



Checklist: Saving Seeds from Fall Veggies — Beginner's Guide

Before You Begin

- Identify which fall veggies produce open-pollinated or heirloom seeds (not hybrids)
- Gather clean envelopes or jars for storing seeds
- Label packets with veggie name & year
- Plan ahead: only save seeds from healthy, vigorous plants

When Seeds Are Ready

- Check that seed pods/fruits are fully mature and dry (beans, peas, squash, etc.)
- Choose a dry, sunny day for harvesting
- Collect seeds in a clean container

How to Save Seeds

- Clean off fruit or pulp (for tomatoes, cucumbers, and squash, rinse, and let dry)
- For tomatoes/cucumbers: ferment seeds to remove gel coating
- Air-dry all seeds on paper towels or trays for at least 7 days in a cool, shady area (away from direct sun)
- Double-check that seeds are completely dry before storage

Storing Seeds

- Sort seeds by type and clearly label each packet or jar
- Store in airtight container in a cool, dark, dry place (basement, fridge, etc.)
- Add a desiccant (like dry rice or silica packet) to help absorb moisture
- Note collection date on all stored seeds

Before Planting Next Year

- Check viability by doing a quick germination test on a few seeds
- Re-label if necessary to avoid planting mistakes

Bonus Tips

- Only share seeds from healthy, robust plants with others
- Keep simple notes about what you saved and any storage or harvest quirks

Download, print, and check off each step to ensure seed-saving success!