# Seed Saving (Part 1)

#### Video Description

Kumu Aolani teaches us what to look for when selecting seeds to save for future planting.

#### Guiding Questions

- Why should we kilo (observe) seeds before saving?
- What are seeds?
- What types of seeds are there?
- What does seed selection mean?
- What kind of traits do we look for in a seed before we select it for saving?
- What are the different types of seed saving practices?
- How does Kumu Aolani know when the seed is ready to be harvested?
- How long is a seed's shelf life?



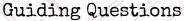
- Can you identify two types of wet and dry seeds near your home or school?
- Does your family have a favorite seed or plant that has been passed down by your ancestors?
- If you were a seed, what kind of seed would you be? Why?



# Seed Storage (Part 2)

Video Description

Kumu Aolani teaches us about seed storage and the best way to save seeds.



- Why should we save seeds?
- What is Kumu Aolani's process to store dry and wet seeds?
- What kinds of tools does she recommend?
- How does Kumu Aolani determine the shelf life of a seed?





- How are seeds our ancestors?
- Do you have any family or traditional stories around seeds?
- If you were to dream about a seed storage space, what would that look like?



# Seed Planting (Part 3)

#### Video Description

Kumu Aolani teaches us about the best way to plant seeds.

#### Guiding Questions

- Why is it important for us to find the right soil to grow our seeds?
- What kind of soil is best for which kind of seed?
- What is Kumu Aolani's process in planting different kinds of seeds?
- What are three things that we need to remember when planting?



- Why is it important to bring good intentions when you're planting?
- Is there a traditional way your family plants seeds?
- The seeds Kumu Aolani plants eventually become food to feed the community. Has anyone shared food with you that they've grow?



# Transplanting (Part 4)

## Video Description

Kumu Aolani gives tips and pointers on how to successfully transplant young seedlings to a larger pot.



## Guiding Questions

- How is the soil medium to plant seeds versus transplanting different?
- What is the process in transplanting?
- What are two indicators that tell you your plant is ready to be outplanted?

- Kumu Aolani mentions FPJ and EM. These are safe, natural garden amendments to feed your plants. Does your family have a healthy practice to grow food?
- Why does Kumu Aolani use pule (prayer) to grow food?
- What does *food is medicine* mean to you?



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