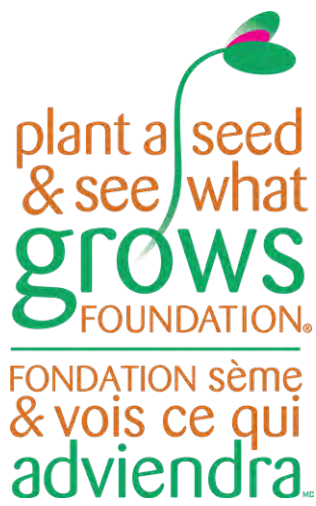




DO GOOD

LEAVE A LEGACY

2024 ANNUAL REPORT



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“We’re all very excited to plant our garden in the spring and learn about growing food. I can’t think of a more important thing to teach our children these days, as the world is in such chaos and uncertainty.” – Faire Grove Daycare, Vernon BC

WELCOME MESSAGE:
PLANTING SEEDS OF HOPE FOR TOMORROW

At the heart of the Plant a Seed & See What Grows Foundation lies a profound truth: every action we take today creates ripples that shape a brighter, greener, and more connected tomorrow. In 2024, your unwavering support turned this vision into reality. Together, we’ve inspired communities, nurtured young minds, and sown seeds of hope that will bloom for generations.

We are guided by legacies like Wangari Maathai’s Green Belt Movement, which began with a single sapling and grew into a global conservation force, and Médecins Sans Frontières, whose compassion continues to save countless lives. These stories remind us that small, intentional acts can ignite monumental change.

Imagine This Future:

- A world where **every school is alive with thriving gardens**, nurturing both plants and young minds
- A generation of children who not only understand sustainability but **live by it**, carrying forward a commitment to our planet
- Communities **empowered and united**, fostering a spirit of kindness, stewardship, and responsibility for the Earth and each other

This is not just a dream—it’s a future within reach. Your support makes it possible.

You Are the Catalyst for Change

Every great movement begins with an inspired individual—someone like you. Whether you choose to donate, volunteer, or include Plant a Seed in your legacy planning, your impact will resonate for generations.

What we plant today—in hearts, in minds, in the soil beneath our feet—becomes the legacy of tomorrow. Imagine a world where every child grows up knowing that they, too, can be a force for good. This is the movement you are a part of. This is the future you help create.

Answer the Call of the Future

What will your legacy be? The future is calling—let’s answer with courage, generosity, and hope. Together, we can create lasting change.

With gratitude and determination,

The Team at Plant a Seed & See What Grows Foundation

SEEDS OF INSPIRATION:
CULTIVATING DREAMS, GROWING FUTURES

In 2024, the *Seeds of Inspiration* program reached an incredible milestone, touching the lives of over 300,000 students across Canada. Rooted in the belief that every child holds the seeds of inspiration, self-worth, and care within them, this initiative brings the magic of nature and learning into classrooms.

Through free, engaging resources inspired by our founding patron’s beloved books, *Plant a Seed & See What Grows* and *What to Do with What You Grew*, we’ve sparked curiosity and nurtured a love for the natural world. Picture children planting their first seed, marveling as it sprouts, and discovering the joy of nurturing life. These moments are more than lessons in gardening—they’re lessons in hope, patience, and the power of small actions to create big change.

This year, classrooms buzzed with excitement as students became tiny gardeners, learning about sustainability, teamwork, and their role in caring for the earth. Each seed planted is a promise for the future, a reminder that even the smallest steps can grow into something extraordinary.

Together, we’re cultivating a generation of dreamers, thinkers, and stewards—proof that when we nurture potential, we grow a brighter, greener world. The seeds we plant today will blossom into tomorrow’s possibilities.

From joyful hands in the soil to budding green thumbs, the *Seeds of Inspiration* program is making sustainability second nature—one sprout at a time!

Join the fun and help us grow a brighter future. Your support can plant the seeds of change for generations to come!



“Mmm! I love mint!”

- Student, Grade 2

**"Let's go plant a seed
and see what grows!"**

-Student, Grade 2

PLANT A SEED-READ!: WHERE STORIES AND SEEDS TAKE ROOT

In 2024, the *Plant a Seed-Read!* program brought the joy of storytelling and gardening to children across Canada. Designed for public libraries, this engaging storytime activity connects kids to the wonders of nature while inspiring curiosity and care for the environment.

Through engaging readings, thought-provoking discussions on where our food comes from, and hands-on seed planting activities, children were empowered to become little eco-warriors. For example, at the Coquitlam Public Library in British Columbia, a group of enthusiastic children aged 4 to 10 were captivated by a reading of *Plant a Seed & See What Grows* before eagerly rolling up their sleeves to plant their own seeds, planting the seeds of both hope and change.

Through books, dirt, and a little magic, *Plant a Seed-Read!* is growing a generation of dreamers and doers who care deeply for the world around them.

**Join us in creating a legacy of wonder and growth.
Support the *Plant a Seed-Read!* program and help inspire
the next generation of eco-warriors and storytellers.**



"I love this farm, and all the plants growing!" – Student, Grade 3

"I've never been to a farm like this before!" – Calvin, age 6

"My kids really enjoyed their time at the farm and were so excited to take home their planted seeds." – Sheri, Teacher

OUTDOOR LEARNING EXPERIENCES: **WHERE CURIOSITY TAKES ROOT**

This year, the *Outdoor Learning Experiences* program brought the classroom outdoors, giving hundreds of kids the chance to swap their pencils for shovels and their desks for dirt. Children discovered firsthand where their food comes from, the marvel of pollinators, and how a little care (and a lot of muddy hands) can grow something extraordinary.

In 2024, the program inspired students across Canada, sparking curiosity and passion for the environment through engaging farm visits, hands-on gardening workshops, and transformative lessons on sustainability. These experiences nurtured a deep connection to the earth, empowering the next generation to become mindful stewards of the planet.

It turns out that a little dirt, some sunshine, and a whole lot of curiosity can transform not just gardens, but young lives, too.

Let's keep the curiosity blooming! Support our *Outdoor Learning Experiences* and help more kids discover the joy of nature and the power of their own two hands.

SCHOOL AND COMMUNITY GARDENS: GROWING MORE THAN JUST PLANTS

The *School and Community Gardens* initiative brought new life to once-barren patches of land this year, transforming them into vibrant, buzzing hubs of growth and connection. With new gardens flourishing across Canada, we invited students, teachers, and neighbors to set aside their screens and embrace the joy of planting, nurturing, and growing something truly remarkable—together. These gardens became more than just spaces for plants; they blossomed into symbols of community, collaboration, and the power of nature to unite us all.

It turns out all it takes is a little dirt, a handful of seeds, and a lot of heart to grow something truly extraordinary.

Be part of this growing movement! Support our *School and Community Gardens* initiative and help transform more spaces—and lives—into something vibrant and meaningful.

“The students really love to grow fruits and veggies that they can turn into a salad.” – Teacher

“Yummy cucumbers! Juicy strawberries! And beautiful sunflowers!” – Tyler, Grade 5

“I love the community aspect. For the disabled person, gardening is way more than just the gardening. How unbelievably valuable it is.”

– Mary Steeves

“I am convinced that happy, healthy children understand how their personal, social, and natural worlds are connected. As a parent, I hope all children fall in love with nature.” – Parent



EDUCATION BURSARIES: GROWING THE FUTURE

The *Education Bursaries* program supported budding innovators in their pursuit of meaningful change this year. These bursaries empower undergraduate students in botanical, agricultural, and health sciences, turning bright ideas into real-world solutions for a greener, healthier planet.

One of this year's outstanding recipients was Siobhan, a BSc Applied Biology student at the University of British Columbia, specializing in Food and Environment. With a passion for sustainable farming and food systems, Siobhan is determined to tackle food insecurity and rethink how we grow and consume.

These bursaries are about more than easing financial burdens—they're about cultivating changemakers who will leave a lasting legacy.

Help us grow more brilliant minds! Support the *Education Bursaries* program and invest in the leaders and innovators of tomorrow.

"A huge thank you! I am so happy to be part of Plant a Seed & See What Grows, and excited to see what we do in the future."

- Jennifer, Bursary recipient

KIDS CORNER:
DISCOVERING NATURE–IN THE COMFORT OF KIDS’ HOMES

The Kids Corner from Plant a Seed & See What Grows Foundation continued to ignite curiosity and wonder in young minds in 2024. This lively online resource, packed with a wide range of engaging videos and interactive activities, invites kids and educators to explore the fascinating world of plants, animals, and the environment—all from the comfort of their classrooms or homes!

The **Become an Explorer** video series invites kids to embrace their inner adventurers while discovering the natural world. Featuring topics like hummingbirds, whales, bees, bugs, and plants, the series uses captivating visuals and child-friendly narration to spark curiosity and appreciation for nature. Downloadable, hands-on activities deepen the experience, making learning both fun and immersive.

The **Inquiring Minds, Inspiring Finds** series features young changemakers and a wide range of inspiring thoughts designed to cultivate young imaginations. These short but powerful videos highlight that one inspiring story or uplifting thought can change a child’s day—or even their life. Covering themes such as *Grow Your Own Green World*, *Be a Kindness Superhero*, and *Chase Your Dreams*, this series empowers children to make a positive impact in their communities and beyond. With new inspirations regularly added, this series continues to spark big dreams in small hearts.

Kids Corner is a vibrant world of exploration and discovery, where curiosity is nurtured, imaginations take flight, and children are encouraged to reach for their dreams. With an ever-expanding library of content, Kids Corner offers something for every young explorer. Whether a child dreams of becoming a scientist, conservationist, or simply a more mindful citizen of the Earth, Kids Corner provides the tools to nurture that passion.

Help us spark even more adventures!

Support Kids Corner and help inspire the next generation of explorers, scientists, and eco-enthusiasts. Visit our website to explore, learn, and grow!



MATIU BISSET AND RACHEL BURTON:
FOUNDATION CHAMPIONS
BUILDING A LEGACY OF GROWTH

Matiu Bisset and Rachel Burton are living proof that when passion and purpose come together, extraordinary things can bloom. For the past ten years, Matiu Bisset and Rachel Burton have brought passion and purpose to the Plant a Seed & See What Grows Foundation—helping build a greener, brighter future for their children and generations to come.

Matiu, a steadfast donor and devoted nature enthusiast, views his support as an investment in a better tomorrow. “Supporting the Foundation isn’t just about giving—it’s about investing in our kids’ future,” he shared.

Rachel, an educator with a gift for sparking curiosity, developed Plant a Seeds’ workbooks now used in countless schools. “For me, it’s about giving kids the tools to explore, question, and fall in love with nature,” she said. “Every little workbook is a spark that could grow into the next big idea. Knowing our kids are growing up in a world where they can learn and thrive makes it all worthwhile.”

Their dedication perfectly embodies the Foundation’s 2024 theme: “Do More. Leave a Legacy.” Matiu and Rachel remind us that a legacy isn’t just about the future—it’s about what we nurture today. Thanks to their support, gardens are flourishing, children are learning, and communities are coming together to create a greener, happier world.

Want to join the fun? Together, we can nurture a future full of wonder, growth, and joy—for our kids and everyone else’s too!

“Supporting the Foundation isn’t just about giving—it’s about investing in our kids’ future.” – Matiu Bisset

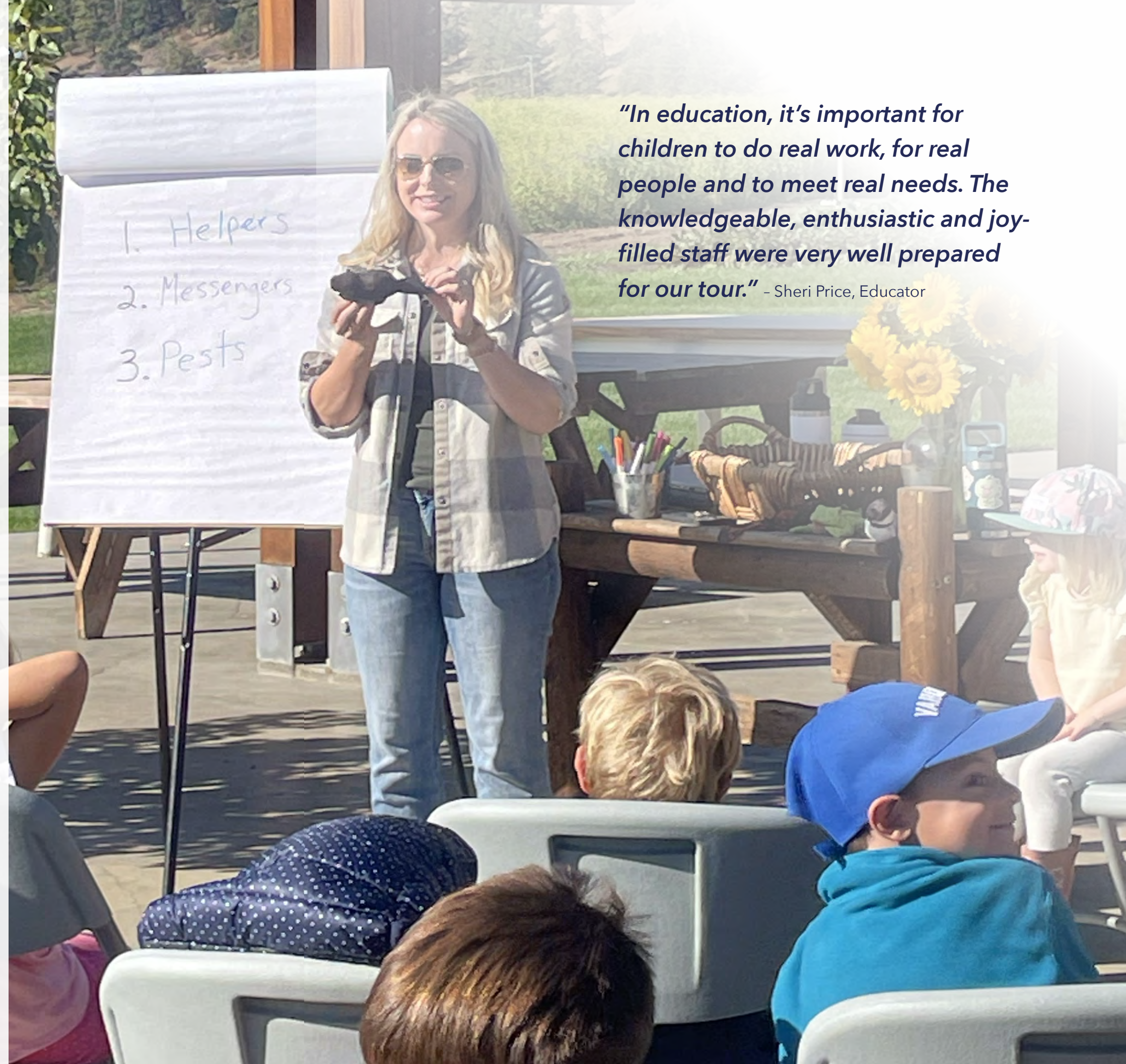
DR. JENNIFER BRIX: A DEDICATED SUPPORTER INSPIRING THROUGH EDUCATION

Dr. Jennifer Brix, a practicing Naturopathic Physician and dedicated supporter of the Plant a Seed & See What Grows Foundation, is a true example of how one person's passion and expertise can leave a lasting impact. With 12 years of involvement as a volunteer, and donor, Dr. Brix continues to embody the Foundation's 2024 theme: "Do More. Leave a Legacy."

At the recent Living Farm event in Armstrong, BC, Dr. Brix teamed up with farm staff and Betsy Puff, Plant a Seed's Education Coordinator, to lead a captivating farm tour for 21 bright-eyed Grade 1 students, their teacher, and their parents from Vernon Christian School. Through hands-on activities and guided exploration, these young learners experienced the magic of the seed-to-table cycle and discovered their vital connection to nature.

Dr. Brix's dedication perfectly illustrates the power of action and the importance of doing more to nurture future generations. By volunteering her time and expertise, she is planting seeds of knowledge, joy, and stewardship that will grow for years to come.

Want to make an impact? Join us in creating meaningful, hands-on learning opportunities for kids. Together, we can grow something extraordinary—one farm visit at a time.



"In education, it's important for children to do real work, for real people and to meet real needs. The knowledgeable, enthusiastic and joy-filled staff were very well prepared for our tour." – Sheri Price, Educator



“As they scooped the soil and examined the tiny seeds, they wondered with excitement and anticipation—what would these small seeds grow into?” – Berry Family

BERRY FAMILY AND DOROTHY LYNAS: **GROWING COMMUNITY THROUGH CONNECTION AND COLLABORATION**

The Berry Family Childcare Centre and Dorothy Lynas Elementary School have created more than just a garden—they’ve grown a thriving space for connection, learning, and belonging. With a grant from the Plant a Seed & See What Grows Foundation, their community garden has united students, families, and educators to nurture plants, relationships, and well-being.

A Garden That Inspires and Connects

The garden became a hub of intergenerational collaboration, with elders, families, and community members sharing wisdom through storytelling and hands-on activities. As children planted seeds, curiosity blossomed: *“What will these small seeds grow into?”* they wondered with excitement.

Growing Minds and Community

Children explored plant growth, soil composition, and sustainability while harvesting their first crops—peas, beans, radishes, and lettuce. Programs like *“Garden Guardians”* fostered teamwork, while a *“Garden Open Day”* raised funds to support future projects, instilling pride and responsibility.

From promoting biodiversity to strengthening community bonds, this garden shows what’s possible when people come together to nurture growth—in every sense.

Help us grow more gardens like this! Together, we can “Do More. Leave a Legacy.”

JOIN THE FUN:
HELP US GROW SOMETHING AMAZING!

At the Plant a Seed & See What Grows Foundation, you can be part of something truly special. Whether you’re planting your first seed or ready to dig in, there’s a place for you to make a difference. Here’s how you can help grow a greener, kinder world—with plenty of joy and maybe a little dirt along the way!



DONATE FUNDS:

EVERY DOLLAR BLOOMS

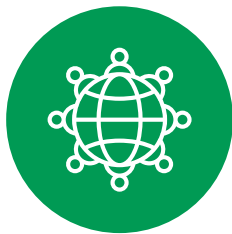
Support programs like school gardens and education bursaries. Big or small, your gift plants the seeds for brighter futures. Want a legacy that lasts? Include the Foundation in your will and keep the growth going.



VOLUNTEER:

DIG IN AND HAVE FUN

Get your hands dirty and your heart full. From helping at events to planting gardens, volunteering is a rewarding way to connect and give back.



FUNDRAISE:

GET CREATIVE

Turn your next event into a fundraiser! Host a bake sale, garden party, or seed swap. It’s fun, easy, and supports a cause that grows with every effort.



ADOPT A PROJECT:

WATCH YOUR IMPACT GROW

Pick a project—like a community garden—and see your generosity take root in real, tangible ways.



BECOME A FRIEND:

JOIN OUR COMMUNITY

to receive updates and exclusive insights. It’s the easiest way to be part of the movement!



BOARD OF DIRECTORS:

Plant a Seed has a committed Board of Directors led by our founding patron, Roland Gahler. We thank our dynamic and experienced Directors for their gifts of time and expertise.



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Vice President; Treasurer



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- Brady Wiser – Artist / Illustrator / Animator
- Marisa Nichini, BSc, MA – Education & Fund Development

FACTS & FIGURES:

PLANT A SEED CONTINUES TO GROW!

HERE ARE SOME HIGHLIGHTS 2015 - 2024:



410,689
children experienced one
of our educational programs



4,918
schools received *Seeds of
Inspiration* Resources Kits



\$16,000
2 seed preservation
programs



55
school garden
projects funded



\$34,000
5 undergrad bursaries
provided



6,100+
friends of the
foundation



\$16,000
2 school breakfast
programs



\$996,000+
spent on these
programs





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