

# Seed



# Exchange

Hosted by NaramataSlow and Okanagan Seed Savers

## The Big Idea

Saving seeds increases biodiversity, adaptation and preservation of seeds. It is a way to be self sufficient and promotes good health. It is also free and fun!

If you take some seeds, grow some plants and save some of the seeds you generate for the box for next year.

## How to Leave Seeds

1. Portion into normal amount for a store bought seed pack and put it in an envelope.
2. Label with type of seeds, as much info as you know
3. Leave seeds in appropriate bin

## How to take seeds

1. Choose some seeds
2. The amount should be fine for a row of plants, like a store bought package
3. Grow some plants, let a few go to seed and harvest the seeds. Bring some back to the snail next year