## Seed Savers Exchange: Crop-Specific Seed Saving Guide

Common	Scientific	Pollination	Life	Selfing or	Isolation	Population	Seed	Notes
Name	Name		Cycle	Outbreeding	Distance	Size	Maturity	
Arugula	Eruca sativa	insects	A	0	1600 ft	80	after	
Basil	Ocimum basilicum	insects	A	0	1600 ft	80	after	
Bean,	Phaseolus	self	А	VS	10 ft	10-20	market or	
Boon	Viiguns	colf	٨	50	800 ft	40	after	
fava	faha	insects	A	50	800 IL	40	antei	
Bean	Phaseolus	self	Δ	S	40 ft	40	market or	
Lima	lunatus	insects	~	5	4010	40	after	
Bean.	Phaseolus	self	Δ	50	800 ft	40	market or	
runner	coccineus	insects			00011		after	
Bean.	Viana	self.	А	SO	160 ft	40	market	
cowpea	unquiculata	insects						
Beet	Beta	wind	B	0	3200 ft	80	after	crosses w/
	vulgaris			JI SN S	411	2.		Swiss chard
Broccoli	Brassica	insects	В	VO	1600 ft	80	after	crosses w/ other
	oleracea							B. oleracea
Brussels	Brassica	insects	В	VO	1600 ft	80	after	crosses w/ other
Sprouts	oleracea		98 S.		all and a second			B. oleracea
Cabbage	Brassica	insects	В	VO	1600 ft	80	after	crosses w/ other
	oleracea							B. oleracea
Carrot	Daucus	insects	В	0	1600 ft	200	after	crosses w/ Queen
	carota			EL SPARE	E. VIJ		[T]	Anne's Lace
Cauliflower	Brassica oleracea	insects	В	VO	1600 ft	80	after	crosses w/ other <i>B. oleracea</i>
Celery	Apium graveolens	insects	В	0.00%	1600 ft	80	after	crosses w/ celeriac
Celeriac	Apium araveolens	insects	В	0	1600 ft	80	after	crosses w/ celery
Chard.	Beta	wind	В	0	3200 ft	80	after	crosses w/ beets
Swiss	vulaaris	0	Curry a	420029				0.00000 11, 20000
Cilantro	Coriandrum	insects	А	0	1600 ft	80	after (when	
	sativum						coriander)	
Collards	Brassica	insects	В	VO	1600 ft	80	after	crosses w/ other
	oleracea					NY/		B. oleracea
Corn	Zea mavs	wind	А	0	1600 ft	200	market or after	
Cucumber	Cucumis sativus	insects	A	O GAI	1600 ft	10-20	after	
Dill	Anethum	insects	А	0	1600 ft	80	after	
Eggplant	Solanum	insects	А	0	1600 ft	80	after	
Kale	Brassica	insects	В	VO	1600 ft	80	after	crosses w/ other
European	oleracea	histers	U		1000 11	00	unter	B. oleracea
Kale.	Brassica	insects	В	VO	1600 ft	80	after	crosses w/
Siberian	napus		-		2000 10			rutabaga
Leek	Alluim	insects	В	0	1600 ft	80	after	short-lived seeds
	ampeloprasum							
Lettuce	Lactuca	self	A	VS	10 ft	10-20	after	
Melon	Cucumic	insects	Δ	0	1600 ft	10-20	after	crosses w/
WEIGH	melo	msetts	A	0	1000 IL	10-20	arter	Armenian cuke

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Mustard	Brassica	insects	A or B	VO	1600 ft	80	after	crosses w/ other
Greens	oleracea				•			B. oleracea
Okra	Abelmoschus	self,	A	SO	800 ft	40	after	
	escuelentum	insects						
Onion	Allium	insects	В	0	1600 ft	200	after	short-lived seeds
	Сера							
Parsley	Petroselinium	insects	В	0	1600 ft	80	after	
	crispum							
Parsnip	Pastinaca	insects	В	0	1600 ft	80	after	short-lived seeds
	sativa							
Pea	Pisum	self	А	VS	10 ft	10-20	market or	
	sativum						after	
Pepper,	Capsicum	self,	А	SO	800 ft	40	market	
hot	spp.	insects						
Pepper,	Capsicum	self,	А	S	160 ft	10-20	market	
sweet	anuum	insects						
Pumpkin	Cucurbita	insects	A	0	1600 ft	10-20	market	check species for
•	SDD.			une -	4XI	2		potential crossing
Radicchio	Cichorium	insects	В	VO	1600 ft	80	after	,
	intybus							
Radish	Raphanus	insects	А	VO	1600 ft	80	after	
	sativus		91	HUMAN	132			
Rutahaga	Brassica	insects	B	VO	1600 ft	80	after	crosses w/
	nanus	moceto	2		1000 11	00	unter	Siberian kale
Sninach	Sninacea	wind		VO	3200 ft	80	after	Siberian Kale
Spinach	oleracea	wind	Der Co		5200 11	00	anter	
Squach	Cucurbita	insects	٨	0	1600 ft	10-20	after	crosses w/ other
summer	neno	msects	A	0	1000 11	10-20	arter	C neno
Squash	Cucurbita	incocts	۸	0 00 0	1600 ft	10.20	market	crossos w/ othor
Squash,	cucurbitu	msects	А	0 000	1000 11	10-20	market	Crosses w/ other
Sauceh	pepo	incosts	^	0	1600 ft	10.20	markat	с. реро
Squash,		insects	А	0	1000 11	10-20	market	
winter	maxima	incasta	^	0	1000 #	10.20	and a start	
Squash,	Cucurbita	insects	Auro		1000 11	10-20	market	
Winter	moschata	inconto	A		1000 #	10.20	market	
Squasn,	Cucurbita	Insects	A	0	1600 π	10-20	market	
winter	argyrosperma	16		110	10.0	10.00	/	/ 11
Tomato,	Solanum	self,	A	VS	10 ft	10-20	market	crosses w/ other
modern	lycopersicum	insects		-	10.5	10.00		S. lycopersicum
Tomato,	Solanum	self,	A	S	40 ft	10-20	market	crosses w/ other
potato-leaf	lycopersicum	insects					·	S. lycopersicum
Tomato,	Solanum	selt,	A	SO GA	160 ft	40	market	
currant	pimpinelifolium	insects						
Turnip	Brassica	insects	В	VO	1600 ft	80	after	crosses w/ many
	rapa							Asian greens
Watermelon	Citrullus	insects	А	0	1600 ft	10-20	market	
	lanatus							

adapted from A Seed Saving Guide for Gardeners and Farmers, Organic Seed Alliance

Life Cycle: A = annual, B = biennial

Selfing or Outbreeding: VS = very self-pollinating, S = somewhat self-pollinating, SO = can be self-pollinating, but is often outbreeding,

O = mostly outbreeding, VO = requires outbreeding

**Isolation Distance**: isolation distances are for home gardener use and will eliminate cross-pollination MOST of the time – however, more distance may be advisable if absolute purity is required

**Population Size**: keep in mind that the listed population sizes are for commercial production; home gardeners may have to grow fewer plants as garden space dictates, though particularly rare varieties should be grown close to recommended population sizes

**Maturity**: market = seeds are ready when fruit is ripe, after = seeds mature after fruit/plant is typically eaten (if listed as 'market or after,' market refers to a dry market stage (such as dry beans, flint/flour/pop corn, soup peas, etc).