

Seed Saving Quick Reference Guide- Adapted from How to Save Your Own Seeds by Seeds of Diversity

Common Name	Family	Species	Difficulty	Pollination	Isolation Distance (community/ commercial)	Seed Longevity (years)	Minimum Plants (community/ commercial)
Amaranth	Amaranthaceae	<i>Amaranthus</i> spp.	Easy	Self/Insect	150m/500m	1-4	5/40
Arugula	Brassicaceae	<i>Eruca sativa</i>	Easy	Insect	200m/1500m	3-4	12/80
Asparagus	Liliaceae	<i>Asparagus officinalis</i>	Easy	Insect	400m/1500m	3-5	15/100
Barley	Poaceae	<i>Hordeum vulgare</i>	Easy	Self	5m/10m	3-5	15/80
Basil	Labiatae	<i>Ocimum basilicum</i>	Easy	Insect	45m/1500m	2-5	10/80
Bean, Adzuki	Fabaceae	<i>Vigna angularis</i>	Easy	Self	50m/250m	3-5	20/40
Bean, Asparagus (aka long bean, snake bean)	Fabaceae	<i>Vigna unguiculata</i> subsp. <i>sesquipedalis</i>	Easy	Insect/Self	12m/250m	3-5	20/40
Bean, Bush/Pole	Fabaceae	<i>Phaseolus vulgaris</i>	Easy	Self	3m/6m	3-5	20/40
Bean, Fava	Fabaceae	<i>Vicia faba</i>	Intermediate	Insect	250m/1000m	3-6	20/40
Bean, Lima	Fabaceae	<i>Phaseolus lunatus</i>	Easy	Insect/Self	12m/90m	3-5	20/40
Bean, Mung	Fabaceae	<i>Vigna radiata</i>	Easy	Self	3m/6m	3-5	20/40
Bean, Runner	Fabaceae	<i>Phaseolus coccineus</i>	Intermediate	Insect/Self	200m/1000m	3-5	20/40
Bean, Soy	Fabaceae	<i>Glycine max</i>	Easy	Self	3m/6m	3-5	20/40
Bean, Tepary	Fabaceae	<i>Phaseolus acutifolius</i>	Intermediate	Insect	200m/1000m	3-5	20/40
Beet, Sugar Beet	Amaranthaceae	<i>Beta vulgaris</i>	Advanced	Wind	500m/2000-8000m	4-6	12/80
Broccoli	Brassicaceae	<i>Brassica oleracea</i>	Intermediate	Insect	200m/1500m	3-5	6/80
Broccoli Raab	Brassicaceae	<i>Brassica rapa</i>	Intermediate	Insect	200m/1500m	3-5	6/80
Broccoli, Chinese	Brassicaceae	<i>Brassica rapa</i>	Intermediate	Insect	200m/1500m	3-5	6/80
Brussels Sprouts	Brassicaceae	<i>Brassica oleracea</i>	Advanced	Insect	200m/1500m	3-5	6/80
Buckwheat	Polygonaceae	<i>Fagopyrum esculentum</i>	Easy	Insect	200m/1000m	3-5	15/80
Cabbage	Brassicaceae	<i>Brassica oleracea</i>	Advanced	Insect	200m/1500m	3-5	6/80
Cabbage, Chinese	Brassicaceae	<i>Brassica rapa</i>	Advanced	Insect	200m/1500m	3-5	6/80
Canola	Brassicaceae	<i>Brassica</i> spp.	Easy	Insect	200m/1000m	5-6	20/80
Carrot	Apiaceae	<i>Daucus carota</i>	Advanced	Insect	400m/1500m	3-4	20/200
Cauliflower	Brassicaceae	<i>Brassica oleracea</i>	Advanced	Insect	200m/1500m	3-5	6/80
Celeriac	Apiaceae	<i>Apium graveolens</i>	Advanced	Insect	200m/1500m	4-6	12/80
Celery	Apiaceae	<i>Apium graveolens</i>	Advanced	Insect	200m/1500m	4-6	12/80
Chickpea/garbanzo	Fabaceae	<i>Cicer arietinum</i>	Easy	Self	3m/6m	4-6	20/80
Chicory, Curled	Asteraceae	<i>Cichorium endivia</i>	Intermediate	Insect	200m/1500m	4-8	12/80
Chicory/Radicchio	Asteraceae	<i>Cichorium intybus</i>	Intermediate	Insect	200m/1500m	4-5	12/80
Chives	Liliaceae	<i>Allium schoenoprasum</i>	Easy	Insect	400m/1500m	1-2	15/120
Chives, Chinese	Liliaceae	<i>Allium tuberosum</i>	Easy	Insect	400m/1500m	1-2	15/120
Chives, Garlic	Liliaceae	<i>Allium tuberosum</i>	Easy	Insect	400m/1500m	1-2	15/120
Collards	Brassicaceae	<i>Brassica oleracea</i>	Intermediate	Insect	200m/1500m	3-5	6/80
Coriander/Cilantro	Apiaceae	<i>Coriandrum sativum</i>	Easy	Insect	200m/500m	2-3	10/50
Corn	Poaceae	<i>Zea mays</i>	Intermediate	Wind	500m/2000-3500m	3-10	40/200
Cord Salad, Mache	Caprifoliaceae	<i>Valerianella locusta</i>	Easy	Insect	100m/500m	4-5	10/20
Cowpea	Fabaceae	<i>Vigna unguiculata</i>	Easy	Insect/Self	30m/200m	3-5	10/40
Cucumber	Cucurbitaceae	<i>Cucumis sativus</i>	Intermediate	Insect	400m/1500m	4-10	6/20
Dill	Apiaceae	<i>Anethum graveolens</i>	Easy	Insect	200m/1500m	3-5	6/80
Eggplant	Solanaceae	<i>Solanum melongena</i>	Intermediate	Insect/Self	25m/1500m	4-7	10/80
Endive	Asteraceae	<i>Cichorium endivia</i>	Easy	Self	3m/10m	4-8	12/80
Fennel	Apiaceae	<i>Foeniculum vulgare</i>	Intermediate	Insect	200m/800m	3-5	6/40
Flax	Linaceae	<i>Linum usitatissimum</i>	Easy	Insect/Self	10m/50m	1-3	15/80
Gourd, hard shell	Cucurbitaceae	<i>Lagenaria siceraria</i>	Intermediate	Insect	200m/1500m	4-5	10/20

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Ground Cherry	Solanaceae	<i>Physalis</i> spp.	Easy	Insect/Self	200m/1500m	3-8	8/40
Kale, Siberian	Brassicaceae	<i>Brassica napus</i>	Intermediate	Insect	200m/1500m	3-5	6/80
Kale, Curly (most kales)	Brassicaceae	<i>Brassica oleracea</i>	Intermediate	Insect	200m/1500m	3-5	6/80
Kohlrabi	Brassicaceae	<i>Brassica oleracea</i>	Intermediate	Insect	200m/1500m	3-5	6/80
Leek	Liliaceae	<i>Allium ampeloprasum</i>	Intermediate	Insect	200m/1500m	1-3	12/80
Lentil	Fabaceae	<i>Lens culinaris</i>	Easy	Self	3m/20m	4-5	20/80
Lettuce	Asteraceae	<i>Lactuca sativa</i>	Easy	Self	3m/8m	2-5	6/20
Melon, Muskmelon	Cucurbitaceae	<i>Cucumis melo</i>	Intermediate	Insect	400m/1500m	5-8	8/20
Mustard	Brassicaceae	<i>Brassica juncea</i>	Easy	Insect	200m/800m	3-5	12/80
Oat	Poaceae	<i>Avena sativa</i>	Easy	Self	3m/10m	2-5	15/80
Okra	Malvaceae	<i>Abelmoschus esculentus</i>	Intermediate	Insect	200m/800m	2-4	8/40
Onion (seed)	Liliaceae	<i>Allium cepa</i>	Intermediate	Insect	200m/1500m	1-3	20/200
Orach	Amaranthaceae	<i>Atriplex</i> spp.	Easy	Insect	40m/400m	5-6	15/80
Parsley	Apiaceae	<i>Petroselinum crispum</i>	Easy	Insect	200m/1500m	2-4	10/80
Parsnip	Apiaceae	<i>Pastinaca sativa</i>	Intermediate	Insect	400m/1500m	1-2	20/80
Pea (dry, shell, snap, snow)	Fabaceae	<i>Pisum sativum</i>	Easy	Self	3m/12m	3-5	20/40
Peanut	Fabaceae	<i>Arachis hypogaea</i>	Easy	Self	3m/12m	2-4	6/50
Pepper, Sweet	Solanaceae	<i>Capsicum annuum</i>	Intermediate	Insect/Self	45m/200m	2-4	6/20
Pepper, Chili	Solanaceae	<i>Capsicum annuum</i>	Intermediate	Insect/Self	200m/1500m	2-4	12/40
Pepper, Tabasco & Squash	Solanaceae	<i>Capsicum frutescens</i>	Intermediate	Insect/Self	200m/1500m	2-4	12/40
Radish	Brassicaceae	<i>Rapanus sativas</i>	Easy	Insect	200m/1500m	4-5	12/80
Rhubarb	Polygonaceae	<i>Rheum rhabarbarum</i>	Easy	Insect	40m/800m	3-4	6/60
Rye	Poaceae	<i>Secale cereale</i>	Intermediate	Wind	300m/2000m	2-5	15/80
Safflower	Asteraceae	<i>Carthamus tinctorius</i>	Easy	Insect	200m/400m	4-5	10/40
Salsify/Scorzoneria	Asteraceae	<i>Scorzoneria hispanica</i>	Advanced	Insect	400m/1500m	2-4	20/80
Sorghum	Poaceae	<i>Sorghum bicolor</i>	Easy	Insect/Wind	200m/1000m	6-8	15/80
Sorrel	Polygonaceae	<i>Rumex acetosa</i>	Easy	Wind	200m/1000m	2-4	10/40
Spinach	Amaranthaceae	<i>Spinacia oleracea</i>	Easy	Wind	200m/2000+m	3-5	12/80
Spinach, New Zealand	Aizoaceae	<i>Tetragonia tetragonioides</i>	Intermediate	Wind	200m/2000+m	3-5	12/80
Squash: Acorn, cocozelle, crookneck, pattypan/scallop, most pumpkin, vegetable marrow, zucchini	Cucurbitaceae	<i>Cucurbita pepo</i>	Intermediate	Insect	400m/1500m	3-10	6/20
Squash: Banana, buttercup, hubbard, pumpkin/hokkaido/winter marrow, turban	Cucurbitaceae	<i>Cucurbita maxima</i>	Intermediate	Insect	400m/1500m	3-10	6/20
Squash: Butternut, cheese	Cucurbitaceae	<i>Cucurbita moschata</i>	Intermediate	Insect	400m/1500m	3-10	6/20
Squash: Cushaw, seroria, silver seeded gourds	Cucurbitaceae	<i>Cucurbita argyrosperma (mixta)</i>	Intermediate	Insect	400m/1500m	3-10	6/20
Sunflower	Asteraceae	<i>Helianthus annuus</i>	Easy	Insect	200m/1500m	3-7	10/80
Swiss Chard	Amaranthaceae	<i>Beta vulgaris</i>	Intermediate	Wind	500m/2000-8000m	4-6	12/80
Tomatillo	Solanaceae	<i>Physalis ixocarpa</i>	Easy	Insect/Self	400m/1500m	3-4	8/60
Tomato, short style (typical)	Solanaceae	<i>Lycopersicon lycopersicum</i>	Easy	Self	5m/15m	4-10	6/20
Tomato (ancient varieties, potato-leaved, double-blossom beefsteak)	Solanaceae	<i>Lycopersicon lycopersicum</i>	Intermediate	Insect/Self	15m/50m	4-10	12/40
Tomato, Currant	Solanaceae	<i>Lycopersicon pimpinellifolium</i>	Intermediate	Insect/Self	15m/50m	4-10	12/40
Turnip	Brassicaceae	<i>Brassica rapa</i>	Intermediate	Insect	200m/1500m	3-5	12/80
Turnip, Rutabaga	Brassicaceae	<i>Brassica napus</i>	Intermediate	Insect	200m/1500m	4-5	12/80
Watermelon, Citron melon	Cucurbitaceae	<i>Citrullus lanatus</i>	Intermediate	Insect	400m/1500m	4-6	6/20
Wheat	Poaceae	<i>Triticum</i> spp.	Easy	Self	3m/10m	2-5	15/80
Wheat, Durum	Poaceae	<i>Triticum durum</i>	Easy	Self	3m/10m	2-5	15/80