

# ROAR! Re-imagine Our Appalachian Region



**What: Seed Saving Discussion/Plant and Seed Swap**

**When: June 4 @ 7 - 8 p.m.**

**Where: 725 14<sup>th</sup> Street West (OVEC Office)**

- **Learn some simple techniques for saving vegetable and flower seeds**
- **Bring your extra seeds and/or plants to swap with other local gardeners**
- **Share your seed-saving tips with other gardeners**

Tonya Adkins, OVEC's Development Director, grew up on a farm in Wayne County. For the past 20 years, she has been saving seeds and growing organic vegetables. She will give a short presentation on seed saving techniques, followed by an open discussion for participants to share seed-saving tips, or give some information about the seeds and/or plants they bring for the swap. She will be sharing some Goose Bean seeds, a pole bean that her family has been growing for more than 75 years. She will also share seedlings of old-fashioned spider flowers (cleomes – great for attracting bees and hummingbirds).

Please come join us, whether you are an experienced gardener, or just getting started. If you don't have seeds or plants to swap, that's okay. But if you do have extras, we encourage you to bring them. Hope to see you there!

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