

# Integrating Seed Production Into The Market Garden

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## Reasons to grow seed

- To enhance agro-ecological diversity
- To maintain an organic supply of your favorite varieties
- To adapt seed to local conditions
- To save money
- To sell/trade

## Seed Growing Challenges

- Eastern Canadian Climate (Humidity and Temperature) can affect seed quality
- Most crops cross pollinate readily
- Most crops need large populations to avoid inbreeding (over many generations)

## Some Seed Crops

Tomatoes and Beans: Small populations, little crossing.

Lettuce: Small populations, little crossing, hard to clean, heat and humidity can affect quality.

Cucurbits: Small populations, crosses readily.

Brassicas: Large populations, crosses readily.

Beets and Chard: Large populations, crosses readily, hard to get above 70% germ

Umbels: Large populations, crosses readily, humidity creates challenges

## Seed Yields (at Tourne-Sol Farm)

| Crop         | 10 ft row              |
|--------------|------------------------|
| Tomatoes     | 0.5 – 2 oz (14-57g)    |
| Beans        | 1 lb (454g)            |
| Lettuce      | 1-4 oz (28-113g)       |
| Cucurbits    | 0.25-1 lb (113 – 454g) |
| Brassicas    | 0.25-1 lb (113 – 454g) |
| Beets+ Chard | 1 lb (454g)            |

## References

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- Organic Seed Alliance ([www.seedalliance.org](http://www.seedalliance.org))
- [www.savingyourseeds.org](http://www.savingyourseeds.org)
- Eastern Canadian Organic Seed Growers Network