



Seedy Saturday **Deep Roots**

Exchange/trade, buy non GMO seeds Speakers

Plus free seeds available while quantities last

**Zion United
Church,
Sundridge
49 Main St.**

APRIL 29TH

10 am to 3 pm

Seedy Saturday was started in the early 90s as a way of ensuring genetic diversity in seeds by encouraging the exchange and sale of local, heirloom and rare seeds. Only 30 of the more than 30,000 seed varieties are in general use.

Help create food security in your area

Get new seeds for your garden, talk with friends, pick-up gardening information and meet local growers. Learn about wildlife-friendly plants you can grow with deep, fertile roots that also help control erosion.

DEEP ROOTS AT SEEDY SATURDAY APRIL 29 SUNDRIDGE

BURK'S FALLS (Immediate Release)—Too many tomato seeds? Cucumbers not a favourite last year? Bring your unwanted non GMO (Genetically-modified organism) seeds to exchange for new ones at this year's Seedy Saturday at Zion United Church, 49 Main Street in Sundridge April 29th from 10:00 am to 3:00 pm. For help in selecting your seeds go to atwistedgardener@blogspot.ca for info on seed viability, Seedy Saturday's history and more!

Deep Roots is this year's theme. See the amazing grasses Little Bluestem, Big Bluestem and Indian Grass with roots six to ten feet deep, and growing up to eight feet tall! Daikon/forage Radish which can be a foot or so in size with six foot roots will also be there.

Ontario does have tall grass prairie which puts nutrients in the soil, controls erosion, feeds wildlife and looks beautiful. You can create your own patch of prairie, maybe block out an unsightly view and watch the grasses change colour with the seasons. The radishes left in the ground over winter create an ideal soil for potatoes the next year! Seeds are available for these plants at the event.

Seedy Saturday is growing in Almaguin Highlands! Each year it gets larger with more seeds and more participants. This year we will have speakers—Sundridge's own Hubbert's Maple Products, and the Pattons from Kearney's Sunrise Farms—to provide useful information on some of the growers in the Almaguin Highlands.

Children are welcome. Last year's (for the birds and bees) host group was 4H, the first year (green manure) it was a local library and money from the event, and smaller Seedy Saturday "pop-ups" (mini Seedy Saturdays) through the year at local Food Banks, Horticulture Societies, Agricultural Fairs, and religious institutions go back into the community.

Seeds are for sale at the event, there is a free draw, garden catalogues, and information on gardening. See you there!