

Seed Savers Exchange: Crop-Specific Seed Saving Guide

Common Name	Scientific Name	Pollination	Life Cycle	Selfing or Outbreeding	Isolation Distance	Population Size	Seed Maturity	Notes
Arugula	<i>Eruca sativa</i>	insects	A	O	1600 ft	80	after	
Basil	<i>Ocimum basilicum</i>	insects	A	O	1600 ft	80	after	
Bean, common	<i>Phaseolus vulgaris</i>	self	A	VS	10 ft	10-20	market or after	
Bean, fava	<i>Vicia faba</i>	self, insects	A	SO	800 ft	40	after	
Bean, Lima	<i>Phaseolus lunatus</i>	self, insects	A	S	40 ft	40	market or after	
Bean, runner	<i>Phaseolus coccineus</i>	self, insects	A	SO	800 ft	40	market or after	
Bean, cowpea	<i>Vigna unguiculata</i>	self, insects	A	SO	160 ft	40	market	
Beet	<i>Beta vulgaris</i>	wind	B	O	3200 ft	80	after	crosses w/ Swiss chard
Broccoli	<i>Brassica oleracea</i>	insects	B	VO	1600 ft	80	after	crosses w/ other <i>B. oleracea</i>
Brussels Sprouts	<i>Brassica oleracea</i>	insects	B	VO	1600 ft	80	after	crosses w/ other <i>B. oleracea</i>
Cabbage	<i>Brassica oleracea</i>	insects	B	VO	1600 ft	80	after	crosses w/ other <i>B. oleracea</i>
Carrot	<i>Daucus carota</i>	insects	B	O	1600 ft	200	after	crosses w/ Queen Anne's Lace
Cauliflower	<i>Brassica oleracea</i>	insects	B	VO	1600 ft	80	after	crosses w/ other <i>B. oleracea</i>
Celery	<i>Apium graveolens</i>	insects	B	O	1600 ft	80	after	crosses w/ celeriac
Celeriac	<i>Apium graveolens</i>	insects	B	O	1600 ft	80	after	crosses w/ celery
Chard, Swiss	<i>Beta vulgaris</i>	wind	B	O	3200 ft	80	after	crosses w/ beets
Cilantro	<i>Coriandrum sativum</i>	insects	A	O	1600 ft	80	after (when coriander)	
Collards	<i>Brassica oleracea</i>	insects	B	VO	1600 ft	80	after	crosses w/ other <i>B. oleracea</i>
Corn	<i>Zea mays</i>	wind	A	O	1600 ft	200	market or after	
Cucumber	<i>Cucumis sativus</i>	insects	A	O	1600 ft	10-20	after	
Dill	<i>Anethum graveolens</i>	insects	A	O	1600 ft	80	after	
Eggplant	<i>Solanum melongena</i>	insects	A	O	1600 ft	80	after	
Kale, European	<i>Brassica oleracea</i>	insects	B	VO	1600 ft	80	after	crosses w/ other <i>B. oleracea</i>
Kale, Siberian	<i>Brassica napus</i>	insects	B	VO	1600 ft	80	after	crosses w/ rutabaga
Leek	<i>Allium ampeloprasum</i>	insects	B	O	1600 ft	80	after	short-lived seeds
Lettuce	<i>Lactuca sativa</i>	self	A	VS	10 ft	10-20	after	
Melon	<i>Cucumis melo</i>	insects	A	O	1600 ft	10-20	after	crosses w/ Armenian cuke

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<b>Mustard Greens</b>	<i>Brassica oleracea</i>	insects	A or B	VO	1600 ft	80	after	crosses w/ other <i>B. oleracea</i>
<b>Okra</b>	<i>Abelmoschus esculentum</i>	self, insects	A	SO	800 ft	40	after	
<b>Onion</b>	<i>Allium Cepa</i>	insects	B	O	1600 ft	200	after	short-lived seeds
<b>Parsley</b>	<i>Petroselinium crispum</i>	insects	B	O	1600 ft	80	after	
<b>Parsnip</b>	<i>Pastinaca sativa</i>	insects	B	O	1600 ft	80	after	short-lived seeds
<b>Pea</b>	<i>Pisum sativum</i>	self	A	VS	10 ft	10-20	market or after	
<b>Pepper, hot</b>	<i>Capsicum spp.</i>	self, insects	A	SO	800 ft	40	market	
<b>Pepper, sweet</b>	<i>Capsicum anuum</i>	self, insects	A	S	160 ft	10-20	market	
<b>Pumpkin</b>	<i>Cucurbita spp.</i>	insects	A	O	1600 ft	10-20	market	check species for potential crossing
<b>Radicchio</b>	<i>Cichorium intybus</i>	insects	B	VO	1600 ft	80	after	
<b>Radish</b>	<i>Raphanus sativus</i>	insects	A	VO	1600 ft	80	after	
<b>Rutabaga</b>	<i>Brassica napus</i>	insects	B	VO	1600 ft	80	after	crosses w/ Siberian kale
<b>Spinach</b>	<i>Spinacea oleracea</i>	wind	A	VO	3200 ft	80	after	
<b>Squash, summer</b>	<i>Cucurbita pepo</i>	insects	A	O	1600 ft	10-20	after	crosses w/ other <i>C. pepo</i>
<b>Squash, winter</b>	<i>Cucurbita pepo</i>	insects	A	O	1600 ft	10-20	market	crosses w/ other <i>C. pepo</i>
<b>Squash, winter</b>	<i>Cucurbita maxima</i>	insects	A	O	1600 ft	10-20	market	
<b>Squash, winter</b>	<i>Cucurbita moschata</i>	insects	A	O	1600 ft	10-20	market	
<b>Squash, winter</b>	<i>Cucurbita argyrosperma</i>	insects	A	O	1600 ft	10-20	market	
<b>Tomato, modern</b>	<i>Solanum lycopersicum</i>	self, insects	A	VS	10 ft	10-20	market	crosses w/ other <i>S. lycopersicum</i>
<b>Tomato, potato-leaf</b>	<i>Solanum lycopersicum</i>	self, insects	A	S	40 ft	10-20	market	crosses w/ other <i>S. lycopersicum</i>
<b>Tomato, currant</b>	<i>Solanum pimpinelifolium</i>	self, insects	A	SO	160 ft	40	market	
<b>Turnip</b>	<i>Brassica rapa</i>	insects	B	VO	1600 ft	80	after	crosses w/ many Asian greens
<b>Watermelon</b>	<i>Citrullus lanatus</i>	insects	A	O	1600 ft	10-20	market	

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).