



# Stroud Community Seed Bank

Down to Earth Stroud ... keeping it local

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## 2024 SEED CATALOGUE

All 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. Our seeds are available for a donation and can be collected from these locations around Stroud — see page 24 of this catalogue for more details.

Loose Plastic Free Shop  
Ruscombe and Whiteshill Village Shop  
The Long Table, Brimscombe  
Chalford Community Shop  
Horsley Community Shop

### **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, all the while 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 pages of this catalogue.

## Welcome to Stroud Community Seed Bank's seed catalogue

All our seed has been grown and harvested in 2022 and 2023. It is not treated or coated, and is all open pollinated — which means you can grow plants and save your own 'true to type' seed from them.

To keep consistency of quality, we ask that every person who donates seed should attend one of our Spring/Summer workshops. These set out the basics of seed saving and cross pollination, particularly between vegetables varieties. If you wish to attend a workshop, see the contact details at the back of this catalogue and be in touch. Beginners, and experienced growers, welcome.

The seed packets we use are paper and so biodegradable.

Between us, the seed group has grown several varieties of tomatoes, leafy greens, beans and peas, as well as an eclectic range of other vegetables, herbs and flowers. We aim to grow varieties that are suited to small scale, organic gardening and by harvesting the most successful crops each year, we are increasing their resilience and adaptability to the soils and climate of Stroud and district.



## This year's seed harvest

2023 was another challenging season. We had a wet winter and a cold spring. This suited some plants, but many of our favourites prefer the heat. Then we had some warm weather, followed by a cool damp summer and wet autumn – this made it difficult to get seed to set and ripen, with some plants still flowering in November and refusing to set seed. However we now have a 3-year programme of collecting and storing seed (see the next page) so in many cases we have viable seed from last year to fill in any gaps.

Our use of the distribution centres in local shops is a huge success in terms of amount of seed distributed and benefits the shops too.

Thanks to the many people who contributed seeds for the forthcoming growing year. Please turn to the back page for more details on when and where our seed is available.

## Our three-year programme

Britain only grows 50% of its food needs (in the 1980s it was 80%). Most of Britain's seed, for both commercial and amateur growing, comes from the EU and the cost of importing seed has grown. But seed is the fundamental basis of all our food.

“Seed is the source of life, it is the self urge of life to express itself, to renew itself, to multiply, to evolve in perpetuity in freedom ...

Seed is the embodiment of biocultural diversity. It contains millions of years of biological and cultural evolution of the past, and the potential of millenia of unfolding.

Seed Freedom is the basis of Food Freedom, since seed is the first link in the food chain ...

We will save seed, we will create community seedbanks and seed libraries ...”

From *Declaration on Seed Freedom* by Dr Vandana Shiva

In our early days, all the seed we distributed was harvested in the year before. But after some very challenging years for seed saving due to tricky weather, the Seed Bank has started a 3-year growing programme to promote our seed security in case of crop failures.

Most seeds last from 4 to 6 years, so three-year-old seed is still fresh and viable. We have a purpose-made growing area in Horsley, and are starting to grow and save seed from basic vegetable crops rotated there over three years: peas, French beans, Thrupp parsnip, rainbow chard, beetroot, lettuce, onions and leeks. Members of the group who have greenhouses or polytunnels save tomatoes and cucumbers for us.

This arrangement will allow us to supply Stroud people with locally saved seeds whatever the weather-- and help improve local food security.

**Note** Those crops which require fresh seed (such as parsnips and parsley) and seed lasting only two years (onions and leeks) will be grown as needed, and won't be part of the three-year plan.

## Thrupp parsnip, a landrace

The director of Down to Earth, Amanda Godber, has grown parsnips and carefully saved their seeds on her allotment in Thrupp for many years. The original variety has been forgotten. In 2017, members of the newly formed Stroud Community Seed Bank also began to grow and save what became known as the Thrupp parsnip, pooling seed from around Stroud and offering them to the public. This is not a new variety or cultivar but a landrace or 'country-breed', in other words a plant that is genetically diverse, locally adapted and can be highly variable in appearance. Experience has shown that Thrupp parsnip likes heavier soils and can be forked in our Stroud soils, but is still tasty!

Dan, a farmer in the Mendips said: 'it turned out to be the best parsnips I've ever had – really productive, not too big ... and tasty, could I possibly get some more (seeds) from you?'

Parsnip seeds need to be sown in the same year of harvesting and our fresh seeds have proven to have consistently good germination. The Seed Bank aims to give the best seeds possible to the public.



*Parsnip seed nearly ready to collect*



*Thrupp parsnip*

## Growing micro-veg at any time of year

Tiny plants packed with nutrition can be grown on window-sills throughout the year. Children can grow their own food to eat even without a garden. You need more seeds for this than for growing in the ground – which is where Stroud Seed Bank can help. Nature is very generous and we have saved some types of seed in large quantities which you can use for growing micro-veg.

Suitable seed includes brassicas (e.g. kale), lettuce, sunflower, chard, peas, mustard, celery leaf and dill.

Here's what to do

If your seed is large (e.g. peas) soak them for a few hours then drain – with small seed you don't need to bother

Put a growing mat (e.g. thick kitchen paper, a coir scrubber, or a piece of wool from an old jumper) in a waterproof container. Ideally put a thin layer of compost or soil on the growing mat. Sprinkle it well with water

Spread out your seed (just a teaspoonful) on the mat – thinly

Cover with a lid of some kind and place near a window until the seeds sprout

Remove lid, and let the veg grow until leaves appear

Water daily

Alternatively, put your growing mat on a pierced container such as a seed sprouter and place this on a water reservoir – such as comes with a seed sprouter. You won't need to water so often with this arrangement.

Microgreens are ready to harvest two to three weeks after sowing, making them a very quick crop. Harvest when you see the first set of real leaves.

Some types of microgreens regrow after harvesting, and can be cut several times. Pea shoots tend to regrow after harvesting. To increase your chances of regrowing shoots after they've been harvested, cut them just above the lowest leaf.



*Micro-veg growing in January – a mix of coriander and mustard*

## Foraging

Foraging is an increasingly popular way of gathering food, but there are issues with taking food from the wild – such as over-picking, and the risk of pollution by animal waste. Foraging from your own growing space is likely to be less problematic. And those plants that you may have shunned because they have strong flavours, or are a bit small, come into their own when you are just using a few leaves.

Even in winter you may be able to pick a few leaves here, a stalk or two there – and maybe even a rare flower-- enough to make a small salad. The rule is, just take a bit and leave most of the plant behind to keep growing.

One point of awareness: when adding flowers to your salads, make sure they are edible. Some, such as foxglove, can contain poison.

We have seeds which you can use for growing plants for home foraging, such as:

- Lettuce (just take a few leaves)
- Bucks-horn plantain or star grass
- Lamb's lettuce
- Land cress
- Red orache
- Broccoli and kale (a few small tender leaves or shoots)
- Celtuce
- Chard
- Chop suey greens
- Leaf beet
- Mustard
- Celery leaf
- Chives
- Dill
- Fennel
- Parsley
- And the flowers of borage, calendula and nasturtium



*Star grass – a great foraging crop*



*French beans grow well in containers – just make sure the watering, and drainage, is adequate*

## **VEGETABLES**

### **CLIMBING FRENCH BEANS**

Sow: May      Plant: June      Harvest: July–October

#### ***Blauhilde***

Grown by      Heather; Horsley

A reliable, attractive plant which produces purple beans continuously over a long period from July to October. They can be eaten in salads or cooked (when they turn dark green).

#### ***Blue Lake***

Grown by      unknown

The perfect dual-purpose vegetable as it produces an abundant harvest of pencil-thin, stringless green beans with a fine, sweet flavour from early summer, and then the last few pods can be left on the plant to dry for white haricot beans to store.

## ***Borlotti***

Grown by Heather; Horsley

Climbing French bean. Red pods when ripe, containing red beans with white speckles. You can save the beans to dry or eat the whole pods when fresh.

## ***Bridgwater***

Grown by Jane and Heather; Stratford Road allotments and Horsley

Reliable crops of medium flat pods, green mottled with dark purple, cooks green. Can be eaten fresh or used like borlotti and dried. Beans pale pink with dark random markings. Given to Jane Brown more than 30 years ago at her allotment in Bridgwater, Somerset by an older grower.

## ***Cherokee Trail of Tears***

Grown by Jane and Heather; Stratford Road allotments and Horsley

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.

## ***Fran's Good Bean***

Grown by Fran; Burleigh

Grows well in even tricky situations, and produces plenty of small but tasty purplish beans.

## ***Mrs Fortune's Bean***

Grown by Sally; Tetbury

Vigorous, with pale blue flowers. The pods are mottled green and blue, and become a darker blue when mature. They can be eaten whole, or shell the beans to eat fresh or dry.



*Fran's Good Bean growing strongly. The original name of this bean is lost in the mists of time*





*Neckargold beans ready for cooking*

### **Neckargold**

Grown by                      unknown

This yellow bean is related to Blauhilde (also in this catalogue). They are vigorous climbers which can reach 2 metres, so make sure you give them good support.

### **Ray's Butter Bean**

Grown by                      Sally; Tetbury

These delicious flat pods can be harvested young when they are buttery yellow, and easily seen amongst the foliage – if you choose to eat the whole bean. As the pods mature, purple markings develop, and you can then shell the pods to eat the insides.

### **Trebona Bean**

Grown by                      Jane; Stratford Road Allotments

Late cropping, wide flat green pods with white beans. Can be dried to eat like small butterbeans.



*Ray's Butter Beans, shelled*

## **RUNNER BEANS**

Sow: May                      Plant: June                      Harvest: July–October

### **Allotment mix**

Grown by                      Heather and Sally; Horsley and Tetbury

A mix of seeds, including some which are white or black – but all will produce tasty runner beans.

*The beautiful Blauwschokker pea*



## PEAS

Sow: February–June      Harvest: June–October

### *Blauwschokker*

Grown by      Heather; Horsley

A medium height heritage pea with pink and purple flowers which develop into purple pods. These can be picked immature as mangetout, or left to mature and used dry.



### *Carlin*

Grown by      Heather; Horsley

These are grown for drying. Once dried and cooked, they have a firm texture and nutty flavour. Can be used as a British-grown substitute for chickpeas. The seed originally came from Hodmedods in Suffolk.

*Carlin peas drying for seed*

# TOMATOES

Sow: February–March (inside) April–May (outside)

Harvest: July–October

Unless otherwise stated, all our tomatoes are indeterminate, cordon varieties, and need staking and side shoots pinching out.

One way of saving tomato seed is to spread out cleaned seed on absorbent paper until it dries. Some of our tomato seed comes still attached to its paper – a good way of ensuring you don't lose any.

## ***Ancienne Plum***

Grown by Jackie; Stroud

A rare heirloom from Belgium. Small red fruit, great for cooking.

## ***Beefsteak***

Grown by Jane; Cainscross

The seed was saved from some particularly delicious heritage tomatoes bought at Stroud Farmers' Market.

## ***Black Cherry***

Grown by Fran; Burleigh

Vigorous cherry tomato which ripens to dark purple. Tall growing plants are vigorous and healthy. Good tasting fruit and keeps going well into autumn. Open pollinated variety.

## ***Bloody Butcher***

Grown by Zoe; Winchcombe

A German red tomato, good all-rounder. Very early to fruit and carries on fruiting to the end of the season. Performs well in our cooler climate. Very tasty dark red flesh (hence the name). Open pollinated variety.

## ***Gardeners' Delight***

Grown by Jackie; Stroud

A small, bright red, cherry tomato-- sweet and juicy. Abundant fruits on each plant.

## ***Margaret's Black***

Grown by Jackie; Stroud

The fruits are tomato-red tinged with black. The plants are fairly short, which simplifies staking. They produce prolifically and show good resistance to early blight.

## ***Marmande – NB determinate***

Grown by Fran; Burleigh

'Marmande' is named after a city in the south-west of France. Red and slightly tart, its skin is thin, and tends to 'melt' when fully ripe. The plant is small compared to other varieties, reaching only 160cm tall, and tends not to produce ripe fruit until the beginning of August.

## ***Mexican Honey***

Grown by Jane and Zoe; Cainscross and Winchcombe

One of our seed savers was given a few seeds by a French family connection. 'It is absolutely delicious, sweet and amazing, when allowed to fully ripen on the vine (don't be tempted to pick too soon)'. Skin can be a bit tough, but the taste is worth it. Small to medium sized fruit. Open pollinated variety. Very popular (and expensive) in the USA!



*Mexican Honey tomato*

## ***Red Fig***

Grown by Zoe; Winchcombe

A fig-shaped sweet heritage cherry tomato from the US — two hundred years ago they were dried or preserved in sugar to be eaten in winter like figs!

## ***Tangella***

Grown by Jackie; Stroud

Crops well. Round, orange, medium size, juicy tomatoes.

## ***Wild Tomato, Red Currant – NB determinate***

Grown by Jane; Cainscross

Delicious tiny orange to red tomatoes on vigorous, spreading bush plants up to 80cm high and 1m wide. Plants keep growing well into autumn. Often avoids blight in wet years.

## ***Yellow Submarine***

Grown by Jackie; Stroud

Bright yellow, firm, small to medium, pear-shaped tomatoes. They add colour to a salad.



*Marketmore Cucumber*

## **OTHER FRUITING VEG**

Sow May (indoors) or late May/early June (outside)

Harvest: July–October

Grow in the same way as tomatoes.

### ***Aubergine***

Grown by Heather; Horsley

Aubergines need a lot of warmth and sun to crop well; these were grown in a polytunnel. They can be grown outside, but only do well in very warm summers.

### ***Cucumber, Marketmore***

Grown by Fran and Heather; Burleigh and Horsley

This is a heavy-cropping cucumber for growing outdoors or under glass; in Fran's north-facing garden it grows very well in a greenhouse. Its fruits are dark green and slightly prickly – just brush off the soft prickles. Open pollinated variety.

### ***Winter squash, Uchiki Kuri***

Grown by Heather; Horsley

A thin skinned orange coloured variety ; it looks rather like a small pumpkin. The flesh is firm with a delicate chestnut-like flavour.

*Leeks flowering and on their way to producing seed*



## ROOT CROPS AND BULBS

### *Leek, mixed varieties*

Grown by Jane; Stratford Road allotments

Sow: Feb or Mar (in seed beds or trays)

Plant out when pencil thick in June or July for autumn and winter harvest. This is a mixture of varieties that have grown well in Stroud and produced healthy plants – and seed.



*Salsify flowers*

### *Salsify*

Grown by Nicky; Whiteway

This is an ancient vegetable, Grown for its beautiful, but short-lived edible flowers, as often as for its delicious, delicate tasting tap root. Sow directly into a sunny or semi-shady bed (deep enough for root vegetables), between March and May. After germination, thin out any seedlings to a spacing of 5–10cm.

Harvest in autumn and winter or leave until the following year for its flowers.

### *Thrupp parsnip*

Grown by Jane and Heather; Stratford Road allotments and Horsley

The official variety of this parsnip has been lost in the mists of time, but we have multiple seed guardians now saving this parsnip seed from different plots around Stroud. Generally, the parsnip produced is quite large and well-shaped however, the stony and often poor soils of Stroud District can produce forked and miscellaneous results.

## LETTUCE AND SALAD CROPS

Sow lettuce Feb onwards (indoors) or after frosts (outdoors). Not generally winter hardy.



*Bughatti lettuce*

### *Lettuce, Bughatti*

Grown by Heather; Horsley

A dark red oakleaf lettuce that is very slow to bolt. Early, sweet, and beautiful.

### *Lettuce, Cantarix*

Grown by Zoe; Winchcombe

A good all-year-round lettuce suitable for autumn growing for overwintering in a sheltered spot. Voluminous, wide dark-red oak leaf fading to green in the centre. Good resistance to aphids and disease, slow to bolt. Cut and come again heads.

### *Lettuce, mixed*

Grown by Fran, Heather and Sally; Burleigh, Horsley and Tetbury



A mixture of seeds which come from plants that have proved their worth in our different gardens. Grow as small cut-and-come-again leaves or as heads to cut whole.

*Healthy lettuces growing from our seed mix*

## ***Bucks-horn plantain (also known as star grass)***

Grown by Jane; Stratford Road allotments

Sow: January–April (indoors) or March onwards (direct)

Harvest: 8 weeks from sowing

Originally from Chiltern Seeds, this is an heirloom plant from Italy. Grows in clumps of slender green leaves, like jagged grass, with little ‘horns’ on the tops, 6” tall. Harvest young when leaves are most tender and new growth will come. Repeat sow as it runs to seed easily; very good in pots.

## ***Lamb’s lettuce***

Grown by Jane; Stratford Road allotments;

Also known as corn salad, lamb’s lettuce has long spoon-shaped dark leaves and a distinctive, tangy flavour. It can be used raw in salads or steamed as a vegetable.

Lamb’s lettuce is good all year round, but at its best from May to November. Often survives frosts for foraging in mild winters. Self-seeds readily.

## ***Land cress***

Grown by Jackie; Stroud

Sow: March–August (direct) or September for overwintering

Harvest: all year

Quite large leaves, peppery but not excessively so, great addition to salads. Self-seeds very easily. Often survives frosts for winter foraging. Grows well in a windy north facing garden.

## ***Red orache***

Grown by Jane; Stratford Road allotments

An easy-to-grow plant, approx. 60 cm tall, with red leaves which can be eaten raw or cooked. If it likes its situation it will self-seed.



*Red orache*



## OTHER 'GREEN' VEG

### ***Broccoli, sprouting (may be crossed with other brassicas)***

Grown by Annie; Whiteshill

Sprouting broccoli has a long harvesting season. If you time your seed sowing, you can harvest it from autumn through to early summer the following year. It is extremely hardy.

### ***Celtuce***

Grown by Jane; Stratford Road allotments

This plant is also called stem lettuce, asparagus lettuce or Chinese lettuce. It is a variety of lettuce grown by for its thick stem or its leaves. Use it as an ingredient in stir fries.

### ***Chard, rainbow***

Grown by Jane; Stratford Road allotments

A variety of colours, very hardy and very easy to grow. Pick the leaves from early summer right through autumn and into winter. Plants left in over winter will grow again in early spring to give you one more picking before going up to seed.

### ***Chop suey greens***

Grown by Jane; Stratford Road allotments

Very easy to grow. Sow in spring and late summer by broadcasting in small blocks, harvest when about 10cm high and cook like spinach. Or use in stir fries. The flowers are also appreciated by pollinators.

### ***Leaf beet***

Grown by unknown

Leaf beet (or perpetual spinach) can be picked continuously through to the autumn months. Useful on dry soil, where true spinach runs to seed.

*Leaf beet will often overwinter and start growing again in the spring*



## ***Mustard, green***

Grown by Heather; Horsley

Eat raw or cooked – a good crop to keep going through winter.

## ***Kale, Red Russian (may be crossed with other brassicas)***

Grown by Annie; Whiteshill

Medium plants with lovely ragged leaves, glaucous green with pink/red ribs especially when young. The young leaves are good raw in salads.



*A mix of green veg – cabbage, lettuce, kale, chard, leek, all growing happily together*

# HERBS

For sowing and growing instructions we suggest you consult a good book or website. Different herbs require very different treatment and we don't have room here to give you all the details.

## *Angelica*

Grown by unknown

A tall biennial with huge flowerheads followed by delicate seed pods. The stem is traditionally candied for use in baking. Good for including in wildlife planting as the flowers are attractive to pollinators and the seeds are eaten by birds. Biennial.

## *Borage*

Grown by Jane; Cainscross

Cucumber-flavoured leaves can be used for tea and bright, starry blue flowers for decorating salads. All parts, except the roots, are flavorful and have culinary or medicinal uses. Loved by bees. Annual.

## *Celery leaf, apium graveolens secalinum*

Grown by Jane; Stratford Road allotments

Also called cutting celery and soup celery, this is darker, leafier, and has thinner stalks than salad celery and doesn't need to be blanched or planted in trenches. The leaves have a strong, almost peppery taste. Biennial.



*Borage flowers*

## *Dill*

Grown by Heather; Horsley

A clean fresh taste that is traditionally used in Sweden on potato salad and fish. The seeds can also be used in cooking or teas. Annual.

## ***Fennel***

Grown by Fran and Jane; Burleigh and Stratford Road allotments

A fresh aniseed taste that works well in salads or with fish. The seeds can also be brewed into tea.

Fennel is hardy and once established will come back year after year. Just cut it back in the winter and it will grow back in the spring. Perennial.

## ***Parsley, curly leaved***

Grown by Jane and Fran; Stratford Road allotments and Burleigh

Very good flavour and stays green and edible even into frosty weather.

Annual/biennial

## ***Parsley, flat leaved***

Grown by Sally; Tetbury

Flat-leaf or Italian parsley has a more robust flavour than the curly variety.

Annual/biennial

## ***Sweet cicely***

Grown by Jane; Stratford Road allotments

An attractive flowering plant, with an aniseed taste and fragrance. It is noted for attracting wildlife and is one of the first nectar plants to appear in spring, so it is valuable to bees and other pollinators. Use the leaves to sweeten stewed fruit and make tea from the seeds. Perennial.

*Parsley can be grown  
in pots, but does even  
better in the ground*





## FLOWERS

For sowing and growing instructions we suggest you consult a good book or website. Different flowers require very different treatment and we don't have room here to give you all the details.

### ***Aquilegia***

Grown by Jane; Stroud.

Spring flowering, good for wildlife, and attracts the insects which are needed to pollinate fruit and vegetables. Perennial.

### ***Calendula officinalis or marigold***

Grown by Jane; Stratford Road allotments

Wonderful bright orange daisy-like flowers: petals can be eaten in salads, dried heads (or fresh) make a medicinal tea. Roots believed to deter cabbage root fly. Very hardy. Annual.

### ***Clary sage***

Grown by Fran; Burleigh

Up to 1m tall, with scented leaves, and mauve or pink flowers in late spring through to autumn. Likes moist but well-drained soil and full sun, though it can tolerate partial shade. Biennial or short-lived perennial.

### ***Corncockle, agrostemma githago***

Grown by Heather; Horsley

A lovely wildflower, attractive to bees and hoverflies – large and easy to grow; flowers abundantly for weeks in summer. Grow in poor, well-drained soil in full sun. Annual.

### ***Echinacea purpurea***

Grown by Ruth; Stroud

A classic daisy-like purplish-pink flower with a golden-brown central disk. It flowers from midsummer to autumn. Easy to grow as they tolerate most soils (except very dry ones). Perennial.

### ***Flax***

Grown by Fran; Burleigh

The blue is most commonly seen, but the red is stunning too. Small flowers on spindly plants, but undemanding – will grow almost anywhere with a bit of sun. Annual.

### ***Forget-me-not, myosotis***

Grown by Jane; Stratford Road allotments

Bright blue flowers in mid spring, a real treat, and the bees like them too. Annual.

### ***Foxglove, digitalis purpurea***

Grown by Fran; Burleigh

Pink and white flowers beloved by bees and other pollinators. Biennial.

### ***Gladiolus Byzantium***

Grown by Jane; Stratford Road allotments

A glorious magenta-pink flower in late Spring. Germination can take 4-6 weeks then seedlings need to be potted on. Grow them on through a second season before planting in their final position or into pots. They'll flower in their second or third season and then yearly. Perennial.

### ***Hollyhock, alcea rosea***

Grown by Jane; Stratford Road allotments

The mixed seed includes lots of cream and red. Tall plants, good for pollinators. Biennial or short-lived perennial.

### ***Nasturtium, tropaeolum***

Grown by Jane; Stratford Road allotments

Creeping plant with trumpet flowers. Bees love them and they will attract the cabbage butterflies to eat them instead of your brassicas. Colours are likely to be apricot, bright red, orange and golden yellow. Annual.

### ***Poppy, large, red, single***

Grown by unknown

What it says on the packet – a large red single flowered poppy. Annual.



*A glorious red poppy flower*

### ***Poppy, mixed***

Grown by various

A mixture of seed, including from Welsh poppies, to give you colour throughout the summer. Will self-seed. Annual.

### ***Opium poppy, papaver somniferum***

Grown by unknown

Poppy seeds heads are beautiful so it's easy to let them go to seed in the garden. Once the seed pods have dried turn them upside down over a paper bag to catch the seeds or sprinkle them around the garden wherever you want poppies to grow. These poppy seeds can be used in bread or cakes. Annual.

### ***Sunflower, large-headed***

Grown by Heather; Horsley

The seed comes from a variety of sunflower which produces very large heads. You can eat the seeds, feed them to the birds (just put out a whole dried head) or save the seed to grow more sunflowers next year. Annual.

### ***Sunflower, multi-headed***

Grown by unknown

A lovely reliable plant with multiple heads. Annual.

### ***Sweet william***

Grown by Sally; Tetbury

The flowers come in many vibrant shades and are attractive to pollinators. Starting sweet william in late spring will usually produce flowers the following year; for flowers this year, start the seeds early. Sweet william is mildly toxic to pets and people. Short-lived perennial or biennial.



### ***Feverfew***

Grown by Jane; Stratford Road allotments

Light yellow-green aromatic foliage, flowers small and daisy-like in loose clusters from June to September. Grows anywhere and self-seeds. Medicinal, and loved by insects. Perennial.

*Feverfew*

## How to Get Hold of Our Seed

We are now distributing our seeds at five locations around Stroud, all of them doing spectacular work to support their community. Please visit their websites or Facebook pages for opening times.

### Chalford Community Shop

Chalford Village shop is a co-operative run by volunteers providing fresh local produce and services, supporting local enterprise, and creating a social and information hub at the heart of the village.

Tankards Spring, High Street, Chalford, Stroud GL6 8DJ  
<https://chalfordshop.wordpress.com>

### Horsley Community Shop

Now in its second decade, they are the hub of the community. An award winning, volunteer run, village shop.

The Pavilion, Priory Fields, Horsley, Stroud GL6 OPT  
<http://horsleyshop.co.uk>

### Loose Plastic Free Shop

A small but perfectly formed shop offering a range of unpackaged food (mostly organic) plus a selection of other useful household and personal care items.

48 High Street, Stroud GL5 1AN  
<http://looseplasticfree.co.uk>



### The Long Table

The Long Table aims to give everyone in the community access to great food and people to eat it with. Meals, drinks, events ...

The Long Table, Brimscombe Mill, Stroud GL5 2SA  
<https://www.thelongtableonline.com>

### Ruscombe and Whiteshill Village Shop

Sells a vast selection of frozen items, tinned and dry groceries, crisps and snacks, cold meat, tea, coffee, cereals, grains, pasta, drinks, as well as arts and crafts.

Lower Street, Whiteshill, Stroud GL6 6AN  
<http://www.whiteshillvillageshopandcafe.co.uk>



## How to Donate your Saved Seed

Every November, at our annual Harvest Gathering, we bring seeds and seed savers together to share stories of the growing year. We then collect the seeds, take our share, and packet up the rest for the next year's distribution. If you'd like to donate seed and want to be invited to the Harvest Gathering in 2024, email the seedbank (see contact details below).

## 2024 Events

### Potato Day — Saturday 3rd February 2024

Come and join Stroud's annual Potato Day. Pick up dozens of varieties of seed potatoes. The seed bank seeds won't be available at this event but we may have seeds available at a market later in the year.

Time: 8.30am—2pm

Location: Union Street, Stroud, GL5 2HE

### Seed Saving Workshops 2024

If you'd like to donate seed to the Stroud Seed Bank please attend one of our basic seed-saving workshops, no matter your experience level. That way you'll know you are donating healthy, viable seed that hasn't crossed with the weeds next door!

Dates and times of workshops are to be announced; look out for an update on Google Groups, Facebook, or Instagram. To register an interest, email the Seed Bank (see contact details below).

## Contact the Seed Bank

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

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

FB @stroudcommunityseedbank



## **More about Seed Saving**

Stroud Community Seed Bank is a project of the social enterprise Down to Earth. It started in January 2016, and is part of a global movement of seed savers. We are members of both the Seed Sovereignty Programme UK and the Heritage Seed Library.

### **The Seed Sovereignty Programme, UK and Ireland run by The Gaia foundation**

This is a small international organisation with 35 years experience of working with communities and movements around the world to protect biodiversity and uphold indigenous wisdom.

In the Southwest region, our community seed bank is well-known – it is one of the oldest groups, with a wealth of experience to share with others, both online and at gatherings in the region.

The Seed Sovereignty website is beautiful and the stories of seeds from across the British Isles are inspiring; the reader feels that the love of seeds, local and home-saved, is at the heart of home food production.

### **Heritage Seed Library, run by Garden Organic (was HDRA)**

The Library manages a ‘living’ collection of seeds so that their genes, and the memories that go with the plants, can continue down the generations. These are seeds which would otherwise be lost because the commercial licensing of seeds is too expensive for growers of these diverse varieties.

As members we can receive heritage seeds saved over many years and grow them for our own use – and where possible return some of the seed harvested to the Library.

Connections with other movements help to support our efforts and emphasise the importance of our small contribution – GMFreeze (objecting to releasing genetically engineered organisms), GRAIN, the UK Food Group and the Land Workers Alliance to name a few. Change makers such as Dr V Shiva (India) and Dr M Worede (Ethiopian geneticist) have also informed our work.