



10 Considerations When Selecting Seeds

Nature & Nurture Seeds

This super helpful list was created by our friend Petra Page-Mann at [Fruition Seeds](#). What follows is a transcribed and edited version of her video, with a few of our recommendations (marked with ***). You can find Petra's full video on Youtube, [here](#). Thank you Petra for this great resource!

~~~~~  
*"First and foremost, seeds are living, breathing, infinitely replicable beings, and the seeds that you choose are the foundation of the bountiful harvest that you will enjoy ~ so choose wisely friends!"*

~ Petra Page-Mann, Fruition Seeds

### 1. Are you growing indoors or outdoors?

If you have all the necessary materials for planting indoors (i.e. space, natural light or grow lights, pots, etc.), you can start virtually any seeds. If you are growing outdoors, you will have some additional considerations. Timing is everything; when you're going to sow, when you are going to start your transplants, etc. Regional adaptation of varieties is another important consideration if you're growing outdoors.

\*\*\*See the Nature & Nurture Seeds guide, [Seed Starting: Start Inside or Outside?](#)

### 2. Are you growing in a garden or in a container?

If you have a large garden, you can accommodate the size of just about any plant. However, if you're growing in a container and a raised bed in a small garden, size is a limiting factor. The good news is that there are tons of varieties that are more compact; you're not sacrificing abundance by choosing more compact varieties!

\*\*\*See our list of [Space Savers](#) including our [Container Garden Collection](#)

### 3. Where in the world are you gardening?

Regional adaptation matters in ecology and in agriculture. If you're growing lettuce in Texas, you will want heat tolerant lettuce. If you're growing tomatoes in New York, you will want late blight resistant tomatoes. If you're growing watermelons in Maine, you will want early maturing watermelons. Regional adaptation makes all the difference, which brings us to number 4...

\*\*\*See our list of [Midwest heirlooms](#) for gardeners in the Great Lakes Region!

#### 4. Are local seed companies offering locally seed?

They may or they may not. Think about your supermarket; it's a distributor of food from all around the world. Seed distributors are also distributors, often having seed from all around the world as well! Give your local seed company a call and ask where their seed comes from. Ask who grows it, where they grow it, what they're selecting it for, etc. You will learn so much about seed, about food, and about our planet!

\*\*\*At Nature and Nurture Seeds, we grow about 60% of our seed on our certified organic farm outside Ann Arbor, MI. [Visit our website to learn about where our seed comes from!](#)

#### 5. Organic vs. conventional seed

Conventional seed was grown with the industrial inputs of chemical fertilizers, pesticides, and herbicides. If you don't want to have those things in your body, in your garden, in your world, then that's one reason to buy organic seed. The *real* reason to buy organic seed, however, is plain and simple: It will make you a more successful gardener. When you grow organic, you can grow more with less because the seeds do not need chemically soluble fertilizers, they don't need to be sprayed for protection, they outcompete weeds on their own, and they have robust immune systems so they don't need the pesticides that their conventional counterparts would need. So, if you want to grow more with less, grow organic! It will make a big difference in your garden and in the gardens of future generations.

\*\*\*Our seed farm was Certified Organic in 2017! [Read more about our certification and shop the Nature and Nurture Seeds collection of Certified Organic seeds!](#)

#### 6. What season are you growing in?

There are thousands of varieties of lettuce and each one has a slightly different season it would prefer to grow in.

\*\*\* For example, Jericho lettuce is a summer lettuce. On the other hand, Grand Rapids is a great cold-hardy fall, winter, & spring lettuce. Don't bother growing it in the summer or it will turn bitter! Need more info? See [the Planting Date Guide that we use on our SE Michigan farm](#), and shop our collection of [lettuces for hot, cool, and wide ranging conditions!](#)

#### 7. Light and fertility

Every variety has different and has unique light requirements. If you have less than optimal sunlight, lettuce will grow beautifully, while tomatoes will not. If you have less than optimal soil, sunflowers will grow marvelously, while cucumbers will not.

Generally, if you have less than optimal light you will grow great leaves – think kale, parsley, lettuce, basil. You will not grow great things that fruit, like tomatoes, watermelons, cucumbers.

\*\*\*You can find more ideas for your shady spots, including a few coveted shade tolerant fruits, on our [List of Shade Tolerant Vegetables and Fruits!](#)

## 8. All seeds are not equal

The same seed variety can be found in well over a hundred seed catalogs. Are all these seeds the same? The answer is sometimes yes and sometimes no. How do you know? Again, call up your seed company and ask who their supplier is, where they're sourcing their seed, etc. You'll learn so much!

\*\*\*Want to talk seeds? Email us at [info@natureandnurtureseeds.com](mailto:info@natureandnurtureseeds.com) or call 734-929-0802.

## 9. Experiment, explore, trial, have fun

Don't judge a book by its cover! Find out for yourself what grows best, and you'll learn so much about all these different varieties. When you find a seed company you really like, continue to purchase from them. Always be open to new seed companies and new offerings. Above all, stay curious!

\*\*\*We appreciate your support as we grow our seed catalog! [See all of our new offerings for 2018!](#)

## 10. Are these seeds GMO free?

Here are a few things to consider: GMOs, when you grow them, require a stack of paperwork & tons of licensing. No seed company is ever going to sell a home gardener a packet of GMO seed. So, every seed company can truthfully say, "no, these seeds are not GMOs." So here are two questions to ask: 1) Does the seed company source seeds from a company that does sell GMOs? 2) Is this seed company owned by a larger seed company that does sell GMOs?

\*\*\*Nature & Nurture Seeds is an independently owned seed company that only offers Non-GMO, open-pollinated seeds that are a part of the public domain. We have signed the [Safe Seed Pledge](#), and we are also a company partner with the [Open Source Seed Initiative!](#) Read more about Nature & Nurture Seeds, including the story of our company founders, by [visiting our website!](#)

As you're planning your garden and dreaming of the abundance ahead, ask good questions and don't be shy!

.....

Still need help deciding which seeds to purchase? We have even more resources for growing and seed saving on our website! You'll find more useful tips, relevant links, and videos to guide your decision.

- [Nature & Nurture Seeds – Growing Resources](#)
- [Nature & Nurture Seeds – Seed Resources](#)
- [Nature & Nurture Seeds – Organizations and Other Resources](#)
- [Nature & Nurture Seeds – Articles and Interviews in the News](#)

You can also send us a request to receive a printed copy of our beautiful, full-color seed catalog!

- [Send your request here, or otherwise contact us through our website!](#)