

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

THE BENEFITS OF LANDRACE GARDENING:



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



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



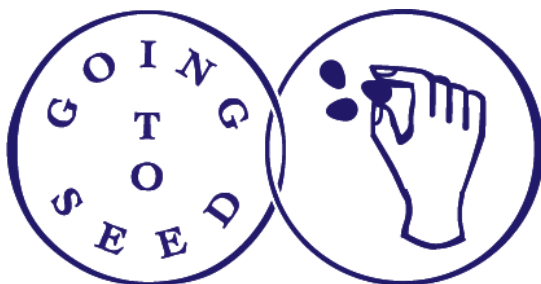
Plants become resistant to local pests and diseases, and adapt other adverse local conditions.



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

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

Join the Landrace Gardening Movement!



Find community,
resources, and seeds:

www.GoingToSeed.org

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.

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.



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.

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