

THE BENEFITS OF LANDRACE GARDENING



Promotes food security by reducing dependence on imported seeds and garden amendments.



Plants become resistant to local pests and diseases, and adapt other adverse local conditions.



Gardeners can save seeds without worrying about cross pollination and needing large population sizes.



Grow fruit and vegetables with traits that you love -- with more flavor and nutrition.


WHAT DOES LANDRACE MEAN?

Landraces are locally adapted, promiscuously pollinated, and community-selected food crops.

Because of high genetic diversity, they adapt to ever-changing and challenging local conditions.

**find community,
resources, and seeds**

 info@goingtoseed.org

 www.GoingToSeed.org



**Bringing Local Flavor to
Your Garden: The Power
of Landrace Gardening**

WHAT IS IT?

Landrace gardening is an ancestral form of growing food that involves the selection of seeds from the healthiest and most delicious plants, which are then saved and replanted in subsequent growing seasons.

Landrace gardening is a sustainable, resilient, and traditional approach to growing crops that helps to rebuild local community seed sovereignty.



THE PRINCIPLES OF LANDRACE GARDENING

- 1 Save local seeds.
- 2 Celebrate diversity and encourage cross-pollination.
- 3 Encourage selection by the local ecosystem.
- 4 Select characteristics that you value.
- 5 Share seeds with your community.

Genetic diversity increases plant health and resilience and allows adaptation to changing conditions.

JOIN THE LANDRACE GARDENING MOVEMENT:

Join your community in developing locally adapted, community-selected cultivars.

WANT TO LEARN MORE?

Visit goingtoseed.org to find landrace seeds, educational courses, and a community of landrace growers.

