

BOOK RESOURCES:

I. SOIL KNOWLEDGE

Just getting started:

Grow Your Soil! – Diane Miessler

With good humor, a light touch and simple instructions this book walks the novice and the expert through the how's and why's of building healthy soil to feed the microbes responsible for growing delicious, nourishing food.



Really want to dig in:

FOR THE LOVE OF SOIL – Nicole Masters

Extraordinary knowledge resource on all the biology and chemistry of biologically active soil, lovingly shared by this expert in regenerative agriculture.



II. SEED SAVING

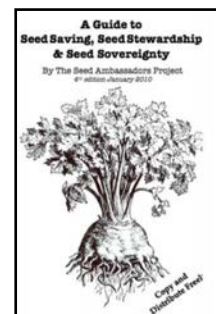
free to download:

<https://www.seedambassadors.org/docs/seedzine4duplex.pdf>

A Guide to Seed Saving, Seed Stewardship & Seed Sovereignty

– The Seed Ambassadors Project

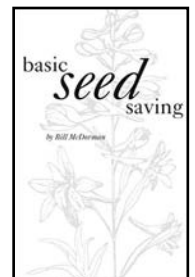
The amazing seed stewards at Adaptive Seeds wrote this lovely and clear summary on seed stewardship and seed saving as they were learning these principles themselves. Pretty much everything you need to know.



purchase through normal channels:

BASIC SEED SAVING – Bill McDorman

Excellent basic resource by a giant in the seed stewardship world. Founded Garden City Seeds in the late 1970's and didn't stop until he and his wife Belle created Rocky Mountain Seed Alliance in 2015.



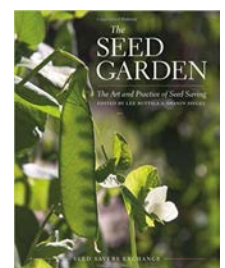
BACKYARD GARDEN SEED SAVING – Sue Stickland

Updated and thorough. For decades, Sue's books on seed saving have been the gold standard for gardeners.



The Seed Garden – Seeds Saver Exchange

A luscious book, with detailed information and lots of resources.



FREE THE SEEDS!



Saving LETTUCE seeds in 5 simple steps!

Growing Tips:

- Plant early so plants have ample time to flower and go to seed before autumn frosts. It is okay to start indoors and transplant out in early spring.
- Reducing spacing between plants encourages them to go to seed.
- Let your seed plant grow without harvesting the leaves and in about 2 months it will start to bolt, elongating to a height of 2-3 feet, and begin to flower.
- Head lettuces can benefit by making a deep slit across the head to encourage flowering.

Seed Harvest

1. Pull the whole plant up when about 3/4 of the flowers have converted to visible white duff.

Lettuce plants make compound flowers, each flower makes a cluster of seeds, and each seed is attached to white "duff" designed to help them disperse (think dandelions).

When you start to see the white duff, the seeds are ripening.

2. Let plant sit on tarp or upside down in bag or 5-gallon bucket for a day or two, in a cool, dry spot away from the sun.

3. Cut off lower part of plant and, holding the stem, strike the lettuce against sides of bucket to release seeds.

- Alternatively, you can place plants between a tarp and walk/dance on them to release the seeds.

4. Rub seeds between your hands to loosen seed from duff.

Separate the seeds from the duff by placing seed on flat plate or shallow bowl and, while gently shaking plate, blow on seeds.

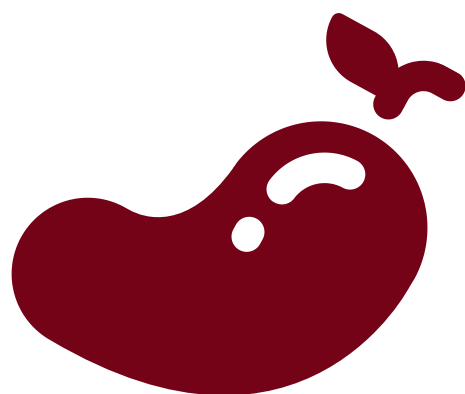
5. Place DRY seeds in envelope or jar: LABEL with seed variety & year; store in cool, dark, dry location. Plant in spring!**

** These seeds will stay viable for at least 3-5 years.



Contact us:
info@farmhandsnourish.org

FREE THE SEEDS!



Saving BEAN seeds in 4 simple steps!

1. Let bean pods dry and turn brown before harvesting, about 6 weeks past the fresh eating stage.

(If you anticipate a frost, pull the whole plant, and hang it by the roots upside down in a cool dry space until pods turn brown.)



2. Open pods by hand.

(If working with large amounts, place between tarp sheets and dance on them!)

3. Thresh and winnow as needed.

(Use a screen or a little wind to separate seeds from chaff.)

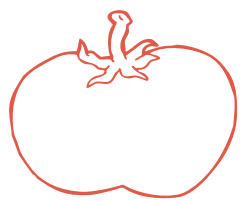
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FREE THE SEEDS!



Saving TOMATO seeds in 7 simple steps!

1. Slice ripe tomatoes in half and squeeze seeds and juice into a container. LABEL!

2. Cover for 4 days, until layer of mold starts to form on top.

(Mold breaks down the gel sack encasing each seed. The gel sack contains enzymes that promote seed germination and can interfere with seed drying. We like MOLD!)

3. Scoop off mold and discard.

(If lots of seeds are stuck with mold underside, scoop these into jar with spoon. Mold may look icky, and it's benign. Just wear gloves or wash hands after handling.)

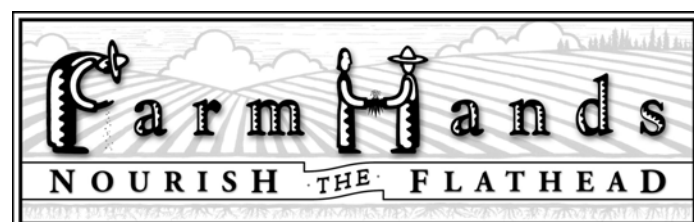
4. Pour water into jar: ripe seeds will sink. Pour out water and any floating seeds.

5. Rinse ripe seeds still in jar.

6. Spread seeds out on WAX paper to dry. (1 to 2 days) LABEL PAPER!

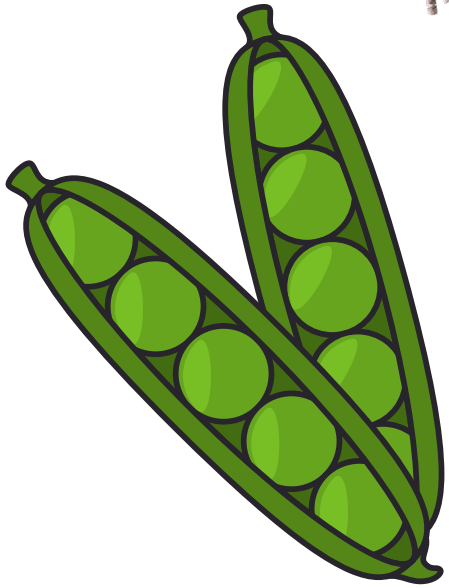
7. Place DRY seeds in envelope or jar: LABEL with seed variety & year; store in cool, dark, dry location. Plant in spring!**

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FREE THE SEEDS!



Saving PEA seeds in 4 simple steps!

1. Let pods dry and turn brown before harvesting, about 4 weeks past the fresh eating stage.

(If you anticipate a frost, pull the whole plant, and hang it by the roots upside down in a cool dry space until pods turn brown.)



2. Open pods by hand.

(If working with large amounts, place between tarp sheets and dance on them!)

3. Thresh and winnow as needed.

(Use a screen or a little wind to separate seeds from chaff.)

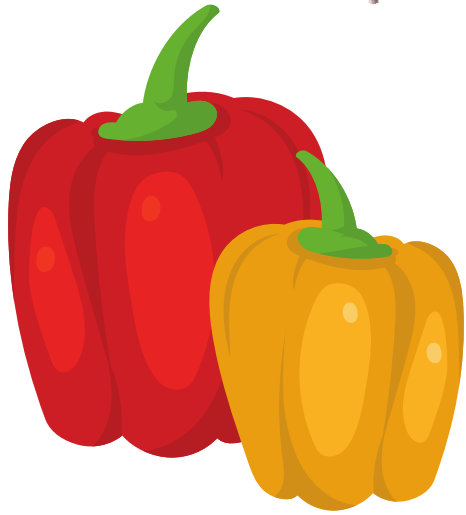
4. Place DRY seeds in envelope or jar: LABEL with seed variety & year; store in cool, dark, dry location.
Plant in spring!**

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FREE THE SEEDS!



Saving PEPPER seeds in 4 simple steps!

Growing Tips:

Pepper varieties can tend to cross-pollinate if grown closely together, especially in a confined space like a greenhouse or hoop-house. Best to plant with a tall, flowering crop between pepper varieties.

Seed Harvest

1. Let peppers ripen on plant.

Typically this means the pepper will turn red when fully mature. So, let your green bell peppers and jalapeños stay on the plant until they turn color!

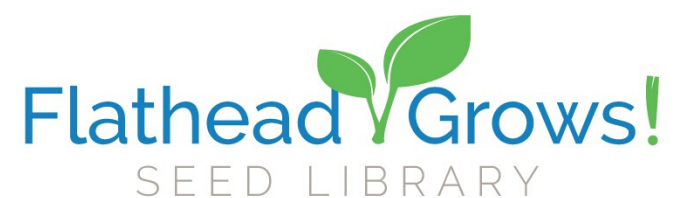
If you anticipate a light frost, cover your plants with a sheet or other breathable cloth. If a hard frost is expected and your fruit is still maturing, pull the whole plant, and hang it by the roots upside down in a cool, dry space until fruits ripen.

2. Open fruit (easiest by cutting bottom off) and strip the seeds surrounding central cone.

Wear gloves when harvesting hot pepper seeds and keep hands away from your eyes... the seed oil is HOT!

3. Place ripe seed on paper towel and let dry in cool location until seed is brittle and breaks when folded.

4. Place DRY seeds in envelope or jar: LABEL with seed variety & year; store in cool, dark, dry location.** Plant in spring!



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