



# The Manual of Seed Saving: Harvesting, Storing, and Sowing Techniques for Vegetables, Herbs, and Fruits

By Andrea Heisteringer

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**“Makes it easy to find information in a snap, on most any edible you want to grow.” —Kylee Baumle, *Horticulture***

Growing vegetables, fruits, and herbs from seed has many benefits for both the gardener and the planet. Why save seeds when you can buy them so cheap? Not only does seed saving allow you to grow a diverse, organic array of fruits and vegetables, it also offers an opportunity to work closely with nature and be even more hands-on with the food you grow, cook, and eat. Supported by research from the global conservation organizations Arche Noah and Pro Specie Rara, *The Manual of Seed Saving* features information on how to maximize seed quality and yield for crop plants like asparagus, carrots, corn, rhubarb, spinach, squash, and tomatoes. Plant profiles include critical information on pollination, isolation distances, cultivation, harvest, storage, and pests and diseases.

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### Editorial Review

#### Review

“With increasing numbers of edible plant varieties disappearing from seed catalogs and gardens, this work enables its audience to engage in a worthy pursuit. It will be very useful for hobbyist and professional growers. A green thumb up.” —*Library Journal*

“Even if someone already has a good book on seed saving, he or she also needs *The Manual of Seed Saving* by Andrea Heisteringer, from Timber Press. Well illustrated and thorough, it demystifies an important and satisfying practice that is attracting many converts.” —*The Washington Post*

“A handy guide for seed savers.” —*San Francisco Chronicle*

“Practical gardeners will appreciate the handy nature of *The Manual of Seed Saving*. . . . It’s bound to become a well-thumbed reference guide, covering more than 100 plants such as corn, asparagus and tomatoes.” —*Waterloo-Cedar Falls Courier*

“A useful book for any gardener who would like to collect their own seeds or propagate their own varieties.” —*Stephanie’s Book Reviews*

“Contributing experts from around the planet helped compile this hefty, thorough handbook that reads like a good guide book. A novice or expert gardener would find it equally appealing and a fun, compelling and swift read.” —*Botanical Rambles*

#### From the Back Cover

**“Being able to save seed is a key to food security and local food production. Thanks to this remarkable book, we can take this essential practice into our own hands.”** —Steve Gliessman, Professor Emeritus of Agroecology, University of California, Santa Cruz

If you care about flavor, texture, and regional varieties then growing edible plants from seed you have saved yourself is a valuable technique to acquire. It allows you to raise plants that are ideally suited to your own growing conditions and will therefore perform exceptionally well.

This authoritative guide brings together the experience of experts in the field who have found, through careful trialing, how to reliably maximize seed quality and yield for more than 100 crop plants. Clear information on such critical issues as pollination, isolation distances, cultivation, harvest, storage, and pests and diseases is provided.

*The Manual of Seed Saving* is an essential reference for all food producers from vegetable gardeners to small-scale farmers.

## About the Author

Andrea Heisteringer works professionally as an agronomist, author, and educator. She studied agriculture at BOKU, the University of Natural Resources and Life Sciences, Vienna. She lives and works in the Waldviertel region of Austria and in South Tyrol, Italy.

Translator Ian Miller is an American agroecologist, natural builder, stonemason, baker, educator, and musician. He was born in Dubuque, Iowa, and graduated from the University of California, Santa Cruz, with a degree in environmental studies, emphasis agroecology. He worked on biodynamic farms in the Austrian province of Carinthia for two years, was the garden crew leader at Seed Savers Exchange in Decorah, Iowa, for two years, and is a certified scything instructor with the Sensenverein Österreich (Austrian Scything Association). He and his wife and daughter currently split their time between Vienna, Austria, and Decorah, Iowa, where they have a small homestead and offer workshops on various aspects of low-capital farming.

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