

Harvest: Seed Saving Time!

Fun for preschoolers and
elementary students!



This “**at-home**” activity is flexible enough to be fun for children of all ages. Older kids can help the younger ones.



Before you
Start:
Get Ready!

SAVING SEEDS FOR FOOD AND TO GROW NEXT YEAR!

Many plants produce seeds that can be used to grow new plants in the next growing season. Seeds are also a great source of food.

Traditionally seeds are harvested through the spring, summer and fall and stored for use during the winter season when there are fewer sources of fresh plants to use for food. Saving seeds is also an important method to maintain biodiversity for future generations. Biodiversity refers to the different types of life (plants, animals, fungi and microorganisms) on Earth, what they live with (communities) and where they live (habitats).

Seeds may be collected directly from:



dry fruits such as flower heads:

- o sunflowers, poppies



seed pods from:

- o **vines:** peas, beans
- o **leafy greens:** kale, lettuce
- o **root crops:** radishes



wet fruits:

- o squash, pumpkin, apples, oranges

Storing Seeds:

Keep seeds
in a dark, cool,
dry place until
you're ready to
plant them again.



KIDS ACTIVITY: MAKE YOUR OWN SEED PACKETS

To store your collected seeds.

Print this template for each seed pack that you need.

Do some research to find Planting Instructions for the different types of seeds you collected and include this information on your seed pack.

C

B

Seed Name:

Date Harvested:

PLANTING INSTRUCTIONS

When: _____

Where: greenhouse/inside
or garden

How deep: _____

How far apart: _____

Collected by: _____

B

A

Instructions:

1. Cut around the outline. Fold on dotted lines.
2. Fold Side A up first. Then fold and glue/tape the B Flaps over Side A.
3. Fold C Flap but do not glue/tape shut until seeds are inside.

Discover:

Your
Favourite
Foods!

FAMILY ACTIVITY: CREATE A COOKBOOK

Collect your favourite recipes that use seeds and create a cookbook to share with your family and friends.

Sample Recipes to get you started!

MINESTRONE SOUP

(made using kidney beans, the seeds from bean plants)

Ingredients:

- 30 ml (2Tsp) olive oil
- 1 large onion, finely diced
- 4 cloves garlic, finely minced
- 1 large carrot, diced
- 2 stalks celery, diced
- 1 can crushed tomatoes (398ml = 14 oz)
- 1 large can diced tomatoes (796ml = 28oz)
- 1.5 L (6 cups) low-sodium chicken broth
- 1 can red or white kidney beans (398 - 473ml = 14-16oz), rinsed and drained
- 100 grams dry elbow pasta
- Large bay leaf; salt and pepper to taste; 5 ml dried thyme or oregano

Instructions:

1. Heat olive oil in bottom of large soup pot
2. Sauté over medium heat: onion, garlic, celery, carrot until softened – do not brown (about 5 minutes)
3. Add seasonings and herbs, cook for 3 minutes
4. Add all tomatoes and chicken broth; bring to a boil. Reduce heat and simmer about 10 minutes
5. Add dry pasta and kidney beans; cook until pasta is tender (about 10 minutes)
6. Adjust seasonings to taste
7. Serve with grated fresh parmesan and fresh bread



ROASTED PUMPKIN SEEDS

1. Remove the seeds from the inside of a ripe pumpkin. Separate from the pulp. Wash the seeds well in a colander and let the seeds drain.
2. Spread the seeds evenly over a baking sheet and sprinkle with salt, cumin or other species. Drizzle 5 ml of olive oil or vegetable oil over each cup of seeds.
3. To roast - bake at 250° F stirring occasionally until lightly browned – about 45 minutes.



LEARN MORE

Seed Preservations Organizations:

Check your community for a Seed Library or Seeds Saving group: exchange or contribute your seeds!

Seeds of Diversity: www.seeds.ca

UBC Botanical Gardens – Friends of the Gardens Seed Saver Volunteers:
<https://botanicalgarden.ubc.ca/visit/shop/>



DRAW THE DIFFERENT TYPES OF SEEDS YOU'VE COLLECTED



Draw! Write!
Create!