



BETTER LIVING FOR TEXANS

TEXAS A&M AGRILIFE EXTENSION SERVICE



April 2024

Seeds and Harvest: Saving the Right Way

Storing Vegetable Seeds

Learning how to save and store seeds from fruits and vegetables can be very useful in starting or continuing to grow a flourishing produce garden. It can also save money on seeds and transplants for the following planting season.

How to Harvest Seeds

Great options for harvesting seeds are self-pollinated or open-pollinated plants such as beans, herbs, lettuce, okra, peas, and tomatoes. When harvesting, allow the seed pods to dry out on the plant as long as possible, and collect the seeds before they fall. If the seeds are harvested from tomato plants or other vegetables that have a gel liquid inside, the gel must be removed by placing them inside a jar with water and stirring until the gel has separated. The seed should then be laid on a paper towel to completely dry.



planting season. Seeds should be used within a year to have the highest success when growing. If they used are past a year, some seeds may not grow.

Seed and Produce Safety

Like humans, plants also get sick and experience symptoms of illnesses. Stored seeds should come from healthy plants. This begins with how harvested produce is stored. Certain crops that are higher in sugar such as peas and sweet corn should be cooled immediately after harvesting as high temperatures can turn sugars into starch. Rinse carrots, celery, greens (including lettuce and spinach), radishes, and snap beans before putting them in the refrigerator. Store onions, garlic, and potatoes in a cool, dry place.

Harvesting your own seeds and produce may take practice, and the benefits of your labor can be very rewarding!

Written by: Cynthia Covarrubias, MPA, Better Living for Texans Extension Agent - Webb/Zapata County
Content Source: <https://extension.umn.edu/planting-and-growing-guides/saving-vegetable-seeds>
Photo: Canva.com



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Contact: Sharon Mitchiner, BLT Nutrition Education Associate
Galveston County | 281-309-5048 | sharon.mitchiner@ag.tamu.edu



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Recipe of the Month

Recipe adapted from Eating Well, <https://www.eatingwell.com/recipe/249897/chopped-greek-salad-with-chicken/>

Chopped Greek Salad with Chicken

Serves 4

Ingredients:

- | | |
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| 6 cups romaine lettuce, chopped | 1/3 cup red wine vinegar (substitute: any vinegar) |
| 2 cups cooked chicken, chopped | 1 tablespoon extra-virgin olive oil |
| 2 medium tomatoes (about 1 cup), chopped | 1 tablespoon chopped fresh dill (substitute: oregano) |
| 1 medium cucumber (about 1 cup), peeled and chopped | 1 teaspoon garlic powder |
| 1/2 cup red onion, finely chopped | 1/4 teaspoon salt |
| 1/4 cup black olives, sliced | 1/4 teaspoon ground pepper |
| 1/2 cup crumbled feta cheese (substitute: other cheese of choice) | |

Directions:

1. Add lettuce, chicken, tomatoes, cucumber, onion, olives, and feta in a large bowl.
2. For the dressing, whisk vinegar, oil, dill, garlic powder, salt, and pepper in a small bowl. Drizzle dressing onto ingredients in large bowl and toss to coat evenly.



Nutrients Per Serving: 170 calories, 8 g total fat, 3 g saturated fat, 50 mg cholesterol, 320 mg sodium, 8 g carbohydrates, 2 g fiber, 4 g total sugar, 0 g added sugar, and 18 g protein



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