



## 17<sup>th</sup> Annual Seedy Saturday Mississauga *Gardening Is Climate Action*

**Mississauga, ON – April 4** – We are thrilled to announce that one of Mississauga's best community events is returning! Seedy Saturday 2022 will begin at 9 a.m. – 4 p.m. on Saturday, May 14, at the Unitarian Congregation of Mississauga), 84 South Service Rd.

Seedy Saturdays are organized and coordinated by Seeds of Diversity), across Canada to promote heritage seed collection and sharing.

This 17<sup>th</sup> Seedy Saturday will be a great day for families and the community to get out of the house for fun, fresh air, learning and getting new and exciting seeds and seedlings for their gardens!

Join us for exciting workshops and tutorials while picking up a supply of plants, seeds and more from vendors and groups, including the Mississauga Seed Library. Gardeners of all levels can get tips and join a workshop from the Mississauga Master Gardeners and Seeds of Diversity. Learn to maximize your compost pile with amazing composting worms. Learn to beat inflation and grow low-carbon footprint food while enjoying a deeper connection to nature.

There will be hands-on workshops all day, including one led by retired Ontario Herbalist Association Director Susan Elliotson, discussing "Boosting Immunity with Herbs". Learn about plants growing around us that strengthen our immune systems and help the body fight off viruses, bacteria and fungi. Sawmill Sid, who offers a portable sawmilling and wood repurposing services from will be sharing tips on Caring for the Urban Forest.

Also speaking is Dr. Phil Fung, an expert in nature-inspired regenerative buildings design, on The Importance of Wetlands in Backyards and Parks. Blooming Boulevards founder Jeanne McRight will lead the "Low Maintenance Boulevard Pollinator Gardens" workshop showing how to support pollinators by replacing high-maintenance turf with a drought-proof, salt resistant, no-mow native boulevard garden!

Mississauga Climate Action will lead children's gardening activities showing the basics of gardening and how much fun it can be! There will be food and drinks on-site, and many other exciting activities.

"We are happy and excited to be bringing this fantastic event back," said organizer Carole Berry. "People are doing more in their gardens and this is the perfect place to get amazing tips and information from gardening professionals, as well as an incredible variety of seeds. After the past two years, Seedy Saturday is a great time for families to get out of the house and see their neighbours in a fun setting."

It's an ideal opportunity to learn new ways of mitigating climate change, while reducing their carbon footprint. It is a great example of how people in a community can each do their part to leave cleaner, greener planet for our children.

If you would like to learn more, please see the links below:

- [Seedy Saturday website](#) [Seedy Saturday Facebook page](#) [Seedy Saturday Twitter feed](#)

We look forward to see(d)ing you there!

Contacts::

Susan Berry: 905-484-0143 or [susanberry@hotmail.com](mailto:susanberry@hotmail.com)

Carole Berry: 905-609-1678 or [caroleberry8@gmail.com](mailto:caroleberry8@gmail.com)