

# SAVING SEEDS:

## How to Keep the Seed Library Going



**Category**  
(Vegetable, herb, fruit or flower)

**Name of plant**  
(common & Latin)

**Accreditations** (Organic, Non-GMO, Hybrid, Heirloom or Open-Pollinated)

**Type** (Annual, Biennial or Perennial)

**Image**

**Company**

### THINGS TO CONSIDER

The first step to saving seeds is to understand the packaging your seeds come in. Retail labels will tell you if the seeds you have are open pollinated (OP), hybrid (F1, Hybrid) or genetically modified (GM). Very rarely will a home gardener come across a genetically modified seed. Genetically modified seeds are mostly used and available to large-scale commercial growers. In Canada, there are now genetically modified canola seeds, corn seeds, seed potatoes, soybean seeds, sugar beet seed and alfalfa seeds.

**Accreditations** (Organic, Non-GMO, Hybrid, Heirloom or Open-Pollinated).

**Hybrid (F1)** label on a package of seeds means that any saved seeds will not be true to their parent and sometimes saved seeds are not able to produce a plant the following year.

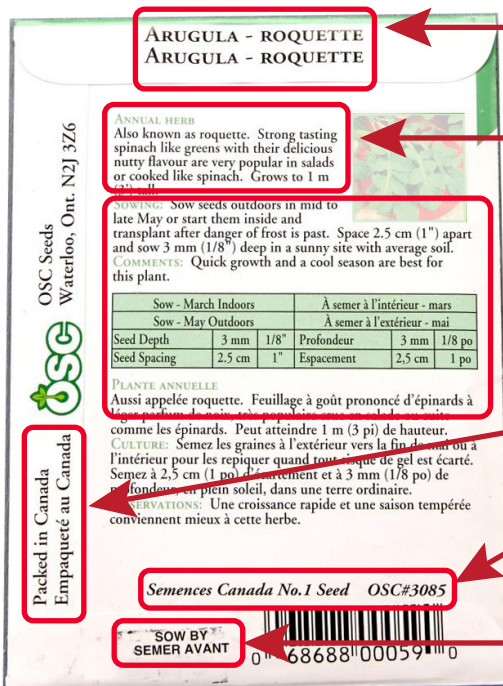
**Certified Organic**, seeds produced by plants that were grown without chemicals, using organic methods.

**Non-GMO**, have not been genetically modified to improve performance.

**Heirloom or Open-Pollinated**, straight species that has been grown for generations and is not cross-bred or GMO. Seeds may be collected from year to year to produce the same variety.

**Type** (Annual, Biennial or Perennial).

Plants are categorized into different growing cycles; annuals are plants that germinate, flower, set seed, and die all in one season. Perennial return again year after year. Biennial plants take two years to complete their growth cycle before dying.



**Name of plant**  
(common & Latin)

**Description**

**Sowing/planting directions**  
(suggested time to plant indoors or outdoors, seed depth & spacing)

**Packaged in location**

**Lot #** (identifies a specific batch, useful for tracking in the event of a recall)

**Packed on/Sow by Date**  
(current year's crop for the best germination rates)



This Seed Library is made possible thanks to continued donations from local businesses, horticultural societies and community members – thank you!

# SEED SAVING

The process of saving seeds starts with allowing some produce to fully ripen. Allowing some of your lettuce to bolt, grow flowers, peppers to turn fully colour, beans and peas to dry rattling in their pods while still on the plant. Save seeds from the healthiest and most desirable looking produce. Follow the steps below.



## SEED SAVING STEPS

1. Remove seeds from the ripened produce and rinse clean.
2. Place seeds on a cloth and dry. Seed that is not absolutely dry when stored will develop mold.
3. Packaging seeds in airtight containers is best. Label the seeds with the year they were stored; list the variety and crop type and location they grew.
4. Store seeds in a dark and cool place for use next year.

## HOW TO DEPOSIT

In a plastic bag, clearly label the seed variety with a description like Green Bell Pepper or Roma Tomato.

## WHERE TO DEPOSIT

Simply deposit your labeled seeds in the Book Return Slot at one of the following Brock Library locations:

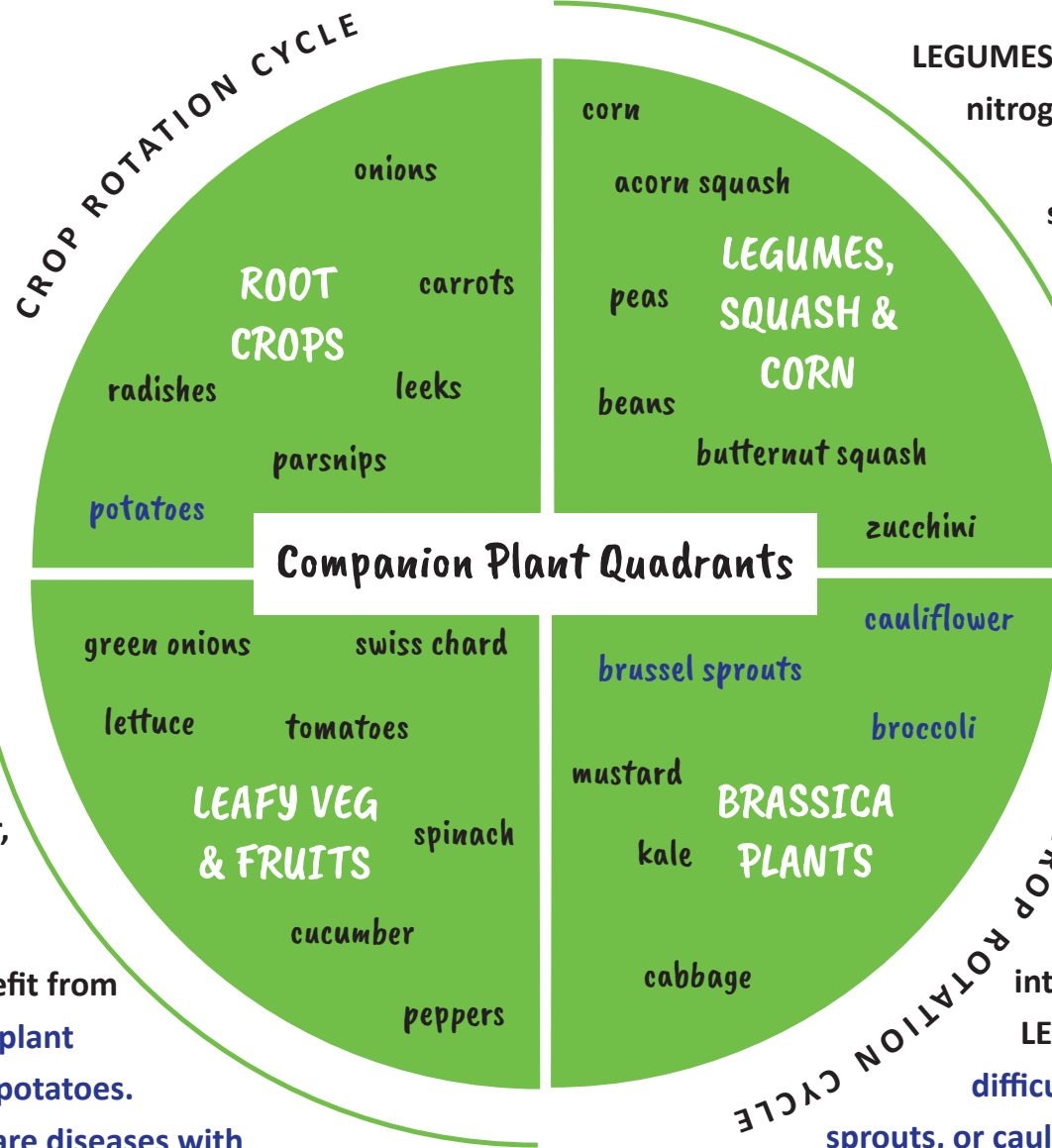
- Beaverton:** 401 Simcoe Street
- Cannington:** 38 Laidlaw Street South
- Sunderland:** 41 Albert Street South

Seeds can be deposited anytime throughout the year.

Whether you have space to grow some companion plants or garden space to grow all four quadrants, this growing guide will help you successfully rotate your crops year after year!

Peas, beans, and other LEGUMES add nitrogen to soil but need lots of phosphorus and loose soil for their roots to grow well. Root crops can help break up compact soil and improve soil fertility.

Over Winter:  
By composting or allowing the leaves and stems of BRASSICA PLANTS in your garden to decompose over the winter, you make a potassium rich contribution to your soil. Tomatoes particularly benefit from potassium rich soil. **Do not plant tomatoes where you plant potatoes.** Potatoes are tubers and share diseases with tomatoes.



LEGUMES such as peas and beans are nitrogen fixing plants. This means these plants can provide a substantial amount of nitrogen for the nitrogen loving BRASSICA PLANTS

BRASSICA PLANTS benefit from nitrogen rich soil. The deep root system of broccoli or cabbage plants can break into deeper layers of soil than LEGUMES. However, it can be difficult to grow broccoli, brussel sprouts, or cauliflower in the common clay soil found in Brock.



# COMPANION PLANTING

Plant these vegetables together to make the most use of space and deter pests.

**BEETROOT**

- Broccoli
- Onions
- Swiss Chard
- Cabbages
- Brussel Sprouts

Meal Idea: Broccoli, Beet & Swiss Chard Rice Bowl

**CABBAGES**

- Brussel Sprouts
- Tomatoes
- Broccoli
- Spinach
- Swiss Chard
- Kale

Meal Idea: Kale Cabbage & Tomato Soup

**CARROTS**

- Cabbages
- Leek
- Radishes
- Peas
- Onions
- Lettuce

Meal Idea: Quinoa Pilaf with Carrot, Leek & Peas

**POTATOES**

- Corn
- Cabbages
- Peas
- Squash
- Beans

Meal Idea: Summer Gratin with Potato, Corn & Squash

**TOMATOES**

- Onions
- Carrots
- Cabbages

Meal Idea: Rice Stuffed Cabbage Rolls

**ONIONS**

- Carrots
- Parsnips
- Lettuce
- Beetroot
- Cabbages

Meal Idea: Vegetable Stew

**RADISHES**

- Peas
- Carrots
- Parsnips
- Lettuce
- Cucumber
- Spinach

Meal Idea: Spring Salad

**SWISS CHARD**

- Onions
- Cabbages
- Beetroot

Meal Idea: Warm Lentil Salad with Swiss Chard, Onion & Beetroot

**PEAS**

- Beans
- Carrots
- Turnip
- Cucumber
- Radishes
- Corn

Meal Idea: Succotash Salad

**CUCUMBERS**

- Corn
- Cabbages
- Radishes
- Beans

Meal Idea: Cucumber, Corn, Cabbage & Radish Salad

**LETTUCE**

- Radishes
- Carrots
- Beetroot
- Parsnips

Meal Idea: Roasted Root Vegetable Salad

**PARSNIPS**

- Onions
- Radishes
- Lettuce

Meal Idea: Beet, Parsnip & Radish Stew

## FUN FACTS:

- Tomatoes repel the caterpillars that chew on cabbage leaves.
- Lettuce tenderises summer radishes.
- Radishes draw leaf miners away from spinach to chew on radish leaves (it doesn't harm the radish)
- Onions deter most pests.
- Onions and leeks repel carrot flies.

# The Fundamentals of Growing a Garden:

## Crop Rotation and Maintaining the Soil

We have provided a guide to rotating your crops that classifies plants by family. Often pathogens and pest problems affect plants that belong to the same family. For example, even though broccoli, cabbage and turnips do not look similar they all belong to the same plant family and therefore share common pest problems. For container gardeners who are planting year after year, remove and replace the soil each spring and make sure the container is cleaned and rid of pathogens.

## Low or No-Tillage and Maintaining the Soil

Excessively digging into soil destroys its structure and makes it harder for plants to grow because nutrients get displaced and soil gets compacted. Low or no-till gardening generally refers to planting your seeds or seedlings and then not disturbing the soil again. You can also plant deep rooting vegetables to help loosen the soil without having to use a shovel. You may also avoid digging by mulching. To mulch, you place straw, compost or leaves onto your garden beds and in doing so prevent nutrients from drying out. Both mulching and low or no-tilling practices decrease the amount of watering required.

## Attracting Pollinators

Creating a habitat for pollinators is essential to the health of your garden and to the pollinators themselves. Tall sunflowers, Black-eyed Susan, bee balm mint and purple prairie clover will help support and attract pollinators as well as make your garden look stunning.

## Compost and Maintaining the Soil

By mixing a combination of brown organic materials such as dead leaves, twigs or manure with green organic material such as lawn clippings, veggie scraps you can create compost. Brown materials supply carbon and green materials supply nitrogen. The best ratio is 1 part green to 1 part brown. Shredding, mowing or mulching these materials into smaller pieces will help speed the composting process.

By far the best thing you can do for your soil is to start a compost pile. Compost is a dark and earthy smelling enrichment to your garden. The composting process requires mixing 4 different ingredients. These ingredients include organic materials discussed above, water, oxygen and bacteria. Bacteria is already present and will breakdown your organic materials. You can add oxygen by turning your pile. Every two weeks or so, fold in the edges of your pile and allow the warm centre to mix in with the rest.

The last ingredient to add is water. In prolonged dry weather add water to your pile until it feels like a rung-out wet sponge. For more guidance on starting and maintain a compost pile call the Brock Libraries at 289-852-1002 or send them an email [info@brocklibraries.ca](mailto:info@brocklibraries.ca) to answer any of your gardening questions.

## Have any gardening questions?

Brock Township Libraries has set up a hotline dedicated to helping you make your garden as successful as possible. Call or email them with your questions!



[info@brocklibraries.ca](mailto:info@brocklibraries.ca)



289-852-1002



**BROCK**  
LIBRARIES

The Nourish and Develop Foundation  
is more than a food bank.

## Participate in our...

<b>1</b>	<b>MOBILE FOOD MARKET</b> Various locations around Brock Township offering fresh local food, meal kits and prepared meals at affordable prices, sponsored market bucks available.	
<b>2</b>	<b>NOURISH HOUSE</b> Register for our food bank. Food items and hygiene products are available at no cost.	
<b>3</b>	<b>SOCIAL SUPPORTS &amp; REFERRALS</b> Find help for affordable housing, mental health, domestic abuse, crisis services, employment, and more.	
<b>4</b>	<b>MEALS, PLOTS, &amp; COOKING</b> Build food skills to nourish your body and mind with our cooking programs and low cost garden plots.	
<b>5</b>	<b>NIGHT MARKET</b> Returning this summer of 2022! Enjoy the flavours of the world through local vegetables!	
<b>6</b>	<b>EMERGENCY FOOD KITS</b> Call for an immediate supply of food. Hot meals may also be available.	



## Join our Newsletter

Sign up for our newsletter and follow us on social media to stay up to date on all our exciting programs, including:

- Pantry Clips
- Night Market
- Chair Yoga
- Mobile Food Market
- Seed Library
- Table Talks
- Virtual workshops
- & more!



### *Interested in a program?*

If you are interested in a program and looking for more information or would like to register for a program mentioned above contact us at The Nourish and Develop Foundation.

**705-432-2444 | [info@tndf.ca](mailto:info@tndf.ca) | [www.tndf.ca](http://www.tndf.ca)**