

Bega Valley Seedsavers

WORKSHOP RUNNING SHEETS

TIME	CONTENT	PROCESS	RESOURCES
10.00	<p>INTRODUCTION</p> <p>Housekeeping and WHS</p> <ul style="list-style-type: none"> WHS - be aware of hazards when moving around in the space, be aware of dust from seed processing - good ventilation Thank yous Rules - ask questions Outline Program of Day <p>Workshop Introduction</p> <ul style="list-style-type: none"> Story of abundance of seeds - 60 000 seeds on one lettuce plant Introductions and needs analysis of group - <i>"What do you want to know more about?"</i> What we will cover - outcomes <ol style="list-style-type: none"> How to grow vegetables for seed so that they may confidently be used for seedsaving. How to harvest, process and store seed and keep accurate records. How to start or contribute to a seedsavers group. What is the BVSS? A group of do-ers who come together to save seed of edible and useful plants. What is SCPA? South East Producers - creators of SE Food Plan and Farmers Mkt 	<p>Name Game</p> <p>Discussion</p> <p>Pair Share, Circle Intro with me Scribing on board</p> <p>Flipchart</p>	<p>General:</p> <p>Seed Trays</p> <p>Seed displays</p> <p>Tables</p> <p>Seed Box</p> <p>Seeds to process</p> <p>Sieves</p> <p>SCPA Markets</p> <p>Calendar</p> <p>Whiteboard</p> <p>Flip Chart</p>

	<ul style="list-style-type: none"> • Cross pollinating varieties have either complete flowers or separate male and female flowers and are pollinated either by wind or by insects which allows crosses between different plants • Some cross pollinating plants are self incompatible • For seed saving, techniques are needed to prevent cross pollinating between different varieties in the same species <p>Scientific Plant Names</p> <ul style="list-style-type: none"> • Scientific names are not just used to show off - they are used to help us identify different varieties accurately as well as give us hints about what plants will cross with each other • Genus / Species / Variety (cultivar). Sometimes different varieties are the same species and sometimes they are different species e.g. lettuces and pumpkins respectively • Cultivar is just another word for a cultivated (grown) variety • For seedsaving, you need to have a working knowledge of scientific names as it tells you which varieties are likely to cross pollinate <p>Open Pollinated Varieties v F1 Hybrids</p>	<p>Slide show of plant name explanation</p> <p>Activity to look up scientific names for beetroot & silverbeet, various brassicas</p> <p>Slide Show</p>	<p>Cheat sheet of how to identify different pumpkin species</p>
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	<p>Annuals, Biennials, Perennials</p> <ul style="list-style-type: none"> • An annual plant is a plant that usually germinates, flowers, and dies in a year or season • A biennial plant is a flowering plant that takes two years to complete its biological lifecycle. e.g carrots, celery, parsley - wait till they produce seed in the second season before saving seed • A perennial plant or simply perennial (Latin <i>per</i>, "through", <i>annus</i>, "year") is a plant that lives for more than two years. • Before saving seed, need to consider how much space / time will the plants take up in your garden. For biennials, need to wait till the second season (after cold season) to harvest seed - remove any plants that go to seed in the first season. • Perennials are normally easier to grow from cuttings or divisions rather than seed. Divide and swap day in Bega in winter. 		Date for Bega Divide and Swap day - July 19, 2013
11.00	<p>SEED GROWING</p> <p>Record Keeping</p> <ul style="list-style-type: none"> • An important part of seed saving right from the start to ensure that you have the correct variety of seed. • Check your variety, label your seeds/ seedlings and keep a record of plantings on 	Group Brainstorm on whiteboard what we need to record for seedsaving	Chinagraph pencils

	<p>your calendar or diary.</p> <ul style="list-style-type: none"> Put waterproof labels adjacent to your plants listing species and variety as well as date. Use "Chinagraph" oil based pencil on plastic tags for best results. <p>Growing from Seed</p> <ul style="list-style-type: none"> Choose open pollinated seed from your local seed group or from catalogues. Allow enough time in your garden to grow from seed (takes extra 3-4 weeks than seedlings) Choose healthiest looking seedlings and discard the rest. Consult garden books for growing conditions. Seed raising mix needs to be light and well drained e.g can use 50-50 mix of compost or cow manure with river sand Direct sowing versus sowing in seed trays <p>Genetic Integrity - Crucial!</p> <ul style="list-style-type: none"> Check whether plants are self pollinated or cross pollinated by referring to tables. Beginners should start with self pollinated varieties such as peas, beans, lettuce, tomatoes. Grow only one variety to seed at a time or separate different varieties by a few metres, as a small rate of cross pollination can still occur. 	<p>Planning for Seed Growing Table</p> <p>Activity - fill in blank sheet for selected vegie</p> <p>Practical - make seed raising mix and plant seeds in punnets</p> <p>Isolation distance column in table</p>	<p>Seed catalogues</p>
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	<ul style="list-style-type: none"> For cross pollinated vegetables, for those which are single variety species (such as rocket, dill , coriander) no special action is needed. For cross pollinated vegetables which have multiple varieties, determine if they are pollinated by insects or wind <ul style="list-style-type: none"> insects - isolate by distances as shown in table or cage / bag to prevent insect cross pollination wind - isolate by distances as shown in table - these will generally be larger distances as wind borne pollen will travel large distances <p>Growing for favourable characteristics</p> <ul style="list-style-type: none"> Selection: <ul style="list-style-type: none"> select the most vigorous seedlings to plant choose the most vigorous plants to collect seed from choose the healthiest plants with the best / biggest fruit (delay gratification) and don't eat their fruit tie a marker ribbon around seed plants save seed from early fruiting plants Rogueing: <ul style="list-style-type: none"> remove any plants with unwanted characteristics e.g. early bolters, unfavourable colour, shape, etc 		
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	<p>Minimum Populations</p> <ul style="list-style-type: none"> • Can ignore minimum populations if growing small quantities, but might need to buy in more seed if you notice a reduction in vigour after a few years • When growing for seedsavers or if preserving a rare or unique variety, need to comply with min. population tables to ensure genetic robustness • Some species are prone to inbreeding depression e.g. corn, sunflowers 	Minimum population column in table	
11.30	<p>SEED HARVESTING</p> <p>Timing</p> <ul style="list-style-type: none"> • Needs careful observation once seeds have begun to form - a balance between getting the best (early forming) seed and getting enough quantity from each plant • Podding seeds - allow pods to go brown and dry on plant before harvesting • Lettuce seeds - seeds ripen progressively from the tip down, so harvest when about 2/3 are ripe (look for white fluffy bits) • Fruits - leave on plant until fruits are very ripe then harvest • Allow to sit post harvest for a few days (tomatoes) to a few weeks (pumpkins) - this is called "after-ripening" 	Demonstration of various different types of seeds and seed heads	Examples of seed types just harvested

	<p>How to Harvest Seed</p> <ul style="list-style-type: none"> • How to harvest - best to pull up whole plant if possible as the plant will put more energy into the seeds and produce more mature seed. Keep dirt from roots away from seed. • Drying - to ensure that seeds are very dry before processing, pick in dry weather, hang in a paper or cloth bag or layout on a tarp in a dry cool area • Wet seeds - allow fruits to sit for a week or two to help the fermentation process • Ensure you keep a record of the variety, where it was grown and the date the seed was harvested 		
12.00	LUNCH		
13.00	<p>SEED PROCESSING</p> <p>Dry Processing</p> <ul style="list-style-type: none"> • Separate seeds from pods / chaff using various methods: <ul style="list-style-type: none"> – stomping or threshing seeds in cloth bags – rubbing on sieves dependent on size of seed – using rubber car mat and trowel to scrape fine seeds – use rolling pin for seed pods 	Demonstration / practical exercise with a variety of seeds	Seeds, sieves, bags, winnower

	<ul style="list-style-type: none"> • Separate any dust out using fine sieve • Winnowing - this removes light chaff from the heavier seed and can be done in a variety of ways <p>Wet Processing</p> <ul style="list-style-type: none"> • After fruits are very ripe, scrape out the seeds and soft flesh into a bowl and let them sit and ferment for a few days - this mimics the process in nature and breaks the gel sac that the seed is in and breaks down the germinator inhibitor as well as promoting good microbes to prevent diseases in the seed • Then rinse the seeds in clean water and remove the flesh - can keep adding water to the container and gently pour the gunk (and any floating, immature seeds) off the top, then rinse • Dry the seeds and store 	Demonstration	Fermenting tomato or cucumber seeds
14.00	<p>SEED STORAGE</p> <p>Removing Insects</p> <ul style="list-style-type: none"> • If there are small insects in the seed, put the seed in an airtight plastic container, ensure the lid is tight and sit in a freezer for 48 hours. Remove the container from the 	Demonstration	Seedbank or seeds in jars

	<p>freezer and allow it to come to room temperature before you open the lid to prevent condensation.</p> <p>Storage Conditions</p> <ul style="list-style-type: none"> • Cool and low humidity • Dry • Vermin proof <p>Viability</p> <ul style="list-style-type: none"> • Seeds will only reach their maximum seed life if they are stored under certain conditions - temperature can be critical. • Can be stored in glass, paper or plastic and these three options have increasing air exchange as listed i.e. glass is the best. • Seeds are useless for a seedbank if they are not labelled properly, so ensure that seed containers are properly labelled. <p>IN DEPTH</p> <ul style="list-style-type: none"> • Optional Revision / In Depth Exercise 		
14.30	<p>SEED SAVING GROUPS</p> <p>Look after Volunteers</p> <ul style="list-style-type: none"> • Need to ensure that volunteers don't burnout or feel unappreciated 	<p>Answer question on card and share with group</p> <p>Small group work - What are the 3 most</p>	<p>Local seed networks part of Seedsavers</p>

	<ul style="list-style-type: none"> • Encourage celebrations / shared food • Encourage knowledge / skills exchange • Group should pay for any out of pocket expenses • Group should pay for any out of the ordinary work • Don't have endless meetings or administration - just get stuff done • Encourage members to contribute in their areas of strength • Say thank you - often <p>Group Vision</p> <ul style="list-style-type: none"> • Keep a big picture vision of the group in mind to help set the direction and make decisions • Encourage members to follow through on their ideas for the group <p>BVSS</p> <ul style="list-style-type: none"> • History of BVSS • What BVSS does and how we do it • Different ways people contribute <ul style="list-style-type: none"> ◦ Administration ◦ Organising gatherings ◦ Hosting gatherings ◦ Set up / pack up / storage ◦ Growing Seed ◦ Processing seed ◦ Talking to the public ◦ Promoting 	<p>important ways a group can support its members?</p> <p>What are the 3 most important ways a member can support BVSS?</p> <p>How can BVSS best support its community?</p> <p>Personal statements from seedsavers about what we get out of BVSS</p>	<p>Network - 90 groups</p>
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	<ul style="list-style-type: none"> ○ Special events ○ IT Support ○ Financial ○ Making food for gatherings ○ Inviting new members, etc <ul style="list-style-type: none"> • Multiple and unexpected benefits of being part of a seedsavers group, especially knowledge, skills and swapping of plants • Would you like to be a member of BVSS and get our emails? • Would you be interested in starting up a seedsaving group in your area? 	Email List	
	<p>Conclusion and Wrap Up</p> <ul style="list-style-type: none"> • Choose a seed that you would like to grow to seed. • What have you learnt today? 	<p>Select seeds to take home</p> <p>Circle talk</p>	