spinacia oleracea	Wind	10,000 ft	20-50

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Shallot	Allium cepa	Insect	2500 ft	20-50
Squash - Summer	Cucurbita pepo	Insect	1600 ft	10-20
Squash - Winter	Cucurbita argyrosperma	Insect	1600 ft	10-20
Squash - Winter	Cucurbita maxima	Insect	1600 ft	10-20
Squash - Winter	Cucurbita moschata	Insect	1600 ft	10-20
Squash - Winter	Cucurbita pepo	Insect	1600 ft	10-20
Sorghum	Sorghum bicolor	Self/Wind	200 ft	10-25
Soybean - Edamame	Glycine max	Self/Wind	20 ft	5-10
Sunflower	Helianthus annuus	Insect	2500 ft	20-50
Swiss Chard	Beta vulgaris	Wind	5250 ft	20-50
Tomato	Solanum lycopersicum	Self/Insect	10-50 ft	5-10
Tomato - Currant	Solanum pimpinellifolium	Self/Insect	160 ft	40
Tomatillo	Physalis philadelphica	Insect	5250 ft	20-50
Turnip	Brassica rapa	Insect	5250 ft	20-50
Watermelon	Citrullus lanatus	Insect	5250 ft	5-10
Wheat	Triticum spp	Self	20 ft	5-10

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<i>Herbs & Medicinals</i>	SCIENTIFIC	POLLINATION METHOD	ISOLATION	MINIMUM PLANTS
Basil	Ocimum basilicum	Insect	1600 ft	80
Borage	Borago officinalis	Insect	5250 ft	20-50
Caraway	Carum carvi	Insect/Self	5250 ft	20-50
Catnip	Nepeta cataria	Insect	5250 ft	20 - 50
Chives	Allium schoenoprasum	Insect	5250 ft	20-50
Cilantro	Coriandrum sativum	Insect	5250 ft	20-50
Dill	Anethum graveolens	Insect	5250 ft	20-50
Fennel	Foeniculum vulgare	Insect	5250 ft	20-50
Horehound	Marrubium vulgare	Insect/Self	5250 ft	20-50
Hyssop	Agastache foeniculum	Insect/Self	5250 ft	6+
Lemon Balm	Melissa officinalis	Insect/Self	5250 ft	20-50
Lovage	Levisticum officinale	Insect/Self	5250 ft	20-50
Mint	Mentha piperita	Insect/Self	5250 ft	20-50
Oregano	Origanum vulgare	Insect	5250 ft	20-50
Parsley	Petroselinum crispum	Insect	5250 ft	20-50
Rosemary	Rosemarinus officinalis	Insect/Self	5250 ft	6+
Sage	Salvia officinalis	Insect	5250 ft	20-50
Summer Savory	Satureja hortensis	Insect	5250 ft	20-50
Thyme	Thymus vulgaris	Insect	5250 ft	20-50

