



Seed Savers
EXCHANGE

SEED SAVING GUIDE

Crops	Species	Family	Life Cycle	Primary Pollination Method	Recommended Isolation Distance for Seed Saving	Viable Seeds	Population Size (Number of plants)	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</i> spp.	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+
cardoon	<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 (244-805 m)	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+
radichio	<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+
tepary 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+

