



# Seed to Seed

Newsletter of the Comox Valley Growers and Seed Savers

November 2009



*The mission of the Comox Valley Growers and Seed Savers is to encourage participation in the preservation of our plant heritage and diversity by growing and saving the seeds from heritage and non-hybrid food crops and other plants which have been adapted to the Comox Valley.*

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Elise Trimmer

**Board Meetings** are open to all members. Meeting dates are posted on the calendar page on our website

## **2010 Membership:**

\$20.00 per person \$30.00 per family, due January 1<sup>st</sup>.

*The Comox Valley Growers and Seed Savers Society is a registered Canadian charity. Upon request a tax receipt may be issued for donations of \$10.00 or more over the membership fee.*

[www.cra-arc.gc.ca/charities](http://www.cra-arc.gc.ca/charities)

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**Website: [www.comoxvalleygrowersandseedsavers.ca](http://www.comoxvalleygrowersandseedsavers.ca)**

## SEED SAVING IN ASSAM

*The Fertile Ground organization adopted a sister community in India with a winter climate that is close to our summer climate. Here is Pompy Ghosh's take on growing organic and saving seeds in a little community not unlike our own.*

Due to unawareness or carelessness of people, we have lost many valuable seeds of various fruits and vegetables in Assam. As far as I know it is true for other parts of the world too. We have lost them forever. No invention of science can bring them back.

Now is the time of need and the call of the hour is 'SAVE SEED'. The Question arises - who will save them? You or I?

The answer is "neither you nor I but We". All of us should try to save our valuable local seeds whatever way we can. All of us may not be farmers, but no one of us can ignore the truth that we are all dependent on seeds.

No one can eat soil or money. That is why I think Seed Saving is not just the duty of farmers. Seed Saving and buying from growers using local seeds is a duty of whoever eats food.

My practical experience says lots of people are still not aware about saving seeds or the dangerous side of chemical farming in this age too. This is a kind of obstacle in organic agriculture. One surprising thing for me is that many people here in Assam are very knowledgeable about the bad side of chemical farming and the importance of organic or sustainable farming. But their slogan is 'WE NEED MONEY'. They don't care about future generations. In this way they are selling TOMORROW to fulfill the need or greed of TODAY.



On the other side, many innocent farmers in villages of Assam have not saved precious seeds just because of ignorance of its importance.

In some cases people did not save some valuable seeds thinking that in future those will be collected easily from someone else. Everyone thought in the same way that somebody else will save. But nobody did and then the seeds VANISHED.

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## SEED SAVING IN ASSAM (CONTINUED)

### More on Sustainable Farming in India:

The result is, we have lost many fruits and vegetables traditionally grown in our area, including an important variety of local rice of Assam. Now we should think in the opposite way. "If I don't save seed then nobody will. If I don't go for sustainable agriculture, nobody will go. So I should go ahead. Then seeing me, others will come automatically." This is the last way left with us to support our environment and to protect our farmers from falling into the net of multinational seed companies.

I also would also like to say thanks to Fertile Ground, the people in Canada who have helped them raise money for our project and Mrs. Peggy Carswell for giving birth to A Small Organic Demo garden in Assam, where we have got a chance to work.

Not only work – now it is also becoming a medium for our efforts to be known by people from different parts of the world.

At the end I would like to say a big THANKS to some good organizations in India that have done a lot in this field. Maybe your readers will be interested to learn about the work they are doing:

Centre for Indian Knowledge Systems in Chennai ([www.ciks.org](http://www.ciks.org))

Vandana Shiva's organization Navdanya in Delhi and Uttaranchal ([www.navdanya.org](http://www.navdanya.org))

Eternal Farming in Nepal ([www.ajamvarifarm.org](http://www.ajamvarifarm.org))

Maharashtra Organic Farming Federation in Pune ([moffindia.com](http://moffindia.com))

Institute for Integrated Rural Development in Aurangabad ([www.iird.org.in](http://www.iird.org.in))



## FEATURED DEMO GARDEN EDIBLE: MARINA DE CHIOGGIA SQUASH



Marina De Chioggia is an heirloom turban squash from a seaside village in Italy. This squash did extremely well in the demo garden this year. Although they were supposed to weigh between 12-15 lbs, between the halcyon summer weather and the fish compost, ours averaged 17lbs. This is an old fashioned squash that takes 95-100 days to mature and needs room to grow. It completely overwhelmed the cucumbers we planted 3' away and produced 7 squash for us. Marina de Chioggia has rich, sweet orange flesh squash with excellent keeping quality, the flavour improves with storage. You will be seeing them in pies at our Seedy Social in November (More on pg 8) and also as a guest star in the Seedy Café in the spring.

We originally acquired the seeds from Seeds of Victoria but they no longer carry this variety, once again, it is up to us to vote with our stomachs and save seeds of rare varieties we don't want to be without. If you buy this variety at the exchange this year, please consider re-offering it.

It may look like the Cinderella pumpkin's ugly step sister, but this squash is a real keeper.

### Left Photo:

Ms. Pompy Ghosh (standing on the left) is the coordinator of the Adarsh Seuj Prakalpa project in Assam. For more information about the project or about volunteer opportunities in Assam, visit [www.fertile-ground.org](http://www.fertile-ground.org) or write to Pompy at [fertilegroundpompy@yahoo.co.in](mailto:fertilegroundpompy@yahoo.co.in)

## DO WE NEED TO CHANGE THE SEED EXCHANGE ?



*The ever popular 'Bean-bow' picture by Lucie D.*

By Elise Trimmer

As CVGSS members the Seed Exchange is at the heart of everything we do. Our goal is to preserve, promote and distribute locally adapted open pollinated seeds and the information to grow them.

Now is the time to start getting your saved seeds packed up. You can pick up your seed envelopes at Zen Zero, South Country Feed, Shar-Kare, Black Creek Supply or attend a seed packing bee. Contact Vivien Adams for more info on Seed Packing Bees 338-8341. The Grower's Sheet is available at events or from the website. Filling out this form is important, it allows us to put together a list of how many seed packets each family contributed so we know how many free packets they get at the Seed Exchange. The extra information about growing each variety and where it came from goes onto the Seed Database on the website, so that everyone who goes home with seeds from Seedy Saturday can get more information about their choices than would fit on the envelope. Although a variety is on the website, it might not be available in large amounts. We never know from year to year what will be available.

Unfortunately, if no one decides to grow a certain variety, it disappears from the exchange for that year. This brings up the question: what is the best way to collect, record and ensure a reliable supply of our favourite varieties?

On Tuesday October 20th Seed Exchange volunteers met to discuss the best way to close the circle from seed to harvest to seed for the future. We looked at other organizations like Seeds of Diversity, and Farm Folk City Folk, who have a Seed Exchange and a Seed Collective respectively. We also looked at the possibility of creating a 'Seed Bank', which in most other organizations depends on the Grower storing the varieties they save. We also looked at the idea of asking volunteers to be 'Seed

Stewards' who will promise to grow and re-offer seeds of our core varieties to make sure we can keep a stock of rare or important seeds from year to year. This is what is called a "Living Seed Bank".

Seed Saving has some unique challenges. We need to include everyone who wants to save seed, help everyone properly save, dry and label their seeds, and make sure we can close the circle so we have seeds for the future.

Accurate seed saving doesn't have to be tricky. Peas, beans and tomatoes don't need to be isolated and are a great place to start. The book "Seed to Seed" is a great resource for beginners, and the hand out from our Seed Saving Workshop is on our website.

There are some plants that cross pollinate to create mutants the following year if not properly isolated. To make sure 'what you see is what you get' on your Seed Exchange envelope we are not asking our members to hand pollinate Carrots, Squash and Corn for the Seed Exchange, we isolated one variety of each of these plants in our Demo Garden. For Seedy Saturday 2010 we will have Nantes Carrots, Marina De Chioggia Squash and a Hungarian GE Free Corn to offer at the exchange.

There are four seed packing bees this winter, with the first on Nov. 12th (more on pg 8). Experienced gardeners are there to help you pack up and label your seeds. It was a very bountiful year, and I'm sure many of us will need help! Information, envelopes and Grower's Sheets will also be available at the Seedy Social.

The Seed Exchange has been operating successfully for over 10 years now, but it is dependant on a small minority of dedicated families. Out of over 200 members, only 19 filled out a Grower's Sheet last year, and of those families 5 contributed over 200 seed packets. In other words, most of us treat the Seed Exchange like a seed company, and do not close the circle by re-offering seeds next year.

If each of us decided to claim one variety, and say "This is mine, I'm going to make sure my grandkids can eat it." That would be an important step to securing a source of seeds for the whole community. It may be that this idea of individual stewardship is the direction organizations like ours will go in the future.

For another look at seed saving visit Laughing Dog Farm:

<http://www.laughingdogfarm.com/whysaveseed.htm>

Here's a recent article on grassroots seed saving  
<http://www2.macleans.ca/2009/10/22/farmers-markets-for-seed-savers/>

# TOMATO REVIEW

By Demo Garden Team

This year in the demo garden we grew some local tomato favourites, including Polish Paste, Oregon Spring, Bison Heart, Snow White cherry tomato, Harz Fever, Matt's Wild Cherry, Mexican Midget, Bonny Best and Graham Good-keeper.

Every year when I'm up to my elbows in tomato guts and fruit flies from the bounty of my own garden and the demo garden I promise myself not to overdo the tomato varieties at home next year. I swear I'll just plant one type of prolific slicer, a meaty paste tomato, and a flavour packed cherry tomato. Okay, and maybe one weird tomato like Green Zebra, Tigerella, or Fuzzy Peach. If you are like me, it is hard to decide what to do with limited space and it's so seductive to plant way too many varieties. So here is the tomato review, a look back at what we planted in 2009 and how well they did. Hopefully this will help everyone narrow down the contenders for next year.



*A tomato line up including Top: Red Russian, Left Lemon Boy(F1), Middle: Green Zebra, Right Galina yellow cherry. Assorted Cherry tomato volunteers, Sweet Million and Sungold (F1), and front in pale yellow, Fuzzy Peach. The cracked one is Gusto Italia, which did very poorly and from now on I'm sticking to local seeds.*

## SLICING TOMATOES

**Bonny Best:** A sturdy cool hardy vine that produces later than Oregon Spring and has firm fruit that are good for drying and canning. Indeterminate. 80 days.

**Graham Goodkeeper:** Medium sized fruit on an indeterminate plant, green fruit can be ripened in storage for winter. 90 days.

**Harz Fever:** German variety from the Harz mountains, great producer, early and good flavour.

**King Umberto:** A nice egg shaped (sort of) variety that I have grown to like. A tall plant, nice tasting fruit that keeps somewhat. This pink fruit also dries well.

**Oregon Spring:** Even, blemish free fruit, very blight resistant foliage, great for weathering a cool damp Summer season.

**Orange Flame:** Is one that I grew the first time this year and will definitely grow again. It's medium in size, orange as the name indicates and is very split resistant and keeps well.

## CHERRY TOMATOES

**Galina:** Developed by Gary Brust of Victoria. Great flavour, very prolific and hardy. Indeterminate, 75 days.

**Matt's Wild Cherry:** Tiny sweet tomatoes but not a heavy producer, and you have to frisk the huge weedy plant to find them.

**Snow White:** If this plant is Snow White, we're the dwarves. We had to prune the top off when it hit the roof of the greenhouse. Very tasty pale cream yellow fruit in abundance. 65-70 days

**Mexican Midget:** A rampant indeterminate currant tomato with a strong tomato flavour that lingers. 60-65 days.

**Washington Cherry:** It is a large cherry, a bushy plant, that bears well all season. Determinate, 60 Days.

**Yellow Pear:** Another unique variety that some of us have grown, goes good in salads and

can be made flavourful if grown in rich compost. Others have found it bland but I believe the key is to add seaweed compost to the growing medium.

## PASTE TOMATOES

**Bison Heart:** Earlier paste tomato than Polish paste, good producer on a smaller plant as well.

**Padova:** Stephen received this variety 20 years ago from an Italian in Victoria and still grows it most years. A reliable paste tomato.

**Polish Paste:** Our most prolific cool season paste tomato, large plant, many flowers fuse together and make double fruit.

**Red Russian:** An extremely prolific and juicy paste tomato. I grow them outside and they thrive. Indeterminate 80days.

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## TOMATO REVIEW (continued)

### WEIRDO'S:

**Fuzzy Peach:** Fuzzy yellow fruit blushed with orange. Indeterminate, 75 days, store green fruit for months.

**Green Zebra:** Green and yellow striped firm fruits. Bushy potato leaf type late season tomato. Resists cracking, very good in green salsa and with smoked cheese sandwiches. 75- 80 days. Not a heritage variety, but it is open pollinated, West Coast Seeds listed it as F1 in 2009, but fixed it on their website.

**Manyal Moon:** A large pink tomato for stuffing, the gel and seeds cling to the very centre of the fruit. Not a large producer, but tasty. Indeterminate. 75-80 days.

**Tigerella:** Golf ball sized orange and red striped tomatoes. Great for an appetizer stuffed with crab and cheese. Indeterminate, 60 days. Some cracking, not a heavy producer.

*Here it is October, and the Galina Cherry tomato refuses to quit. This plant was a volunteer.*



## CO-ORDINATING VOLUNTEER...PLANTS?

By Vivien Adams

As I was thinking about coordinating volunteer people (specifically Seed-Savers), it occurred to me that it might be possible to coordinate volunteer plants.

If your garden is anything like mine, the plants that do stunningly well, are sturdy and healthy and produce better than any other, are the volunteers. They spring out of the compost pile, they emerge surprisingly in the garden bed where compost has been spread, or where seeds have happened to fall the year before. They know exactly when to germinate, and work in harmony with nature in a way that mostly eludes me when I try to do the same thing. This was on my mind as I cleaned up the garden this fall, and led me to deliberately drop favourite tomatoes here and there, to allow dried beans to lie in the earth, to empty a pod of brassica seeds, nonchalantly scattering a few seeds about, just to give nature something to work with.

It will be interesting to see if my efforts to casually and cunningly coordinate volunteers will in fact result in a healthy crop of volunteer plants next year. It somehow feels a little bold, a touch arrogant.

I would love to hear from any gardener out there who perhaps does this sort of thing regularly. How far could we take this coordination? Whole beds pre-seeded at the end of the year, to allow nature to sort out the strong seeds, the ones that don't rot over the winter? Let me know if you have any volunteer coordination experience.....

Vivien Adams 250-338-8341

### Seedy Saturday 2010

- Please send photographs from your gardens & particularly the plants you have grown from CVGSS seeds, and email a limited selection of good ones to [seed.savers@comoxvalleygrowersandseedsavers.ca](mailto:seed.savers@comoxvalleygrowersandseedsavers.ca) for CVGSS to use for next year's 2010 Seedy Saturday promotions (which could begin as early as November). Photos of plants, raised beds, greenhouses, cloches; closeups of vegetables, fruits, herbs, flowers, saving seeds - creative arrangements would be great!
- Kids & bright colours are particularly photogenic for the newspapers.
- Be sure to include the correct full name of the plants or subject matter; who to credit the photo to; and give CVGSS permission to use your photos.

## COMFREY:

By CVGSS Member Helga Morin  
(with edits by Elise Trimmer and Chanchal Cabrera)

Comfrey is a tall (2-4') rather wide-spreading perennial with large, veined, rough green leaves. It is a quite attractive plant with small yellow, mauve, pink-white or blue flowers growing in lopsided spikes. According to my 1996 Richter's herb catalogue Bocking No. 14 strain of Russian Comfrey (*Symphytum x uplandicum*) is best for home, garden and medicinal use, with the highest allantoin content and little viable seed production.

Comfrey sends its roots 4-8' deep into the subsoil. Consequently it has extraordinary nutritious value, with unusually high levels of protein (20-25% crude protein) and vitamin B12. It is also rich in many other vitamins plus calcium, potassium, phosphorus and trace elements.

Comfrey is among the most important of medicinal herbs. It contains a mucilaginous hormone-like substance called allantoin that heals inflammations stimulates cell division and promotes the strengthening of the lining of hollow internal organs. It is thus valuable for healing wounds, ulcers and broken bones. These properties give rise to the popular old names such as 'knitbone', 'bruisewort', 'boneset', 'healing herb' and 'slippery root'.

A word of caution: low levels of pyrrolizidine alkaloids have been found in the leaves and roots of comfrey. These have been found to cause liver damage in test animals when consumed in large amounts. Some sources suggest avoiding internal use altogether – for both humans and livestock. However, most writers feel that in moderation, using moderate doses of teas only, not tinctures, internal use is safe. There is no concern about external use, as the alkaloids are not assimilated through the skin.

Comfrey is an easy plant to grow. In fact, you will want to plan its location carefully. Should you need to relocate the plant, every root severed in the digging process will sprout into a full-sized plant. Comfrey can be started from seed or cuttings but is usually propagated by root division in spring. It grows in full sun or partial shade. It prefers rich, moist soil but can grow in heavier soils as well. Comfrey can be used as a background plant or screen and is also a barrier against couch grass and buttercups.

Comfrey can be quite invasive, both through root spread and by self-seeding. However, the flowers make great bee fodder. Once the flowers start setting seed you can cut back the flower stalks. You will then

get a second and sometimes even a third growth of flowers during the summer. This is great in August when there are fewer bee flowers.

The cut flower stalks as well as comfrey leaves can go into the compost. With a carbon/nitrogen ratio similar to that of barnyard manure they are ideal; plus comfrey is a compost activator. You can also use comfrey as a mulch around vegetables and herbs.

The alternative is to make a comfrey tea out of the leaves. Carolyn Herriot's book [A Year on the Garden Path](#) has detailed recipes for both comfrey tea and comfrey concentrate. Other authors just suggest one part leaves to 3 parts water, left for 1-3 weeks. The tea can be used on tomatoes, root crops, cucumbers and squashes, either poured on the ground beside the plants or sprayed on the leaves.

I used to have an 80 something year old friend who was an avid gardener. She would put a pinch of dried comfrey in her coffee every morning. One day she was bustling around quite energetically and commented that she must have put too much comfrey in her coffee!

Comfrey has a number of medicinal and cosmetic uses. It can be used both externally and internally for fractures, sprains, bruises and burns. In Dan Jason's book [Greening the Garden](#), he says that: "Comfrey root has strongly antiseptic tannins as well as the highest mucilage content of any herb. Thus a root decoction, made by actively boiling the root in water is very soothing and healing for coughs, ulcers plus respiratory and bronchial ailments. Comfrey also helps the pancreas to regulate blood sugar levels."

"For external use, pulp and apply fresh comfrey leaves as a poultice or alternately, soak a cloth in a heated brew of leaves or roots, wring and apply. Internally, a standard tea of 1 tsp of dried leaves per cup of liquid is not only beneficial for internal sores and inflammations but simply as a beverage to enjoy, it is delicious and very high in chlorophyll and vitamins."

An infusion of comfrey can be used as a mouth-wash. An ointment can be made with comfrey and applied to abrasions. My 80+ friend used to have trouble with her knees. While fresh comfrey leaves were available she would wrap them around her knees at night, held in place by cloths. During the winter she would mix dried comfrey with Vaseline, slather that on the cloths and then put plastic bags over top so that she didn't end up with green bedsheets!

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## COMFREY (continued)

Cosmetically, comfrey can be used as a face pack for dry skin, in a cleansing oil or as a barrier hand cream-great to apply before gardening. A strong infusion can be added to the bath to make a strong herbal tonic.

Comfrey has some uses for livestock as well. I've already mentioned bees, and it is also a superior protein source for goats, rabbits and other livestock. Due to the concerns mentioned above, it would be advisable to limit quantities.

As comfrey dies down in winter, you may want to store some of the leaves and roots. The leaves can be canned, dried or frozen. The roots can be grated, finely chopped or very thinly sliced, then dried until hard and brittle out of direct sunlight. If you wish you can then grind the dried pieces to powder.

Now you know why comfrey will always be welcome in my garden!

### Comfrey Bruise Balm

2 cups almond or olive oil

1/2 cup comfrey leaves

1/4 cup calendula petals

1/8 cup yarrow flowers (common white)

1 oz. beeswax (about 1/2 c.)

10 drops Tea Tree Essential Oil

10 drops Helichrysum Essential Oil

Optional, rose petals or lavender for scent

1. Melt beeswax and oil together over low heat. Remove from heat when completely melted.
2. Use a cheesecloth to tie up the herbs and steep them in the oil and beeswax mixture.
3. Let sit for at least 1 hour before removing herbs. Keeps best in the fridge, but can be jarred and kept in a cool dark cupboard.

## MEMBERSHIP QUERIES

*A friend who attended one of your meetings said that you can purchase special carrot seeds that seem to produce no flies in them. Could you tell me where I might purchase these seeds? Thanks, Beverly*

The only way I know to avoid damage is to use a protective cover (Reemay), it works very well for me. Cheers, Thierry

West Coast Seeds has (or had) a variety of carrots that seem less attractive to the bug, so less damage, but still some. I agree that Reemay is the only sure solution, if you can put up with the watering challenges (I HATE having to water otop of it, it just doesn't work, especially when the carrots get tall – drip hose would be best I guess). Rotation is also important, don't plant in areas where unprotected carrots were before, at least 4 years back. Good luck, Lucie

Here's the link to West Coast Seeds, they carry 'Flyaway' carrot seeds which are resistant to carrot rust fly. You can also try companion planting your carrots with african marigolds or onions.

<http://www.westcoastseeds.com/product/Vegetable-Seeds/Carrots/>

Thierry is right though, only a floating row cover is 100% effective, you can get them at Art Knaps or from West Coast Seeds mail order.

Elise

### Membership

#### Comox Valley Growers and Seed Savers (CVGSS)

CVGSS had 240 paid memberships for 2009

A reminder that renewals are due January 1, 2010  
Thank you to those who have already renewed their membership for 2010.

Mail dues & renewal form to:

PO Box 3783, Courtenay, BC V9N 7P2

Membership form can be printed from the website:  
[www.comoxvalleygrowersandseedsavers.ca](http://www.comoxvalleygrowersandseedsavers.ca)

**2010 Rates \$20.00 per person or \$30.00 per family**

CVGSS considers a family to be a couple and their children (age 18 and under) living in the same home.

## UPCOMING EVENTS:

### **Seed Packing Bees:**

Our first seed-packing bee of the winter will be held on Thursday, November 12 in the afternoon, from 2 to 4 pm, at 967 4th St. Courtenay. Please call Vivien to register (250-338-8341), and bring the seeds you have saved this year, to pack them into envelopes for the Seed Exchange at Seedy Saturday, 2010. Two or three more events will be held before Seedy Saturday.

### **Seedy Social for Members Only**

Sunday November 22nd at 1:30 pm in the Evergreen Senior's Lounge at the Filberg Centre in Courtenay. Bring the seeds you would like to package and exchange with other members. Seed envelopes and grower's sheets available. Everyone is welcome to bring garden goodies to share, produce from the demo garden will be available to try as well.



The 11th Annual Comox Valley Seedy Saturday will be held March 6, 2010, 10 am - 3 pm at the Florence Filberg Centre in downtown Courtenay. The Coordinators for 2010 are Krista Kaptein and Anne Corbishley. The theme for 2010 will be **"Eat From Your Backyard"**. Several changes are in the works in order to improve the event for CVGSS members and customers.

Anyone who may be interested in having a vendors/exhibitors table at the Horticultural Trade Fair can contact Krista at 250-338-9962 [kapteink@shaw.ca](mailto:kapteink@shaw.ca) Approximately 100 volunteers are needed to make the event a success so those who wish to assist can contact Anne at 250-897-1930 [acorbishley@shaw.ca](mailto:acorbishley@shaw.ca) CVGSS members (paid up for 2010) receive free admission to Seedy Saturday, and easier entrance to the event! More details will be posted on the CVGSS website, please check regularly for updates.

### **Sponsorship Levels**

**"Bloom" Level:** \$1000+

Funder is considered to be a year-round (sustaining) sponsor of Comox Valley Growers & Seed Savers activities: funder receives their logo displayed on CVGSS website year-round; in all 2010 issues of CVGSS newsletter; on a banner at Seedy Saturday event; in Seedy Saturday day program at the appropriate level; mention in media promotions for CVGSS.

**"Blossom" Level:** \$500 cash or in-kind value donation

Funder receives their logo on the CVGSS website until after the plant sale in May 2010; in the next issue of the CVGSS newsletter; on a poster or banner at the Seedy Saturday event; in Seedy Saturday day program at the appropriate level; mention in print promotions for Seedy Saturday.

**"Bud" Level:** \$250 cash or in-kind value donation

Funder receives their logo in the next issue of the newsletter; on a poster at the Seedy Saturday event; in Seedy Saturday day program at the appropriate level.

**"Sprout" Level:** \$100 cash or in-kind value donation

Funder receives their logo on a poster at the Seedy Saturday event; mention in Seedy Saturday day program at the appropriate level.

**"Seed" Level:** under \$100 cash or in-kind donation

Donor receives mention in the Seedy Saturday day program at the appropriate level.

**WE ARE ALWAYS SEEKING NEWSLETTER SUBMISSIONS, SEND ARTICLES, RECIPES AND MEMBERS NOTICES TO HARA01@TELUS.NET SUBMISSIONS FOR OUR NEXT NEWSLETTER ARE DUE BY JANUARY 22, 2010.**

*Well, this is the end of the toad for this newsletter.*

