



From:



TO:

In Seeds We Trust



*Acknowledge Indigenous Territories



BY:

kuwa jasiri Indomela

Educating

Inspiration 'do-it-yourself sovereignty practices

made in Shashoni Territory

DEDICATION: To my children. May you know your worth.

Page Numbers : Japanese

By: Sarang Yoon

♪♪♪ : Sacred Seed by Pura Fé
Seed Sowing Songs
Greens by Be Steadwell

Zine Illustrations: Apprentice
Cover Illustrations By: Kuwa Jasiri, Christin
Baobab Trees Seed
Collage

Authentic Creations Artistic Apothecary

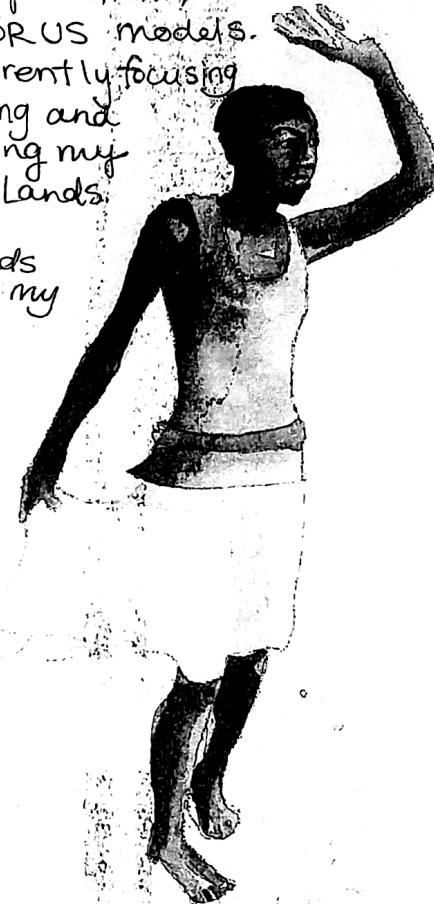
Our grassroots collective care prioritizes mental health, spiritual wellness, and Ancestral wisdom to affirm the societal greatness of genderqueer People Of Culture. We practice zero-waste principles, returning to ancient traditions of land stewardship. With our BY US, FOR US model, we center intersectionality, blackness, differently-abled, houseless, Nature and those incarcerated. We specialize in the return of stolen, withheld, and usurped resources. You can contribute reparations through our patreon or shop. [Shop.ArtisticApothecary.org](https://www.shopartisticapothecary.org)
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[youtube.com/@ArtisticApothecary](https://www.youtube.com/@ArtisticApothecary)

As a Seed steward, wordsmith, and spiritual being I, Kuwa Jasiri Indomela, believe in land reparations, zero waste, rematriation, and BY US, FOR US models.

I am currently focusing on returning and remembering my ancestral lands.

I carry Sacred Seeds to restore my cultures.

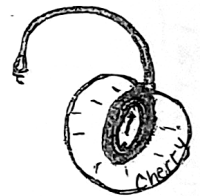
I pray to the Spirits for support along the way.



I AM...

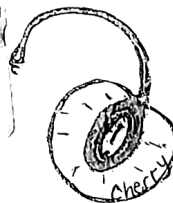
Ghanaian
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PROUD



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☆ afrikan diaspora owned and led seed communities,
companies/libraries/networks

- Eat Okra Restaurants - Cuir Kitchen Brigade
- True Love Seeds - Reclaim Seed NYC
- Southern Seed Exposure Ira Wallace
- Xavier Brown of Soilful City and Black Dirt Collective

<https://www.kitazawaseed.com/> (Asian Owned)

The Seed Underground By: Janisse Ray
Toi Scott - Liberatory Medicine Course

Mayo Buenafe-Ze, Professor University of San Francisco

Michael Twitty: afroculinaria.com

o The Cooking Gene

Vertamae Smart-Grosvenor - Gullah Geechee cookbook

Wild Wisdom zine BY: Kuwa Jasiri

Rowen White - Seed Seva Seasonal Study

Farming While Black By Leah Penniman

~~The Medicinal Herb Grower~~ By Richo Cech

Growing Food on Balconies By Iara Lucretia Mrosovsky



Be Your Own Seed Bank: How to Save Seeds

<http://www.urbanartichoke.com/2011/10/be-your-own-seed-bank-how-to-save-seeds.html>

The Rewards of a Seedy Garden

<http://www.urbanartichoke.com/2012/07/rewards-of-seedy-garden.html>

Rejuvenation Through Saving Seeds

<http://www.urbanartichoke.com/2017/01/rejuvenation-through-saving-seeds.html>

Equitable Seed Companies and growers are sprouting up and Benefit Sharing with Indigenous Folks. Which keeps these original Seed stewards needs in consideration while engaging with their native Seeds and traditional culture.

This is now becoming a norm in ethical Seed saving.

Authentic Creations Publishing Apothecary PROGRAMS

Authentic Creations
LIVING MY TRUTH

Cultural Seed Drive

Requesting Seeds native to west Africa, the Caribbean & the Diné Nation for People of Heritage (of Color)

To donate, contact us:
<https://ArtisticApothecary.wordpress.com/contact/>

TOGETHER:
Multi-Cultural Center and Heritage Garden
literature@riseup.net
ArtisticApothecary.wordpress.com

This zine is an invitation for folks to return to the traditional ways of Seed keeping. A gateway to reclaim this practice as collective liberation. A love letter to our Ancestral legacies including the Plants. A message to learn, spread and carry the sacred. A playful zine that explores the intersections of social and environmental.

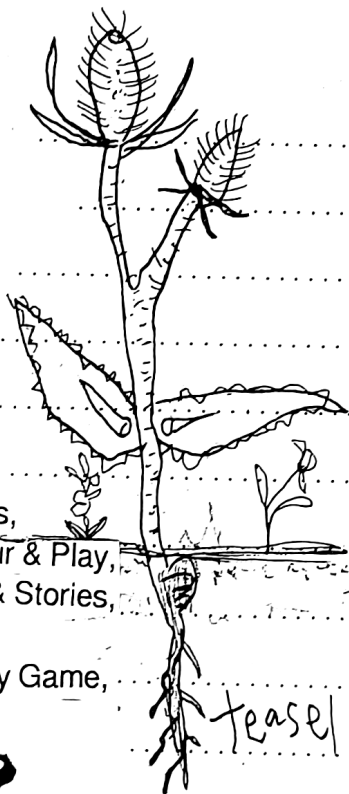
PROTECT YOURSELF.

* warnings AND Contents

Welcome, Facts, Contamination, Sovereignty, Importance, Relationships, "Invasives", Life Cycles, Plant and Harvest by the Moon, Colour & Play, Anatomy, Saving Seeds, Traditions & Stories, * Diversity, Patents, *

What To Grow, Cherry Game,

Wisdom Of Seeds, Reflections, Seed Companies, Sacred Education, Benefit Sharing.



Please Recycle This

Journal

• Record your discoveries and feelings.

Simone (my Grandma), seeds with spiritual messages, family seed rematriation project with Sea Island Red Pea- honoring Geechee heritage, storing seeds in (herbal) ash (can add prayer)

~ How can we find ways to trust our traditions and our ancestral medicine more?

ideas: reclaiming watermelon,

--- What did me and my ancestry have/had to rebel against?

+++++ Why do you keep seeds or desire to keep seeds?

What do you need to strengthen your seed keeping practice?

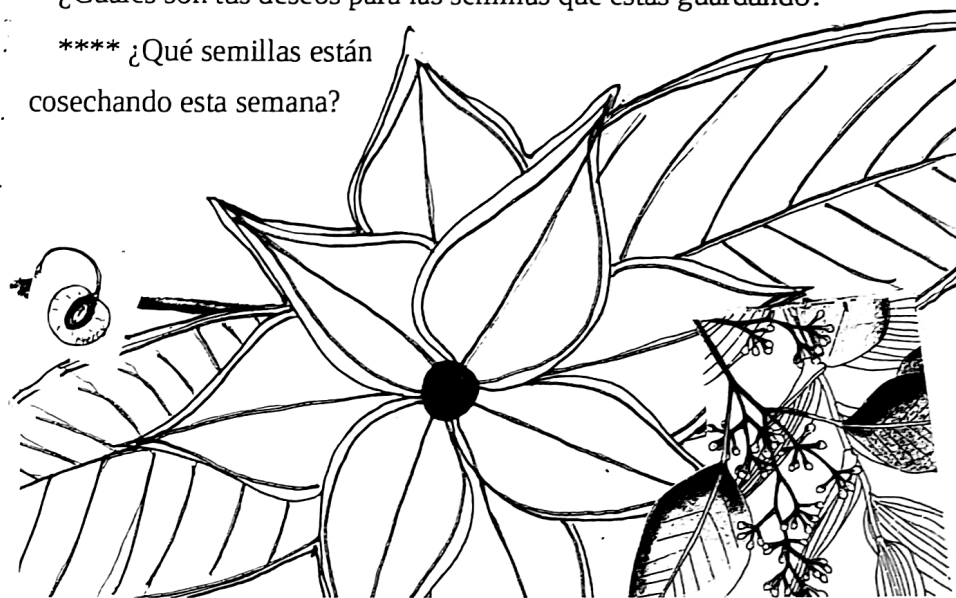
What are your hopes for the seeds you are saving? +++++

***** ¿Por qué guardas semillas o deseas guardar semillas?,

¿Qué necesitas para fortalecer tu práctica de guardar semillas?,

¿Cuáles son tus deseos para las semillas que estás guardando?

**** ¿Qué semillas están cosechando esta semana?



What To Grow

It is best to start with plants you already have a relationship with. Be that food you eat, plants you find beauty in, plants you use for medicine, fibers you use. Plants native to your area. Then build upon those relationships. Plants you want to integrate more into your life. Plants that benefit pollinators, predator insects, and bring nutrients to the soil (living mulch). Plants that pull toxins out of the soil (phytoremediants). Get closer to your culture(s) by planting Seeds of your ethnic traditions.

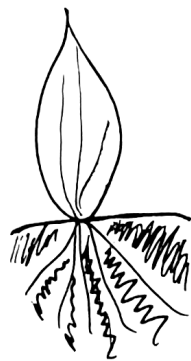


WISDOM OF SEEDS

Unfurl To Connect
Go Through Cycles
Be Patient
Take Root
Hydrate
Absorb Energy
Borrow in the Soil
Ground In Nature
Collaborate



10 + 34uu



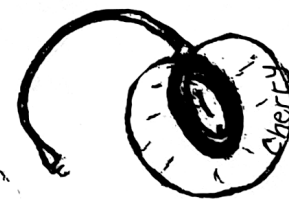
As a advocate for sovereignty I welcome you to this zine.

I began my relationship with plants when I was graduating college and wanting to meet my own needs instead of seeking support from outside myself (grocery store, hospital, therapist, et cetera). This slow transition from dependency to inter-dependency with Nature is my beautiful story.

First I began growing my own food which was very difficult for me and still is a struggle to find land that welcomes my ethnic traditions. Then I took to wild foraging, way easier as the plants grow themselves. I merely seek them out, give my intentions and ask for permission. This developed my relationship with the world around me. I learned how to identify plants, that all plants have a purpose and place in our lives. The generous givers, plants, evolved with people to take care of us. So wonderful! I am so thankful! In this wild wisdom I became aware of perennials. These plants grow themselves and return for 3 or more grow seasons. Epic! So in falling in love with perennials I learned about medicinal plants. I found a heart connection that my people can never lose. Now I am an Herbalist, educating folks through speakers, workshops and zines!!

When I was even younger I gardened with my Grannie; Watermelon, Cucumbers and Dirt. In the Sunrise I remember bonding with my Grannie and feeling capable. When I became an accomplished forager I was able to identify Columbine and save the Seeds! My accomplishments continue to grow and my relationship with plants deepens.

ichi — 1



The FACTS are these:



- Plants are the first complex life forms to live on land
- Our relationship to the elements Sun / Air / Water / Earth / Moon is vital to our collective survival
- Seeds are a source of life
- Our place is within nature. You are from a Seed and most genitals have the potential to carry the Seeds of future generations.
- Plants have stories, song, needs, Indigenous names and planetary purpose
- The majority of plants we interact with were planted or left to live by strangers some generations ago, SO plant for the future

CONTAMINATION

Perhaps you and those you love are aware that our Earth is contaminated with toxins. This happens from household products like detergent, cleaners and paint as well as industry waste. All the toxins we create on this planet stay here with us. We can hide them in mountains and dump them in the Ocean but they still show up in the Soil and in our bodies. With this said there is some things you can do about



1. Keep growing your own food!
2. Get your soil tested.
3. Introduce in phytoremediants, plants that pull toxins from the soil. Throw away (do not compost) plant matter from these plants as they are highly toxic.

Also called bioaccumulators.

4. save the Seeds

Even though plants can reproduce in other ways, Seed Production is the most effective way to ensure pure genetic diversity, and long-term success of a specie. Each Seed has the ability to root, become a plant that produces tens, hundreds, even thousands of Seeds. Seeds attempt to spread themselves as widely as possible, and we can keep up our specie cultural tradition of collecting, growing, and storing seeds

Adapted from *SeedSwap*

"I grow all my own vegetables."

"When it comes to owning the Seed for collecting royalties, the G.M.O. companies say, 'it is mine.' But when it comes to contamination, cross-pollination, health problems, the response is we are not liable."

— Vandana Shiva

Patents: a government authority or license conferring a right or title for a period, especially the sole right to exclude others from making, using, or selling an invention including genetically modified organisms.

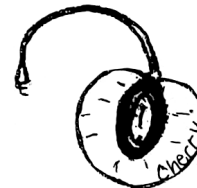
* AVOID *

Companies with Plant Patents: High Mowing, Territorial, Vitalis, Bejo, Johnnys, Genesis - P.V.P. and Utility Patents.

Monsanto is now owned by Bayer for their crop science division.

"You cannot insert a gene you took from a bacteria into a Seed and call it LIFE. You have not created life, instead you have only polluted it."

— Vandana Shiva

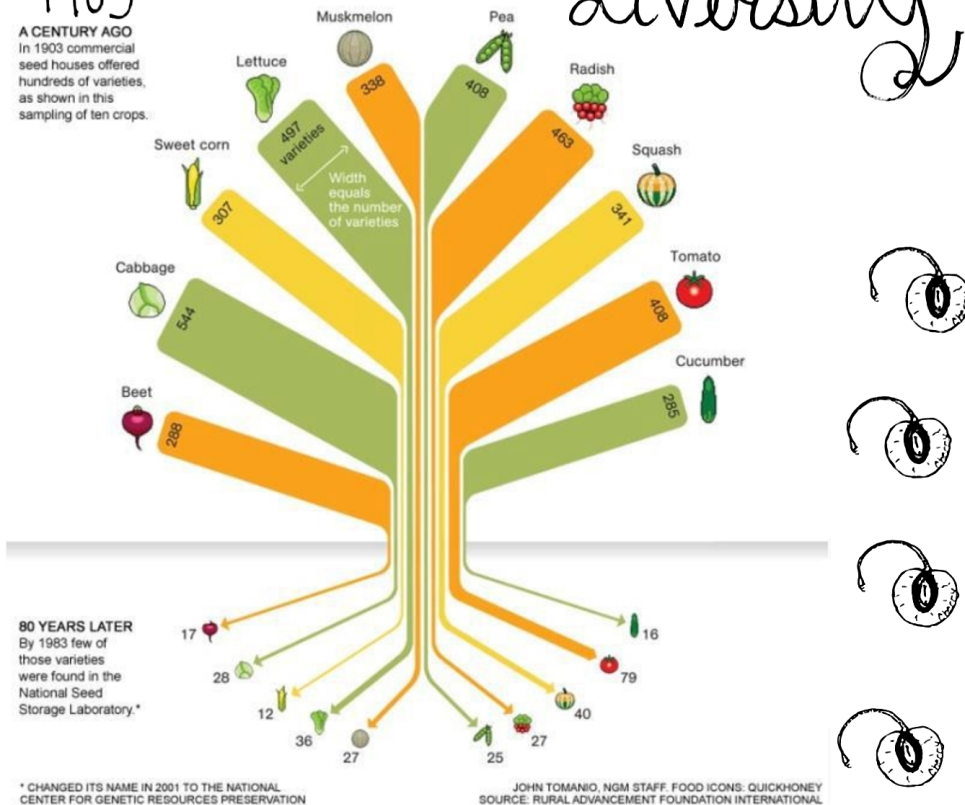


Kyuu 7/9

1903

A CENTURY AGO
In 1903 commercial
seed houses offered
hundreds of varieties,
as shown in this
sampling of ten crops.

Diversity



The width of the **image lines** ^{2 #3} show the amount of diversity in each vegetable type. Seed diversity was on the decline during the 1900s. Recently there is a resurgence of Indigenous varieties and cultural reclaiming. One to revive traditions and two because diversity promotes plant health from vegetarian insects and disease.

"In the Seed and the soil, we find the answers to every one of the crises we face. The crises of violence and war. The crises of hunger and disease. The crisis of the destruction of democracy."

8/7 hachi

— Vandana Shiva

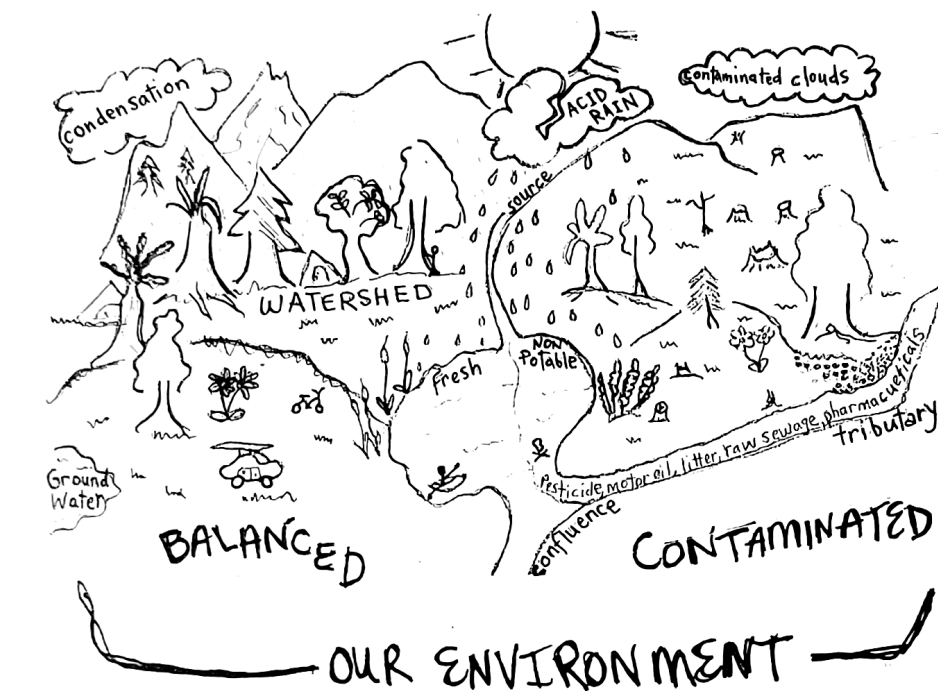
↓ ↓ ↓
Toxins can be especially harsh on children and elderly. So take precautions like raised beds.

Take this into account and **BECOME A LAND STEWARD**, as is the way of our Ancestry.

TO TRULY HAVE FOOD SOVEREIGNTY WE MUST HAVE SEED SOVEREIGNTY. Encourage local farmers to save Seeds, and anyone else you know that cares about the planet and our species. This can be as accessible as saving the Seeds from what you eat. If you eat it, you can plant it!

• • • The importance of Seed propagated life:

- Continuation of diversity and strong genetic traits
 - Hardiness is gained, which is the ability for plants to reproduce without intervention
 - Complete cycle, the purpose of a Seed is to produce life through an abundance of Seeds.
 - Cloned plants only carry partial genetics losing dominate traits from parent(s) which often require more care
- 2 = ni



BUILDING RELATIONSHIPS WITH PLANTS

perhaps you ask yourself often "how to integrate plants into your life." Patience. Relating with plants is usually a sensory or feelings based interaction. A tingle, a knot, a gurgle, heat, coolness. When you approach a plant, like all relationships, introduce yourself. Let the plant know your intention for using or conversing. This is usually done in a mindful way resembling prayer or meditation.

Get to know the plants on your block, around your neighbourhood and on your commute. Research these plants identify them, their original lands, Indigenous names and cultural / culinary / medicinal / spiritual uses. Begin to intergrate more plants into your routine!



Techniques/Traditions/Stories



in many cultures and traditions the plants are our elders too—they are the ones who taught us humans how to gather the seeds and plant them. Working with plants and learning directly from them is another access point to our roots and our cultural elders

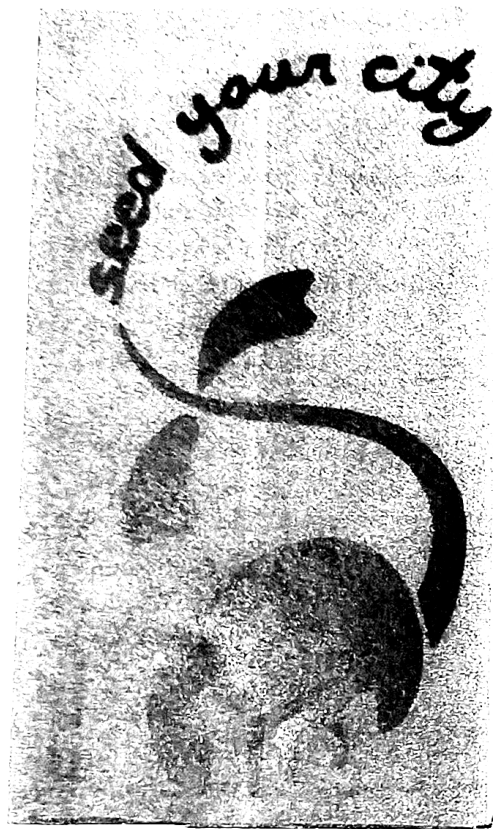
Our food is our flag... It is at the intersection of the South, Africa, the Caribbean and Latin American. - Michael Twitty

Chinese Food and Medicine: Shi Liao / Food Therapy

- Food Therapy of Shi Liao (Mandarin)
---> dieting, cleansing
- Eating each meal or food item with an intent to maintain health, promote vitality or alleviate illness is the central principle of Food Therapy
- Extensive classification of food in specific groups of tastes, characteristics
- Traditional Chinese Medicine: Conceptualizing food and medicine as a continuum, rather than seperate entities; diet therap considered first line and highest form of medicine

"When you exploit a people for their culinary heritage, take the best from them and leave the rest, that is culinary appropriation."
- Michael Twitty

Africans of the transatlantic slave trade carried Seeds of Black Eye Peas, Watermelon and many others in their hair. Knowing the freedoms that come with tending your own food.



Basic seed saving

Wait until after the plant blooms.

Make sure seed heads are dry, and the seeds are fully ripe (hard).

Leave on flower heads until Seeds fully form and drop.

On leafy plants or flowers, ripe seeds start to drop or blow away.

For fruits, wait until they are completely grown and ripened.

Collect seeds and let them dry completely.

Storing seeds

Store in an airtight container or bag in a cool, dry place.

Always label seeds with the plant name, ^{characteristics} and place grown.

Include story: Native Lands, Indigenous names, uses, who gave you seeds.

ADVANCE SAVING



Vegetables that cross easily

Plants that tend to cross easily are cucumbers, zucchini, melon, brassicas, and some varieties of peppers.

Isolating varieties on balconies

The best guarantee that a plant won't cross is to grow only one variety of a particular vegetable. Wait one Moon cycle to plant seeds of another variety.

• Local Food = Seed Sovereignty.
nana / shichi 7

Limiting Concept of "INVASIVE"

It is important to become aware that native habitat only represents a moment in the story of the landscape. All habitats evolve and are in constant change. Especially important to note is that plants evolve with humans and follow us along our journey. Be that colonization, forced relocation, and / or constant moving of all animals.

The method of irratiation is the same way we treat humans. To restore balance we must be more welcoming and understand that huge efforts to exert control over natural progression create more damage than simply doing nothing or aiding the natural flow.

YOU CAN NOT LOVE AND CONTROL
IN THE SAME MOMENT

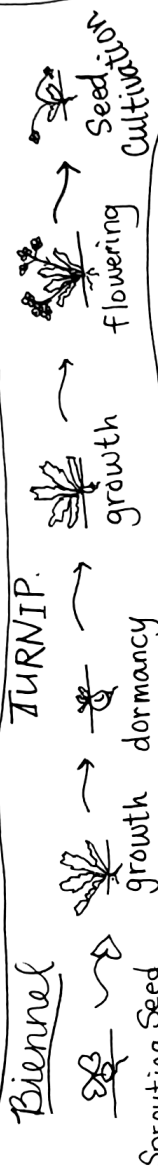


Sacred Land

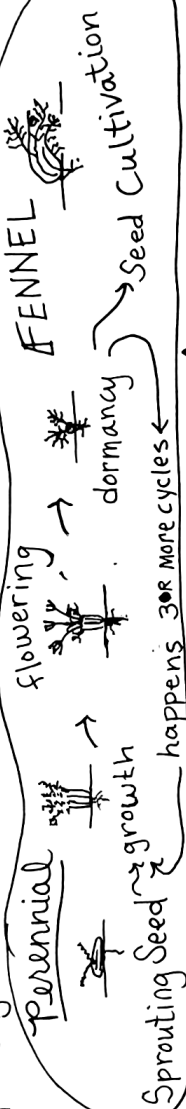
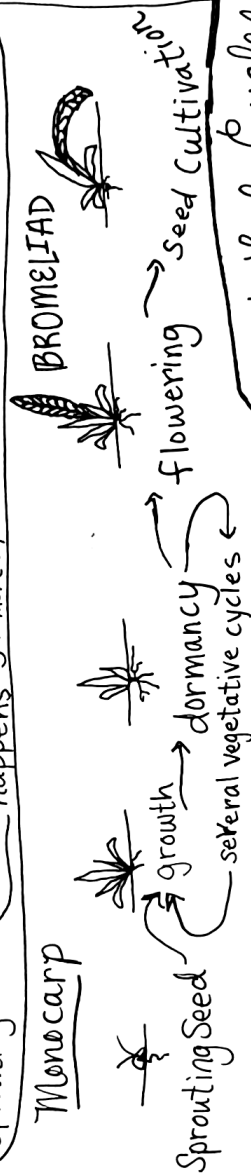
san. 3



Annual

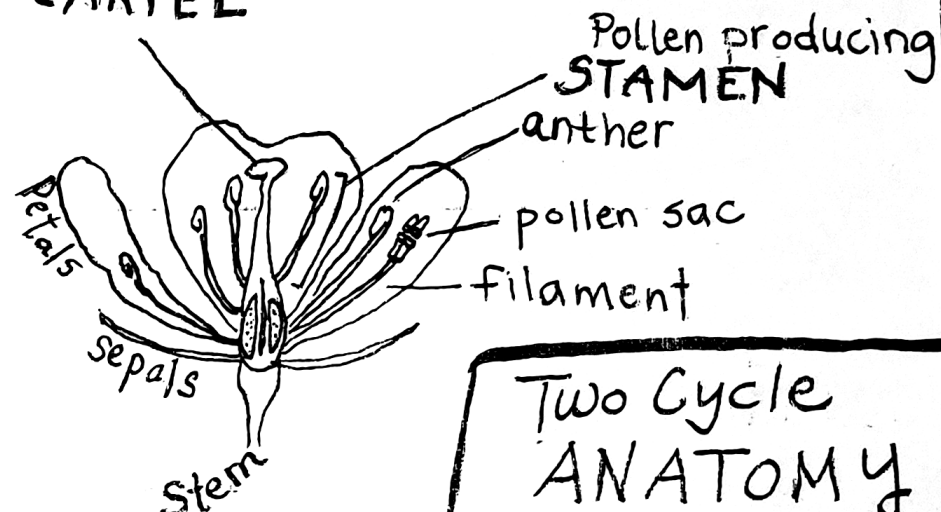
Biennel

Perennial

Monocarp

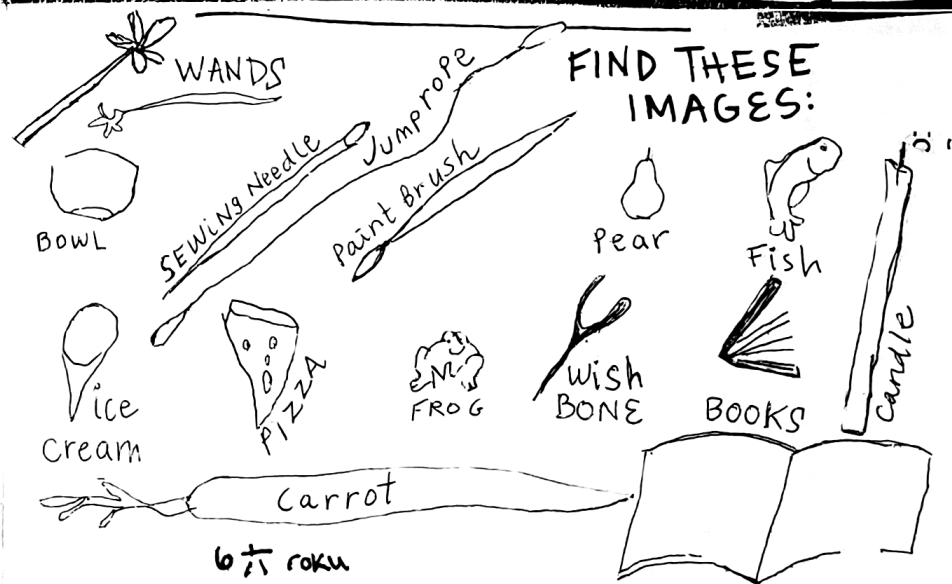
Plant Life Cycles

Seed and fruit
Producing
CARPEL



Two Cycle ANATOMY

FIND THESE
IMAGES:





COLOUR & PLAY

Planting and Harvesting Wheel

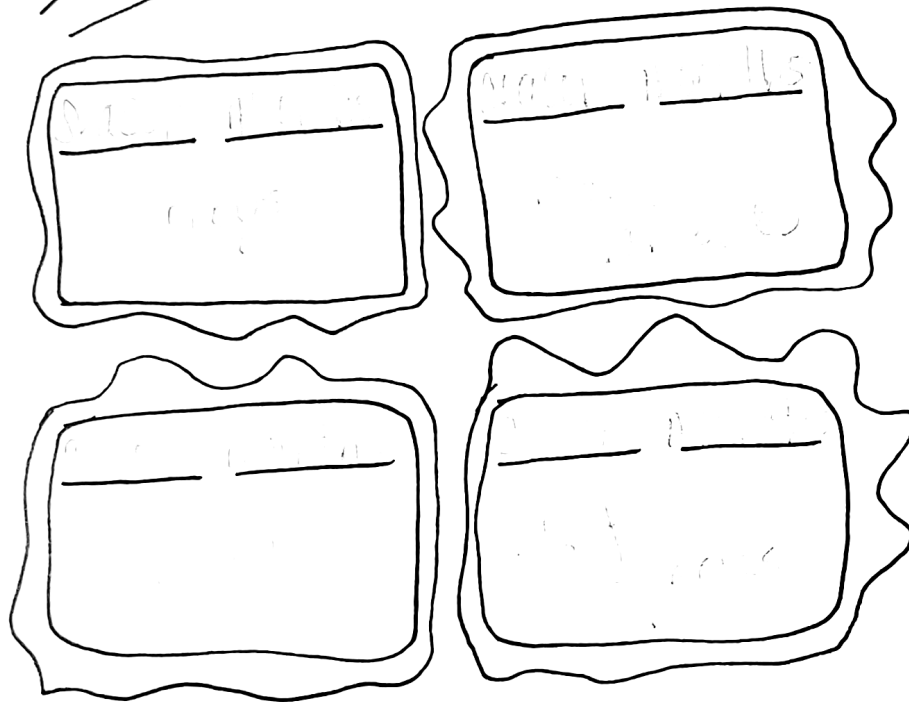
This way of tracking plant cycles is based on the Ghanaian Seed Keeping Traditions of my ancestry. Which is sacred medicine that orients our people based on the layers of the Natural world. Our wheel connects and directs us in alignment with the thirteen Moon cycles (months) in each Sun cycle (year). The Wheel in the center pages of this zine is a far simpler version modified to any region and culture.

How To Use Wheel Instructions

the Rectangles. Each one is a season. Seasons are determined by your elevation _____ & climate zone _____. Contact your local garden center or extension office for help. Pick a colour for each season and outline the box with the corresponding colour. The top two lines are Season and Moon cycles and/or Months the season spans. The bottom portion is the crop species/varieties to plant.

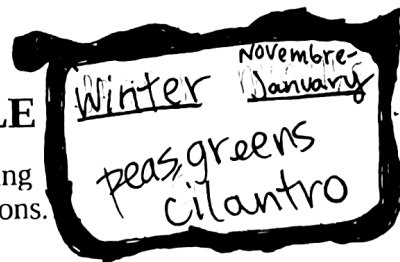
the Oval. Each number is a Moon cycle. You can also add the corresponding months to these sections. Add a line through the seasonal rings to indicate 1st and last frosts. Each ring is a season. For each season use their colour to indicate when to plant with /// marks corresponding with the Moon cycles and when to harvest with *** marks. In some climates you can harvest and plant cool season crops twice per Sun cycle. Some of each ring will be empty to signify growing and dormant periods. For more advanced Wheels you can specify what parts of the plants you are harvesting.

Planting & Harvesting Wheel



EXAMPLE

in black rectangle and inner circle ring
based on my traditions.



This version adapted from



40 Yon

90 55

