

## **Workshop Plan:** Food Resiliency Through Seed Saving: Part 2

**Duration:** 60-75 minutes

### **Objectives:**

- By the end of this workshop, participants will know the basic steps for saving seeds and the specific steps to save seeds from their future bean and spinach plants.
- Participants will understand why saving seeds and growing their own food contributes to community food resiliency.
- Participants will have made connections with other community members who are interested in growing food and creating community food resilience.

### **Materials:**

- Flip chart and markers
- Handouts and writing utensils
- Small peat pots
- Seedling potting soil
- Bean seeds, spinach seeds
- Popsicle sticks for labeling seeds

### **Overview of Workshop:**

**Workshop Opening:** Begin by introducing myself and explaining why I am interested in the topic of food security and growing my own food. Assess knowledge of participants with a “Raise your hand if...” activity (I asked who had gardens, produced food in their gardens, had bought seeds and started plants from seed, and had saved their own seeds). Then ask people to share what type of food they grow in their gardens. Hold a short discussion on the topic of what they like about growing their own food. Then ask them to spend some time journaling to the question on the hand out on what growing your own food changes about the local food system.

**During the Workshop:** Hand out the seed saving instructions. Run through the terms in the glossary and ask if there are any questions. Then describe the process for saving seeds from tomatoes, beans, and spinach, as described in the handout. Answer any questions before moving on to the activity. Distribute pots and seeds, and demonstrate as needed how to plant the seeds. As this is going on, continue any discussion that came up naturally in the beginning of the workshop.

**Workshop Closing:** Ask participants to reflect on the last two questions of the journaling handout: What do I need to feel secure in my food system? What can I do to make my ideal food system a reality? After allowing some time for that, remind them of the resources provided on the handout, and thank them for coming to the workshop.

Audience: community (mostly adults)