

SEED CATALOGUE

CATÁLOGO DE SEMILLAS

GOOSE FOOT FAMILY |

Chard, Rainbow

BETA VULGARIS. 30 days baby, 60 full.



Growing

Seed in flats or direct sow March through early August in rows that are 1' apart. Thin to 1' spacing for bunching, or 4" for salad size plants. In our area, chard can grow through the winter without protection, but should be planted out in August for this purpose.

Seed Saving

Collect seeds from 20 or more plants in second year once they have started to dry down, usually September. Cut seed heads, place on fabric or a tarp to dry a few more days, then dance to free seed. Collect seeds, then screen and winnow to clean. Isolate from B. VULGARIS by 1 mile. Isolate from GMO sugar beet seed production by 2+ miles.



Spinach, Steadfast**SPINACIA OLERACEA. 50 days.****Growing**

Best when direct sown, early spring or late summer / early fall, 2-3 seeds per inch in 12" rows. May also be sown indoors. Transplant 3-4 weeks after sprouting to 6" centers. Great choice for winter gardens in our area, providing food during the hunger gap.

Seed Saving

Collect seeds from 30 or more plants to avoid inbreeding, making sure at least 5 are male. Cut seed heads when seeds are dry, thresh by hand or by dancing. Winnow to clean. Isolate from other flowering spinach by 1 mile.



Quinoa, Apellewa**CHENOPODIUM QUINOA. 80-95 days.****Growing**

Sow in pots indoors in April for planting out in May, or direct sow after danger of frost. Recommended spacing is 12" centers. Harvest leaves for salad or cooking greens throughout the season.

Harvest and Seed Saving

Harvest for grain or seed saving when seeds rub off easily in your hand and before autumn rains begin. Hang over a tarp to dry for one week, then dance, rub, or flail seeds from seed heads. Screen and winnow to clean, or place seeds in a bowl and make stirring motion with your arm; chaff rises to the top for easy removal. Rinse well before eating.



Chives, Polyvit**ALLIUM SCHOENOPRASUM.** Perennial in zones 3-10.**Growing**

Sow in clusters in pots indoors February to June. Transplant to 10" centers in fertile soil when plants are the size of a pencil lead. May also be direct sown. Keep well fertilized, watered, and cultivated. Harvest as needed. Beautiful globe-shaped flowers attract pollinators and are edible.

Seed Saving

Collect seeds in second year from 15+ plants. Cut seed heads when seeds are dry, thresh by hand or by dancing. Winnow to clean. Isolate from other flowering chives by at least 1/4 mile.



Leek, Pancho
ALLIUM AMPELOPRASUM.



Growing

Sow indoors in flats with good potting soil February through April. Transplant into the garden April through June, once plants are at least the size of a No. 2 pencil lead. Space 6" in rows that are 1' apart. Leeks benefit from frequent watering and shallow cultivation. Harvest

as needed throughout autumn and winter.

Seed Saving

To save seed, leave 20 or more plants in the ground through the second spring and summer. Large, beautiful, globe shaped flowers attract pollinators. Isolate from other leeks by at least ½ mile.



Onion, Lilia**ALLIUM CEPA. Red Scallion/Onion. 40 days bunching, 90 days bulb.****Growing**

Sow indoors in flats with good potting soil February through July. Transplant into the garden in April to August, when plants are at least the size of a No. 2 pencil lead. Space clumps of plants 6" in rows that are 12' apart. Green onions benefit from frequent watering and shallow cultivation. Harvest when they are the size you want to eat.

Seed Saving

To save seed, replant at least 20 onions (to avoid inbreeding) in the second spring. Large, beautiful globe shaped flowers attract pollinators. Cut whole seed heads when they open and show the black seeds. Thresh gently and winnow to remove debris and hollow seeds. Isolate from other Alliums of the same species by at least ½ mile.



Onion, Newburg**ALLIUM CEPA. Yellow Storage. 110 days.****Growing**

For bulb onions, sow indoors in flats with good potting soil February through March. Transplant into the garden in April or May, when plants are at least the size of a No. 2 pencil lead. Space 6" in rows that are 1' apart. Onions benefit from frequent watering and shallow cultivation. Stop irrigating in August. Harvest when stem has shriveled and tipped over.

Seed Saving

To save seed, replant at least 20 onions (to avoid inbreeding) in the second spring. Large, beautiful globe shaped flowers attract pollinators. Cut whole seed heads when they open and show the black seeds. Thresh gently and winnow to remove debris and hollow seeds. Isolate from other Alliums of the same species by at least ½ mile.



Onion, Rossa di Toscana**ALLIUM CEPA. Red. 120 days.****Growing**

For bulb onions, sow indoors in flats with good potting soil February through March. Transplant into the garden in April or May, when plants are at least the size of a No. 2 pencil lead. Space 6" in rows that are 1' apart. Onions benefit from frequent watering and shallow cultivation. Stop irrigating in August. Harvest when stem has shriveled and tipped over.

Seed Saving

To save seed, replant at least 20 onions (to avoid inbreeding) in the second spring. Large, beautiful globe shaped flowers attract pollinators. Cut whole seed heads when they open and show the black seeds. Thresh gently and winnow to remove debris and hollow seeds. Isolate from other Alliums of the same species by at least ½ mile.



Arugula, Tuscan**ERUCA SATIVA. 24 days baby, 40 days full.****Growing**

Sow in pots indoors Feb. through Sept. Transplant 3-4 weeks after sprouting. May be direct sown in early spring or late summer. Great choice for winter gardens in our region, but does not do well in summer heat. Bolts quickly; sow in succession for extended harvest. Flowers are edible.

Seed Saving

Collect seeds from spring sown plants, selecting for slowest bolting. Cut seedheads when seeds are dry, thresh by hand or by dancing, winnow to clean. Isolate from other arugula by ½ mile.



Broccoli, Umpqua
BRASSICA OLERACEA. 50-70 days.



Growing

Sow indoors in flats with good potting soil February through July. Transplant into the garden about 3-4 weeks after sprouting, spaced 12-18" on center. May also be direct sown. A good choice for autumn gardens in our area.

Seed Saving

Collect seed from 50 or more early spring-sown plants when pods are dry. Dance on seed stalks on a tarp to thresh. Collect seeds and winnow to clean. Isolate when flowering from other flowering Brassicas of the same species, B. OLERACEA, by ½ mile.



Brussels Sprouts, Darkmar 21**BRASSICA OLERACEA. Green. 180-260 days.****Growing**

Sow indoors in flats with good potting soil April through early June, for sprouts in November through February. Transplant into the garden about 3-4 weeks after emergence. For optimal sprout production, pinch growth tip off in late August. Harvest sprouts after autumn frost and as needed throughout the winter.

Seed Saving

Collect seeds from 50 or more plants (to avoid inbreeding) in the second year when pods are dry. Dance on seed stalks on a tarp to thresh. Collect seeds and winnow to clean. Isolate from other B. OLERACEA by ½ mile.



Cabbage, Primax**BRASSICA OLERACEA. 60 days.****Growing**

Sow indoors in flats with good potting soil February through July. Transplant into the garden about 3-4 weeks after sprouting. May also be direct sown.

Seed Saving

Collect seeds from 50 or more plants (to avoid inbreeding) in the second year when pods are dry. Dance on seed stalks on a tarp to thresh. Winnow to clean. Isolate from other B. OLERACEA by ½ mile.



Cauliflower, Prestige**BRASSICA OLERACEA. 200+ days.****Growing**

Sow indoors in flats with good potting soil June through late July for harvest February through March. Transplant into the garden about 3-4 weeks after sprouting. May also be direct sown. Not for summer production, but a great choice for winter gardens in our area.

Seed Saving

Collect seed from 50 or more plants when pods are dry. Dance on seed stalks on a tarp to thresh. Collect seeds and winnow to clean. Isolate when flowering from other flowering Brassicas of the same species, B. OLERACEA, by ½ mile.



Kale, Madeley**BRASSICA OLERACEA. 30 days baby, 60 days full.****Growing**

Sow indoors with good potting soil February through September. Transplant about 3-4 weeks after sprouting. In our region, kale can grow through the winter without protection, and survives best when sown in June or early July for this purpose. Alternatively, direct sow March through September.

Seed Saving

To maintain genetic diversity and prevent inbreeding, collect seeds from 10 or more plants of B. NAPUS varieties, or 30 or more plants of B. OLERACEA. Cut seed heads when pods are dry, place on tarp, thresh by hand or by dancing. Winnow and screen to clean. Isolate from other Brassicas of the same species by ½ mile.



Radish, Pink Beauty**RAPHANUS SATIVUS. Pink Bunching. 27 days.****Growing**

Direct sow $\frac{1}{4}$ " deep, March through September in rows that are 1' apart. Germination in 5-7 days. Thin to 1" by eating young plants. For mild flavor and to avoid pithiness in bunching radishes, eat before they reach 2" across. Large rooted radish types can be eaten at any size.

Seed Saving

Collect seeds from 20 or more plants (to avoid inbreeding) in the second year when seeds have dried down, usually in July. Cut seed heads, place on tarp, let dry a few more days, then dance to free seed. Collect seeds and winnow to clean. Isolate from other RAPHANUS SATIVUS by 1 mile.



Turnip, Tokyo Market
BRASSICA RAPA. 30 days.



Growing

Direct sow March through August in rows that are 1' apart. When seedlings are 3" tall, thin to 3" spacing for turnips, and 8" spacing for rutabagas. Don't forget to eat the greens! In our area, rutabagas can grow through winter without protection as long as the mice don't find them. Only some varieties of turnip have the same hardiness. Both can be harvested in autumn and stored for many months in root cellar conditions.

Seed Saving

Collect seeds from 20 or more plants (to avoid inbreeding) in the second year when seeds have dried down. Cut seed heads, place on tarps to dry a few days, then dance to free seed. Winnow to clean. Isolate from other Brassicas of the same species by ½ mile for B. NAPUS, and 1 mile for B. RAPA (watch out for wild turnip!).



**Eggplant, Diamond****SOLANUM MELONGENA. Black. 65-70 days.****Growing**

Sow indoors in flats with good potting soil as early as February, but no later than April. Keep warm and well watered. Up pot seedlings into 4" pots when they have their first two true leaves. Transplant into the garden after danger of frost has passed, typically late May in western Oregon.

Seed Saving

Collect seeds from fruit that are past typical harvest stage, ripened to a dull yellowish color. Place seeds in a jar then add water to float non-seed debris. Decant and rinse seeds to clean. Dry seed before storage. For seed purity, isolate from other eggplant varieties by 500 feet.



Hot Pepper, Gabi Hot Wax**CAPSICUM ANNUUM. Mild/Medium Hot. 75 days.****Growing**

Sow indoors in flats with good potting soil as early as February, but no later than April. Keep warm and well-watered. Up pot seedlings into 4" pots when they have their first two true leaves. Transplant out into the garden after danger of frost has passed, typically late May in western Oregon.

Seed Saving

To save seed, wait until fruit is fully ripe. Remove seeds from fruit and dry. Isolate from other pepper varieties of the same species by at least 500 feet.



Sweet Pepper, Bácskai Fehér
CAPSICUM ANNUUM. Yellow to Red. 75 days.



Growing

Sow indoors in flats with good potting soil as early as February, but no later than April. Keep warm and well-watered. Up pot seedlings into 4" pots when they have their first two true leaves. Transplant out into the garden after danger of frost has passed, typically late May in western Oregon.

Seed Saving

To save seed, wait until fruit is fully ripe. Remove seeds from fruit and dry. Isolate from other pepper varieties of the same species by at least 500 feet.



Hot Pepper, Serrano Huasteca**CAPSICUM ANNUUM.** Hot. 75 days green, 100 red.**Growing**

Sow indoors in flats with good potting soil as early as February, but no later than April. Keep warm and well-watered. Up pot seedlings into 4" pots when they have their first two true leaves. Transplant out into the garden after danger of frost has passed, typically late May in western Oregon.

Seed Saving

To save seed, wait until fruit is fully ripe. Remove seeds from fruit and dry. Isolate from other pepper varieties of the same species by at least 500 feet.



Tomato, Harvest Luck Cherry
SOLANUM LYCOPERSICUM. Red Cherry. 50-60 days.



Growing

Sow indoors in flats with good potting soil as early as February, but no later than April. Keep warm and well-watered. Up pot seedlings into 4" pots once they have two true leaves. Transplant into the garden once danger of frost has passed.

Seed Saving

Collect seeds from ripe fruit by squeezing into a jar and add 25% more water. Wait a few days for mold to form. When seeds sink and gel-sac is gone, stir, add water, then decant and rinse to clean. Dry thoroughly. Tomatoes are mostly self-pollinating; isolation is not usually needed for seeds to be true to type.



Tomato, Astrakhanskie Beefsteak
SOLANUM LYCOPERSICUM. 70-75 days.



Growing

Sow indoors in flats with good potting soil as early as February, but no later than April. Keep warm and well-watered. Up pot seedlings into 4" pots once they have two true leaves. Transplant into the garden once danger of frost has passed.

Seed Saving

Collect seeds from ripe fruit by squeezing into a jar and add 25% more water. Wait a few days for mold to form. When seeds sink and gel-sac is gone, stir, add water, then decant and rinse to clean. Dry thoroughly. Tomatoes are mostly self-pollinating; isolation is not usually needed for seeds to be true to type.



Tomato, Mashenka
SOLANUM LYCOPERSICUM. 75 days.



Growing

Sow indoors in flats with good potting soil as early as February, but no later than April. Keep warm and well-watered. Up pot seedlings into 4" pots once they have two true leaves. Transplant into the garden once danger of frost has passed.

Seed Saving

Collect seeds from ripe fruit by squeezing into a jar and add 25% more water. Wait a few days for mold to form. When seeds sink and gel-sac is gone, stir, add water, then decant and rinse to clean. Dry thoroughly. Tomatoes are mostly self-pollinating; isolation is not usually needed for seeds to be true to type.



Tomato, Baylor Paste**SOLANUM LYCOPERSICUM. Red Paste. 75 days.****Growing**

Sow indoors in flats with good potting soil as early as February, but no later than April. Keep warm and well-watered. Up pot seedlings into 4" pots once they have two true leaves. Transplant into the garden once danger of frost has passed.

Seed Saving

Collect seeds from ripe fruit by squeezing into a jar and add 25% more water. Wait a few days for mold to form. When seeds sink and gel-sac is gone, stir, add water, then decant and rinse to clean. Dry thoroughly. Tomatoes are mostly self-pollinating; isolation is not usually needed for seeds to be true to type.



Carrot, Hilmar/Nantaise 2
DAUCUS CAROTA. 60 days.



Growing

Direct sow 2-4 seeds per inch in rows 6-12" apart, April through late July. Keep moist to ensure good germination, which may take up to 3 weeks. Thin to 2" spacing for large roots. Flavor sweetens after frost. A great choice for winter gardens.

Seed Saving

Seed saving is not recommended in locations where Queen Anne's Lace (wild carrot) is present. Collect seeds from at least 20 plants in their second year. Cut seed head when seeds are dry, remove seeds by hand or by dancing. Winnow or screen to clean. Isolate from other carrots and wild carrot by ½ mile.



Celery, Ventura**APIUM GRAVEOLENS. 80-100 days.****Growing**

Sow in pots indoors March through April. Germination in 2-3 weeks. Transplant in fertile soil when plants are 3" tall, to 4-8" centers for celery leaf and 12" centers for celeriac/celery. Keep well fertilized, watered, and cultivated. Harvest leaves as needed or whole plants when mature.

Seed Saving

Collect seeds in second year from 15 or more plants for replanting or culinary use. Cut seed stalks when seeds are dry, thresh by hand, dancing, or hitting seed stalk against sides of a bucket. Winnow and screen to clean. Isolate from other A. GRAVEOLENS by at least ¼ mile.



Cilantro, Standby
CORIANDRUM SATIVUM.



Growing

Sow in flats indoors or direct sow ¼" deep spring through fall. Harvest leaves before flowering. Cilantro bolts easily; sow in succession for continuous harvest.

Seed Saving

Collect seeds from seed heads that are fully dry. Shell by hand or by dancing, winnow to clean. Finish air-drying if necessary before sealing in airtight container. Cross-pollination may occur, isolate from other cilantro and coriander by ½ mile.



Dill, Ambrosia**ANETHUM GRAVEOLENS. 35 days.****Growing**

Direct sow this annual 1/4" deep, spring through fall, in rows that are 12" apart. Germinates best in warm soil. Succession sow for continued harvest. Deadhead to prevent self-seeding.

Seed Saving

Collect seeds from umbels that are fully dry. Shell by hand, winnow to clean. Finish air-drying if necessary before sealing in airtight container. Isolate from varieties of same species by 1/4 mile.



Parsnip, Halblange Weisse SE
PASTINACA SATIVA.



Growing

Direct sow 2-4 seeds per inch in rows 12" apart, April through late June. Keep moist to ensure good germination, which may take up to four weeks. Thin to 4" spacing for large, straight roots. Harvest after frost. A great choice for winter gardens.

Seed Saving

Collect seeds from at least 20 plants (to avoid inbreeding) in their second year. Cut seed head when seeds are dry, remove seeds by hitting plants with a stick or by dancing. Winnow or screen to clean. Isolate from other parsnips by ½ mile.



Parsley, Einfache Schnitt 3
PETROSELINUM CRISPUM.



Growing

Sow in clusters indoors March through May after soaking seeds overnight. Transplant groups of three to 12" centers in fertile garden soil when plants are 3" tall. Keep well-watered and harvest leaves as needed. A great choice for winter gardens in our area.

Seed Saving

Collect seeds from 15+ plants in their second year. Cut seedheads when seeds are dry, thresh by hand or by dancing, winnow to clean. Isolate from other flowering parsley (including root & curly parsley) by ¼ mile.



Garbanzo, Pico Pardal
CICER ARIETINUM. Tan.



Growing

Direct sow 1" deep when soil temps have reached 45°F, ideally by early May. Garbanzo beans are frost tolerant so may be sown as early as March. Plant at 4-6" in-row spacing with 12" between rows. Leaflets contain skin irritants – wear gloves. For harvest, pull entire plants and allow to after-ripen before processing. Collect seeds from beans that are fully dry. Shell by hand or by dancing on the dry pods, winnow or screen to clean. Test for dryness with a hammer – dry beans shatter, moist beans squish.

Seed Saving

Garbanzo beans are self-pollinating and do not need isolation for seed saving purposes.



**Bush Dry Bean, Early Warwick****PHASEOLUS VULGARIS. Red Speckled. 85 days****Growing**

Direct sow 1" deep May through June in rows that are 1' apart. Thin seedlings to 3-6" spacing. Protect early sowings from frost. Stop irrigating in early August. Harvest beans from pods that are fully dry. Shell by hand, by dancing, or by driving on beans spread on a tarp. Winnow to clean. Test for dryness with a hammer – dry beans shatter.

Seed Saving

Some cross-pollination may occur, but beans mostly self-pollinate. For more info on growing dry beans, check out our blog post at: seedambassadors.org/we-love-growing-dry-beans-you-might-too/



Cowpea, Fast Lady Northern Southern Pea**VIGNA UNGUICULATA. White. 65 days fresh, 90 dry****Growing**

Direct sow 1" deep when soil temps have reached 65°F, ideally by early June for dry beans. May also be eaten green at any stage. Plant at 2-4" in-row spacing and 12" between rows. Very heat and drought tolerant, also good as summer leguminous cover crop. For dry beans, pull entire plants and allow to after-ripen before processing. Collect seeds from beans that are fully dry. Shell by hand or by dancing on the dry pods, winnow or screen to clean. Test for dryness with a hammer – dry beans shatter, moist beans squish.

Seed Saving

Cowpeas are self-pollinating and do not need isolation for seed saving purposes.



Sugar Snap Pea Flower, Sugar Magnolia
PISUM SATIVUM. Purple Sugar Snap. 70 days.



Growing

Direct sow 1" deep February through April in rows that are 12" apart. Thin seedlings to 3" spacing. Protecting early sowings from frost may help with early yields. Requires trellising; try T-posts and bailing twine.

Seed Saving

Collect seed from pods that are fully dry. Shell by hand or by dancing, winnow to clean. Test for dryness with a hammer – dry peas shatter. When seeds are very dry, freeze to kill weevils. Some cross-pollination may occur, but peas predominantly self-pollinate so no isolation is needed.



Sweet Pea, Blue Celeste**LATHYRUS ODORATUS. 60 days.****Growing**

Direct sow 1/4" deep late fall to overwinter plants for early blooms, or very early spring. Germination in 7-14 days. Prefers cool weather and full sun. Will self sow.

Seed Saving

Collect seeds from pods before they shatter. Sift and winnow to clean. Finish air-drying if necessary before sealing in airtight container. Some cross-pollination may occur, but sweet peas are primarily self-pollinating and do not need isolation for seed saving purposes.



Chicory, Trieste Sweet**CICHORIUM INTYBUS.** Rosette type. 35 days leaf; 60 head.**Growing**

Sow indoors with good potting soil February through September. Transplant into the garden 3-4 weeks after sprouting. In our area, chicory can grow through the winter without protection but is best when sown in June or July for this purpose. Alternatively, direct sow March through August.

Seed Saving

Collect seeds from 10 or more plants in second year when seeds have dried down. Cut whole plants, place on tarp, then dance and stomp to free the seed. Or place dry plants on tarps and drive on them. Screen and winnow to clean. Isolate from other CICHORIUM sp. by ½ mile.



Endive, Pancalieri a Costa Bianca**CICHORIUM ENDIVIA. 60-70 days.****Growing**

Sow indoors with good potting soil February through September. Transplant into the garden about 3-4 weeks after sprouting. In our region, endive can grow through the winter without protection, but is best sown in June or July for this purpose. Alternatively, direct sow March through August.

Seed Saving

Collect seeds from 5 or more plants when seeds have dried down. Cut whole plants, place on tarp, dance and stomp to free the seeds. Collect seeds from tarp, winnow to clean. Isolate by 50' from other CICHORIUM SP.



Cool Season Lettuce Mix
LACTUCA SATIVA. 28 days.



Growing

Sow indoors in flats with good potting soil year-round. Transplant into the garden 3-4 weeks after sprouting at 3" spacing for leaf, 12" for heads. Alternatively, direct sow March through September. In our area, lettuce can go through winter if protected. Succession sow for continual harvest.

Seed Saving

Collect seeds when flowers are downy like dandelions. Cut seed heads and place upside down in a bag to dry for a few days. Knock seed heads against side of bucket or tote, rub downy fluff off seeds. Winnow and screen to clean.



Basil, Siracusa
OCIMUM BASILICUM.



Growing

Sow in flats indoors 6 – 8 wks before last frost. Cover seeds with 1/4" of potting mix. Germinates best when soil temp is at least 70°F. Germination in 7-10 days, seedlings grow slowly at first. To avoid dampening off, do not over-water seedlings. Transplant to 8" spacing in all directions. Requires full sun & high fertility.

Seed Saving

Collect seeds from seed heads that are fully dry. Shell by hand, winnow or screen to clean. Some cross-pollination may occur, isolate from varieties of the same species by 1/4 mile.



Lemon Balm, Quedlinburger Niederliegende
MELISSA OFFICINALIS. Perennial in zones 4-9.



Growing

Best started indoors and transplanted into the garden in spring, after danger of frost. Sow shallowly in soil mix, as germination is dependent on light. Plant into the garden at 12-24 inch spacing, when plants have a few true leaves. Prefers full sun to part shade.

Seed Saving

Self-seeding perennial that dies back in winter and re-sprouts in spring. Also spreads vegetatively. Cut seed heads before seed has shattered then spread on a tarp to allow to dry / after-ripen for a few days. Thresh by hand or by dancing, winnow and screen to clean.



Oregano, White Flowered Greek
Origanum vulgare hirtum. Perennial in zones 5-9.



Growing

Surface sow seeds indoors 10 weeks before last frost. 60°F soil temp for germination in 7-14 days. May also be direct sown after soil has warmed. Thin or transplant to 10" in all directions. Grows well in full sun and dry conditions. Perennial to zone 4.

Seed Saving

Collect seeds from seed heads that are fully dry. Shell by hand, winnow or screen to clean. Some cross-pollination may occur, isolate from other varieties of the same species by 1/4 mile.



Mint, Superior Licorice**AGASTACHE RUGOSA.** Perennial in zones 5-9.**Growing**

Sow in flats indoors or direct sow $\frac{1}{4}$ " deep in spring. Thin plants to 10-14." Harvest leaves for tea before flowering. Plant this medicinal perennial in a permanent position in full sun to part shade.

Seed Saving

Collect seeds from seedheads that are fully dry. Shell by hand or by dancing, and winnow to clean. Finish air-drying if necessary before sealing in airtight container. Some cross-pollination may occur, isolate from other *A. rugosa* by $\frac{1}{2}$ mile.

