

## Seed Saving (Part 1)

### Video Description

Kumu Aolani teaches us what to look for when selecting seeds to save for future planting.

### Guiding Questions

- Why should we kilo (observe) seeds before saving?
- What are seeds?
- What types of seeds are there?
- What does seed selection mean?
- What kind of traits do we look for in a seed before we select it for saving?
- What are the different types of seed saving practices?
- How does Kumu Aolani know when the seed is ready to be harvested?
- How long is a seed's shelf life?



### Thinking Beyond

- Can you identify two types of wet and dry seeds near your home or school?
- Does your family have a favorite seed or plant that has been passed down by your ancestors?
- If you were a seed, what kind of seed would you be? Why?

## Seed Storage (Part 2)

### Video Description

Kumu Aolani teaches us about seed storage and the best way to save seeds.



### Guiding Questions

- Why should we save seeds?
- What is Kumu Aolani's process to store dry and wet seeds?
- What kinds of tools does she recommend?
- How does Kumu Aolani determine the shelf life of a seed?



### Thinking Beyond

- How are seeds our ancestors?
- Do you have any family or traditional stories around seeds?
- If you were to dream about a seed storage space, what would that look like?

## Seed Planting (Part 3)

### Video Description

Kumu Aolani teaches us about the best way to plant seeds.

### Guiding Questions

- Why is it important for us to find the right soil to grow our seeds?
- What kind of soil is best for which kind of seed?
- What is Kumu Aolani's process in planting different kinds of seeds?
- What are three things that we need to remember when planting?



### Thinking Beyond

- Why is it important to bring good intentions when you're planting?
- Is there a traditional way your family plants seeds?
- The seeds Kumu Aolani plants eventually become food to feed the community. Has anyone shared food with you that they've grown?

## Transplanting (Part 4)

### Video Description

Kumu Aolani gives tips and pointers on how to successfully transplant young seedlings to a larger pot.



### Guiding Questions

- How is the soil medium to plant seeds versus transplanting different?
- What is the process in transplanting?
- What are two indicators that tell you your plant is ready to be outplanted?

### Thinking Beyond

- Kumu Aolani mentions FPJ and EM. These are safe, natural garden amendments to feed your plants. Does your family have a healthy practice to grow food?
- Why does Kumu Aolani use pule (prayer) to grow food?
- What does *food is medicine* mean to you?

# Our Sacred Seeds

## Module 2

"In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. (Not all prohibited bases apply to all programs.) To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer."

click on image below to link to video

