

the radicle

a seasonal newsletter of the

salt spring seed sanctuary



Four Good Reasons to Start a Community Seed Sanctuary

1. Towns and cities are usually far from corporate agriculture, making it possible to preserve diverse heritage seed crops without danger of contamination by genetically modified seeds (GMOs). These days, simple, saveable, open-pollinated seeds are threatened more than ever by GMOs. Over 90% of cultivated corn, canola, cotton and soybeans are now genetically modified, with many more GMO crops coming on strong. Despite ample scientific research showing the poisonous nature of GMOs, it seems clear that the momentum is still in favour of the transnational corporations that manufacture them. Community seed banks can safeguard our good seeds until such time as we embrace a sustainable agriculture.

2. Seed Sanctuaries take seeds out of the realm of money. This makes it much more difficult for corporations to convince our governments to impose rules and regulations about them that keep seeds under their control.

3. Community Seed Sanctuaries can actively choose to promote and grow the whole foods preferred by their community, instead of being dependent on the dubious food products of transnational corporations.

4. Because plants produce such huge amount of seeds, it takes very few dedicated seed savers to maintain a vibrant community seed bank. As well, one dedicated computer person can easily maintain detailed records for seeds and growers.

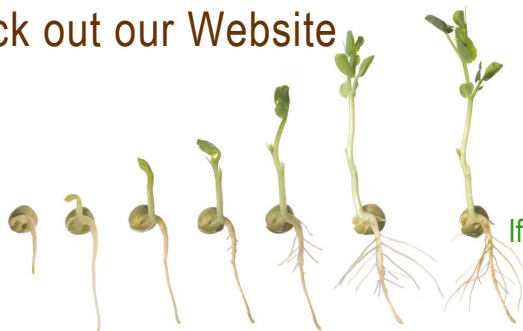
In these uncertain times, there's probably no more important action to take now than learning how to collectively ensure there is good food for tomorrow's table. If your community is interested in creating a seed sanctuary, we'd be glad to help!



It's Seedy Saturday time!

For Seedy Saturday/Sunday events in your area, go to www.seeds.ca and click on the Events tab

Check out our Website



For more information on our membership and donation options, or for specific techniques on seed saving, visit:

www.seedsanctuary.com

If you have received a printed copy and have email access, please let us know by emailing info@seedsanctuary.com

Quinoa Chowder

3 cups water
½ cup quinoa
1 medium potato, cubed
1 medium carrot, sliced
1 celery stalk, sliced
1 medium onion, chopped
½ cup dry lentils
3 cloves garlic, minced
1 cup corn
2 cups milk
1 cup grated cheese

Simmer everything except the milk and cheese for 30 minutes or until lentils are soft. Add milk and cheese. Bring to a low simmer, then serve. Season to taste. Serves 6.

*Salt Spring Seeds
Cookbook*
by Dan Jason (1993)



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Bulk Me Up for 2012

In 2011, we started asking our members to help us bulk up some of the more important seeds in our collection. We intend to make these seeds available to the Seed Sanctuaries sprouting up across Canada. Below are the cultivars we are intending to bulk up this year. Please let us know if you would like to help increase our quantities of the new Bulk Me Up cultivars or if your community seed bank would like some of the bulk seeds from 2011.

Hi Yield Quinoa

(Chenopodium quinoa)
Quinoa ("keen-wa") has been cultivated for at least 5000 years. It will germinate in fairly cool conditions and prefers light, well-drained soil. It looks like lambs-quarters and has nutritious flavourful greens. By mid-summer, a large seedhead develops, loaded with millet-like seeds. In dry autumns, seeds can be harvested after the leaves have dried and fallen by simply stripping them from the stalk between thumb and forefinger. Ripe seeds can sprout right on the plant in wet conditions; it's often best to safeguard the quinoa harvest by cutting the stalks and allowing them to completely mature under protection.

Quinoa is 15-16% complete protein and is high in E and B vitamins, calcium, iron and phosphorous. It is easy to digest and has a

delicious flavour. It must be thoroughly rinsed before cooking and is then prepared like rice. (Less rinsing is required if mixed with other grains.) Simmer it for 15 minutes in an equal volume of water. Quinoa can cross with its weedy relatives, so it's best to weed out the much more branching lambs-quarters if you wish to save seed for next year.

Cossack Pineapple Ground Cherry (*Physalis pubescens*)

A cousin of Tomatillos from Eastern Europe. Delicious lemon-yellow berries are encased in a papery husk. Eaten out of hand, they make a wonderful garden snack. They give a pineapple flavor to preserves, desserts and other dishes. This short season cultivar easily ripens outdoors on Salt Spring Island. Wait for the fruits to fall on the ground.

Calendula (*Calendula officinalis*)

Sometimes called Pot Marigold, Calendula is an annual with light-yellow-to-orange blossoms that brings sunshiny brightness to gardens for most of the year. Usually about two feet high, it has coarse surfaces and many branches. The flower heads are from two to three inches across and have several rows of ray florets and a central cluster of tubular flowers. Calendula blossoms appear about six

weeks after planting and will keep blooming until the first snows. This is an electric mix of yellows and oranges. An extremely hardy plant that flowers here on the coast even in winter.

Calendula petals are often used in skin lotions and are a special salad addition. Stagger plantings for continuous display. Calendula self-sows readily. Calendula pollen is much appreciated by beneficial insects.

Golden Flax (*Linum usitatissimum*)

The seeds of this variety are very high in Omega-3 fatty acids. They are not as mucilaginous as other varieties and are scrumptious eaten out of hand or added directly to breads, muffins or cereals. The plants have very pretty blue flowers about knee high that appear daily only to disappear until the next day's glorious display. Seeds can be sown in mid-spring and harvested in late summer by rubbing the seedheads between the hands into a bucket.

Laurel's Frilly Kale (*Brassica napus*)

Gorgeous frilly kale from Laurel of Laurel's Kitchen cookbook fame. This is a long standing, heat and cold tolerant, delicious tight frilled kale that over winters readily on the coast.

If you would like to grow out some of these seeds for the seed bank, please email us at info@seedsanctuary.com and be sure to include your mailing address.