



**Seed Savers**  
EXCHANGE

# SEED SAVING GUIDE

Crops	Species	Family	Life Cycle	Primary Pollination Method	Recommended Isolation Distance for Seed Saving	Population Size (Number of plants)		
						Viable Seeds	Variety Maintenance	Genetic Preservation
adzuki bean	<i>Vigna angularis</i>	Fabaceae	annual	self	10-20 feet (3-6 m)	1	10-25	50+
amaranth	<i>Amaranthus spp.</i>	Amaranthaceae	annual	wind	650-1,300 feet	1	5-25	50+
Armenian cucumber	<i>Cucumis melo</i>	Cucurbitaceae	annual	insect	800 feet-1/2 mile (244-805 m)	1	5-10	25+
artichoke	<i>Cynara cardunculus</i>	Asteraceae	perennial	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+
arugula (rocket)	<i>Eruca sativa</i>	Brassicaceae	annual	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+
asparagus	<i>Asparagus officinalis</i>	Asparagaceae	perennial	wind	800 feet-1/2 mile (244-805 m)	2 (1 male, 1 female)	20-50	80+
barley	<i>Hordeum vulgare</i>	Poaceae	annual	self	10-20 feet (3-6 m)	1	5-10	20+
bean (common bean)	<i>Phaseolus vulgaris</i>	Fabaceae	annual	self or insect	10-20 feet (3-6 m)	1	5-10	20+
beet	<i>Beta vulgaris</i>	Amaranthaceae	biennial	wind	800 feet-1 mile (244 m-1.6 km)	5	20-50	80+
Belgian endive	<i>Cichorium intybus</i>	Asteraceae	biennial	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+
broccoli	<i>Brassica oleracea</i>	Brassicaceae	biennial	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+
broccoli raab	<i>Brassica rapa</i>	Brassicaceae	annual/biennial	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+
broomcorn	<i>Sorghum bicolor</i>	Poaceae	perennial	self or wind	100-200 feet (30-61 m)	1	10-25	50+
Brussels sprouts	<i>Brassica oleracea</i>	Brassicaceae	biennial	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+
buckwheat	<i>Fagopyrum esculentum</i>	Polygonaceae	annual	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+
cabbage	<i>Brassica oleracea</i>	Brassicaceae	biennial	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+
cardoan	<i>Cynara cardunculus</i>	Asteraceae	perennial	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+

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carrot	<i>Daucus carota</i>	Apiaceae	biennial	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+
cauliflower	<i>Brassica oleracea</i>	Brassicaceae	biennial	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+
celeriac	<i>Apium graveolens</i>	Apiaceae	biennial	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+
celery	<i>Apium graveolens</i>	Apiaceae	biennial	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+
celtuce	<i>Lactuca sativa</i>	Asteraceae	annual	self	10-20 feet (3-6 m)	1	5-10	20+
chickpea (garbanzo bean)	<i>Cicer arietinum</i>	Fabaceae	annual	self	10-20 feet (3-6 m)	1	5-10	20+
chicory	<i>Cichorium intybus</i>	Asteraceae	biennial	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+
Chinese cabbage	<i>Brassica rapa</i>	Brassicaceae	annual/biennial	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+
chives (common chives)	<i>Allium schoenoprasum</i>	Amaryllidaceae	perennial	insect	800 feet-1/2 mile	5	20-50	80+
cilantro	<i>Coriandrum sativum</i>	Apiaceae	annual	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+
citron melon	<i>Citrullus lanatus</i>	Cucurbitaceae	annual	insect	800 feet-1/2 mile (244-805 m)	1	5-10	25+
collards	<i>Brassica oleracea</i>	Brassicaceae	biennial	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+
coriander	<i>Coriandrum sativum</i>	Apiaceae	annual	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+
corn (maize)	<i>Zea mays</i>	Poaceae	annual	wind	800 feet-1/2 mile (244-805 m)	10	50-120	200+
cowpea (Southern pea, yardlong bean, black eyed peas)	<i>Vigna unguiculata</i>	Fabaceae	annual	self	10-20 feet (3-6 m)	1	10-25	50+
cucumber	<i>Cucumis sativus</i>	Cucurbitaceae	annual	insect	800 feet-1/2 mile (244-805 m)	1	5-10	25+
currant tomato	<i>Solanum pimpinellifolium</i>	Solanaceae	annual	self or insect	10-50 feet (3-15 m)	1	5-10	20+

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dill	<i>Anethum graveolens</i>	Apiaceae	annual	insect	800 feet-1/2 mile	5	20-50	80+
eggplant	<i>Solanum melongena</i>	Solanaceae	annual	self or insect	300-1,600 feet (91-488 m)	1	5-20	50+
endive	<i>Cichorium endivia</i>	Asteraceae	annual	self	10-20 feet (3-6 m)	1	5-10	20+
escarole	<i>Cichorium endivia</i>	Asteraceae	annual	self	10-20 feet (3-6 m)	1	5-10	20+
fava bean (broad bean)	<i>Vicia faba</i>	Fabaceae	annual	self or insect	160-500 feet (49-152 m)	1	10-25	50+
fennel	<i>Foeniculum vulgare</i>	Apiaceae	perennial	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+
frisee	<i>Cichorium endivia</i>	Asteraceae	annual	self	10-20 feet (3-6 m)	1	5-10	20+
gourd	<i>Cucurbita spp.</i>	Cucurbitaceae	annual	insect	800 feet-1/2 mile (244-805 m)	1	5-10	25+
gourd (hard-shelled gourd)	<i>Lagenaria siceraria</i>	Cucurbitaceae	annual	insect	800 feet-1/2 mile (244-805 m)	1	5-10	25+
ground cherry	<i>Physalis grisea</i>	Solanaceae	annual	self or insect	300-1,600 feet (91-488 m)	1	5-20	25+
Italian dandelion	<i>Cichorium intybus</i>	Asteraceae	biennial	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+
Japanese greens	<i>Brassica rapa</i>	Brassicaceae	annual/biennial	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+
kale	<i>Brassica oleracea</i>	Brassicaceae	biennial	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+
kohlrabi	<i>Brassica oleracea</i>	Brassicaceae	annual/biennial	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+
leek	<i>Allium ampeloprasum</i>	Amaryllidaceae	biennial	insect	800 feet-1/2 mile	5	20-50	80+
lentil	<i>Lens culinaris</i>	Fabaceae	annual	self	10-20 feet (3-6 m)	1	5-10	20+
lettuce	<i>Lactuca sativa</i>	Asteraceae	annual	self	10-20 feet (3-6 m)	1	5-10	20+
lima bean	<i>Phaseolus lunatus</i>	Fabaceae	annual	self or insect	160-500 feet (49-152 m)	1	10-25	50+
melon	<i>Cucumis melo</i>	Cucurbitaceae	annual	insect	800 feet-1/2 mile (244-805 m)	1	5-10	25+

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mustard greens	<i>Brassica juncea</i>	Brassicaceae	annual/biennial	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+
oats	<i>Avena sativa</i>	Poaceae	annual	self	10-20 feet (3-6 m)	1	5-10	20+
okra	<i>Abelmoschus esculentus</i>	Malvaceae	annual	self or insect	500-1,600 feet	1	5-10	25+
onion (common onion, multiplier onion)	<i>Allium cepa</i>	Amaryllidaceae	biennial	insect	800 feet-1/2 mile	5	20-50	80+
orach (mountain spinach)	<i>Atriplex hortensis</i>	Amaranthaceae	annual	wind	800 feet-1 mile (244 m-1.6 km)	1	5-25	50+
parsley	<i>Petroselinum crispum</i>	Apiaceae	biennial	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+
parsnip	<i>Pastinaca sativa</i>	Apiaceae	biennial	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+
pea	<i>Pisum sativum</i>	Fabaceae	annual	self	10-20 feet (3-6 m)	1	5-10	20+
peanut	<i>Arachis hypogaea</i>	Fabaceae	annual	self	10-20 feet (3-6 m)	1	5-10	20+
pepper	<i>Capsicum</i> spp.	Solanaceae	annual	self or insect	300-1,600 feet (91-488 m)	1	5-20	50+
pumpkin	<i>Cucurbita</i> spp.	Cucurbitaceae	annual	insect	800 feet-1/2 mile (244-805 m)	1	5-10	25+
quinoa	<i>Chenopodium quinoa</i>	Amaranthaceae	annual	self	100-300 feet (30-91 m)	1	10-25	50+
radichhio	<i>Cichorium intybus</i>	Asteraceae	biennial	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+
radish	<i>Raphanus sativus</i>	Brassicaceae	annual	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+
rice	<i>Oryza sativa</i>	Poaceae	annual	self	10-20 feet (3-6 m)	1	5-10	20+
runner bean (scarlet runner bean)	<i>Phaseolus coccineus</i>	Fabaceae	annual	self or insect	160-500 feet (49-152 m)	1	10-25	50+
rutabaga	<i>Brassica napus</i>	Brassicaceae	biennial	insect	800 feet-1/2 mile (244-805 m)	1	5-25	50+
rye	<i>Secale cereale</i>	Poaceae	annual	wind	750 feet (229 m)	5	20-50	80+
shallot	<i>Allium cepa</i>	Amaryllidaceae	biennial	insect	800 feet-1/2 mile	5	20-50	80+

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Siberian kale	<i>Brassica napus</i>	Brassicaceae	biennial	insect	800 feet-1/2 mile (244-805 m)	1	5-25	50+
smallage	<i>Apium graveolens</i>	Apiaceae	biennial	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+
sorghum	<i>Sorghum bicolor</i>	Poaceae	perennial	self or wind	100-200 feet (30-61 m)	1	10-25	50+
soybean (edamame)	<i>Glycine max</i>	Fabaceae	annual	self	10-20 feet (3-6 m)	1	5-10	20+
spinach	<i>Spinacia oleracea</i>	Amaranthaceae	annual	wind	800 feet-1 mile (244 m-1.6 km)	10	20-50	80+
squash (summer squash, winter squash)	<i>Cucurbita spp.</i>	Cucurbitaceae	annual	insect	800 feet-1/2 mile (244-805 m)	1	5-10	25+
sunflower	<i>Helianthus annuus</i>	Asteraceae	annual	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+
Swiss chard	<i>Beta vulgaris</i>	Amaranthaceae	biennial	wind	800 feet-1 mile (244 m-1.6 km)	5	20-50	80+
teparty bean	<i>Phaseolus acutifolius</i>	Fabaceae	annual	self	10-20 feet (3-6 m)	1	5-10	20+
tomatillo (husk tomato)	<i>Physalis philadelphica</i>	Solanaceae	annual	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+
tomato	<i>Solanum lycopersicum</i>	Solanaceae	annual	self or insect	10-50 feet (3-15 m)	1	5-10	20+
turnip	<i>Brassica rapa</i>	Brassicaceae	biennial	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+
watermelon	<i>Citrullus lanatus</i>	Cucurbitaceae	annual	insect	800 feet-1/2 mile (244-805 m)	1	5-10	25+
wheat	<i>Triticum spp.</i>	Poaceae	annual	self	10-20 feet (3-6 m)	1	5-10	20+
wild arugula	<i>Diplotaxis tenuifolia</i>	Brassicaceae	perennial	insect	800 feet-1/2 mile (244-805 m)	5	20-50	80+