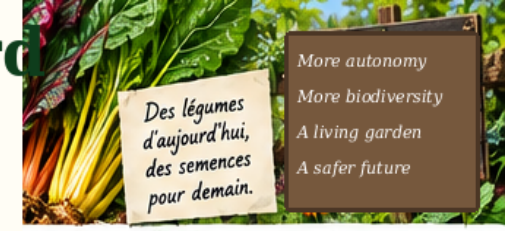


Carrots, parsnips, beets and chard

Harvest, save and sow their seeds

A two-year cycle for tomorrow's seeds



1 Choose the right varieties

- Open-pollinated or reproducible varieties
- Healthy, vigorous plants
- Plants true to the variety
- Well adapted to your climate
- Several plants if possible



2 Year one: growth

Plants develop their roots and foliage.



Carrots Parsnips Beets Chard

3 Keep plants through winter

Depending on your climate:

- leave them in place under mulch
- or lift and store them frost-free in slightly damp



In place under mulch Stored frost-free

4 Year two: flowering

After winter, plants start again and produce flowering stems.



Carrot Parsnip Beet Chard

5 Pollination

Mainly by insects for carrots and parsnips, and by wind for beets and chard.



Insectes (carottes, panais) Vent (betteraves, blettes)

CAUTION: CROSSING

Cultivated carrots can cross with wild carrot. Beets and chard are the same species and can cross with each other.

6 Seed maturation

Let seeds form and dry gradually on the plant.



Mature carrot umbel Mature beet seed stem

7 Harvest at the right time

Cut umbels or seed stems when they are brown and dry.



Several small harvests at the right time are better than losing seeds as they fall.

8 Extract, sort and clean

Rub, separate and clean the seeds carefully.



Carrot seeds Parsnip seeds Beet clusters Chard clusters

9 Dry completely

Leave the seeds for a few extra days in a dry, ventilated place.



10 Label each batch

- species and variety
- harvest year
- origin
- pollination conditions
- any useful note

Carrot	Beet
Variety: Nantaise	Variety: Crapaudine
Harvest: 2026	Harvest: 2026
Origin: Brittany	Origin: garden
Pollination: open	Pollination: open

11 Store

Keep seeds in a place that is:

- dry
- cool
- dark
- stable



Well-dried seeds can last for seasons.

12 Test germination

Before reseeding, especially for parsnips, run a germination test.



A few seeds today can reveal tomorrow's viability.

✓ Key points

- ✓ Choose reproducible varieties and healthy plants.
- ✓ Respect the two-year cycle.
- ✓ Keep several plants through winter.
- ✓ Let several plants flower.
- ✓ Watch for crossing.
- ✓ Harvest gradually.
- ✓ Extract, sort and dry thoroughly.
- ✓ Label and store correctly.
- ✓ Renew parsnip seed more often.
- ✓ Test germination.

The cycle at a glance



Year 1 Growth: roots and leaves

Winter Plant conservation

Year 2 Flowering and seed

Harvest Dry, sort, store

Reseed New harvests begin

Some seeds need one more season and a lot of patience; preserving their cycle lets today's harvest become tomorrow's seed.

Plan. Preserve. Pass it on.

Seeds today for harvests still to come.