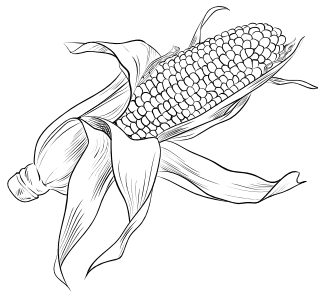


Chapalote Corn

How to plant

Corn produces best when planted in the ground. Plant a **minimum** of 15 plants, otherwise you will have poor pollination and the ears will have few kernels. Plant in a block or multiple short rows rather than in a single long row. This will improve the chances that the plants will pollinate each other and produce ears with many kernels.

Plant seeds 1 inch deep (about the size of a quarter). Plant seeds 12 inches apart if you are planting rows, with the rows about 24 inches apart. Or if you'd rather, plant 3-4 seeds in clumps 18 inches apart. Keep the soil moist until sprouts emerge.



When to grow

In the low desert, you can plant in early spring (late February - mid March) after danger of frost has passed. OR plant at monsoon time, late June to early July. This variety takes 4.5 to 5 months to fully mature to dry harvest.

How to grow

Corn likes to grow in full sun, where the plants get sunshine for at least 6 hours per day. This variety will grow very tall, 7 to 10 feet or more, so keep that in mind when deciding where to plant. Corn needs good rich soil, so add organic matter such as compost, manure, and/or worm castings to your soil. It is best to work these into the soil before you plant, but you can also dig them lightly into the soil near your young plants, taking care not to damage the roots. Adding a couple inches of mulch (such as straw) around your plants once they are 6 inches tall will help keep moisture in the soil. Water deeply but infrequently and watch your plants. If the leaves start to curl inward from the sides they are telling you they need more water. Give extra water when the plants are releasing pollen and forming ears. It's a good idea to fertilize your plants again when they are about two feet tall. An organic nitrogen fertilizer like cottonseed meal, blood meal, or fish fertilizer can improve the health of your plants and improve your harvest ... but be sure to follow the package instructions, as too much nitrogen can damage the plants.

Origin and where to plant: Chapalote is one of the most ancient types of corn. At one time it was widely grown from southern Arizona to Sinaloa. This variety was collected from a Mayo farmer in the community of El Fuerte in Sinaloa. This is a long season corn that does well in the low desert, but is not ideal for high elevations or northern latitudes.

Traditional uses and Food: Though it has small, hard, flinty kernels, Chapalote can be ground into cornmeal and makes a wonderful sweet pinole. It can also be popped.

How to harvest

Chapalote corn is a popcorn and is usually harvested once the ears have fully dried on the plant.

- For harvesting the dried corn wait until the leaves of the plant and the corn husks have all turned dry and brown. Pull back the husk and press your fingernail into a kernel ... you should not be able to make a dent.
- Pull the ear down away from the plant stem and twist to pull it off the plant.



How to save seeds

If you want to save seed from your crop, be sure there are no other corn varieties growing within 800 feet (about 2 football fields) ... otherwise your corn can cross pollinate and have characteristics from the other corn.

Harvest for seed at the same time you would harvest for dried corn ... when the husks and leaves have all dried and turned brown, and the kernels are hard. Remove the husks and silks from the corn ears. Select seed from your best ears for seed saving, as these will determine the success of your future harvests. Corn kernels actually keep best while still attached to the ear, so if you have room to store whole ears (in a cool, dark, dry location protected from rodents), that is ideal. If not shell the kernels off the cob. One favorite method is to save the kernels from around the center of the cob for seed, then use the rest of the kernels from both ends of the cob for cooking. This way you can get large strong kernels from many ears and still have corn to eat. The more ears you save seed from, the stronger your future harvests will be as you will have better genetic diversity in your crop. It is best to save seed from at least 20 plants, and more is better if you have a bigger crop.

Storing seeds

Once fully dry, store the seeds in a dry, closed, air-tight container or bag. Seeds are best stored under cool, dry, and dark conditions. A closet or cupboard works well. Avoid outdoor sheds or garages or places where temperatures can get too hot or change a lot. The lifespan of seeds can be extended by years when stored in the right conditions.

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Sinahuisa Chile

How to plant

Chiles grow well in the ground or in containers that are at least 1 gallon in size. Plant the seeds 1/4 inches deep (about half a dime length) in soil and lightly sprinkle with water. Chiles should be planted 12-16" apart (about the length of your finger tips to elbow). Water lightly daily to keep the soil moist until the seeds sprout. It is important to keep the soil moist in order for these small chili seeds to grow. The seeds are slow to sprout and need warmth and may take 2-4 weeks. If starting inside, plant seedlings into the garden after 8-10 weeks of growth. To improve seed sprouting: Soak the seeds for 24 hours in 1 cup water with 1 drop of vinegar before planting.



When to plant

Plant seeds in the spring around mid-February after the last frost. Or start seedlings indoors in late November or December and plant outside after frost danger has passed.

When to grow

Chiles love growing in a sunny location, but it's best to pick a spot where they get some afternoon shade. Chiles prefer nutrient-rich, well-draining, sandy soil. Add compost to soil before planting for extra nutrients. Provide the chile plants with trellis or stake support. Water the chile plants deeply every 4-7 days or when you see leaves wilting. Chiles are pollinated by bees. Plant lots of wildflowers to get an abundance of pollinators and lots of chiles!

How to harvest

The chiles will turn red when they are fully ripe and are the most flavorful. They can also be harvested when they are green for a crisp flavor. Harvest them when they are about the size of your palm or when they turn red with little tan stretch marks. Snip the stems just above the chile fruits to harvest. Always use gloves when handling chile fruits and seeds!



Origin and where to plant: Chiles were domesticated in Central-East Mexico at least 6,000 years ago. Chiles have been a staple of the region's cuisine for thousands of years. This seed variety was donated to NS/S in 1987 by a Mayo gardener in Sonora, Mexico. The chiles are well adapted to the low desert, which includes elevations below 3500ft in the Southwest.

Traditional uses and Food: Chiles are a staple food and used medicinally. Chiles are mixed as an ingredient in herbal salves to treat aches and pains. It is also medicinally consumed as a tea, juice, powder, or herbal mixture for use as pain relief, a laxative, to improve digestion, or improve circulation. Some indigenous communities continue to use chiles in rituals and religious ceremonies as well. Chiles are an amazing ingredient to spice up any dish and are an excellent addition to salsas, sauces, soups, and roasts.

How to save seeds

Note: If you want to save seeds for a particular chile variety, your chile plants should be separated by at least 300 feet (about a football field long) from other chiles and from chiltepins to avoid cross pollination.



Always use gloves when handling chile fruits and seeds! Using a mask is highly recommended. Split the chile fruits open and use gloved hands or utensils to scrape the seeds out. The spicy compound in chile (capsaicin) is most concentrated around the tissue connecting the seeds to the fruit. Spread the seeds out on a tray, screen, or plate. You can then use and eat the chile fruits! Fully dry the seeds at room temperature for at least 1 week. Do not dry the seeds in direct sunlight and avoid heat, humidity, and moisture. When the seeds are dry, use gloved hands to gently break up the seeds if they are stuck in clumps.

Scan the QR code for a video:



Storing seeds

Once fully dry, store the seeds in a dry, closed, air-tight container or bag. Seeds are best stored under cool, dry, and dark conditions. A closet or cupboard works well. Avoid outdoor sheds or garages or places where temperatures can get too hot or change a lot. The lifespan of seeds can be extended by years when stored in the right conditions.

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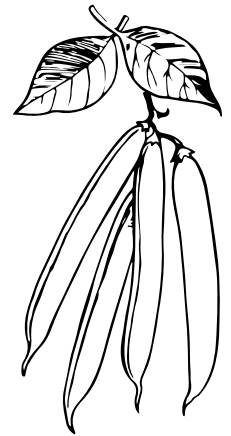
How to plant

Beans grow well in the ground or in containers that are at least 1 gallon in size. Plant the seeds 1" deep in soil (about the length of a quarter) and water the soil deeply after planting. The beans should be planted 6" apart (about the width of your open hand). Water daily to keep the soil moist until the seeds sprout. Common bean seeds sprout best in warm weather.



When to grow

Plant seeds in the spring around March or plant with the summer rains in July or August.



How to grow

Beans love growing in a sunny location. The plants prefer well-draining soil. Add compost to your soil before planting for extra nutrients. Trellising is optional but recommended for better yields and to make harvesting easier. Deeply water them once every week if there is no rain or when you see the plant wilting. They can tolerate poor soil conditions and can help improve soil fertility through nitrogen fixation in their roots.

Origin and where to plant: Common beans originated in Mesoamerica and were domesticated around 8,000 years ago. Common beans have been an important staple food of people all throughout the Americas for thousands of years. Today, they are a part of everyday diets for billions of people around the world. This bean came to us from a Yaqui /_Yoeme farmer in Ures, Sonora.

Traditional uses and Food: Beans are an important traditional food along with corn, chiles, chiltepins, and squash. Beans are rich in protein and a good dietary source of iron, thiamin, riboflavin, and fiber. Common beans can be eaten as green beans, as cooked beans, and are a delicious addition to soups and burritos.

How to harvest

Common beans will continue to flower and produce beans until the fall, though they may drop their blossoms and not produce beans when temperatures are above 95 degrees. They can be harvested early as green beans or harvested later as mature dry beans. To harvest as green beans, wait for the pods to grow about as wide as your pinky finger while still smooth and twist the pod off the stem or snip the stem just above the pods. To harvest the dry beans, allow the pods to fully mature and dry to a brown crunchy-paper texture and harvest the pods regularly as they dry. Avoid letting the dry pods on the plant get excessively wet or they will mold. Be mindful to harvest often, or the mature pods may pop open and drop the beans to the ground.



How to save seeds

If you want to save seeds for a particular common bean variety, your bean plants should be separated by at least 20 feet (about the length of a large pickup truck) from other common bean varieties to avoid cross pollination by insects.

When the bean pods are brown and dry to a crunchy-paper texture, harvest the dry bean pods regularly. For a single harvest, cut the whole plants from their main stems when most of the pods have turned brown. Allow the plants and beans to dry by setting them on screens, trays, a sheet/pillow case, or tarp. If possible, it is best to spread out the plants and pods and turn them frequently. Dry the seeds at room temperature for at least 1 week. Do not dry the seeds in direct sunlight and avoid heat, humidity, and moisture. When fully dry, crush the pods to release the beans. This can be done by hand or by stepping on them on top of a tarp. Screen out the beans from most of the plant matter and winnow off the rest. Winnowing (separating the beans from the plant material using wind) can be done with a gentle breeze or with a box fan.

Storing seeds

Once fully dry, store the seeds in a dry, closed, air-tight container or bag. Seeds are best stored under cool, dry, and dark conditions. A closet or cupboard works well. Avoid outdoor sheds or garages or places where temperatures can get too hot or change a lot. The lifespan of seeds can be extended by years when stored in the right conditions.

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Mayo Yori Muni

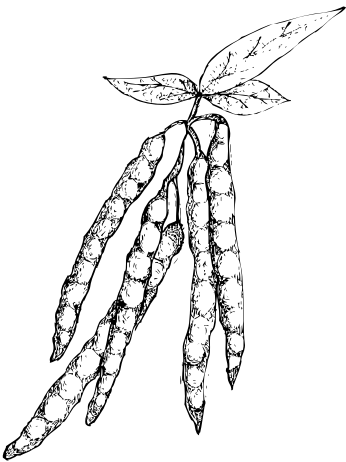
How to plant

Cowpeas grow well in the ground or in containers that are at least 1 gallon in size. Plant the seeds 1" deep in soil (about the length of a quarter) and water the soil deeply after planting. The seeds should be planted 6" apart (about the width of your open hand). Water daily to keep the soil moist until the seeds sprout. Cowpea seeds sprout best in warm weather.



When to plant

Plant seeds in the spring around March or plant with the summer rains in July.



When to grow

Cowpeas love growing in a sunny location. The plants prefer well-draining soil. Add compost to your soil before planting for extra nutrients. The cowpea vines will sprawl but trellising is also optional. Deeply water them once every week if there is no rain or when you see the plant wilting. They can tolerate poor soil conditions and can help improve soil fertility through nitrogen fixation in their roots.

How to harvest

Cowpeas will continue to flower and produce beans until the fall. They can be harvested early as green beans or harvested later as mature dry beans. This usually takes three to four months. To harvest as green beans, wait for the pods to grow almost as wide as your pinky finger while still smooth and twist the pod off the stem or snip the stem just above the pods. To harvest the dry beans, allow the pods to fully mature and dry to a brown crunchy-paper texture and harvest the pods regularly as they dry. Avoid letting the dry pods on the plant from getting too excessively wet or they will mold. Be mindful to harvest often, or the mature pods may pop open and drop the beans to the ground.

Origin and where to plant: Cowpeas were domesticated in sub-Saharan Africa about 5,000 years ago. They were introduced into the Americas with the slave trade and reached North America around the 1600s. Today, Cowpeas are a common nutritious food, cover crop, and animal forage crop around the world. This seed variety was donated to NS/S in 1985 by a Mayo farmer in Estación Capomas, Sonora, Mexico. Cowpeas thrive in sandy soils and hot climates. You too can easily grow this delicious historically-rich seed!

Traditional uses and Food: Cowpeas are high in protein and a good dietary source of vitamins and minerals. They are 20-30% protein as a dry bean! Cowpeas can be eaten as green beans, as cooked beans, and are a delicious addition to soups and salads.

How to save seeds

If you want to save seeds for a particular cowpea variety, your cowpea plants should be separated by at least 20 feet (about the length of a large pickup truck) from other cowpea varieties to avoid cross pollination by insects.



When the outer bean pods are brown and dry to a crunchy-paper texture, harvest the dry bean pods regularly. For a single harvest, cut the whole plants from their main stems when most of the pods have turned brown. Allow the plants and beans to dry by setting them on screens, trays, a sheet/pillow case, or tarp. If possible, it is best to spread out the plants and pods and turn them frequently. Dry the seeds at room temperature for at least 1 week. Do not dry the seeds in direct sunlight and avoid heat, humidity, and moisture. When fully dry, crush the pods to release the beans. This can be done by hand or by stepping on them on top of a tarp. Screen out the beans from most of the plant matter and winnow off the rest. Winnowing (separating the beans from the plant material using wind) can be done with a gentle breeze or with a box fan.

Storing seeds

Once fully dry, store the bean seeds in a dry, closed, air-tight container or bag. Seeds are best stored under cool, dry, and dark conditions. A closet or cupboard works well. Avoid outdoor sheds or garages or places where temperatures can get too hot or change a lot. The lifespan of seeds can be extended by years when stored in the right conditions.

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Onaveño Corn

How to plant

Corn produces best when planted in the ground. Plant a **minimum** of 15 plants, otherwise you will have poor pollination and the ears will have few kernels. Plant in a block or multiple short rows rather than in a single long row. This will improve the chances that the plants will pollinate each other and produce ears with many kernels. Plant seeds 1 inch deep (about the size of a quarter). Plant seeds 12 inches apart if you are planting rows, with the rows about 24 inches apart. Or if you'd rather, plant 3-4 seeds in clumps 18 inches apart. Keep the soil moist until sprouts emerge.



When to grow

In the low desert, you can plant in early spring (late February - mid March) after danger of frost has passed. OR plant at monsoon time, late June to early July. This variety takes 4.5 to 5 months to fully mature to dry harvest.

How to grow

Corn likes to grow in full sun, where the plants get sunshine for at least 6 hours per day. This variety will grow very tall, 8 to 10 feet or more, so keep that in mind when deciding where to plant. Corn needs good rich soil, so add organic matter such as compost, manure, and/or worm castings to your soil. It is best to work these into the soil before you plant, but you can also dig them lightly into the soil near your young plants, taking care not to damage the roots. Adding a couple inches of mulch (such as straw) around your plants once they are 6 inches tall will help keep moisture in the soil. Water deeply but infrequently and watch your plants. If the leaves start to curl inward from the sides they are telling you they need more water. Give extra water when the plants are releasing pollen and forming ears. It's a good idea to fertilize your plants again when they are about two feet tall. An organic nitrogen fertilizer like cottonseed meal, blood meal, or fish fertilizer can improve the health of your plants and improve your harvest ... but be sure to follow the package instructions, as too much nitrogen can damage the plants.

Origin and where to plant: This variety was collected from a Mayo farmer in the community of El Fuerte in Sinaloa. Like many heirloom crops, it is quite varied, having some slender and some thick ears, and a mix of different kernel types (flour and flint-type and even some dent-type kernels as well). This is a long season corn that does well in the low desert, but is not ideal for high elevations or northern latitudes due to late maturing.

Traditional uses and Food: This ancient grinding corn is good for pinole, cornmeal, and tortillas. This variety would traditionally be nixtamalized by cooking in a solution of lime and then removing the hulls, which makes grinding easier and makes nutrients more available to those eating it.

How to harvest

Onaveño corn is usually harvested once the ears have fully dried on the plant, but it also is tasty as a fresh roasting corn, though the kernels are not sweet.

- For fresh roasting, harvest the corn in the milk stage, roughly 20–30 days after the ears start to produce silks. In the milk stage, the silks will have turned dark brown or black and the kernels will be tender and full of a milky white liquid.
- For harvesting the dried corn (for grinding or seed saving), wait until the leaves of the plant and the corn husks have all turned dry and brown. Pull back the husk and press your fingernail into a kernel ... you should not be able to make a dent.
- In either case, pull the ear down and twist to pull it off the plant.

How to save seeds

If you want to save seed from your crop, be sure there are no other corn varieties growing within 800 feet (about 2 football fields) ... otherwise your corn can cross pollinate and have characteristics from the other corn.

Harvest for seed at the same time you would harvest for dried corn ... when the husks and leaves have all dried and turned brown, and the kernels are hard. Remove the husks and silks from the corn ears. Select seed from your best ears for seed saving, as these will determine the success of your future harvests. Corn kernels actually keep best while still attached to the ear, so if you have room to store whole ears (in a cool, dark, dry location protected from rodents), that is ideal. If not shell the kernels off the cob. One favorite method is to save the kernels from around the center of the cob for seed, then use the rest of the kernels from both ends of the cob for cooking. This way you can get large strong kernels from many ears and still have corn to eat. The more ears you save seed from, the stronger your future harvests will be as you will have better genetic diversity in your crop. It is best to save seed from at least 20 plants, and more is better if you have a bigger crop.

Storing seeds

Once fully dry, store the seeds in a dry, closed, air-tight container or bag. Seeds are best stored under cool, dry, and dark conditions. A closet or cupboard works well. Avoid outdoor sheds or garages or places where temperatures can get too hot or change a lot. The lifespan of seeds can be extended by years when stored in the right conditions.

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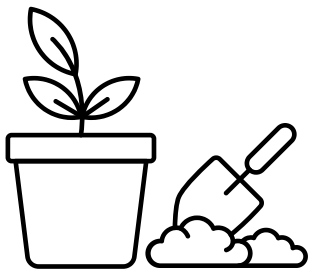
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Alvaaka – Yaqui Basil

How to plant

Basil grows well in the ground or in containers that are at least 1 gallon in size. Plant the seeds 1/4 inches deep (about half a dime length) in soil and lightly sprinkle with water. Basil should be planted 4-8 inches apart (about the width of your hand). Water lightly daily to keep the soil moist until the seeds sprout. If starting in containers, transplant seedlings into the garden after 4-6 weeks of growth. Basil seeds sprout best in warm temperatures, 75-80 F.

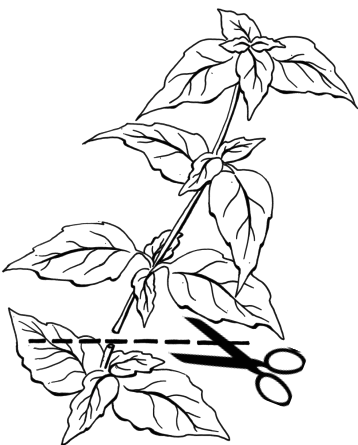
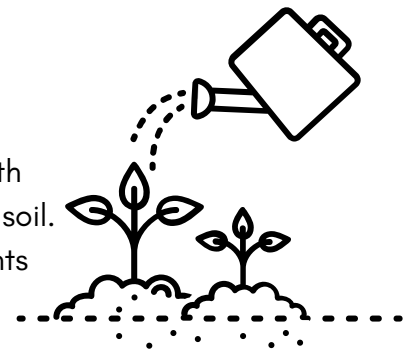


When to plant

Plant it in the spring around February 15th or with the summer rains in July-September. You can also start seedlings indoors in later December or January and plant outside once the weather is warmer.

When to grow

Basil loves growing in a sunny location, though its leaves will grow larger with some afternoon shade. This plant prefers nutrient-rich, well-draining, sandy soil. Add compost to soil before planting for extra nutrients. Water the basil plants deeply every 4-7 days or when you see leaves wilting.



How to harvest leaves

Once your plants have 4 or more pairs of leaves, harvest the leaves by snipping the stem above the lowest two pairs of leaves. (picture here) The leaves can be harvested for herbs many times throughout the season. Harvesting a little bit over time actually helps the plant grow bushier and encourages new leaves to grow. Basil will flower when it comes to end of its life cycle. You can pinch off the flower stalks to keep the plant alive longer, otherwise, you can let the flowers mature and harvest seed!

Origin and where to plant: Basil is believed to have originated in tropical Asia and was domesticated over 5,000 years ago. It was a staple in Spanish gardens before it came to the Americas. This seed variety was donated to NS/S in 1990 by a woman from New Pascua who brought them from Sonora, Mexico. This basil variety is well adapted to growing in the low desert. You too can easily grow this delicious medicinal and culinary herb!

Traditional uses and Food: Traditionally, basil is used as an herbal tea, as an ingredient in herbal salves to relieve pain, and for its pleasant odor. Basil makes an excellent addition to sauces, soups, seasonings, and salads.

How to save seeds

Basil is pollinated by bees which are attracted to its brightly colored flower petals. If you let your basil flower and set seeds you will be rewarded with an abundance of pollinators to your garden!

Note: If you want to save seeds of a particular basil variety, your plants should be separated from other basil varieties to avoid cross pollination by at least 800 feet (about 2 football fields)



This basil produces stems with tiny white and purple flowers which will turn into seed capsules. When the bottom seed capsules turn brown they are ready to harvest. You can pick or strip off the brown seed capsules or you can snip off the entire stem to dry further in a paper bag or on a plate/tray.

Do not dry seeds in direct sunlight, and avoid heat, humidity and moisture. When brown and crunchy, rub seed pods between gloved hands to release the seeds. Screen out the seeds from the chaff (extra plant material) or gently winnow (use air to clean seeds). Winnowing can be done by putting the seeds and chaff in a shallow bowl and blowing or tossing gently to remove the lighter chaff from the heavier seeds. Scan the QR code for a video:



Storing seeds

Once fully dry, store the dry seeds in a dry, closed, air-tight container or bag. Seeds are best stored under cool, dry, and dark conditions so a closet or cupboard works well. Avoid outdoor sheds or garages or places where temperatures can get too hot or change a lot. The lifespan of seeds can be extended by years when stored in the right conditions.

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Yoeme Brown Tepary Bean

How to plant

Teparies grow well in the ground or in containers that are at least 1 gallon in size. Plant the seeds ½" deep in soil (about the length of a dime) and water the soil deeply after planting. Teparies should be planted 4-6" apart (about the width of your hand). Water daily to keep the soil moist until the seeds sprout. Tepary seeds sprout best in warm weather. Note: Teparies may carry bean mosaic virus, so don't plant them near other types of beans.



When to plant

Plant seeds in the spring around March or plant with the summer rains in July.



When to grow

Teparies love growing in a sunny location. The plants prefer well-draining sandy soil. Add compost to your soil before planting for extra nutrients. Teparies don't like being in heavy clay soils. Trellising is optional for these teparies since they don't climb. Thoroughly water them once every 2 weeks if there is no rain or when you see the plant wilting. Don't overwater the teparies, they will stop flowering if the rain or watering is too frequent.

How to harvest

Teparies will continue to flower and produce beans until the fall. They are harvested as dry beans. To harvest the dry beans, allow the pods to fully dry to a brown crunchy-paper texture and harvest the pods regularly as they dry. Be mindful to harvest often, or the mature pods will naturally pop open and drop the beans to the ground.



Origin and where to plant: Tepary beans were likely domesticated in Northwestern Mexico around 4,000 to 6,000 years ago from Sonoran Desert wild teparies. They are well adapted to the low desert and do not need much water to grow. This NS/S variety is originally from a Yoeme village in southern Sonora, Mexico and was donated in 1981. Keep the tradition alive by planting tepary beans this monsoon!

Traditional uses and Food: Tepary beans are a common traditional food along with corn, chiles, chiltepins, and squash. Teparies are high in protein, fiber, and minerals which is especially good for those with diabetes. Teparies can be eaten on their own and are a delicious addition to soups and burritos.

How to save seeds

If you want to save seeds for a particular tepary bean variety, your tepary plants should be separated by at least 20 feet (about the length of a large pickup truck) from other tepary varieties to avoid cross pollination by insects.



When the tepary pods are brown and dry to a crunchy-paper texture, harvest the dry bean pods regularly. For a single harvest, cut the whole plant from their main stems when most of the pods have turned brown. Allow the plants and beans to dry by setting them on screens, trays, a sheet/pillow case, or tarp. If possible, it is best to spread out the plants and pods and turn them frequently. Dry the seeds at room temperature for at least 1 week. Do not dry the seeds in direct sunlight and avoid heat, humidity, and moisture. When fully dry, crush the pods to release the beans. This can be done by hand or by stepping on them on a tarp. Screen out the beans from most of the plant matter and winnow off the rest. Winnowing (separating the beans from the plant material) can be done with a gentle breeze or with a box fan. Scan the QR code for a video:



Storing seeds

Once fully dry, store the seeds in a dry, closed, air-tight container or bag. Seeds are best stored under cool, dry, and dark conditions. A closet or cupboard works well. Avoid outdoor sheds or garages or places where temperatures can get too hot or change a lot. The lifespan of seeds can be extended by years when stored in the right conditions.

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