



Down to Earth Stroud ...keeping it local

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## 2019 SEED CATALOGUE



**All of the seed listed in this catalogue has been grown by our team of volunteer seed guardians in and around Stroud, in back gardens, allotments and community projects. All our seeds are available in exchange for a donation; most people offer around 50p - £1 per packet.**

**Our seeds come with stories of the past, and a vision of the future.**

By growing and sharing seeds locally, we are part of a worldwide movement that is protecting our plant heritage whilst growing both local and global resilience. We are learning new skills, making new friends and gaining a deeper satisfaction from our gardening. We hope that you will enjoy joining us on this journey! For more on the seed bank and how to get involved, see the back page.



## Welcome to Stroud Community Seed Bank's Seed Catalogue!

All our seed has been grown and harvested in 2018. It is not treated or coated, and it is all open pollinated – which means you can save your own 'True to Type' seed in the future. We do our best to grow good seed but we can't guarantee its quality however, each year we endeavour to increase the quality of our saved seed. The packets we use are biodegradable, designed by Jane Brown and Fran Mosley of the Seed Bank and with thanks to John Button for the hard work put into the labels and artwork which is based on the previous packaging design by Jessie Marcham.

Between us we have grown several varieties of tomatoes, beans and peas (these are the easiest to save seed from) as well as an eclectic range of herbs, flowers and other vegetables including chard, chilli and squash. This year we have a selection of new seeds including buckwheat, sweet pepper, amaranth, chop suey and much more! We aim to grow varieties that are suited to small scale, organic gardening.

**This year's seed harvest.** Growing conditions have been a challenge this year (for people and plants!). The long period of high temperature over the growing season created difficult conditions for some crops that normally thrive. However, some plants did well despite the conditions! We can a good crop of French Beans and a wide range of flowers and some herbs which took on the change in climate and responded well to diligent growers from Stroud Community Seed Bank.

This year's change in weather and challenging growing conditions certainly highlights the need for seed saving. If we rely on just a few sources of seeds and fewer varieties, then we will be less resilient to more extreme changes in weather. Although we have not as much seed from the expected plants this year, it is encouraging to note that we have still managed to produce over 700 seed packets for the Stroud District this year.



Our new seed packaging – seeds ready for a new home!



**Please turn to the back page for details of when and where our seed is available.**

## FRENCH BEANS

### Borlotti Bean

*grown by Richard and Simon in Eastington and Annie in Whiteshill*

Climbing French bean. Richard says “we only grow it for dried beans” but of course it’s also edible at the green bean stage too. Red pods when ripe, containing red beans with white speckles.

### Cherokee Trail of Tears – Climbing French Bean

*grown by Richard and Simon in Eastington, Amanda in Thrupp, Jane on Stratford Road and Jessie in Uplands*

Climbing French bean. Another successful year of crop for this French bean. There is some diversity within the different batches of these beans – the pod colours range from green and purple speckled, to solid purple. The beans inside are black. Can be eaten as fresh green beans, or the seeds can be dried for use in soups and stews, or for making refried beans. Jane says ‘these pods can be eaten small and are very tasty!’. We particularly like them as dry beans for use over winter. This variety is said to have been saved by the Cherokee native American people when they were evicted from their lands and made a long hard journey, referred to as the trail of tears, to a new home. It’s proving really popular with our seed guardians.



*Cherokee Trail of Tears*

### Climbing Pea Bean

*grown by Richard and Simon in Eastington and Annie in Whiteshill*

These seeds are originally saved from Jessie’s Mum’s plants in Wales and subsequently grown on Jessie’s windy allotment in 2017. They are a heritage climbing French bean with short flat green pods and white and yellow flowers. The round fat seeds are half white and half dark purple/brown – as if dipped in ink! You can use the green pods as French beans, the shelled beans like a cross between peas and broad beans, and the dried beans are great for winter soups and stews. Widely reported as resilient, hardy and disease-free.

### Cupidon Dwarf French Bean

*grown by Jessie at Oakbrook Farm*

Green stringless beans, 16-20 cm long. The beans hang partly above the leaves for easy picking. The beans are indeed long and stringless (and green). Flowers are white and yellow. The lower beans tended to flop on the ground a bit, but the higher ones are above the leaves and that does help with picking. Deer love them!

### Flat White Bean

*grown by Annie in Whiteshill, Jane in Stroud and Richard and Simon in Eastington*

Climbing French bean with small flat green pods and white seeds. Grown and saved by Jane for three years. Richard recommends using them as a dried bean, as the pods can go stringy quite quickly.



*Pea Beans*

### Gold Marie Bean

*grown by Zoe in Winchcombe*

A heritage pole bean with large flat golden beans. This variety was nearly lost commercially and was preserved by backyard seed savers.

### Jane's Bridgwater Bean

*grown by Jane in Stroud*

Climbing French bean with lilac flowers, green and purple mottled beans and mottled seeds. Home saved by Jane for 20 years; originally a gift from an old allotment holder in Bridgwater.

### Purple Teepee - Dwarf French Bean

Medium early with purple pods which turn dark green when cooked. Pod length 12-15cm. A long thin slightly curved bean, dark purple in colour which turns green when cooked. The beans grow above the foliage for ease of picking and are stringless.

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## RUNNER BEANS

### Czar

*grown by Jane in Stroud*

Vast numbers of flat green pods with white seeds. Very productive over a long season, and they don't go stringy easily. Jane says 'very tasty and coped with heat wave'. Seed Guardians, Jackie and Richard, recommend the substantial white beans as a substitute for butter beans.



Czar runner bean



Czar runner bean - drying out

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## PEAS

### Bullrodd Bean Pea

*grown by Zoe in Winchcombe*

A tall pea, reaching over 6ft with dense plants producing pink and purple flowers. Large pods which are less sweet in flavour, found to be tasty in pea and cauliflower curry. Zoe received and grew this seed from the Heritage Seed Library.

### Magnum Bonum Pea

*grown by Richard and Simon in Eastington*

Richard says 'tall pea growing up to 6ft. Large pods containing sweet and tender peas when picked young'.

### Oskar Pea

*grown by Richard and Simon in Eastington*

Short - 4' max height - first early pea. Almost self-supporting. Sweet taste. Ready to eat from early May to July.

### **Sugar Dwarf Sweet Green Pea**

*Jessie at Oakbrook Farm*

A dwarf sugar pea (mangetout), grows up to 60 cm high. Eat the pods when they are 5 cm long. They have a delicious flavour.

Jessie says, 'They are dwarf peas that would normally be self-supporting if grown in a block or two rows close enough. Mine had a hard time as they got severely nibbled by deer and then had to be covered with netting, which made it hard for them to hold themselves up. They are delicious raw - don't think any got as far as the cooker - like sugar snap peas - best when the pod is fairly full of peas (not flat and empty), but eaten whole like mangetout.'

### **Tall Pea**

*grown by Caro in Washpool, Horsley*

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## **TOMATOES**

### **Cherry Tomato**

*grown by Bernard in the Hawkwood College garden*

Bernard has been growing and saving the seed from these tomatoes at Hawkwood for many years. They are grown in a polytunnel, and have been germination tested.



**Hawkwood Cherry Tomato**

### **Japanese Black Trifele**

*grown by Richard and Simon in Eastington*

'Large, dark, red tomatoes. Very fleshy with few seeds and a rich 'meaty' flavour.' Says Richard.

### **Margaret's Black**

*grown by Richard and Simon in Eastington*

Small, really prolific black cherry tomato. Small, sweet and good tomato flavour. Tendency to split after picking. Not really black but a rather unattractive purplish colour!

### **Marmande**

*grown by Annie in Whiteshill*

Seed taken from Real Seed Company in 2017. Medium-large sized beefsteak tomato that is lightly ribbed with a flattened globe shape. The flesh is juicy and meaty with minimal seeds, and it offers a savoury tomato flavour with subtle tartness, as well as a hint of sweetness. The Marmande is an early-ripening variety, and the strong, semi-determinate bushy tomato plants grow upright and often need support as they produce clusters of the large scarlet-red fruits. This seed was saved from Annie's polytunnel in Whiteshill, from an east-facing spot.



**Margaret's Black tomato**

### **Pink Berkeley Tie Dye**

*grown by Fran in Burleigh*

Fran says 'Large, 'beefy' tomato, with green and red streaks'. Mottled skin and soft tasty flesh. Has shown to do well in cooler North facing spots!

### **Stupice**

*grown by Zoe in Winchcombe*

'Early outdoor variety with excellent standard size red fruits' says Zoe.

### **Wild Tomato - Rote Marmor**

*grown by Fran in Burleigh and Jessie in Uplands*

A different species to the ordinary tomato, but very similar. Also known as a currant tomato. Small red fruits which can be as big as a cherry. Sweet and very tasty – good for grazing and also delicious thrown whole in to soup, stew etc. The plants are very rambling; the advice is that they don't need staking or pruning, but you might end up with a bit of a jungle to hunt through. Best picked when still slightly orange as they tend to split when very ripe. They seem to be slightly blight-resistant. You may find that the seeds germinate over a period of several weeks. Grown outdoors / in pots in Stroud and saved locally for three years now.



**Wild Tomato**

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## **OTHER FRUITING VEG**

### **BUCKWHEAT**

*Grown by Jane in Stroud*

Produces pretty little pink flowers that are loved by bees & beneficial insects. Harvested when the grains are mature even when the plant is still green.

### **CUCUMBER – Wautoma**

*grown by Annie in Whiteshill and Richard in Eastington*

A small 'lumpy-skinned', prolific cucumber, originally from the breeding program at the University of Wisconsin in the 1980's. It can either be used small for pickles or left to grow for use as a slicing cucumber. The plant sets many lightly striped dark green fruits with tiny white spines that come off easily. Quick to set fruit, bitter-free, and resistant to nearly all known cucumber diseases. Can be grown indoors or outside. Richard says, "The smaller size means that one cucumber is perfect for a family salad. They also pickle well and store over the winter. Very easy to grow"



**Wautoma cucumber**

### **ONION – Sturon**

*grown by Clare on her allotment in Stonehouse*

A reliable variety. A flavourful variety which produces round, straw-coloured onions that mature in August.

### **ONION – Walking**

*grown by Jane in Stroud*

Jane says 'like a Spring Onion – grows in clumps, flower heads bend over and touch the ground for the bulbils to drop and grow again'.

### SALSIFY

*grown by Fran in Burleigh*

This seed can be grown and saved for its ornamental value or for its delicious tap root or edible purple pink flowers. Salsify needs a warm sunny site, preferably on light, free-draining soil. You can sauté the roots in butter, bake, puree or cream for soup.

### STAR GRASS

*grown by Jane in Stroud*

Minutina 'Erba Stella' Heirloom from Italy, grown for subtle taste and crunchy texture, as good addition to salads. winter hardy, it grows in clumps of slender leaves of the Plantain family.

### SOYA BEAN

*grown by Sarah Watts in Stroud*

These are automatic self-pollinators, fertilized before the flowers open. Can be eaten as Edamame or as dried beans.

### SWEET RED PEPPER – Lipstick

*grown by Annie in Whiteshill*

Annie says 'Ripens to red. 'Meaty flesh' and thin skin. Seed grown from Real Seed Catalogue in 2017.'



Star Grass



Sweet Red Lipstick Peppers

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## ROOT CROPS

### Thrupp Parsnip

*grown by Amanda at Thrupp allotments, Heather in Horsley, Jackie in Stroud and Jane in Stroud*

The official variety of this parsnip has been lost in the mists of time, but it's been grown and home saved for over eleven years by Amanda on her allotment. We have multiple seed guardians now saving this parsnip seed from different plots around Stroud. Over the years there has been varying success in the growth of this vegetable. Generally, the parsnip produced is quite large and well-shaped but some seeds have been known to produce miscellaneous results.



Thinning from Thrupp parsnip

## LEAFY CROPS INCLUDING SALADS

(see also herbs and flowers – some things are hard to categorise!)

### Callaloo – yellow and red leaved

*grown by Zoe in Winchcombe and Jane in Stroud*

A plant commonly grown in warmer climates, brought to the UK by Caribbean allotment holders and doing surprisingly well here. Slow to start but can grow enormous. Quite decorative. The young red leaves of this variety have a mild taste and can be used like spinach (rich in protein, iron and vitamins), or to brighten up salads. Annual.



Callaloo – red leaved

### Chop Suey Greens

*grown by Simon in Horsley, Zoe in Winchcombe and Jane in Stroud*

Jane says 'These have survived a frost in town garden. Summer leaves are more succulent but these still edible in January, Yummy!'

An edible Japanese chrysanthemum, lovely golden daisy flowers. Can be eaten raw in salad and used in stir fries. Suitable for repeat sowing from April until September. Resistant to light frosts. Really popular in Japan in winter stew known as nabe.



Jane's Chop Suey in Flower

### Celtuce

*grown by Zoe in Winchcombe*

A combination of lettuce and celery, young leaves with 4 x vit C than lettuce, is used as salad, can be cooked like spinach but its main value is the central stalk, stripped down and used raw or cooked like celery. Grow as for lettuce.



Jane's Celtuce

### Chard – Mixed

*grown by Jane in Stroud and Fran in Burleigh,*

A mixture of colours saved by Jane for a couple of years on her allotment, originally from a 'Rainbow' mix. Vigorous and hardy, resistant to bolting, even in last years heat wave.

**Chard – White / Silver**

*grown by Simon in Horsley*

Simon says 'Similar to chard but with White fleshy stems'.

**Kale – Asparagus**

*grown by David in Horsley*

**Kale – Sutherland**

*grown by Sarah Watts in Stroud*

Received from Sarah Watts who has saved it for a few years and says it self-seeds happily. Seeds from 20 plants on her allotment. Originally from Real Seed company, who were given them in 2003 by an old lady from West Drummie in Sutherland, who has grown them for more than 50 years after receiving them from Angus Simmonds of Edinburgh University who was researching Kales. Very tender green leaves, vigorous and hardy plant (needs staking), copes with bad weather and the spring flowering stems are also delicious.



Sutherland Kale

**Land Cress (large leaved)**

*grown by Fran in Burleigh and Jane in Stroud*

Quite large leaves, peppery but not excessively so, great addition to salads. Self-seeds very easily. Originally a gift from a friend in Stroud, now grown for several years by Fran and Jane, mostly self-seeded. Grows well in a windy north facing garden.

**Lambs Lettuce**

*grown by Jackie in Stroud and Simon in Horsley*

Green fleshy leaves, juicy and crisp. Simon has been growing this seed for 3 years in his back-garden plot in Horsley.

**Lettuce – Rosedale**

*Grown by Caro in Washpool, Horsley*

**Mizuna**

*grown by Jackie on Summer Street allotments*

Oriental salad leaf. Green serrated leaves, peppery flavour. Plants last several months; keep picking outer leaves until plants go to seed. Does well in greenhouse over winter – this seed grown in a greenhouse. Jackie grew and saved this seed from the Mizuna seed she saved last year.

**Rocket – large leaved**

*grown by Jane in Stroud*

Easy to grow, larger peppery leaves for salads. Has a slight tendency to bolt.

**Rocket – perennial/wild**

*grown by Jane in Stroud*

A rocket which dies down in winter and comes to life in the spring. Hot, narrow leaves which can be picked throughout the year, although it tends to flower if not cut back in early summer. Brassica, so prone to flea beetle.

## HERBS

### **Black Cumin - *Nigella sativa* - Edible Love-in-a-Mist.**

*grown by Jane in Stroud*

Hairy annual, 45cm tall, with solitary white or greenish flower at the tip in July-Sept. Seed pod with black seeds which are infused as a tea in hot water or chewed to help with indigestion. Also flavours curries and cooked vegetables. Not ornamental!

### **Chives**

*grown by Jane in Stroud and Amanda in Thrupp*

Chives grow in clumps, lots of long green stems with bright purple sphere- shaped flower. They can be used for colour in the garden and in the kitchen making a wonderful herb addition to your dinner. Similar to onion in flavour.

### **Coriander**

*grown by Simon in Horsley and Caro in Washpool, Horsley*

Simon grew this coriander from seed in a polytunnel but mentions that they grew outside in the Autumn too.

### **Curly Moss Leaf Parsley**

*grown by Sally in Tetbury*

Very good flavour and self-seeds well, grown inside glasshouse and on an outside plot too.

### **Elecampane – *Inula Helenium***

*grown by Angela in Stroud*

A wild variety. Similar to the flower of a sunflower in appearance but with thin spindly leaves. *Inula Helenium* is also known as horse-heal or elfdock. It is a species of plant from the sunflower family, Asteraceae.

### **Fine Leaf Parsley**

*grown by Simon in Horsley*

### **Dill**

*grown by Sally in Tetbury (inside and outside)*

### **Leaf Coriander**

*grown by Sarah Watts in Stroud*

Specifically bred for the young aromatic leaves, in salads and cooking. Good bolting resistance.

### **Lovage**

*grown by Maggie*

### **Marigold – *Calendula Officinalis***

*grown by Angela in Stroud and Josie in Stroud*

### **Purple Fennel**

*grown by Jane in Stroud*

This is a lovely plant for leaf and flower, attracts many insects and the young leaf can be eaten, sweet aniseed-like taste.



*Josie's Beans and Calendula*

### **Sweet Cicely**

*grown by Angela in Stroud*

An attractive plant that is a striking component of herb gardens and hedgerows.

This early flowering perennial is renowned for its aniseed taste and fragrance. The plants grow to a height of 90cm (36in), and umbels of tiny white flowers appear from spring to early summer. The fern-like leaves are deeply divided and smell of aniseed when crushed.

It is noted for attracting wildlife and is one of the first nectar plants to appear in spring, so it is extremely valuable to the bees and the beekeeper.

### **Thyme**

*grown by Angela in Stroud*

A common variety.

### **Vervain – Verbena Officinalis**

*grown by Angela in Stroud*

A common Vervain or common verbena, is a perennial herb native to Europe. It grows up to a metre/yard high, with an upright habitus. The lobed leaves are toothed, the delicate spikes hold mauve flowers. A hardy flower preferring full sun and well – drained soil

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## **FLOWERS**

### **Calendula (Pot Marigold)**

*grown by Clare in Stroud*

A fast growing annual or biennial with aromatic leaves and heads of vivid orange daisy-like flowers, borne in long succession in the summer and autumn until the first hard frosts. Very good for beneficial insects.



**Calendula**

### **Cerinth**

*grown by Sarah Watts in Stroud*

Possibly major, also known as Honeywort, loved by bees/pollinators. Silvery leaves with blue/purple hanging bells. Self-seeding annual and a delight in the garden.

### **Convolvulus - Morning glory**

*grown by Bernard in Stroud*

### **Field Scabious**

*grown by Tamsin in Stroud*

A tall, hairy, grassland perennial with a flower like head of blue-violet flowers with pink anthers. Each flower consists of four unequal petal lobes particularly on the larger outer flowers. They are excellent for wildflower gardens as they sturdy and compete well amongst meadow grass. They are a source of food for caterpillars and attract pollinators. Will grow on a wide range of soil types from neutral clays to chalk and limestone grassland. They also have a long flowering season from June to October. Sow the seed in autumn or spring. Germination can be a little slow and erratic.



**Field Scabious**

**Foxgloves - mixed colours**

*grown by Bryan in Stroud*

**Hollyhocks – mixed**

*grown by Amanda in Thrupp and Sally in Tetbury*

Mixed colours, lots of cream, very tall. Good pollinators, Bumble Bees enjoy these plants for many months.

**Lychnis coronaria**

*grown by Sarah Watts in Stroud*

'Catchfly' Herbaceous perennial. Bold reddish-purple flowers (3cm) in branched clusters all summer. Handsome grey-felted leaves. 60cm H x 45cm

**Nigella Flower**

*Grown by Amanda in Thrupp*

Pale to dark blue flower.

**Nicandra physalodes**

*grown by Amanda in Thrupp*

Solanacea: violet blue white throated flowers (4cm) appear singly from mid-summer to early autumn, last one day. Fast growing hardy annual. Has reputation of repelling flies, hence name: Shoo Fly! No trouble 90cm H x 30cm spread. Spherical fruits known as Apples of Peru. Enjoyed by the bees!



Sunflower Seed Saving in Action

**Poppies – large single, pink**

*Grown by Amanda in Thrupp*

Normal poppy but the seed heads don't open and spill the seeds. You need to cut them open to get at the seeds.

**Sunflowers – various varieties**

*Grown by Heather Slater in Horsley, Josie in Stroud, Zoe in Winchcombe*

We have several varieties of sunflowers available, some growing to 5 ft high and some of which may have crossed with each other!

Tall ones - 2 metres tall or more, with multiple small heads, good for birds

Dwarf ones - Less than 30 cm tall with multiple heads

Giant Yellow.

**Sweet peas – mixed**

*Grown by Heather Slater in Horsley*

A mixture of varieties, but with a dominance of white and darker colours.

**Verbena (verbena bonariensis)**

*Grown by Sarah Watts in Stroud*

Tall Verbena. Tiny lavender-blue flowers in rounded clusters at the tops of wiry stems from late summer to autumn. Herbaceous perennial, hardy in sheltered gardens. 1.8m H x 50cm



Verbena

Thank you to all our wonderful seed guardians!

## Veg Growers' Year

**An at-a-glance guide to when to sow, plant and harvest your seed bank vegetables. Created by Richard.**

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## HOW TO GET HOLD OF OUR SEED

We want to share our seed with you, the gardeners and growers of Stroud! Our seed is available in exchange for donation – whatever you feel is reasonable. Find us at the following events, or get in touch with any special requests.

### **1<sup>st</sup> Seed Distribution: Stroud Farmers' Market – Saturday 19<sup>th</sup> January 2019**

Come and see us at the Down to Earth stall in the Stroud farmers market, where we are also selling fruit trees and bushes. Please check online for further market stall dates in February.

Stroud Market, Union Street: 8am – 3pm



### **2<sup>nd</sup> Seed Distribution: Potato Day – Saturday 2<sup>nd</sup> February 2019**

We have a seed bank stall alongside Stroud's annual Potato Day. Pick up dozens of varieties of seed potatoes, as well as your veg, herb and flower seeds.

Stroud Market, Union Street: 8.30am – 2pm.

### **3<sup>rd</sup> Seed Distribution: in parallel with Stroud Valleys Project seed swap – Saturday 23<sup>rd</sup> February 2019**

Sharing a day of seed swapping with Stroud Valleys Project who are based on Threadneedle Street. Stroud Seed Bank and SVP have slightly different structures of seed swapping, we will have different stalls but have put together this day to share both our seed swaps with you. Do come and visit us both for your seeds and further info into what we do!

Stroud Market, Union Street: 8am – 3pm

### **4<sup>th</sup> Seed distribution: Film screening 'In Our Hands' – Friday DATE TBC March 2019**

A recent film from the Landworkers Alliance about the renaissance of small-scale agriculture in the UK. Followed by Q&A, discussion and seed distribution from Stroud Seed Bank Seeds. Shown in collaboration with Transition Stroud.

Venue - Lansdown Hall. Date and Time TBC

### **Other events**

#### **Winchcombe seed swap - Saturday 16<sup>th</sup> February 2019**

Seed Bank seed guardian Zoe Brooks is holding a seed swap in her hometown of Winchcombe. All welcome. Winchcombe Town Hall, The High Street: 9am-12noon

#### **Feedback and Briefing Gathering – Date and Time TBC March/April 2019**

A chance to reflect on the Autumn / Winter season, share experiences and provide feedback. Look forward to 2019 and discuss changes and additions to the group.

Date and time TBC: Late March/April: Venue TBC

Please check our website calendar for continuous updates of events, workshops, gatherings and more.

## ABOUT STROUD COMMUNITY SEED BANK

Stroud Community Seed Bank is a project of social enterprise Down to Earth Stroud. We got started in January 2016 and have learned much in the last 3 years. A team of around 25 volunteer seed guardians, including both experienced seed savers and novice gardeners, has grown all the seed listed in this catalogue, in back gardens and allotments around Stroud.

By taking and growing our seed you are becoming part of this exciting project. We hope that you will be able to save your own seeds from our seeds and continue the story. If you would like to know more about seed saving, if you want to join us as a seed guardian or if you can offer any other help or support, we would be delighted to hear from you.

## INFO AND RESOURCES

For information on how to save your own seed, come to one of our workshops in Spring / Summer 2019 or come to one of our markets or events as listed above and on our website. We have a Google Group and a Facebook page which allow for seed savers in Stroud to share advice, tips, stories and questions.

There are many seed saving resources online - The Heritage Seed Library and Real Seed Catalogue offer good, free, seed saving guidelines for common vegetables grown in the UK. The Stroud Community Seed Bank is a member of the Heritage Seed Library and the Real Seed Catalogue, this allows us a member's access to their website and so provides all Stroud seed guardians access to leaflets, workshops, events, garden visit opportunities and much more!

For information on how to access these resources please use the contact details below.

## CONTACT STROUD COMMUNITY SEED BANK

For more information on anything about the seed bank and our seeds, contact Beth on:

**Email:** [seedbank@downtoearthstroud.co.uk](mailto:seedbank@downtoearthstroud.co.uk)

**Phone:** 07545383662

**Check out our website** to keep up to date with blog posts and upcoming events:

[www.downtoearthstroud.co.uk/seed-saving](http://www.downtoearthstroud.co.uk/seed-saving)

**Find us on Facebook** for news, sharing and opportunities:

@stroudcommunityseedbank

**Consider joining ongoing seed related discussions on our Google Group:** email Beth for more info

