

Week Eight Resource Sheet



Key Resources

✓ Seed Savers Exchange – Seed Saving Guides

Provides step-by-step instructions for saving seeds from vegetables, herbs, and flowers, helping preserve plant varieties and promote sustainable gardening.

Links → seedsavers.org

✓ USDA National Agricultural Library – Seed Storage & Preservation

Provides information on proper seed storage, labeling, and maintaining seed viability over time.

Link → nal.usda.gov

✓ Pollinator Partnership – Pollinator-Friendly Planting Guides

Highlights the importance of pollinators and provides planting recommendations to support healthy ecosystems and crop production.

Link → pollinator.org

✓ Old Farmer's Almanac – Planting Calendar

Offers planting timelines based on region, helping participants plan when to sow and harvest crops in West Virginia.

Link → almanac.com/gardening/planting-calendar

✓ National Gardening Association – Beginner Gardening Resources

Provides easy-to-follow guides on garden planning, crop selection, and sustainable practices for beginners.

Link → garden.org

This week's resources focus on helping participants apply what they've learned throughout the program by connecting gardening, seed saving, and local food engagement. Materials from WVU Extension, seed saving organizations, and gardening resources provide guidance on preserving seeds, planning gardens, and maintaining sustainable practices at home.

These resources support the Seed Saving Workshop & Local Food Plan activity by giving participants practical tools to continue growing, preserving, and using specialty crops.

Through planning worksheets, seed saving guides, and community-sharing materials, participants are encouraged to take an active role in supporting local food systems and sustaining West Virginia agriculture beyond the program.