



## Honoring the Stories of Seeds

“For everything there is a season, and a time for every activity under heaven,” (Ecclesiastes 3:1). Winter is a time when the pace of life is slower and more time is available for reflection. Like seeds, we wait for the warming signals of spring and opportunities for new growth. We live off the starchy stores of vegetables from the year before and utilize their energy to plan and prepare for the year ahead. As farm plans are being made and seeds are selected, winter is a good time to honor the miraculous living histories hidden within seeds.



For thousands of years, farmers have maintained cultural foodways and added to the diversity of plants through natural seed selection and propagation. Over the last century, however, the world has lost 75% of its edible plant diversity due to the majority of food being produced from only 12 plants and 5 animal species. This makes our food systems more vulnerable and our diets uniformly lacking complex nutrients.

As a Certified Naturally Grown farm, Seton Harvest only uses non-GMO seeds created through natural selection and cross breeding methods. We grow over 60 varieties of edible plants. These have been carefully chosen for their flavor, their resilience to drought and pests, and their ability to produce longer throughout the season. Farmer Joe makes these choices based on his 17-years of observing and interacting closely with the land, and his commitment to providing the healthiest, most nutritious produce possible.

As a supporter of Seton Harvest, you are an interactive part of this living history. You're investing in a rich, biodiverse culture, preserved within even the tiniest of seeds. You are helping to secure a resilient future!

**Dates To Remember!!**

**March 31st**—Returning Shareholder Application + \$50 Deposit Due

**April 1st**—Shares open to waitlist and the general public