MATCH-E-BE-NASH-SHE-WISH

# GROW GUIDE

## POTTAWATOMI MUSKMELON

### Plant Structure

The Pottawatomi Muskmelon is a vining plant that utilizes spiraling tendrils to climb and stabilize the plant to bare fruits. Vines can stretch well over six feet in length, with multiple blooms on each vine. You can expect to begin harvesting sweet, juicy melons in late summer. The melons are fully mature when the stem comes off the melon with little force. They will be slightly smaller than standard muskmelon varieties.

### Cultivation

- Wait until there is no risk of frost to plant (above 46˚F).
- Plant seeds directly into their permanent grow location.
- Planting into mounds will help keep the soil warm during the seedling stage and moist throughout the season.
- Consistently water in the mornings or evenings. Keep soil moist, not soaked.

### Seed Saving

- Outcrossing pollination through insects, especially bees.
- Because melons require insects to pollinate, isolation distances are a half mile to a mile.
- Multiple plants are required to properly pollinate and produce viable seeds. A suggested minimum number of plants would be no less than six plants.
- Pruning the main vine down to have only three bud sites, as well as shortening the side vines down to two flowers will help the plant focus energy on seed production.
- Letting melons over ripen on the vine is proven to increase seed yields by up to 10%. Seeds are ready for saving when the melon is ripe.
- Wash seeds immediately after harvesting and let them dry before storing them.

**RECORDS**

SEED PLANTED: ____/____/____
1st SPROUT: ____/____/____
2nd SET LEAVES: ____/____/____
TRANSPLANTED: ____/____/____
1st FRUIT: ____/____/____
1st HARVEST: ____/____/____
LAST HARVEST: ____/____/____


# SEED JOURNAL

## POTTAWATOMI MUSKMELON

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# GROW GUIDE

# POTTAWATOMI RABBIT BEAN

**Plant Structure**

The Pottawatomi Rabbit Bean is a vining plant that produces long seed pods, filled with small, dark redish brown beans. This plant stretches to just over six feet tall in the summer and begins pollination in July. You can expect to start harvesting in the late summer and continue to harvest until the frost kills the vines, typically in November.

**Cultivation**

- Wait until there is no risk of frost (above 46 degrees).
- Plant seeds directly into their permanent growing area.
- Provide the vine a structure to climb vertically (trellis fencing, string, corn stalk).
- Consistently water in the mornings or evenings. Keep soil moist, not soaked.

**Seed Saving**

- Self-Pollinating .
- Isolation Distance: 20'-30' away from any other varieties of beans (including bush varieties).
- Allow the bean pods to completely mature and dry out on the vine before harvesting for seed.
- Do NOT harvest seed pods after rain, as the extra moisture will rot your seeds.

**RECORDS**

SEED PLANTED: ____/____/____
1st SPROUT: ____/____/____
2nd SET LEAVES: ____/____/____
TRANSPLANTED: ____/____/____
1st FRUIT: ____/____/____
1st HARVEST: ____/____/____
LAST HARVEST: ____/____/____


# SEED JOURNAL

## POTTAWATOMI RABBIT BEAN

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# GROW GUIDE

## SKYSCRAPER SUNFLOWER

**Plant Structure**

Skyscraper Sunflowers are a larger variety of sunflower, growing over five feet in height. Expect large flower heads filled with medium to large seeds. Seeds will be fully developed about 120 days after planting.

**Cultivation**

- Wait until there is no risk of frost to plant (above 46˚F).
- Plant seeds directly into their permanent grow location.
- Consistently water in the morning or evenings .

**Seed Saving**

- Out crossing pollination though insects, especially bees.
- Because Sunflowers require insects to pollinate, isolation distances are a half mile to a mile.
- Allow flower heads to “drop”. They will start to droop and face the ground and the outer pedals will fall off when it’s time to harvest. Take the whole flower head and let it completely dry out before removing seeds.

**RECORDS**

SEED PLANTED: _____/_____/_____
1st SPROUT: _____/_____/_____
2nd SET LEAVES: _____/_____/_____
TRANSPLANTED: _____/_____/_____
1st FRUIT: _____/_____/_____
1st HARVEST: _____/_____/_____
LAST HARVEST: _____/_____/_____


# SEED JOURNAL
## SKYSCRAPER SUNFLOWER

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MATCH-E-BE-NASH-SHE-WISH

# GROW GUIDE

## BEAR ISLAND FLINT CORN

**Plant Structure**

The Bear Island Flint Corn is a highly developed variety of grass that was created over thousands of years by the Anishinaabek. This plant will grow over six feet tall and should be ready to harvest in late October. Expect large, full cobbs of deeply colored red, to dark burgundy kernels with some lighter colors mixed in.

**Cultivation**

- Wait approximately two to three weeks after the last frost to plant.
- Plant seeds directly into their permanent grow location.
- Consistently water in the morning or evenings.

**Seed Saving**

- Wind pollinating outcrossing.
- Isolation Distance: Over a quarter mile from ANY variety of corn.
- Allow ears of corn to “drop” and point down before harvesting.
- Remove the husks and hang corn to dry, somewhere cool and dry.
- When removing seeds from the cobb, select the very middle rows for your seeds *(kernels are less developed at the ends of the cobb).*

**RECORDS**

SEED PLANTED: ____/____/_____
1st SPROUT: ____/____/_____
2nd SET LEAVES: ____/____/_____
TRANSPLANTED: ____/____/_____
1st FRUIT: ____/____/_____
1st HARVEST: ____/____/_____
LAST HARVEST: ____/____/_____


# SEED JOURNAL

## BEAR ISLAND FLINT CORN

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# GROW GUIDE

# MIDEWIN NENSEMA

## Plant Structure

The Midewin Nensema is an herbaceous shrub that produces many medium sized leaves and has yellow flowers. The plant can grow as tall as five feet high and begins blooming midsummer. You can expect to harvest leaves for curing as early as July, throughout the season, until the frost comes in late October.

## Cultivation

- Start indoors. These seeds require temperatures ranging from 75-80 degrees Fahrenheit to properly germinate.
- Germinate seeds by lightly sprinkling them onto the surface of a wet seed starting mix soil. Do not cover the seeds, as they need light for germination. Covering the seeds may prevent germination. Seeds should sprout within seven to ten days.
- Water the soil frequently to keep the soil moist, but not soggy. If possible, water the soil from the bottom of the container by soaking it in water, when the plants are still young. Watering sprouts from the top can easily uproot and kill the Sema.
- Transplant the seedling into a larger container after approximately three weeks. This will allow the plant to establish a strong root system before being planted into the ground. Once the plant is at least eight inches tall and there is no risk of frost, you can safely transplant them into the garden. Sema can also be grown in containers with potting soils.
- Keep soil moist by watering consistently in the evenings.

## Seed Saving

- Self-pollinating.
- Isolation distance: 100 yards away from any other varieties of Sema.
- Allow seed pods to completely mature before harvesting and drying.
- Do NOT harvest sema for seeds right after a rain, as the extra moisture can cause mold.

**RECORDS**

SEED PLANTED: ____/____/____
1st SPROUT: ____/____/____
2nd SET LEAVES: ____/____/____
TRANSPLANTED: ____/____/____
1st FRUIT: ____/____/____
1st HARVEST: ____/____/____
LAST HARVEST: ____/____/____


# SEED JOURNAL

MIDEWIN
NENSEMA

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