

SEEDS  
FOR LIFE



# The Seedling

MARCH - MAY 2025

**Newsletter of the Creston Community Seed Bank Society**

*We respectfully acknowledge that our work takes place on the traditional and unceded territory of the Ktunaxa Nation.*

## Seed Bank News

February's Seedy Saturday fundraiser brought in just over \$1250 and March's Seedy Saturday raised \$1400 which helps us keep things going!

### April - May

A reminder to our volunteers... watch for emails about how you can help with planting, transplanting, watering, sales and Farmers' Market. Every hand helps!

### May 10th & 11th Annual Plant Sales

Mark these dates in your calendar! Both Plant Sales will be held at College of the Rockies, Creston Campus  
**10am - 2pm. All sales are Cash Only.**

### May Seed Bank Home Growers

The Home Grower Packages will be distributed soon.



A colourful array of plants awaits an annual Plant Sale

This year we hope to have a regular presence at the outdoor Creston Valley Farmers' Market!

A HUGE thank-you to Kathleen Rab, our Home Growers, and all our volunteers for making our Seedy Saturday Fundraisers in February and March such a great success!

## Mission Statement

To steward a diverse collection of seeds and knowledge that contributes to a resilient regional food system.





Plants ready for an annual Plant Sale

## FEATURED VARIETY

### **Houston Evergreen Cabbage: A Narrow Escape from Extinction!**

Developed by Nanne Vriend, an immigrant from the Netherlands in the 1940s, in the Bulkley Valley town of Houston, this heirloom variety cabbage was nearly extinct by 2015. Despite being recognized at leading U.S. and Canadian nurseries and reportedly offered in seed stores as far away as Saskatoon in the 1970s, seed stock of this cabbage variety adapted to northern conditions had dwindled by the second decade of this century.

Longtime Creston Community Seed Bank volunteer Pat Huet conducted a search to try to acquire seed.

She found only one seed bank in Waterloo, Ontario that had preserved seeds but, at that time, they were unwilling to part with what may have been some of the few preserved seeds of this variety. Fortunately, Creston Valley resident Wayne Worthington, working from only a few seeds that he had been given in 2016, produced a quantity of seeds that were donated to the Creston Seed Bank, and these have since been grown out to help ensure this British Columbia brassica is preserved.



## Annual Plant Sale

On Saturday May 10th and Sunday May 11th from 10am-2pm at the College of the Rockies you will find a variety of plants carefully raised and nurtured for this fundraiser.

Payment is by **Cash Only**.

Plants available are: tomatoes, peppers, lettuce, kale, bok choy, broccoli, cabbage, cauliflower, cucumber, onions, mustard, melon, watermelon, winter and summer squash, herbs and a few flowers. So many varieties, so little room to list them all!





Kathleen Rab

## Volunteer Highlight

Kathleen Rab recently completed her two-year term on the CCSBS Board of Directors and has been an extraordinary coordinator and organizer! She organized our membership, volunteers, workshops, Plant Sale, Seedy Saturday sales, emails, inventory, germination testing, labeling, and so much more. And all the while, her good humor kept us laughing. As she steps away from her Board responsibilities we give her a standing ovation, and for her commitment to continue on as a volunteer we whoop with joy because some shoes are quite impossible to fill!

Kathleen grew up on a farm in Rimbey, Alberta, the youngest of four children. With a farm background she knows just how precious the seeds are. But the farm life wasn't what she envisioned for her future - instead she chose a journey into Social Work and Psychology. After completing university and working in the social work/mental health fields, she found her final niche in government where she could hone a multitude of skills helping people in all aspects of their lives - these impeccable skills she then brought to every volunteer task at the Seed Bank. We quickly learned that Kathleen is wonderful with people. She says that she enjoys greeting people, remembering names, and that her favorite aspect of Seed Bank work was facilitating events. She's a wordsmith, who crafts effective and fun emails to organize us all, and she's a "do-er," quick to step up when something needs doing, roll up her sleeves, and dig into the soil, the wash-water, or the filing cabinet. As we strive toward long-term sustainability, and even growth, for the Creston Community Seed Bank Society, our Home Growers and Volunteers are ever more critical to our success. If you volunteer with the Seed Bank, chances are you'll have the opportunity to work with Kathleen and see for yourself how she inspires diligence and excellence, yet at the same time transforms the work into great fun!

### THE GROWING JOURNEY

After an orientation event for new members, energetic Seed Bank volunteers plunged immediately into the work of planting seed trays that would germinate and grow to become the seedlings we sell at our May fundraising events. Many hundreds of plants, mostly tomatoes and herbs, were seeded by both new and experienced members, and have begun their green-house journey from germination to plant sale. A big thank you to all our volunteers who helped, but especially **Kathleen Rab** who stepped in to lead the session at the last minute.



Forest of popsicle sticks

Photo courtesy of Kevin Dribnenki

# 3 ways to become a member

Annual membership cost is \$20 / person

1. Go to our [website](#) and fill out an application online
2. Go to our website, [download](#) the form and mail it to us
3. Purchase your membership at our Annual Plant Sales or Farmers' Market

## Board of Directors

(March 2025-March 2026)

- Christina Grondin, President
- Kevin Dribnenki, Vice Chair
- Brenda Bruns, Treasurer
- Michele Trumpour, Secretary



## Christina Grondin

Christina completed a micro-credential course offered by Vancouver Island University to learn about the science and business of organic vegetable seed production. The course syllabus included: how to produce organic seeds, regulation and policy in Canada and BC, seed sovereignty, and seed-related business models.

During the course she learned that food security is not possible without seed sovereignty which has become threatened in recent years by seed patents and GMO seed. She also learned about near-term growing adaptations such as high tunnels, greenhouses, and drip irrigation that can be utilized to mitigate the effects of climate-related growing issues. Longer-term solutions can be found in diversifying the crops being grown, and increasing the use of classical plant breeding that retains varietal diversity and increases plant resilience under different growing conditions.

To help spread the work around, we're looking for members to help with any of the following committees:

- Fundraising
- Governance
- Marketing
- Production

If you're interested, please get in touch by phone or email.

## Kevin Dribnenki, Vice-Chair

After a career in finance Kevin returned to the Creston Valley in 2024, having spent 35 years in other parts of Canada, the U.S. and Europe. While new to larger gardens, he once managed to grow hundreds of cherry tomatoes on a 31<sup>st</sup> floor condo balcony in Toronto.

## Michele Trumpour, Secretary

Michele and husband Jeff moved to the Creston Valley in 2023 after instantly, and unexpectedly, falling in love with the area on a road trip. In 2024 she retired from her career in the finance sector and has been enjoying hiking and biking. With lots to learn, she is eager to grow her green thumb skills and actively contribute to the CCSBS.

## Board Update