

# Seed Saving

Great for beginners

Beans, peas, tomatoes, lettuce, arugula, eggplant, spinach, quinoa, amaranth, basil, parsley, dill, & coriander

## Seed Saving Basics

- ☑ **No hybrids:** Don't save seeds from hybrids.
- ☑ **Dry seeds:** Except for tomatoes, peppers & eggplants, let seeds dry completely on plant.
- ☑ **Reduce cross-pollination:** Grow only one variety of each species. Isolate by distance.
- ☑ **Healthy plants:** Always save seeds from the healthiest, "true-to-type" plants.