

demeter

free of charge



# Gardening with passion

A small practical guide

bingenheimer  
saatgut



Organic.  
Fair.  
Dynamic.

## Dear Gardener,

an organically cultivated garden causes tremendous joy, especially when equipped with open-pollinated varieties. Full of life and diversity, it will delight your heart and soul whilst enriching the menu. Whether you own a garden plot or are an ambitious balcony gardener, the pleasure of gardening is simply getting started and growing with your garden and its requirements.

By following this little guide, we are aiming to inspire, providing basic information and practical tips to assist you on the way to cultivate your own garden paradise.

We are delighted to regard you sharing our enthusiasm for our varieties of vegetables, herbs and flowers and wish you all the best for your own journey!

Your team at Bingenheimer Saatgut

# Starting up with sowing



Germinating seeds successfully

**Light or darkness:** The vast majority of varieties germinate in the dark. For those, there is only one rule: twice as thick as the seed is how deep it is put into soil. Those germinating with light are at most covered with a very thin layer of soil or sand. When growing indoors, the seeds are only scattered on top and lightly pressed down, for example with a board to ensure good contact with the soil. Once germinated, all plants need as much light as possible.

**Water:** Keep the seeds moist until germinated, indoors as well as outdoors. Be careful when growing indoors: the soil must neither dry out nor be kept too wet. If the soil is too wet, fungi develop rapidly and may damage the seedlings. For moistening the soil, a spray bottle could be a valuable tool. It has proven useful to cover the sowing containers with perforated cling film to maintain the soils moisture.

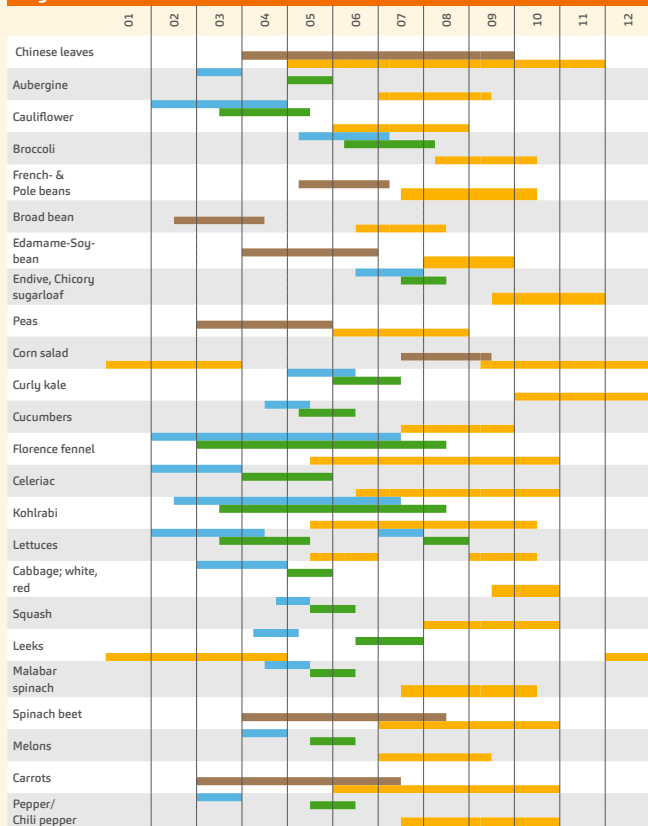
**Warmth:** Seeds need very different temperatures for germination, depending on their species. As an example, the broad bean germinates at a soil temperature of 5 °C, while cucumber seeds need at least 23 °C. Varieties that need to be grown at warm temperatures are usually pre-cultivated in a greenhouse or on a window sill.

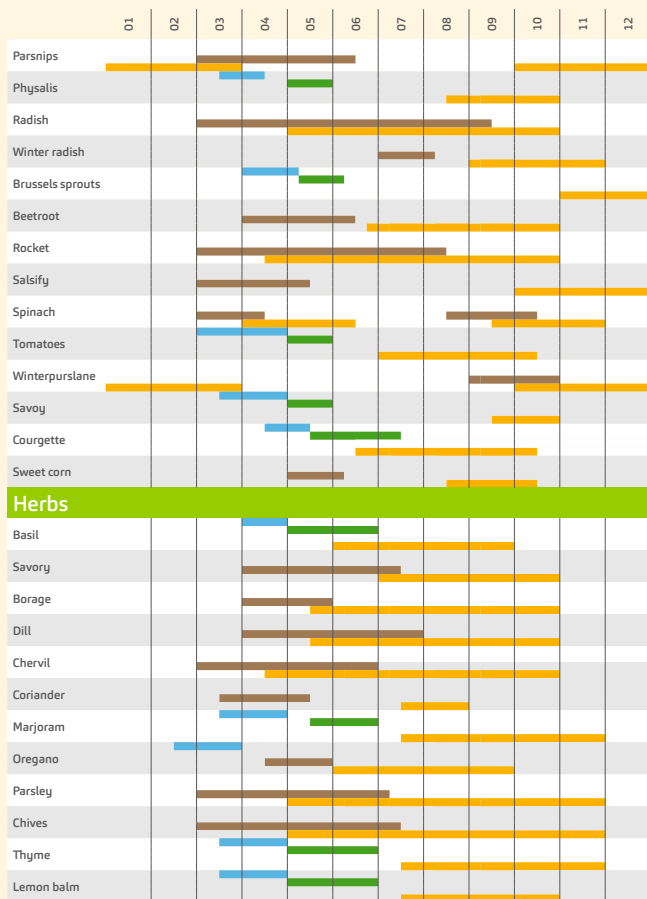
**Soil:** A fine soil structure is necessary when sowing directly into beds, otherwise delicate seeds could slip into soil crevices and no longer germinate adequately. The soil should be loosened deeply, crumbled finely and free of weeds. Special soil for sowing is a necessity for growing indoors, as it is germ-free, low in nutrients and water-permeable.

- raise in seed bed
- planting
- direct sowing
- harvest

# Sowing and planting calendar

## Vegetables







## Enhancing growth by pricking



### Tips for singling seedlings

- As soon as cotyledons and the first leaves appear, the ideal moment has arrived.
- Press down any soil in the pot before pricking out (this improves root and soil contact).
- Poke a sufficiently deep hole into the soil with a pricking tool and carefully lift the seedling from its sowing tray.
- Ensure to carefully insert the seedling into the prepared hole without bending its roots upwards. If they are overly long, they may be shortened a little.

- There are two ways of pricking out vegetable seedlings:



- To enhance/increase growth and stability, varieties such as tomatoes, peppers or physalis should be planted a little deeper into the soil, almost up to the base of their first set of leaves.



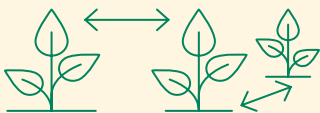
- On the other hand, vegetable plants like lettuce and kohlrabi should never be planted deeper.

- Press the seedlings firmly into the pots and irrigate them.



## Plants require space too

The appropriate planting distance



Consider adequate spacing of the seeds when sowing outdoors. If sown too closely the rows should be thinned out later by extracting some of the seedlings.

Seeds may be sown more densely in a tray on the windowsill or in a greenhouse. The sturdiest seedlings are transplanted later on.

Some vegetable plants (especially fruiting vegetables, such as tomatoes, peppers, cucumbers) should be pricked out into small pots after germination before transplanting them outdoors. At this stage, they may continue to grow under protected conditions and gain stability. Pre-cultivating plants in a sheltered area is preserving this first sensitive step of germination from weather and pests. Additionally it allows for earlier harvesting.

**Tip:** To get started, use our seed bands or seed discs, for example the Colourful Salad Plate with seeds already fixed at the right distance.

You will find a large selection of seed bands and seed discs in our online shop.

[www.bingenheimersaatgut.de](http://www.bingenheimersaatgut.de)



# Release the plants

Here is what to consider when planting

Once the seedlings have grown sturdy and their root bundles are visibly well established, the time has come to place them outdoors into well-prepared beds.

How it works:

- Young plants should be toughened up, i.e. gradually acclimatised to external conditions. Therefore, move your seedlings to a wind-protected, shady spot in the garden during the day.
- Plants sensitive to low temperatures, like tomatoes, peppers and almost all summer flowers are planted only after the frosts have passed (around the 20th of May, depending on your location).
- Pay attention to the appropriate planting distance and planting depth.





- Crop rotation provides the basis for a successful harvest. That means: Plants belonging to different plant families are cultivated in annual rotation within the same area. Nutrients in the soil are optimally used and one-sided stress of the soil is prevented. As a result, the soil is healthier providing the best conditions for healthy plants.

# Start with ease

## Variety tips for getting started

To ensure you surely succeed with your first sowing attempts, you may find specific variety recommendations below. Enabling you to share the joy and enthusiasm for organic gardening right from the start these will definitely assist you to avoid one or the other beginner's mistake:

**Cress:** Sowing on the windowsill is incredibly simple and possible all year round. Only after a few days, cress is ready to eat and tastes delicious, for example on bread.

**Radishes:** These have few soil requirements and are ready for harvesting after 6-8 weeks. You can reseed radishes regularly until September. They are also a delight from the balcony box.

**Beans:** When sown from May onwards in warm soil, beans germinate and grow rapidly. Something extremely unique is a „green tipi“ made of pole beans.

**Spinach:** Fast-growing vegetable for spring and autumn. If you don't get around to harvesting, it also serves as a green manure for the soil.



**Sunflower:** They come in many varieties, colours and sizes. Sown directly in the bed from May onwards, they reliably grow towards the sun.

**Bee pasture:** Ideal for sowing in small open spaces and as colourful flower islands in the garden. A valuable food supply for wild and honey bees, bumblebees and butterflies.

# Variety tips for the hobby garden professionals:

We have put together a small selection of specialities and features for home gardeners who are already a little more practised and experienced:

**Malabar spinach:** An attractive climbing plant and a real exotic. The fleshy leaves can be enjoyed cooked and raw. Heat-loving plant for cultivation in sheltered locations and in greenhouses.

**Physalis:** Very tasty, with cherry-sized, yellow-orange, fruity-sweet berries. This outdoor variety requires a sheltered, full-sun location in the garden or on the balcony and early cultivation.

**Snack peppers:** Need an early and warm cultivation (25-28 °C continuously!). Harden off the young seedlings before planting outside and protect them with a fleece during cold nights. Snack pepper plants remain rather small and also thrive well on the balcony in large enough pots.



**Edamame:** A trendy vegetable that is a real treat as summer snack. Edamame belongs to the soybean family and loves intense sun and humus-rich soil with good drainage. As a legume, it also improves soil fertility in the garden.

**Aubergine:** Aubergines need even more heat than peppers and physalis. Therefore, they often thrive better on heat-retaining terraces and balconies than in the garden - provided the pots are large enough and the plants are well fertilised. Harvest aubergines regularly will ensure that the plants bear many fruits.



# Seeds are living organisms

## Storage tips

Seeds have a limited life and germination capacity. They must be stored in a cold place (ideally at temperatures between 10 and 15 °C), dark and dry (relative humidity below 50 %). Glass jars with screw caps or storage containers with tightly fitted lids are well-suited storage containers. For how long seeds may germinate reliably varies from species to species. Tomato seeds are usually still germinable after 5 years, whereas chive seeds lose their germination capacity after only 2 years.

For any stored seeds, we conduct regular in-house testing. Current germination capacity is determined and the results are updated online. If you still have seeds from previous years, you may obtain the results of our latest germination test on our website by searching the lot number printed on our bags.

<https://www.bingenheimersaatgut.de/en/keiminfo>

# Harvesting your own seeds



## How to produce your own open-pollinated varieties

You can build up your own small seed collection with the open pollinated varieties we offer. When collecting seeds, a distinction is made between annual and biennial species.

**Our tip:** Start with simple annual species such as lettuce, tomato or flowers like Calendula and Morning Glory. Biennial vegetables, like carrots, only produce seeds every other year.



## What is essential for us?

- At Bingenheimer Saatgut, you will only receive organically and biodynamically propagated seeds. Breeding takes place in the field and not in a laboratory; no biotechnological methods or genetic engineering.
- We sell nothing but open-pollinated varieties. These are reproducible and pass on their characteristics to the following generations. We are certain that, in addition to their considerable relevance for food sovereignty, the ability of our varieties to reproduce is also directly linked to unique food quality.
- We are a public-limited company whose shareholders aim to promote organic seed work. We coordinate seed propagation at our partner farms and clean, test and market the seeds to professional and amateur gardeners. We are working mindfully and within a network of fair partnerships - independent of large seed corporations.
- Our seeds are not chemically or electronically treated. We might carefully treat them with warm water - a process particularly used for organic seeds.

# Kultursaaf

[www.kultursaaf.org](http://www.kultursaaf.org)



The non-profit association Kultursaaf is dedicated to the preservation and further development of reproducible vegetable varieties for organic farming. The breeders of Kultursaaf work according to biodynamic guidelines and attach great importance to taste and nutritional quality. The varieties from Kultursaaf's new breeding are identified by the coloured Kultursaaf logo on our seed bags.

With every seed bag sold, we support Kultursaaf's valuable work.

# bioverita

[www.bioverita.ch](http://www.bioverita.ch)



The quality label of the Europe-wide umbrella organisation Bioverita identifies varieties from organic or biodynamic breeding and thus guarantees the principle: organic from the start.



## Be part of the network!

Varieties are biocultural heritage!

With every purchase of our seeds, you are directly supporting the preservation of well-tried varieties and the breeding of new open-pollinated varieties. Furthermore resulting in a promotion of variety diversity for agriculture and horticulture.

The special thing about it: The rights to these new varieties remain with the non-profit association Kultursaat and are thus preserved as biocultural heritage!





# We look forward to you!

The Bingenheimer Saatgut team

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# Get started with our favourites!

