

## Contents

Acknowledgments.....	xi
Foreword .....	xiii
You Can Grow Seed on Your Farm .....	xv
<b>Part 1 Grow Your First Seed Crop</b>	
<b>Chapter 1 Choose Your First Seed Crops .....</b>	<b>1</b>
<b>Chapter 2 Grow Seed Crops in Your Market Garden .....</b>	<b>17</b>
<b>Chapter 3 Your First Seed Harvest.....</b>	<b>29</b>
<b>Part 2 Seed Crops That Are a Good Fit for Your Farm</b>	
<b>Chapter 4 Growing Fruiting Vegetables for Seed.....</b>	<b>35</b>
Tomatoes .....	35
Peppers (Hot and Sweet) .....	40
Eggplants .....	43
Okra .....	46
Beans.....	48
Peas .....	52
Squash (Summer and Winter).....	55
Cucumbers .....	60
Melons and Watermelons .....	64
Sweet Corn, Popcorn, and Other Types of Corn .....	66
Growing Other Fruiting Vegetables for Seed.....	69
<b>Chapter 5 Growing Cut Flowers for Seed.....</b>	<b>71</b>
Amaranths.....	72
Calendula.....	74
Celosia .....	77
Nigella.....	78
Poppies.....	80

Strawflower .....	82
Sunflower.....	84
Zinnias .....	86
Growing Other Cut Flowers for Seed .....	88
<b>Chapter 6 Growing Leafy Greens for Seed.....</b>	<b>89</b>
Lettuce .....	89
Brassica Greens .....	93
Dill and Cilantro .....	97
Spinach.....	99
Collards and Kale .....	102
Swiss Chard.....	104
Escarole and Endives .....	106
Radicchio and Other Chicories.....	108
<b>Chapter 7 Growing Roots and Other Such Vegetables for Seed... ..</b>	<b>113</b>
Spring and Winter Radishes.....	113
Turnips and Rutabaga .....	118
Onions .....	120
Beets .....	123
Carrots .....	124
Growing Other Root Crops for Seed.....	126
<b>Part 3 Push Your Seed Work Further</b>	
<b>Chapter 8 Improve Your Seed Work with Better Tools     and Techniques.....</b>	<b>129</b>
<b>Chapter 9 Become a Seed Steward .....</b>	<b>157</b>
<b>Chapter 10 Crop Planning for Seed Farmers .....</b>	<b>171</b>
<b>Chapter 11 Get Your Seeds Out Into the World.....</b>	<b>193</b>
Afterword.....	213
Appendix 1: Seed Farmer Spreadsheets .....	215
Appendix 2: Glossary.....	217
Appendix 3: Resources for Further Seedy Study .....	219
Appendix 4: Seed Reference Chart.....	221
Index .....	225
About the Author.....	233
About New Society Publishers.....	234