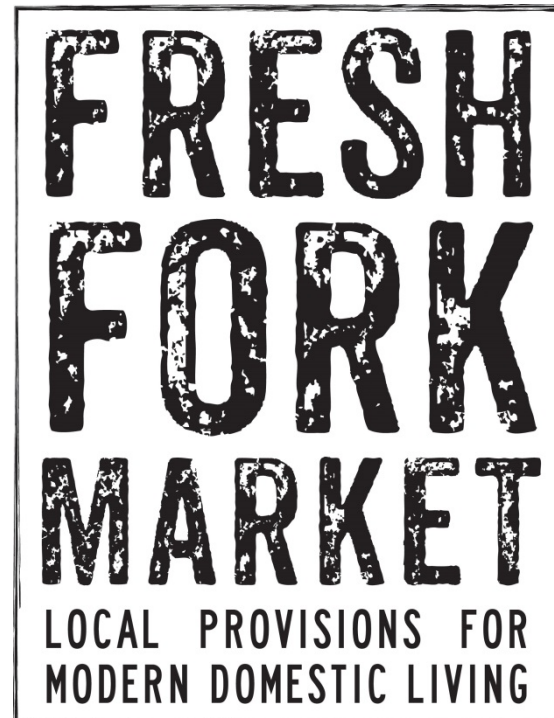


# SEEDS: Selecting, Planting, and Planning Your Garden



## Parts of a Seed

- A seed contains all the elements necessary for life of a plant
- GMO vs. Hybrid vs. Heirloom

## Selecting Seeds

- Where to buy? How to buy?

## Starting Your Seeds at Home

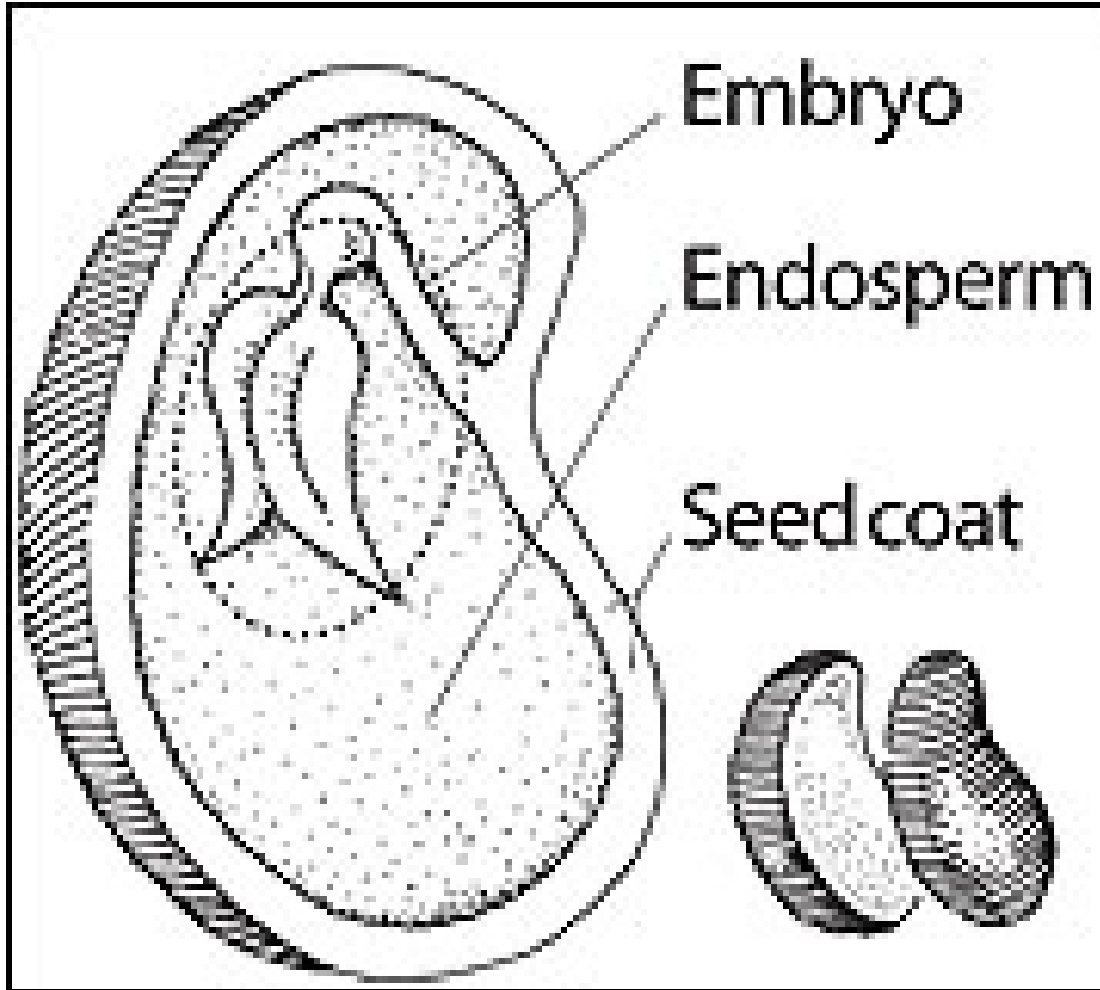
- Direct Sow vs Transplants
- Planting Basics

## Planning Your Garden

- Understanding soils, sunlight, and spacing requirements
- Resources for helping plan your garden



# Parts of a Seed



Embryo – the baby plant and the nutrients it needs to sustain life

Endosperm – the energy, or starch, needed to germinate

Seedcoat (bran) – a protective, fibrous layer surrounding seed

# Do we eat seeds?



Seeds are food:

- Flour is made from the seeds of wheat plants
- Oats, Barley, Millet, Chia, etc, are all seeds of small grain plants
- Nuts are seeds

Is it a Fruit or Vegetable? :

**Technical** – fruits are the ovary of a plant and usually contain seeds to reproduce that plant. Examples include tomatoes, zucchini, cucumbers, pumpkins, and eggplant, in addition to strawberries, apples, peaches, and “traditional” fruits

**Vegetables are parts of the plants** – such as the roots (tubers) or leaves. Examples include potatoes, onions, turnips, spinach, lettuce, and asparagus.

# Different Types of Seeds



## Heirloom

- A variety that hasn't been altered in generations
- Produces a "true" offspring of identical characteristics
- May be saved and used year to year



## Hybrid (open pollinated)

- A cross of like plants to get desirable characteristics
- Most seeds are hybrids
- Should not be saved. May not reproduce the same offspring.



## GMO – Genetically Modified Organism

- A variety that has been altered by scientists to provide certain characteristics, particularly disease resistance
- Most prominent in field crops like corn, soybeans, and rapeseed (canola) used for flours, animal feed, and making oils

# Selecting Seeds

## Costata Romanesco

(*Cucurbita pepo*)

Product ID: 2053



[See Image Larger](#)

★★★★★ (7 reviews)

[Read 7 Reviews](#) | [Write a Review](#)

### Traditional Italian heirloom with the best flavor.

Distinctive Italian zucchini, prominently ribbed. Medium gray-green, with pale green flecks and ribs. Big, large-leaved bush with only about half the yield of hybrids, but much better tasting; clearly better textured, nutty, and delicious, raw or cooked. Also a good producer of heavy male blossom buds for cooking. Packet: 30 seeds.

Plant Cycle: (A) Days to Maturity or Bloom: 52



Learn more in the 'Symbols Explained' and 'Diseases Resistance' tabs!

### In stock

[See #2053T as a substitute](#)

Product	Price	Quantity
Packet	\$3.45	<input type="text"/>
250 Seeds	\$7.75	<input type="text"/>

Backordered until 05/23/13

[Add to Wish List](#) [Add To Cart](#)

[Send to a friend](#)

## The Basics

- Days until maturity
- Seedling vigor – ability for a seed to germinate under non-optimal conditions
- Soil temperature requirements

## Buying Seeds

- Trusted Source – look for reviews if buying online, visit your local garden store
- Proper storage – dry, cool, dark.

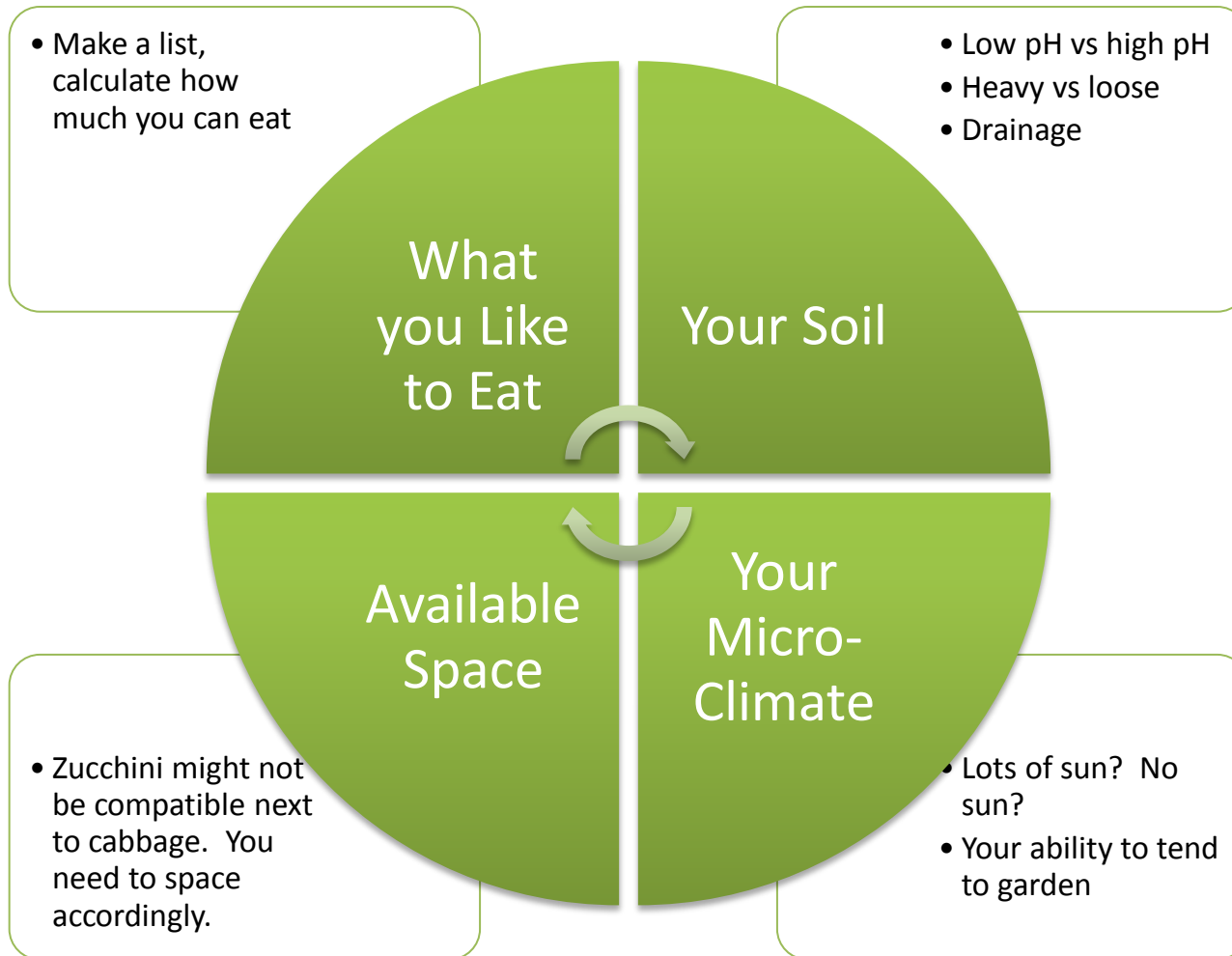
[More Product Info](#) | [Disease Resistance](#) | [Growing Info](#) | [Symbols Explained](#)

### Growing Information:

Squash, Summer

[Germination Guide](#)

# Which plants for your garden



## Resources Online:

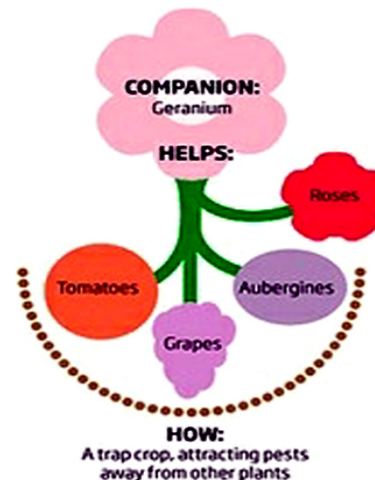
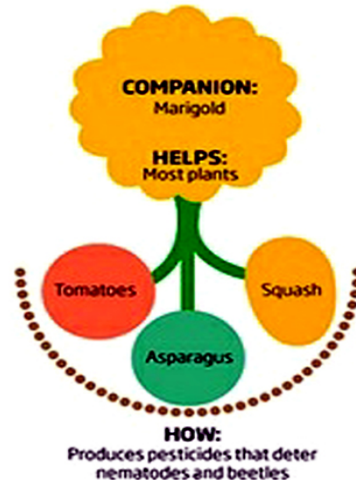
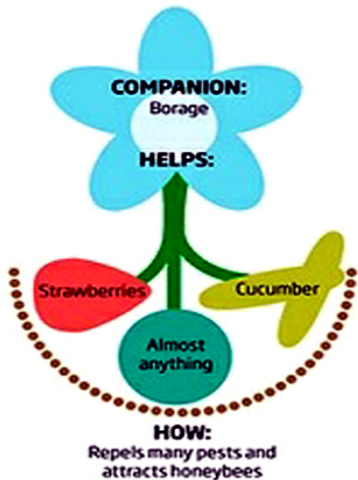
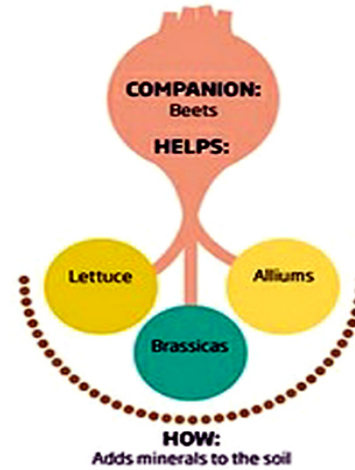
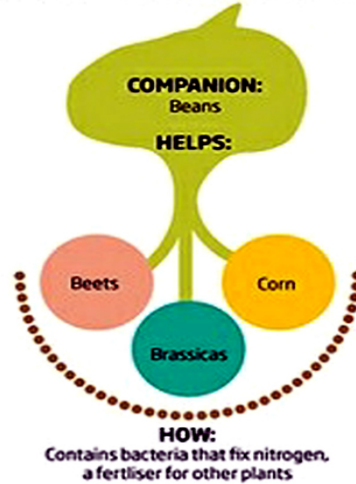
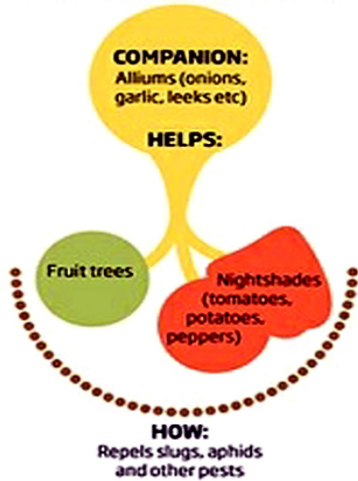
- Garden planning websites for mapping out your garden and space requirements

# Companion Planting

## Growing companions

Horticulturists and gardeners have learned by trial and error that certain combinations of plant grow well together

©NewScientist



## Definition

- The inter-cropping of different plants to better utilize space, assist in nutrient uptake, or combat pests.
- May also be referred to as polyculture



# Planting Seeds



## Direct Sow

- Larger seeds (in general)
- Peas, melons, beans
- Plants that mature late in season or take less time



## Transplants

- Small seeds
- Start early and inside, transplant in spring
- Tomatoes, onions, peppers, eggplant
- Plants that need longer to mature

## Building Your Own Seed Incubator at Home

- Supplies: planting tray, soil, water, seeds, plastic wrap, incandescent light bulb and/or sunny window sill
- When: start seeds (see generic calendar, next slide)

# Additional Resources



Vegetable	March				April				May				June				July				August					September			October					
	1	8	15	22	29	5	12	19	26	3	10	17	24	31	7	14	21	28	5	12	19	26	2	9	16	23	30	6	13	20	27	4	11	18
Peas									FP										# # # #															
Spinach									FP				# # #												LP									
Cabbage (S)										SI									# # #							LP								
Radish										FP			# # #													LP								
Beets																			# # # #							LP								
Potatoes																																		
Broccoli (S)																																		
Lettuce																																		
Carrots																																		
Chard																																		
Beans, Pole																																		
Sweet Corn																																		
Cucumbers (S)																																		
Summer Squash (S)																																		
Winter Squash (S)																																		
Cantaloupe (S)																																		
Watermelon (S)																																		
Eggplant (S)																																		
Peppers (S)																																		
Tomatoes (S)																																		
	S = Use Seedlings				FP = First Planting				LP = Last Planting				Last Spring Frost																					
					SI = Start Indoors				# = Produce Ripening				First Fall Frost																					

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## Question and Answer

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Today's Presentations and  
Additional Resources at  
[www.freshforkmarket.com](http://www.freshforkmarket.com)