

Living and Lovin Herbs Podcast

How To Shop For Seeds

"Seeds matter because they are the basis for civilization. The planet can't support 7 billion people without a well-developed agriculture. The supply is critical." Randel Agrella

Podcast Notes from Interview with Randel Agrella, Horticulturist
Parsnippty Farm, Fort Fairfield Maine

Try and buy open pollinated seeds - that way you can save the seeds and use them next year. Learning how to save your own seeds is important for food security.

Baker Creek only sells open pollinated seeds.

Check for quality of seeds at stores and online.

How to Shop For Seeds:

Where are they storing them? Look at how the seeds are being handled in the store.

If they are in a hot room, atrium or green house - don't buy them. Seeds stored in hot rooms diminish their ability to germinate.

Learn which brand names you can trust - That will require you to do some research on their websites.

Check dates on seed packets - you want packets with this years date. That means these are seeds from last years harvest and they are fresh.

Although home gardeners who properly store their seeds can have them last least 5 years when they are kept in a cool dry place. Seed kept in the freezer can last forever!

Seed packets that say F1 and F2 after the seed name indicates it's a hybrid and not open pollinated. You can't save the seeds to reuse. Very rarely do they say "Hybrid" on the package.

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Randel's Seed Company Recommendations

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- Baker Creek Heirloom Rareseeds Company: <https://www.rareseeds.com/>
- Southern Exposure Seeds: <https://www.southernexposure.com/>
- Victory Seeds: <https://www.victoryseeds.com/>
- Adaptive Seeds: <https://www.adaptiveseeds.com/>
- Strictly Medicinal: <https://strictlymedicinalseeds.com/>
- Sand Mountain: <https://www.sandmountainherbs.com/>
- Mom and Pop seed companies - Randel's recommends you give small independent seed companies a try for food security reasons.