

# Grow Your Resilience

BUILD YOUR SEED BANK  
ONE CROP AT A TIME

## Why a Seed Bank Matters

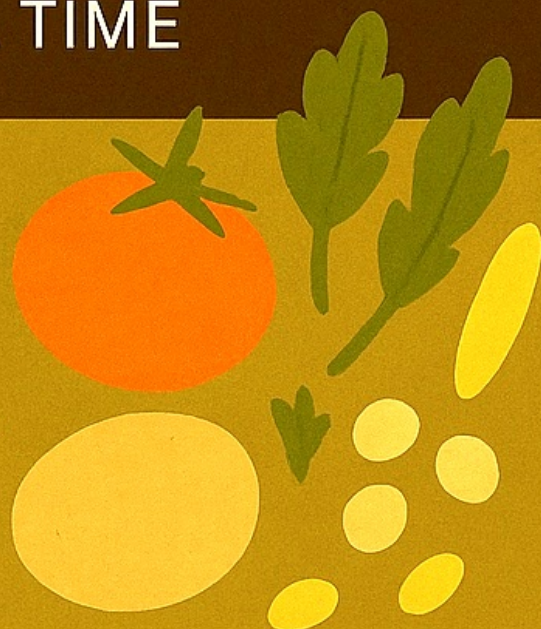
A seed bank improves food security and promotes self-reliance. Protect your future with saved seeds.

## Start Simple

Begin with 3-5 staple crops you love to eat and good at growing

## Seed Bank Tips

- Store seeds in a cool, dry place
- Label containers with dates
- Save seeds from your own garden
- Rotate seeds yearly



## Top Staple Crop Ideas

Beans	Parsley
Cilantro	Carrots
Carrots	Potatoes

*Grow what you  
love, just as you  
do everything else.*



## Seed Bank Checklist

- [ ] Choose 3-5 staple crops you love to eat
- [ ] Buy heirloom seeds (non-hybrid)
- [ ] Label containers with seed names and dates
- [ ] Store seeds in a cool, dry, dark place
- [ ] Start saving seeds from your garden
- [ ] Rotate seeds each year

## Your Additional Items

- [illegible]