SQUASHES, COURGETTES AND CUCUMBERS

PRODUCE, HARVEST AND SAVE YOUR OWN SEEDS

Preserve your varieties • Feed today • Prepare for tomorrow

1 CHOOSE THE RIGHT VARIETIES

Choose open-pollinated varieties, healthy, vigorous plants, and if possible several plants to preserve diversity.



2 HAND POLLINATE AND PROTECT THE FLOWERS

MALE FLOWER — FEMALE FLOWER





The day before, protect the flowers.

In the morning, collect pollen from the male flower.

Gently rub the stamens on the stigma of the female flower.

4 RE-CLOSE AND PROTECT THE FEMALE FLOWER

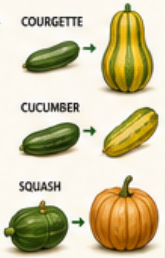
After pollination, re-close or protect the female flower again.



Remove the protection when the flower fades and the young fruit starts to develop.

5 LET THE FRUIT REACH FULL MATURITY

The fruit intended for seeds must stay on the plant much longer than a fruit intnomed to be eaten young.



To harvest ripe seeds, you sometimes need to let the fruit go far beyond the stage you would normally eat it.

6 HARVEST THE FRUIT AND COLLECT THE SEEDS

SQUASHES AND COURGETTES

Cut the fruit and remove the seeds with the pulp.

Separate the seeds from the flesh, then rinse them with clean water.



Keep the seeds:

- well formed
- full and firm
- without mold
- without visible damage

CUCUMBERS

Ripe seeds are surrounded by wet pulp.

Collect the seeds and their gel in a container.



A short fermentation (1 to 3 days) can help clean the seeds, as with tomatoes. Rinez thoroughly.

7 DRY COMPLETELY

After cleaning, spread the seeds in a single layer.



Dry and well ventilated | Away from direct sunlight | Away from humidity

Stir regularly and wait until they are perfectly dry before storing (several days, depending on conditions).

Harvesting a seed is one step. Drying it properly gives it a chance to wait for the next season.

8 STORE AND LABEL THE SEEDS

Put the seeds in a paper envelope, a labeled packet or a suitable small container.



ALWAYS IDENTIFY THE BATCH

- the species and variety
- the year of harvest
- the origin or place of growing
- controlled pollination or open pollination

WHERE TO STORE ?

In a place that is **dry, cool, dark and stable.**

Avoid humidity, heat, light and large temperature swings.

HOW LONG ?

Well stored, the seeds keep their germination power for **several years.**

Viability decreases over time. Test and renew your seed stocks regularly.



TEST BEFORE SOWING

Take a few seeds, put them in favorable conditions and observe how many germinate.



A seed stock is only truly useful if you still know what it contains and if its seeds can still germinate.

KEY POINTS

- **Choose** open-pollinated varieties and healthy plants.
- **Control pollination** to keep the variety true.
- **Tag** the pollinated fruit immediately.
- Let the fruit fully mature well beyond the edible stage.
- Dorect the seeds and clean them thoroughly.
- **Identify** species, variety, year, origin and pollination method.
- **Store** in a dry, cool, dark place.
- **Test** germination as the batch ages.

Choose → Protect → Pollinate → Tag → Let mature → Harvest → Dry → Store → Sow again

A fruit can feed you today. Seeds saved with care can prepare the harvests of tomorrow.