

FarmFolk
CityFolk



Farm To School
Seed Saving Bite Size Lessons- Teachers' Guide

Planning a Seed Garden

FarmFolk CityFolk

What's Included In This Bite Sized Lesson

This contains further information on crop planting dates, seed garden planning and seed saving resources.



Recommendations

We recommend starting with self-pollinating plants such as beans, peas, lettuce, and tomatoes.

If there are other varieties being grown in your garden double check using the resources listed if there is the potential for the plants to cross. If they are known to cross, grow the same varieties as what is existing or choose a different crop.



Seed Saving PDFs

- Seed Savers Exchange - Seed Saving Guide, includes isolation distances, populations sizes for various crops
- West Coast Seeds Regional Planting Charts
- Organic Seed Alliance - Seed Saving Guide - 30 page booklet format
- Seed Ambassadors Project Seed Saving Zine
- Farm 2 School: Saving Garden Seeds Lesson Plans
- FarmFolk CityFolk's Seed Saving Reference Cards for Top 11 crops



Seed Saving Books

Seed Saving Books:

- Seeds of Diversity Canada - How to Save Your Own Seeds
- Suzanne Ashworth - Seed to Seed: Seed Saving and Growing Techniques for Vegetable Gardeners, 2nd Edition
- Seed Savers Exchange - The Seed Garden: The Art and Practice of Seed Saving



Seed Saving Videos

Seed Saving Videos:

- FarmFolk CityFolk: Beans
- FarmFolk CityFolk: Kale
- FarmFolk CityFolk: Radish
- FarmFolk CityFolk: Lettuce



Seed Storage

Seed Storage:

- Seed Storage Guide from Johnny's

