

**We are grateful to share with you *The Power of the Seed*
to grow your own food and share with your community!**

This **Community Seed Pack** includes a variety of hearty veggies, healing greens, and tasty herbs to nourish the bodies and minds of your community. Plus a mix of beautiful and fragrant flowers for our bee, butterfly, and pollinator friends, because insects and plants are a part of our community too! This gift is provided to you by the Free Seed Project, Robin Greenfield, and the Live Like Ally Foundation.

The Power of the Seeds!

These seeds may be tiny, but they are not to be underestimated! To buy each of these open-pollinated*, non-GMO seed varieties would cost over \$200 if ordered from a seed company. Used mindfully, you can grow well over \$10,000 worth of food with just the seeds in this Community Pack!

There are enough seeds for:

- Raised beds: to plant thirty + 4'x8' raised beds
- Farm: 900 row feet planted / 18 50' rows / (50' x 75' area) / 1/10th of an acre

Who is The Community Seed Pack for?

This community pack is for community gardens, school gardens, community food initiatives, and small farms, nonprofit farms and community farms!

We've selected the easiest to grow plants, catered specifically for new gardeners and we've included a step-by-step guide on how to grow this food - ensuring the highest chances of success and time efficiency!

Let your garden serve as a celebration of life and an oasis to practice presence and gratitude, while taking power back from the global, industrial food system and putting that power back into the hands of your community. *Our Mission* is to create food sovereignty in our communities and take power back from the global, industrial food system. We do this by providing Free Seed Packs, Community Packs and Seed Library Packs to over 10,000 people with low access to healthy food each year.

We are here to help you succeed in growing food with your community!

We encourage you to follow these steps to get the most out of the seeds and ensure a bountiful and productive garden.

Read the growing instructions. In this pack, we have shared growing instructions for each seed variety on the planting chart, including seed spacing, direct planting vs. transplanting, planting dates, days to maturity and more.

Read our beginner’s gardening guide. For people who are just starting their journey of growing food. It includes our Seed Saving Guide to help you grow your abundance! robingreenfield.org/guide

Watch our Video Series (for beginners) on YouTube. The Free Seed Project Demonstration Garden Video Series shows you exactly how to grow your own food – from planting the seeds, to tending the garden, to harvesting the food!

Join the community group on Facebook. Ask questions from experienced gardeners, learn what is working best for others, motivate each other with photos from your gardens, share and exchange seeds with each other, and much more! facebook.com/groups/freeseedproject

Use our Seed Saving Guide to grow your own seeds to plant year after year! There is plenty of abundance in this pack to let some of each plant “go to seed”. By doing this you can grow your own seeds to save for year after year of planting. That’s Food Sovereignty! That’s Food Freedom! www.robingreenfield.org/seedsaving

All of these resources and more can be found at robingreenfield.org/communitypack

Seed Standards

We work with and supply solely non-GMO/non-GE seeds with absolutely no exceptions. Each of the varieties of seeds that we provide are open-pollinated, except for three (carrots, collards, and swiss chard which are F1 hybrid). About half of the seed varieties are organic. To provide all organic would substantially decrease the number of people we can provide seeds to for free. We purchase organic seeds where the cost increase is minimal and choose the non-certified organic options where the price is substantially different. That said, the non-certified organic seeds are produced with high Earth ethics. All of our seeds can always be grown regeneratively, sustainably, and in harmony with Earth – with no pesticides – (all qualities of TRUE organic, the way the Earth loves it)!

How you can be involved with Free Seed Project

- Inspire others by posting photos of the garden and food being grown using #FreeSeedProject on social media.
- Be featured by us! Email your story and photos to: growfood@robingreenfield.org
- Follow us on Instagram @Live_Like_Ally and “Like” Live Like Ally Foundation on Facebook to stay inspired and informed and see stories of others growing and sharing their own food!
- Share the Power of the Seed Pack by donation with your friends: robingreenfield.org/seed
- Share the Free Seed Pack with friends: robingreenfield.org/freeseedproject

Health and Happiness to you from the Free Seed Project, Robin Greenfield & Live Like Ally!

What's in the Community Pack?

This pack includes 22 bags of seeds.

Our website also has a picture key to help with ID: robingreenfield.org/communitypack/

On this site we include links with details of each seed variety as well as a printable growing guide.

Many of the bags include a mix of a few varieties. The purpose of this is to add more diversity and resilience to your gardens, while keeping materials and resource costs lower for the Free Seed Project.

Seed varieties and approximate number of seeds:

Tomatoes (2 varieties) (40) <i>cherry and Valencia* varieties</i> (indeterminate)	Cilantro (600) <i>santo variety</i>	Basil (4 varieties) (800) <i>Italian*, Thai, red rubin*</i> and <i>lemon varieties</i>
Hot Peppers (2 varieties) (25) early jalapeño* and Hungarian hot wax*	Swiss Chard (400) <i>charbell variety**</i>	Chives (600) <i>purly/staro chives and garlic chives</i>
Beans (Bush) (100) <i>provider variety</i>	Collards (100) <i>Flash variety**</i>	Dill (2,000) <i>bouquet variety*</i>
Peas (100) <i>bistro variety</i>	Carrots (750) <i>bolero variety**</i>	Kale (3 varieties) (600) <i>Toscana*, red* and white Russian*</i>
Cucumbers (60) <i>marketmore 76 variety</i>	Radishes (2 varieties) (500) <i>easter egg, pink celebration</i>	Arugula (2,000) <i>esmee* variety</i>
Squash (2 varieties) (30) <i>spaghetti, Waltham butternut*</i>	Turnips (2,000) <i>purple top white globe variety*</i>	Mustard Greens (3 varieties) (1,300) <i>red giant*, green wave* and</i> <i>choi sum Asian green</i>
Beets (700) <i>early wonder tall top variety</i>	Bunching Onions (1,000) <i>evergreen hardy white variety</i>	Beneficial Insect Attractant Flower mix (500)
-	-	Herb mix (1,000) <i>lemon balm, Greek oregano,</i> <i>common chamomile</i>

*organic

**F1

All others are open-pollinated. See more information under our seed standards section.

See the Planting Chart

- Details and descriptions on each seed variety.
- Detailed growing instructions and suggestions for each seed variety including seed spacing, sunlight requirements, direct planting vs. transplanting, how to water, and more.

Planting Chart

For additional growing instructions and direct links to each plant and variety please visit robingreenfield.org/communitypack

Plants	Direct Seed or Trans plant	Seeds per 1020 Flat	Days to maturity	Outdoor Plant Date (Direct Seeding) (Based on Northern Climates)	Life Cycle	Seed Planting Depth	Row Spacing	Plant Spacing (inches)
Tomatoes	T	1 seed/ cell; lightly cover	60	For earliest crop, plant after last frost date	Annual	1/4"	4–6' apart	24-36" apart
Hot peppers	DS/T	4 seeds/in.	~70	Late March or about 8 weeks prior to transplanting.	Annual	1/4"	24-36" apart	12-18" apart
Beans	DS	-	50	After last frost date	Annual	1"	2" apart	20–36" apart
Peas	DS	-	63	Early in the winter/spring (in fall 2 months before frost)	Annual	1/2 -1"	18-36" apart	1 1/2-2" apart
Cucumbers	DS/T	50-cell plug trays; 1–2 seeds/cell 3–4 weeks before transplanting	58	Wait until soil is warm, at least 70°F (21°C).	Annual	1/2"	6' apart	12" apart; 2 seeds/ft.
Squash	DS/T	Sow 2-3 seeds per 2" container or plug flat	~97	About 3 weeks prior to transplanting. After danger of frost has passed, transplant.	Annual	1/2 -1"	6' - 12' between-row spacing	1-5' apart
Beets	DS/T	Early spring, about 5-6 weeks before transplanting out after heavy frosts become infrequent.	35 baby leaf; 45 full-size leaf; 55 roots	Begin early sowings when soil has warmed to 45°F (7°C)	Biennial	1/2"	12–18" apart	Thin to 1 plant per 3"
Cilantro	DS	-	53 leaf harvest; ~97 to seed	Spring through late summer	Annual	1/4 - 1/2"	3" apart	1/4- 1/2" apart in rows
Swiss chard	DS/T	Early spring, about 5–6 weeks before transplanting out after heavy frosts become infrequent.	28 baby; 65 bunching	DS: from midspring and on into midsummer (fall where winter is mild).	Biennial	1/2"	12–18" apart	Thin to 4–6" apart
Collards	DS/T	Sow 2 seeds per cell in 50- to 72-cell plug flats, 3–4 seeds/in. in 20 row flats	55	DS: Early spring to approx. 3 months before expected fall frost. (For a fall crop start seedlings in May and transplant in June–July.)	Biennial	1/2"	18–36" apart	sow 3–4 seeds every 12-18"

Plants	Direct Seed or Trans plant	Seeds per 1020 Flat	Days to maturity	Outdoor Plant Date (Direct Seeding) (Based on Northern Climates)	Life Cycle	Depth	Row Spacing	Plant Spacing (inches)
Zucchini	DS	-	52	DS: after danger of frost has passed and the soil has warmed to 60°F (16°C)	Annual	1/2"	6' apart	8-24" apart
Carrots	DS	-	75	Early spring to midsummer	Annual	1/4 – 1/2"	16–24"	1"
Radishes	DS	-	30	Sow at any time during the season, beginning in early spring.	Annual	1/2"	1' apart	3/4–1"
Turnips	DS	-	50	Sow early spring through late summer	Annual	1/4 – 1/2"	2–4" wide band, seeds 1" apart (35 seeds/ft.) for small turnips or 2" apart (and half this rate) for larger turnips.	12–18" apart
Bunching Onions	DS/T	Sow 6–8 seeds per cell in 72-cell trays, about 6 weeks before transplanting.	65	Early spring for summer use, and in July or August for fall and spring use.	Biennial	1/4 – 1/2" deep	2–3" wide bands	1/4" apart
Basil	DS (recomm- ended)	-	65	DS when the soil has warmed to at least 50°F (10°C) and preferably around 70°F (21°C) for best growth.	Annual	1/4"	18" apart	4-8" apart
Chives	DS/T	~7 weeks before the last frost. Sow several seeds per plug, thinning to 3-4 seedlings per plug.	80	Spring as soon as the soil warms up. Thin to 2-3 plants every 2-8". For transplant clusters, plant 2-8" apart in rows 18" apart.	Perenn- ial	1/4"	4–6" apart	4-6 seeds every 6" or 1-2 seeds per inch.
Dill	DS (recomm- ended)	Transplant - Dill can be started indoors in containers or cell trays. Sow 3-5 seeds per cell. Transplant using 2-4" spacing in rows at least 4" apart.	40-45 to leaf harvest; 85-105 to seed	Sow in spring as soon as the soil can be worked. Thinning is not necessary. Successive sowings can be done every three weeks to harvest fresh greens continuously.	Annual	1/4 - 1/2"	3" apart	1/4- 1/2" apart
Kale	DS/T	Sow 2 seeds per cell in 50-72 cell plug flats, 3–4 seeds/in. in 20-row flats.	50	Early spring to approx. 3 mo before expected fall frost. Thin to 1 plant per group. Transplant in approx. ~5 wks	Biennial	1/4"	18–36" apart	3–4 seeds every 12–18"

Plants	Direct Seed or Trans plant	Seeds per 1020 Flat	Days to maturity	Outdoor Plant Date (Direct Seeding) (Based on Northern Climates)	Life Cycle	Depth	Row Spacing	Plant Spacing (inches)
Kale	DS/T	Sow 2 seeds per cell in 50 to 72-cell plug flats, 3–4 seeds/in. in 20-row flats. Transplant in approx. ~5 weeks	50	From early spring to approx. 3 months before expected fall frost. Thin to 1 plant per group.	Biennial	1/4"	18–36" apart	3–4 seeds every 12–18"
Arugula	DS	-	40	From early spring onward	Annual	1/8"	2" apart	5 seeds/ inch
Mustard Greens	DS	-	45	Sow from early spring into midsummer	Annual	1/4"	2" apart	3–5 seeds/ inch
Beneficial Insect Attractant Flower mix	DS	-	varies	For fall sowing, wait until the soil temperature is below 40°F/4.4°C)	Perennial/ Annual	no deeper than 1/8"	-	Broadcast mixture evenly over area.
Herb mix: lemon balm chamomile oregano	T (recommended)	Broadcast mixture evenly 4-6 weeks before transplanting out.	70	DS as soon as the soil can be worked in the spring.	Perennial	1/4"	17" apart	12"

Seed Saving Guide

Below are the general seed-saving guidelines that apply to most crops. Specific steps and information unique to each plant are in the “Seed Saving Chart” on the following pages. You can also check out our Free Seed Project Seed Saving Resource Guide at robingreenfield.org/seedsaving.

There are three ways flowers are pollinated: by insects, by the wind, and all by themselves (e.g. self-pollinating). Most seeds included in every Free Seed Project pack are self-pollinating crops and easier for new seed savers because each flower typically pollinates itself without help.

- Top easiest crops: arugula, mustard, radish, turnip, dill, cilantro
- Most challenging crops: oregano, lemon balm, kale, carrot

GENERAL GUIDELINES:

1. **SELECT:** Pick your most impressive plants to harvest your seeds from. Let plants ripen as long as possible. Pick those that are healthy, vigorous, and disease free with good-tasting fruit. If frost threatens to kill your plants, cut the plants whole, and allow them to dry in a non-freezing, ventilated space where the seeds can mature as best as possible. Wait for a stretch of dry weather to harvest seeds. Moisture is the greatest enemy to storing viable seeds.
2. **CLEAN & PROCESS:** Scoop the seeds out and clean before storing. Immediately after cleaning, spread out the rinsed seeds to dry in a thin layer on screens, if possible. Note: when fruits are processed individually - such as when winter squash seeds are extracted as a meal is prepared - the seeds should be stored with seeds of other fruits from the same planting, in order to maintain the genetic diversity of the seed crop. One common practice includes:
 - **FERMENTATION:** The fermentation process aids in the cleaning of the seeds. [See Tomato, Cucumber, and Zucchini]. Scoop the seeds out and place them with some water and pulp in a labeled container for three days so the mixture ferments and the seeds sink to the bottom. Cover the container with a bit of cloth or a coffee filter and a rubber band to keep out fruit flies. The seed/flesh/water mixture should smell sour. After three days, stir the mixture. The good, viable seeds will sink while the pulp and bad seeds will float. You can pour them off the top along with the rotted pulp and rinse. Drain and keep the viable seeds.
3. **DRY:** Lay your seeds on a single layer on paper towels, coffee filters, old window screens, or dehydrator screens (don't dehydrate them, though). A fine-meshed screen, tray, plate, or cake pan are also an excellent place to let the seeds dry. Spread them out to give them air. Let your seeds air dry naturally until they can be snapped in half. Seeds generally need to pass the 'snap-test', which means a seed, when bent, will snap cleanly in two halves.
4. **STORE:** in a labeled airtight container, under cool, dry, and dark conditions. Keep out moisture and humidity. When stored under these conditions, the average seed viability is one to five years.

Seed Saving Chart

Specific steps and information unique to each crop are in this Seed Saving Chart. For the general seed-saving guidelines that apply to most plants see the general guidelines on the previous page. You can also check out our Free Seed Project Seed Saving Resource Guide at robingreenfield.org/seedsaving.

Crop	Seed Saving Information <i>Steps following the growing stage</i> *** = general guidelines apply	Primary Pollination Method
Tomatoes	1) SELECT the best plants to harvest the seeds from*** 2) CLEAN THE SEEDS & FERMENT*** 3) DRY THE SEEDS*** Add'l note: A slight breeze helps if the weather is wet or humid, but heat or sunlight is not necessary (and heat over 40°C can kill them). When they're half-dry, they won't stick together. 4) STORE*** Avg Storage Life: 3 If kept dry, tomato seeds should last at least 5 years. If kept dry and cool (in airtight jars in the basement, garage, etc) they can keep for 10-12 years. For more instructions see the Saving Tomato Seed handout by Seeds of Diversity.	self or insect
Hot peppers	1) SELECT the best plants to harvest the seeds from.*** Add'l notes for hot peppers: Aim to save seeds from 5 to 20 plants each year. Let your peppers mature fully (about two weeks after you usually harvest). 2) CLEAN THE SEEDS*** Work in an area with good ventilation. Scoop the seeds out. Rinse your pepper seeds and remove any unwanted material. 3) DRY THE SEEDS*** for several days out of direct sunlight. Snap test to check if fully dry. 4) STORE*** Avg Storage Life: 3 years.	self (normally) or insect
Beans	1) SELECT the best plants to harvest the seeds from.*** Add'l notes for beans: Leave the pods on the plant until they turn brown and dry. Harvest pods from healthy ones, picking the dry, brown, fully mature pods by hand. (You may have to repeat the harvest several times if the pods don't all ripen at once.) If you have enough dry space, you can cut the plants at the base and dry them whole. Spread them out so they are well-ventilated. Wait until the leaves have died back for the best seed maturity, but if you wait too long after this stage, the pods will split open and drop the seeds on the ground. It is easier to remove the seeds from the pods when they are completely dry. Harvested pods will not dry if the air is humid. If necessary, use a fan to circulate the air. To tell if the seeds are ready, bite one – if it feels hard like a pebble between your teeth, it's likely dry enough. If the seeds are soft, they need to dry more. The pods should also be completely dry and brittle. If you are saving a small amount, crack the dry pods with your fingers and remove the seeds.	self or insect

	<p>2) THRESHING: If you are saving several pounds of seeds, you can save hours by threshing. One way to do this is to place the fully dried plants on a tarp or in a large bucket and crush them with a piece of wood, your feet, etc. If they are well-dried, the pods of most varieties shatter easily. Shake the tarp or bin to make the seeds sift to the bottom, and remove the crushed pods and stems from the top.</p> <p>3) STORE***</p> <p>Avg Storage Life: 3 years.</p> <p>For more instructions see the Saving Bean and Pea Seed handout by Seeds of Diversity.</p>	
Peas	<p>See “Beans” and follow the same general steps. For peas, harvest the seed pods when they are brown and dry on the plants.</p> <p>Avg Storage Life: 2–4 years</p> <p>For more instructions see the Saving Bean and Pea Seed handout by Seeds of Diversity.</p>	self or insect
Cucumber	<p>1) SELECT the best plants to harvest the seeds from.*** Add'l notes for cucumbers: Don't pick cucumbers at the same time you pick them for eating. For seed saving, you want the cucumbers to be fully ripe, large, rounded, and yellow to orange. It's best to leave them on the vine for a few weeks after the color change. They'll begin to soften and should pull easily from the vine. If that isn't possible, you can let them continue to ripen and soften in a basket out of direct sunlight. When you cut the cucumber open, the seeds should appear large and full.</p> <p>2) CLEAN THE SEEDS & FERMENT***</p> <p>3) DRY***</p> <p>4) STORE***</p> <p>Avg Storage Life: 3–6 years</p> <p>For additional details see the Saving Cucumber Seed by Southern Exposure Seed Exchange.</p>	insect
Squash	<p>1) HAND-POLLINATE: When growing squash for seed, hand-pollination is recommended. It's very easy to hand-pollinate squash flowers because they have large, easily recognizable male and female flowers.</p> <p>2) SELECT the best plants to harvest the seeds from.***</p> <p>3) ASSESS SEED MATURITY. Wait at least 20 days beyond fruit maturity before extracting seeds. At seed maturity, summer squash will be much larger than their market-mature size, and they typically undergo a color change. Harvest when the rind is too hard to dent with a fingernail and the stem is dry. Winter squash are typically mature when fruits are normally harvested for eating: after they change color and fruit stems are dry. Although they can further ripen on the vine, squash are susceptible to diseases and sunscald, and it is generally recommended that fruits be harvested and moved to a shady location or indoors for post-harvest ripening.</p> <p>4) CLEAN THE SEEDS: Split the squash in half by shallowly cutting through the rind from top to bottom on both sides and separating the two halves. Cutting through the center of the fruit can damage seeds. Scoop the seeds out, massaging them free from the pulp as much as possible. Rinse and drain the seeds free of the pulp. If the seeds are hard to separate from the pulp, soak the seeds for a few hours to facilitate cleaning. Immediately</p>	insect

	<p>after cleaning, spread the seeds out to dry in a thin layer on screens, if possible.</p> <p>5) DRY: Lay your seeds in a layer. Seeds need to pass the snap-test***</p> <p>6) STORE***</p> <p>Avg Storage Life: 3–6 years</p> <p>For more instructions see Grow and Save Squash Seeds by Seed Savers Exchange.</p>	
Beets	<p>1) SELECT the best plants to harvest the seeds from.*** Harvest the beets ~70 days after planting, before they become woody. The roots will be about the size of a golf ball. Gently pull beets out of the soil by the base. Harvesting when approximately $\frac{2}{3}$ of the seeds are brown is recommended. To ensure viable seeds, save seeds from at least 5 plants.</p> <p>2) CLEAN AND PROCESS: The seed stalks can be threshed using one of several methods. Small lots and cut branches can be processed by running a gloved hand along the length of the stalk with a container placed underneath to catch dislodged seeds; stalks should be discarded once they are stripped of seeds. Larger lots and whole plants can be placed in large tubs or on tarps and treaded upon. Threshed seedstalks should be discarded, and the seed lot should then be screened and winnowed.</p> <p>3) DRY*** Move to a place where they can continue drying. 7-14 days should be a sufficient drying period.</p> <p>Avg Storage Life: 2–5 years</p> <p>For more instructions see Grow and Save Beet Seeds by Seed Savers Exchange.</p>	wind
Cilantro	<p>1) HARVEST THE SEEDS: Allow cilantro flowers to develop. Once cilantro flowers die back, they produce clusters of round, brown-colored seeds. Temperatures must be consistently over 75°F (24°C) for the plant to flower. When the coriander seeds are ready, these pods drop the mature seed.</p> <p>To harvest you can either hold a container below a cilantro seed head or place them in a bag to fall on their own. If using a container, gently rub a dried seed head between two fingers. The round seeds drop easily into the container below. Or you can tie the stems with their attached seed pods into a bunch and hang them upside down in a paper bag in a cool and dry place. The seeds will pop out over time and fall into the bag.</p> <p>2) STORE: Keep your seeds in an airtight jar in a cool and dry place. For ideal flavor, grind dried seeds before using them in your recipes.</p> <p>Avg Storage Life: 1–4 years</p> <p>For more instructions go to How To Harvest Coriander Seeds by Epic Gardening.</p>	insect
Swiss Chard	<p>Chard is a biennial, meaning that it will not set seed until the second year of growth. At seed maturity, plants of this species take up a fair amount of space in the garden. A benefit to growing Swiss chard for seed is that you can lightly harvest the plants in their first season for food, and then let them overwinter and harvest the seeds the next year. Being wind pollinated, it needs a very long isolation distance, at least 1 mile away from other <i>Beta vulgaris</i> to prevent crossing; this includes Beets.</p> <p>1) HARVEST THE SEEDS: To ensure viable seeds, save seeds from at least 5 plants. Seeds at the base of the flower stalks ripen first, and seed maturation continues up the stalks. Seeds change from green to a tannish-brown color as they mature. Once seeds start ripening, there will almost always be a mixture of mature and immature seeds on plants. Harvesting when approximately two-thirds of the seeds are brown is recommended.</p>	wind

	<p>2) CLEAN AND PROCESS: The seedstalks can be threshed using one of several methods. Small lots and cut branches can be processed by running a gloved hand along the length of the stalk with a container placed underneath to catch dislodged seeds; stalks should be discarded once they are stripped of seeds. Larger lots and whole plants can be placed in large tubs or on tarps and treaded upon. Threshed seedstalks should be discarded, and the seed lot should then be screened and winnowed.</p> <p>3) STORE: under cool, dry, and dark conditions. Store in an airtight container to keep out moisture and humidity. Depending on the percentage of ripe seeds at harvest, 7 to 14 days should be a sufficient drying period.</p> <p>Avg Storage Life: 2–5 years</p> <p>For more instructions go to Grow and Save Swiss Chard Seeds by Seed Savers Exchange.</p>	
Collards	<p>After flowering in their second year, harvest collard seeds when they are very hard and pods are dry and brittle.</p> <p>1) HARVEST Seeds can be gathered by cutting branches or by harvesting whole plants. Because of this species' tendency to shatter, the harvested material should be placed on drop cloths or in containers to prevent seed loss.</p> <p>2) CLEAN AND PROCESS: <i>Brassica oleracea</i> seeds can be threshed by rubbing the pods between one's hands or against any surface that will cause them to break open. If the pods are dry, they will release their seeds easily when threshed.</p> <p>3) STORE: under cool, dry, and dark conditions.</p> <p>Avg Storage Life: 3–5 years</p> <p>For more instructions go to Grow and Save Collard Seeds by Seed Savers Exchange.</p>	insect
Zucchini	<p>1) SELECT the best plants to harvest the seeds from.*** To successfully save seeds from zucchini, you have to leave them on the plant well after you would want to eat them. They should get large and swollen, with hard skin. At this point, the seeds are mature, though the fruits are inedible.</p> <p>2) CLEAN AND FERMENT THE SEEDS: Cut open the zucchini. Since the skin is tough, you might need more than a simple kitchen knife to cut through it. Scoop the seeds out (with whatever is attached to the seeds) into a container. Discard the rest of the fruit into your compost pile. Ferment the seeds. You might need to add a bit of water to your seed/zucchini flesh mixture. Add just enough to make a wet mass. It takes 1-2 days.</p> <p>Clean the seeds. Once the fermentation process is complete, you need to get the seeds out of the squash mixture. Dilute the ferment with plenty of water so that the heaviest squash seeds sink to the bottom. The flat, empty seeds should be the only ones that float to the top. Pour off the very top of the diluted mixture, taking care not to lose any of the good, heavy seeds that are at the bottom.</p> <p>Final cleaning. It is helpful to use a screen or sieve for this step. Empty your seeds onto the screen and spray them with water until all the flesh is separated. Gather the clean seeds.</p> <p>3) DRY*** Stir the seeds around periodically to make sure there are no damp pockets.</p> <p>4) STORE*** in a paper envelope and label them.</p> <p>Avg Storage Life: 1–3 years</p>	self

	For more instructions go to Harvest and Clean Zucchini Seeds by Hudson Valley Seed Co.	
Carrots	<p>1) HARVEST: Individual seed heads can be harvested by cutting stems several inches below the umbels. The harvested material should be moved to a well-ventilated space that is protected from rain for further drying for 5-14 days.</p> <p>2) CLEAN AND PROCESS: Carrot seeds can be easily threshed by rubbing the seed heads between one's hands or against a fine mesh screen. Because each pair of seeds is held on by a thin stem, dislodging the seeds into a container by gently brushing the tops of the seed heads results in a cleaner seed lot containing fewer dry flower stems.</p> <p>3) STORE: under cool, dry, and dark conditions. Store in a paper envelope and label them.</p> <p>Avg Storage Life: 3–4 years</p> <p>For more instructions go to Grow and Save Carrot Seeds by Seed Savers Exchange.</p>	insect
Radishes	<p>1) HARVEST: To ensure viable seeds, save seeds from at least 5 plants. Radish fruits do not split open at maturity and can be left to dry in the field without fear of shattering. Fruits should be harvested when they turn brown and become brittle. In most areas this occurs between early and late summer.</p> <p>Fruiting branches can be cut as they mature or all at once, when approximately two-thirds of the planting is seed mature. Although losing seeds to shattering is not a concern, seed quality can decrease if pods are left in the field for too long after maturity.</p> <p>2) CLEAN AND PROCESS: Radish seeds do not shatter, so their seeds must be extracted by a method more forceful than threshing by hand. On a small scale, plants can be threshed by placing the harvested material on a trap or in a large container and treading upon it until the siliques break apart. Radish pods may not release their seeds easily even when broken open, and it may be necessary to crush fruits completely during the threshing process. Radish seeds are generally easy to clean by screening and winnowing.</p> <p>3) STORE: under cool, dry, and dark conditions.</p> <p>Avg Storage Life: 4–5 years</p> <p>For more instructions go to Grow and Save Radish Seeds by Seed Savers Exchange.</p>	insect
Turnips	<p>Turnips are an insect-pollinated biennial, meaning they do not flower and set seed until the following season. Leave a ½ mile between what you are growing and any other Brassica rapa to prevent crossing. Plant at least 6 different to ensure reasonable genetic diversity. After flowers have turned to seed, leave the seed pods to mature and dry on the plant for as long as possible before gathering.</p> <p>1) HARVEST: Once the plant material is so dry it crumbles at your touch, you can separate the seeds from the pods and winnow away the chaff.</p> <p>2) STORE: in an envelope or jar under cool, dry, and dark conditions.</p> <p>Avg Storage Life: 4–5 years</p> <p>For more instructions go to Seed Saving Notes for Turnips by Sow True Seed.</p>	insect
Bunching Onions	<p>Onions are biennial, meaning they flower, set seed, and die during their second year of growth. Harvest seed when flowers dry and turn brown. Store under cool, dry, and dark conditions. Store under cool, dry, and dark conditions.</p>	insect

	<p>Avg Storage Life: 1–2 years</p> <p>For more instructions go to Seed Saving Notes for Bunching Onions by Sow True Seed.</p>	
Basil	<p>Just a few flowering basil plants can produce hundreds of seeds. When a basil plant gets too hot or older, the plant starts to bolt, producing flowers. Allow those flowers to continue growing. When they start to look a little dried out, it's time to harvest seeds.</p> <p>1) HARVEST THE SEEDS: Bring a basket, box, or large container out to the garden with a pair of scissors. Gently snip off the entire flower stalk. Inside of those flowers are tiny seeds. When you are done collecting flowers it's time to collect seeds.</p> <p>2) PROCESS: Use your fingers to gently roll those flowers over a large bowl and the seeds should fall out. Some people use a colander in the bowl to easily separate plant material and seeds. The tiny seeds should slip through the holes in the colander leaving just plant material in the colander when you remove it from the bowl.</p> <p>3) DRY***</p> <p>4) STORE***</p> <p>Avg Storage Life: 3–5 years</p> <p>For more instructions go to Seed Saving Notes for Heirloom Basil by Mary's Heirloom Seeds.</p>	insect
Chives	<p>To save the seeds, shake flower head against the sides of the paper bag to loosen and remove the dried seeds. If some seeds do not come out easily, you can rub the seed head together to ease the seeds out. Collect and store seeds in a cool, dry, and dark location.</p> <p>Avg Storage Life: 1–3 years</p>	insect
Dill	<p>Dill self-sows readily in the garden. Seeds mature in summer-fall. Collect seeds when flowers have dried and turned brown. Store seeds in a cool dry place.</p> <p>Avg Storage Life: 1–4 years</p>	insect
Kale	<p>Gardeners will need to pay close attention to when kale has gone to seed. For optimal seed production, growers will want to leave the plants until the seed pods and stalks have started to dry and turn brown. This will help to ensure that the seeds are mature at harvest time.</p> <p>1) HARVEST: After the seed pods have turned brown, there are a few choices. Growers can either cut the main stem of the plant to harvest all the pods at once, or they can remove individual pods from the plant. It is important to remove the pods promptly. If you wait too long, it is possible that the pods may open and drop the seeds onto the soil.</p> <p>2) DRY: Place them in a dry location for several days to a couple of weeks. This will make collecting kale seeds from the pods much easier.</p> <p>3) STORE: Place seeds in a paper bag. Close it and shake vigorously. This should release any mature seeds from the pods. After the seeds have been collected and removed from the plant matter, store the seeds in a cool and dry place until ready to plant in the garden.</p> <p>Avg Storage Life: 4 years</p>	insect
Arugula	<p>To ensure viable seeds, save seeds from at least 5 arugula plants. The seed heads of arugula will turn light brown and become brittle at maturity.</p> <p>1) HARVEST: When most seed heads have matured, seed stalks can be cut and piled onto</p>	insect

	<p>row cover or landscape fabric in a location protected from rain to finish maturing and drying. Dry the harvested stalks until the seeds become too hard to dent with a fingernail.</p> <p>2) CLEAN AND PROCESS: Arugula seeds can be threshed by placing branches on a tarp or in a large container and treading on them, or by rubbing seed stalks together between one's hands. If the pods are dry, they will release their seeds easily. Seeds can be further cleaned by screening and winnowing.</p> <p>2) STORE***</p> <p>Avg Storage Life: 6 years</p> <p>For more instructions go to Save Arugula Seeds by Seed Saver's Exchange.</p>	
Mustard Greens	<p>Seed pods form shortly after flowering and can be gathered as they dry, or left on the plant and pulled up all at once. Separate seeds from pods much like beans, winnowing the tiny seeds from the chaff.</p> <p>Avg Storage Life: 4 years</p>	insect
Beneficial Insect Attractant Flower mix	<p>Harvest after the flowers are done blooming and petals have fallen off. Cut flower head with scissors or a knife. Collect the ripe seeds from the flower head and place on waxed paper. Allow the seeds to dry for about a week. Clean the seeds by removing any husks or pods. Place seeds in an envelope. Store in an airtight container in a cool, dark, dry location.</p> <p>Avg Storage Life: 2–3 years</p>	insect or wind
Herb mix - lemon balm	<p>Lemon balm flowers have both male and female parts, and are readily pollinated by bees. Gather the dried-up flower heads and crush them to free the seed. It produces seeds easily and often self-sows.</p> <p>Avg Storage Life: 2–3 years</p>	insect
Herb mix - chamomile	<p>Wait for the petals to lay back towards the stem, or fall off. At this point, the yellow center will brown and begin to 'flake' apart when touched. These little flakes are your seeds. Collect and store in a paper bag.</p> <p>Avg Storage Life: 3–4 years</p>	insect
Herb mix - oregano	<p>There is a fairly narrow window between when an oregano flower starts to dry out, and when it will release the oregano herb seeds.</p> <p>1) HARVEST THE FLOWERS: You'll know when to pick the flower heads once they are brown and crumbling, but not so crumbling that the seeds have already fallen. Not all the flower heads will dry out at the same time, so you may have to pluck all the flowers in intervals. Grab some stems and use a sharp pair of scissors to cut the stems.</p> <p>2) DRY THE FLOWERS: Gather the flowers together into bundles and tie them together with twine or an elastic. Pick a spot in your home that gets a ton of sunlight and is well-aerated. You can take your oregano bundles and hang them upside down in this area. Your flower heads will be completely dried out in 2-3 weeks.</p> <p>3) EXTRACT THE SEEDS: Grab a paper bag and place the bundles in the bag. Shake it around so that each oregano seed separates from the chaff. An oregano seed is particularly tiny and it is a beige/red color.</p> <p>4) STORE ***</p> <p>Avg Storage Life: 3–5 years</p>	insect

We are inspired by:

- Ron Finley, The Gangsta Gardener. *“Growing your own food is like printing your own money.”*
- Leah Penniman, activist-farmer and owner of Soul Fire Farm, whose mission is to *“raise and distribute life-giving food as a means to end food apartheid.”*
- Winona LaDuke
- Vandana Shiva
- Rowen White
- Sean Sherman
- Robin Wall Kimmerer
- Linda Black Elk
- Amanda David
- Michael Pollan

Our Commitment to Food Liberation for Black and Indigenous Communities

We pay homage to the Indigenous communities who have developed and stewarded relationships to these plants for thousands of years. Many of these plants have been stewarded by Indigenous cultures for 10,000 years. Many of these foods are here today on Turtle Island (the United States) because of the cultural relationships created on the continent of Africa and continued forward by Black communities of growers and land stewards. These foods would simply not be here today without the wisdom, diligence, love, and care of Indigenous and Black communities.

A few books we recommend for Liberation, Food Sovereignty, and Reconnection to Earth:

- *How to Become a Gardener* – Ashlie Thomas, The Mocha Gardener
- *Farming While Black* – Leah Penniman
- *The Sioux Chef’s Indigenous Kitchen* – Sean Sherman
- *Braiding Sweetgrass* – Robin Wall Kimmerer
- *Rosemary Gladstar’s Medicinal Herbs* – Rosemary Gladstar
- Foraging: *Sam Thayer’s Field Guide to Edible Wild Plants of Eastern and Central North America, Incredible Wild Edibles, The Forager’s Harvest, and Nature’s Garden* – Samuel Thayer
- *The Intersectional Environmentalist* – Leah Thomas
- *The Zero Waste Chef* – Anne Marie Bonneau
- *Wild Fermentation* – Sandor Ellix Katz
- *The Omnivore’s Dilemma* – Michael Pollan
- *Gaia’s Garden* – Toby Hemenway
- *Paradise Lot* – Eric Toensmeier
- *Grow Food For Free* – Huw Richards

“Revolution is based on land. Land is the basis of all independence.

Land is the basis of freedom, justice, and equality.”

- Malcolm X