

# Bishop's Castle Community Seed Bank

## Seed Saving: Lettuce

- Lettuce flowers are self pollinating, and very rarely cross. If saving from more than one variety separate them by approx 12 ft or plant a tall crop in between the rows.
- Select two or three good lettuces from your row, and mark them for seed. It is very important not to save seed from any plants that bolt early.
- Once the lettuces have flowered, the seeds will ripen gradually, starting in about a fortnight.



### Collecting Seeds:

- Wait until a reasonable number of seeds are ready and then cut the whole plant.
- Put it head first into a bucket and shake/rub to remove the seeds.
- Leave the whole cut plant upside down in the bucket somewhere dry, and slightly immature seeds will continue to ripen over the next few days.
- To sort the seed from the 'feathers' and chaff, shake it gently in a kitchen sieve. Some seeds will fall through, with the rest collecting in the bottom.
- If needed, dry further before storing.

## Seed Saving: Top Tips

- Only save open-pollinated varieties (not F1 Hybrids or GMOs).
- Save seed from healthy, strong mature plants
- Buildings, trees, and other barriers will limit insect flight patterns and wind pollination to a degree, but isolation cages can stop crossing.
- If on an open site such as an allotment, work with your neighbours to grow the same type of seed crop!
- [Realseeds.co.uk](http://Realseeds.co.uk) and [vitalseeds.co.uk](http://vitalseeds.co.uk) provide lots of helpful resources and training.



## Keeping Diversity Alive

Saving seed each season keeps the varieties and species alive, and allows the Seed Bank to grow and serve the community. These varieties are a part of our shared human heritage. Please keep them going. Content for this guide sourced from [Realseeds.co.uk](http://Realseeds.co.uk)

The Bishop's Castle Community Seed Bank is an initiative of Food Forward BC, the Action Group driving our Community Food Resilience Strategy, and a part of the BC Climate Action Plan. Info from [RealSeeds.co.uk](http://RealSeeds.co.uk)

