



# Seedy Saturday

Trade, buy, or get free seed. Grow plants for birds, butterflies and bees, or vegetables, herbs and flowers for yourself!

March 10th

9 am-1 pm

Emsdale

Community

Centre

Our 4th year

Bring in some of your own non GMO (Genetically Modified Organism) seeds to exchange for new varieties. Emsdale Community Centre is at Joseph St. and Highway 592 beside the library and arena.

## Start saving your seed!

Come meet and speak with local growers of ALL ages!

Trade your seeds or buy new ones from some of North America's best seed companies (at a reasonable price).

Enter the free draw and pick up some of the seed catalogues from a variety of non GMO suppliers. Meet your friends!

(photo of moths at night on milkweed)

## **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](mailto: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!