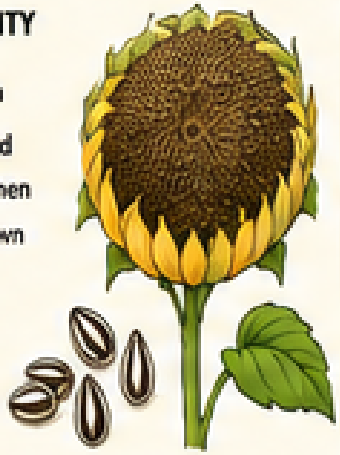
HARVEST, EXTRACT AND STORE YOUR SEEDS

SUNFLOWER • AMARANTH • BUCKWHEAT • QUINOA

SUNFLOWER

AT MATURITY

- Petals fallen
- Back of head yellowing then turning brown
- Seeds full
- Head dry



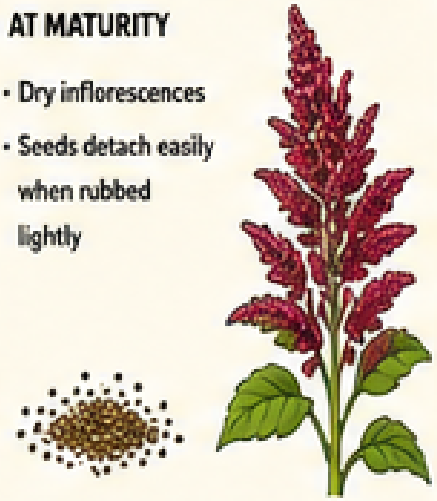
HARVEST

Let the head dry on the plant. If it rains or birds may eat it, cut the head and finish drying it in a sheltered place.

AMARANTH

AT MATURITY

- Dry inflorescences
- Seeds detach easily when rubbed lightly



HARVEST

Cut the inflorescences in dry weather and finish drying them in a sheltered place that is dry and ventilated.

BUCKWHEAT

AT MATURITY

- Staggered ripening
- Flowers, green seeds and ripe seeds at the same time
- Seeds brown or dark and hard



HARVEST

Harvest when the majority of seeds are brown and well formed, before they fall to the ground.

QUINOA

AT MATURITY

- Dry inflorescences
- Seeds well formed, hard and difficult to crush between the fingers



HARVEST

Cut the panicles in dry weather and finish drying them in a dry, ventilated and sheltered place.

ATTENTION TO POLLINATION

Sunflower and buckwheat depend heavily on pollinating insects.

Nearby varieties may cross.

To keep a variety as true as possible:

- separate varieties
- grow only one variety for seeds
- or use controlled pollination

1 DRY

Finish drying in a place that is dry



2 EXTRACT / THRESH

Depending on the species:



3 CLEAN AND SORT

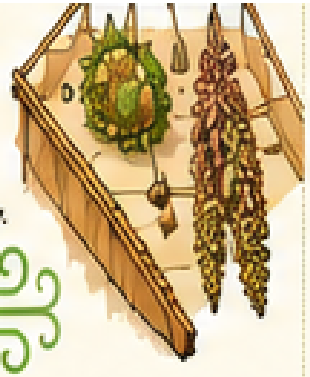
- Remove large debris by hand

4 SEEDS TO STORE

Prefer seeds that are:

5 DO NOT WASH SEEDS INTENDED FOR STORAGE

place that is dry, ventilated and sheltered from rain and humidity.



- Rub the heads (sunflower)
- Rub or thresh the inflorescences (amaranth, quinoa)
- Thresh the dry plants (buckwheat)



- Use a sieve and light winnowing
- Repeat until you obtain clean seeds



- well formed and full
- dry and firm
- true to the variety
- free from mold or visible damage



(QUINOA)

Quinoa has saponins on the surface of its seeds.

For sowing, do not wash them before storage: they must remain perfectly dry.



STORE AND LABEL YOUR SEEDS

Place perfectly dry seeds in a paper envelope, a labeled packet or a suitable container.

Then store them in a clean box or jar.



IDENTIFY THE BATCH

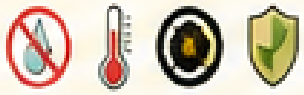
Note at least:

- Species and variety
- Pollination conditions
- Year of harvest
- Useful observations
- Origin / place of growing



WHERE TO STORE?

Store seeds in a place that is:



Avoid humidity, high heat, direct light and large temperature variations.

HOW LONG?

Well dried and properly stored, seeds can keep their germination power for several years.

Test and renew your batches regularly rather than waiting until they become too old.



TEST BEFORE SOWING

Take a few seeds and do a small germination test.



CHOOSE → LET RIPEN → HARVEST → DRY → EXTRACT → SORT → STORE → SOW

From the large sunflower to the tiny seeds of amaranth, every preserved seed can grow into a new harvest.