

September 11, 2013

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### **'Tis the season for saving seeds**

Interested in saving your own seeds for next year's garden? Learn how at the next *Lettuce Grow* workshop September 15.

"How to Save Your Own Veggie Seeds" will be led by Robin Sturley, co-founder of Edible Earth Seeds, from 10 a.m. to noon, September 15 at North Island College. The workshop will cover all the basics of saving high-quality vegetable seeds including tips and tricks and a chance to try winnowing, screening and decanting seed cleaning techniques. Participants will also take home regionally-adapted seeds for next year's garden.

*"This workshop will teach people how to save seeds to grow the same vegetable variety next year that's just as delicious,"* says Kira DeSorcy, Lettuce Grow lead instructor. *"Say yes to nurturing that heirloom variety of squash!"*

Not all seeds produce healthy offspring, DeSorcy warns. *"Many hybrids and genetically-modified plants do not yield viable seeds, so people who want to save seeds from their vegetables for the next year should only buy open pollinated seeds,"* DeSorcy adds.

*"Edible Earth Seeds will teach people about saving vibrant, untreated, regionally-adapted seeds through organic techniques for seed saving used in the Cowichan Valley,"* says Sturley *"We are committed to ensuring bio-regional food sovereignty through the stewardship of heirloom and traditional vegetable, herb and flower varieties."*

For more information, or to register for a *Lettuce Grow* workshop, please visit <http://www.nic.bc.ca/continuingeducation/> and search for GENI 7937 or visit your local campus.

Like this article? What to hear more? Is there a workshop you would like us to organize? Write us your questions and requests to [growlocal@campbellriver.ca](mailto:growlocal@campbellriver.ca)

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