

Getting Started: Seed Saving



Seed saving is a cost-effective and environmentally-friendly way to keep growing and improving edible plants that you love to eat!

Simple tips for saving seeds:

- Choose seeds from the healthiest and strongest plants
- Try to save organic, heirloom, and open-pollinated seed varieties
- Dry-seeded crops can be the easiest to save
- Make sure to label your seeds with the type and date
- Store your seeds in a cool, dry and dark place

What you'll need to get started:

- Scissors or pocket knife
- Paper envelopes
- Pen or marker
- Mason jars
- Plastic or metal bowl
- Sieve
- Paper towel or coffee filters

For more resources, visit: www.foodfromhome.org/resources/

