



FREE MINI GUIDE

Seed Saving Quick Start

The cliff notes from Farmer Steph's Seed Saving Masterclass

When to harvest

How to dry & store

10 rules to remember



with Farmer Steph
FOR FAMILIES, CLASSROOMS
& GARDEN CLUBS



Hi Farm Friends,

Every fall I watch kids at Farm Camp light up when they crack open a dry bean pod or shake a sunflower head and feel the seeds rain into their hands. Seed saving is one of the simplest, most magical things you can do together in the garden, and you don't need anything fancy to start.

This little guide is the short version of my Seed Saving Masterclass. It has what you need to save your first seeds this season: how to tell when they're ripe, how to dry and store them, and the 10 rules we live by on the farm.

Grab a paper envelope, a pencil, and a curious kid. Let's go seed hunting!

xo, Farmer Steph

Start here: check the seed packet

Not every seed grows up to look like its parents. The words on the packet tell you which ones to save.

SAVE IT!

Heirloom

Old-time varieties passed down from gardener to gardener for generations. Every seed carries a story.

SAVE IT!

Open-pollinated

Pollinated by bees, butterflies, wind, or the plant itself. Saved seeds grow into plants that look like the parents.

SURPRISE!

F1 Hybrid

A cross between two different parent plants. Saved seeds may grow into something new. Fun to try, just don't expect a twin!

EASY FIRST SEEDS

Beans, peas, sunflowers, marigolds, zinnias, calendula, and nasturtiums. Big seeds, little hands, happy gardeners.

When to harvest seeds

Seed Ripeness Quest! Nature gives us clues to know when seeds are ready. Look for these 3 clues.



1

Dry & crispy pods 🌱

Peas and beans are often ready when their pods turn brown, dry, and papery.

2

Dry flower heads 🌻

Sunflowers and many other flowers are ready when their seed heads mature and begin drying.

3

Ripe fruits 🍅

Tomato and pepper seeds are usually ready when the fruit is fully ripe.

YOUR GARDEN MISSION

Find a plant with seeds and investigate! Which clue did you discover?

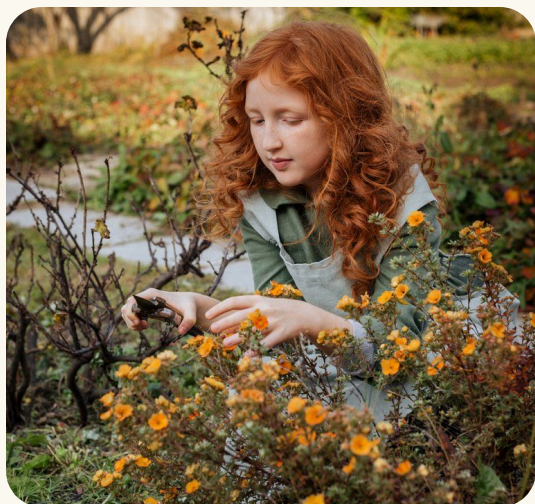
☐ A dry, papery pod ☐ A mature, drying flower head ☐ A fully ripe fruit

I think its seeds are ready because: _____

GARDEN TIP Choose a dry day to collect seeds whenever possible!

The Seed Guardian Checklist

Clean · Dry · Label · Store. You've collected your seeds! Now it's time to keep them safe until planting season.



1. Clean your tools

Start with clean, dry hands, scissors, and containers to help protect your seeds from mold and disease.

2. Dry your seeds

Spread your seeds in a single layer in a dry, airy spot out of direct sunlight. Make sure they're completely dry before storing.

3. Label your seeds

Write the plant name, variety (if known), and the date you collected your seeds on each packet.

4. Store your seeds

Place fully dried seeds in a paper packet or envelope. Keep them somewhere cool, dark, and dry until you're ready to plant!

MY SEED GUARDIAN CHECKLIST

- ☐ My seeds are clean and dry
- ☐ My seed packet is labeled
- ☐ My seeds have a safe storage spot

Seed Guardian name: _____





10 Seed Saving Rules

The rules we live by on the farm. Hang this page on your fridge or garden shed!



RULE 1
Choose heirloom or open-pollinated seeds



RULE 2
Wait until seeds are ripe and ready



RULE 3
Pick healthy, strong plants



RULE 4
Collect seeds on a dry day



RULE 5
Use clean, dry tools and containers



RULE 6
Dry seeds completely before storing



RULE 7
Label each packet with name and date



RULE 8
Keep seeds somewhere cool, dark, and dry



RULE 9
Plant a few saved seeds to test them



RULE 10
Grow one variety at a time when possible

WHY RULE 10?

Bees carry pollen from plant to plant. Growing one variety keeps your saved seeds true to their parents.

COME TO THE GARDEN WITH ME

See it in action

Seeds are easier to spot once you've seen them ripe and ready. Take a quick walk through the Farm to Table Kids gardens with me.



2 minute seed walk

Scan with your phone camera to watch.



Ready for the whole Masterclass?

This quick start is just the beginning. The full Seed Saving Masterclass is a 25 page interactive workbook packed with hands-on garden fun.

- ✓ **Seed Type Detective** and Seed Spotter challenges
- ✓ **Seed Passport** to trace where your seed came from
- ✓ **Grow Where You're Planted** zone worksheet
- ✓ **My 25 minute garden video** saving calendula, sweet pea, marigold, sunflower, dahlia & pumpkin seeds
- ✓ **Seed Packet Designer** and seed label worksheets
- ✓ **Cultural seed stories** from around the world
- ✓ **Best practices** for storing seeds year to year
- ✓ **Print at home** as many times as your family needs

\$19

INSTANT DOWNLOAD

Get the full workbook

Find it in the Farm to Table Kids online learning library at farmtotablekids.org



*Keep growing, Farm Friends!
Helping kids find what lights their heart in Nature*