

Workshop Details: Food Resiliency Through Seed Saving: Part 2

Background:

A discussion on food resiliency is important in today's world because many households and communities are food insecure. Even in areas with relative food security, the climate (both literal and metaphorical) is radically changing, and many people are feeling a drive to start producing their own food. Growing food also provides a foundation to create community ties. I personally wanted to hold this workshop in this specific community because I'm hoping to work with other community members to start a seed library.

Learning Objectives Expanded:

I wanted participants to be able to identify the steps of saving seeds, specifically for bean and spinach plants. I provided hand outs and also spoke about the steps, drawing on garden experience as well as knowledge from attending similar workshops. I wanted them to also understand why saving seeds and growing their own food would contribute to food security. To stimulate this discussion I used journaling exercises, and asked participants to share. Lastly, I hoped that connections would be made among community members to continue the discussion and take action in the future. Participants, on their own, expressed a desire to have a seed library and to be more involved in their community food system. I provided an email sign up sheet, and I will be checking in with participants in a few weeks' time to see if they are interested in creating a seed library, and ask how their seedlings are doing.

Tips:

If I were to give this workshop again, I would bring food and refreshments for people. Additionally, I would try to find a smooth way to transition between the last, hands on activity and the reflection; people weren't in a reflective mood after doing a hands on activity outside.