



DeLand Community Acupuncture is a POCA member clinic, dedicated to providing affordable, accessible acupuncture to the residents of DeLand, Florida and surrounding areas. Additional information about the clinic and the services we provide can be found on our website, www.delandacupuncture.com. For more information about The People's Organization of Community Acupuncture (POCA), please visit www.pocacoop.com.

THE SEED EXCHANGE @ DELAND COMMUNITY ACUPUNCTURE

245 N. WOODLAND BLVD.
DELAND, FL 32720

386-626-1944
DELANDACUPUNCTURE.COM
M, F, SA 8AM-12PM TU & TH 2PM-6:30PM

HOW TO USE THE SEED EXCHANGE

The ancient practices of seed saving and sharing are currently under threat. Saving and sharing seeds is crucial for our survival, and necessary to preserve food culture and environments. Seed exchange encourages the saving and sharing of non-GMO and non-hybrid seeds. Seeds are free for everyone to grow and harvest. Seeds will produce more seeds, to grow again year after years. In these seeds is the hope for life.

- Please do not donate GMO or hybrid seeds.
- Anyone is welcome to participate.
- If you have saved seeds or leftover packaged seeds, please bring them in and exchange them for other seeds you would be interested in growing. Please make sure all seeds are clearly labeled with their name and how to grow them, along with any additional information about the seeds/plant you can provide.
- Exchanging doesn't have to be one-for-one. Take 2-3 seeds for each plant you would like to grow.
- Our seed exchange is done on the honor system. Please do not take more than you plan to grow.
- Seeds are free, but if you do not have seeds to exchange, please consider donating a few cents for the seeds you take. Donations will be used to purchase more organic seeds for the exchange.
- The exchange station provides envelopes, foil wrap for smaller seeds, and labels, and is organized by seed type. Please keep this area neat.

HOW TO SAVE SEEDS

How you save seeds depends on the type of seeds you are saving. As a general rule:

If it is a **fruiting plant**, let the fruit get over-rip, then pick and remove the seeds. For slimy seeds, such as tomatoes, squeeze the seedy juice into a jar and add a little water. Let it sit for a few days until mold forms on the time, then scrape off the moldy, rinse off the juice, and dry the seeds on a paper towel.

Allow **peas, beans, and corn** to turn yellow and begin to dry on the vine or stalk. Pick out the seeds and let them dry in a dark, warm (not hot), well-ventilated area.

For **lettuce, spinach, herbs, and brassica crops**, the seed heads form after the blossoms die. (Some crops such as carrot, cabbage, and beets are biennial and don't flower until the second year. They must be left through winter to get seed.) As the seed ripens, it usually gets darker. Cut and hang it to dry. Sometimes it's best to put the stalk, pods, or shelled seeds in a paper or cloth bag to contain the seed and also allow air circulation.

When you are drying your seeds, please make sure to label everything carefully. Record any information you can (prefers shade, plant seeds 1" deep, requires a lot of water, etc.) to help the next person grow the plant successfully. When the seeds are dry, wrap them in paper or an envelope, and store them in a dry, cool location.