









# FOOD SOVEREIGNTY: Successful Seed Saving

By Lynn Moreau

Saving seed from year to year is a great way to save on the expense of purchasing seeds, and allows you to share with others in your community. It also can produce pollen for beneficial insects. Seed can be saved from either dry fruited crops like beans or peas, or wet fruited crops like squash or tomatoes. To save seed from dry fruited crops, wait until the seed pod has dried to a brown husk, then simply remove the seeds from the chaff. Seeds should be stored in a cool, dark and dry location, in airtight containers or paper bags.

Fruits from wet fruited crops must be picked when their seeds are mature. The harvested fruits are either crushed or cut open, and the seeds are extracted from the flesh, rinsed and left to dry on a mesh screen or tray. Coffee filters, paper towels or newspaper work well for this. Once the seeds are dry, they can then be collected and stored in a jar or envelope. For some wet fruited crops such as squash, seed does not mature fully until the fruit is somewhat overripe.

Seed will only germinate if collected from open-pollinated plants, which are plants that pollinate naturally and produce seed that is true to type, meaning their offspring will resemble the parent plant. To avoid unintended cross pollination from different plants of the same genus, isolate the variety from which you intend to save seed by growing it at least 200 feet or more from other varieties of the same genus. Cross pollination is the transfer of pollen between plants. By learning your plants scientific name, you can determine whether your plants will cross pollinate with each other. For example, there are three varieties of squash that will not cross pollinate with each other. But many plants in the cabbage family (broccoli, cauliflour, cabbage, kale and kohlrabi) will cross pollinate with each other.

Always remember to label your seeds with the type, variety name and year of collection. Some seeds such as tomatoes and beans will last for many years, while seed from other plants do not last for as long. Carrots and beets

are biannual plants, meaning you cannot collect seed from them until the second year when their seedheads will form and mature. To do this you must leave the roots in the ground over winter, and maintain the plants for the full season of the following year.

To do this, it is useful to have a special area of the garden set aside for seed saving, or even a separate garden specifically for seed collection.

To learn more about seed saving, check out these websites:

https://www.seedsavers.org/saving-seeds-for-beginners https://harvesttotable.com/seed\_saving/ https://www.almanac.com/how-save-vegetable-seeds

#### Saving Corn Seed

One of the easiest seeds to save are those of sweet corn, Zea mays. To save seed from your heirloom corn varieties, let the corn mature on the cob until the silks turn brown and the ears turn from green to brown. Remember, you cannot obtain seed from F1 varieties. When the ears are mature, they can be handpicked and the husks removed. Try to obtain at cobs from at least 10 plants to ensure viable seed. To maintain genetic diversity, seed should be obtained from a minimum of 200 plants. When selecting cobs, select cobs from plants with the best plant size, ear size and shape, and best colour.

Once the ears have been brought in from the field, they can be hung in mesh bags or set out on screens in a dry location, protected from birds and rodents. Corn seeds should be dried until they are very dry; hard to the touch and can be easily removed from the cob with your hands. Individual kernels can be shelled by hand, or a mechanical sheller can be used. When shelling, avoid shelling seeds from the ends of the cob. Focus on seeds in the centre of the cob. Corn seeds can remain viable for several years if they are stored in a cool, dry location.

# **RESOURCES:** Agriculture Programs



Government of Canada

CANADA COMMUNITY REVITALIZATION FUND The Canada Community Revitalization Fund (CCRF) aims to help communities across Canada build and improve community infrastructure projects so they can rebound from the effect of the COVID-19 pandemic. With a national investment of \$500 million over two years, the Fund's purpose is to support not-for-profit organizations, municipalities and other community groups, as well as Indigenous communities:

- build new community infrastructure and revitalize existing assets
- bring people back to public spaces safely as health measures ease
- create jobs and stimulate local economies

Under the fund, FEDnor can supply up to 100% of the funding for projects with Indigenous groups. <a href="https://www.ic.gc.ca/eic/site/icgc.nsf/eng/07732.html">https://www.ic.gc.ca/eic/site/icgc.nsf/eng/07732.html</a>

JOBS AND GROWTH FUND The Jobs and Growth Fund provides funding to businesses and organizations to help create jobs and position local economies for long-term growth.

Eligible applicants include businesses,co-operatives, not for profit organizations and community economic development partners. FedNor may contribute up to 100% of eligible project costs for projects with Indigenous clients. <a href="https://www.ic.gc.ca/eic/site/icgc.nsf/eng/07737.html">https://www.ic.gc.ca/eic/site/icgc.nsf/eng/07737.html</a>

RURAL ECONOMIC DEVELOPMENT PROGRAM The program has two project categories:

- The Strategic Economic Infrastructure stream provides up to 30 per cent in cost-shared funding for minor capital projects that advance economic development and investment opportunities.
- The Economic Diversification and Competitiveness stream provides up to 50 per cent in costshared funding for projects that remove barriers to business and job growth, attract investment, attract or retain a skilled workforce, strengthen sector and regional partnerships and diversify regional economies.

https://fednor.gc.ca/eic/site/fednor-fednor.nsf/eng/h\_fn03899.html

COMMUNITY INVESTMENT INITIATIVE FOR NORTHERN ONTARIO Funding is available for small communities or First Nations to hire a qualified individual to help develop the local economy. This economic development professional will work to foster opportunities and partnerships in your region, and help implement strategies that seek to strengthen your community and create jobs. <a href="https://fednor.gc.ca/eic/site/fednor-fednor.nsf/eng/h">https://fednor.gc.ca/eic/site/fednor-fednor.nsf/eng/h</a> fn03899.html



### AGRICULTURE AND AGRI-FOOD CANADA (AAFC)

The AAFC is offering the Indigenous Pathfinder service-a one stop shop for advice and referral to help navigate the relevant information, tools and support available to start or expand activities in the agriculture and agri-food sector. Telephone: 1-866-367-8506 Email: aafc.indigenouspathfinder-explorateurautochtone.aac@canada.ca



NORTHERN ONTARIO WOMEN: is currently offering a Small Medium Enterprize Grant Program. This program closes on November 30, 2021. The goal of this program is to assist Northern Ontario female entrepreneurs in two ways:

- with the cost of accessing one-time professional services
- with the cost of setting up mentoring relationships

The NOW Program can and has assisted with,

- legal costs of obtaining a patent; legal costs of incorporating your business
- legal costs of having customer contracts & employee non-compete contracts created
- costs associated with website development
- costs associated with the development of an e-commerce platform
- costs associated with marketing strategy development
- costs associated with setting up mentoring relationships and business coaching costs

For more information, Susan Whynott

- All NOW applications (french & english) can be downloaded @ www.lambac.org/now/
- Like & follow the NOW Program @ facebook.com/NorthernOntarioWomen/



### **CAHRC-CCRHA**

Canadian Agricultural Human Resource Council

Conseil canadien pour les ressources humaines en agriculture

The Canadian Agricultural Human Resource Council (CAHRC) is a national, non-profit organization focused on addressing human resource issues facing agricultural businesses across Canada.

For over ten years, CAHRC has been working with industry associations, educators, and all levels of government to examine issues and build meaningful solutions.

Their efforts have resulted in clarifying jobs and worker requirements for modern agricultural operations today and into the future. They research emerging labour issues, track the number of positions required, and quantify vacancies and their impacts on competitiveness. They collaboration and partner with industry associations, educational institutions, and government departments to deliver practical staff management tools and training programs. They are working to grow the workforce in agriculture to ensure it is skilled and resilient for future success.

The CAHRC has recently developed an Agri HR Toolkit. This toolkit can help you to build a business plan, create farm policies, find skilled workers, pay and train workers, improve farm safety, and create a healthy, diverse workplace. It can assist you to develop the key resources you need to help you find, retain and support your employees. The price for a membership is \$99.00 and this membership is good for a one year period.

If you are interested in learning more about agricultural careers, CAHRC has identified farming occupations and examined the classification of work in the primary agriculture sector, to develop a National Agricultural Occupational Framework. This was done through a series of focus groups with producers from across the country, to gather information about the work performed in the production of various commodities. Producers also described the skills, knowledge, experience and training that are required for these occupations.

To find out more, check out the website of the CAHRC at <a href="https://www.cahrc-ccrha.ca/">https://www.cahrc-ccrha.ca/</a>





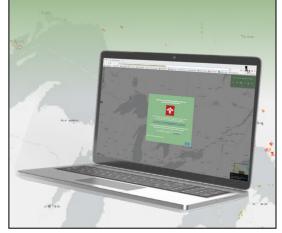
## Anishinabek Nation Food Map

The Anishinabek Nation, Lands and Resources Department is developing an Agricultural Asset Inventory, database and online food map of existing agriculture and food related businesses owned by Anishinabek Nation individuals. The map includes restaurants, farms and agricultural businesses and community initiatives such as farmer's markets, community gardens, and other initiatives.

The purpose of the online food map is to serve as a marketing tool which could result in business attraction and expansion, and identification of potential markets. One objective is to identify opportunities for increased purchase of local goods resulting in enhancement of local economies. In addition, it will also enable First Nation community businesses to grow and network with other businesses in other regions of Ontario. The data can be used as a benchmark to monitor agricultural development in the 39 Anishinabek Nation communities.

To get your business or community initiative added to the map, please contact me! Lynn Moreau.

The map can be viewed online here: You don't have to sign up to view the map. You just have to click on the link. It's free for everyone. SEE LINK AT BOTTOM OF THIS PAGE.



### **EVENTS**

ANISHINABEK LANDS ROUND TABLES Mining, Agriculture and Economic Development November 16 - 18, 2021

FIRST NATIONS ENVIRONMENTAL CONTAMINANTS
PROGRAM FOR COMMUNITIES AND ORGANIZATIONS
SOUTH OF 60TH PARALLEL > 2022/2023 CALL FOR
PROPOSALS

Deadline: November 5th 2020

For more information, see the website:

https://sac-isc.gc.ca/eng/1583779185601/1583779243216

### **JOB OPPORTUNITIES**

Manitoulin Permaculture is seeking an Organic Farm & Permaculture Entrepreneur

Location: Little Current, Manitoulin Island

We have the land, a tractor, implements, tools, irrigation, fertility, volunteers, greenhouses, and community support to operate a viable farm here. What we lack is someone or a couple with the motivation and skill to take the lead on food and farm aspect of life here. Our hope and intention is to find someone who wants to treat this endeavor as a business enterprise and strive to make a living at it.

What we're looking for?

Ideally we're looking for someone to start a business on our farm. They will have full access to our facilities, and would keep the profits. You will be provided support, and our only expectation is to share part of the surplus with our community.

If the above sounds intriguing, please get in touch: manitoulinpermaculture@gmail.com

If you have any comments or suggestions for things to be added to the website, feel free to contact our staff.



LYNN MOREAU is a Lands and Resources Program Coordinator with the Anishinabek Nation where she is responsible for the Agriculture Portfolio.

Originally from Callander, Ontario, Lynn now lives in Bonfield where she is co-owner of Green Legacy Farm with her husband Dean. Lynn holds an Environmental Science degree

from Trent University and a Fish and Wildlife Technician Diploma from Sault College. Lynn can assist with funding application processes and has agricultural experience in vegetable and perennial growing, chicken farming, maple syrup production and aquaculture.



#### **OVERVIEW**

The Lands and Resources Department was established within the Anishinabek Nation in the spring of 2007. Currently, there are four program areas with staffing capabilities. These include: Water Resources, Minerals and Mining, Trapping, and Canada Ontario Resource Development Agreement.

#### **MISSION**

The Lands and Resources mission is to foster a better quality of life by ensuring access to natural resources by supporting the goals, values and aspirations of the Anishinabek Nation.

#### **GUIDING PRINCIPLES/CAPACITY BUILDING**

By creating opportunities our communities are empowered to increase the natural, technical and financial capacity derived and generated from our lands and natural resources."

Jurisdiction and Treaty Rights - "by building and preserving Anishinabek laws within our territories, communities can continue to assert and exercise jurisdiction, implementing ownership of lands, water and resources."

Access to Lands and Resources – "our communities are strengthened by continuous advocacy efforts to increase access to lands and resources."



### MSHKAWJI GIIZIS

(Freezing Moon)

### October

The eleventh moon of Creation is the Freezing Moon, a time when the Star Nation is closest to us. As every creature being prepares for the coming fasting grounds, we are reminded to prepare ourselves for our spiritual path by learning the sacred teachings and songs that will sustain us.



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