

Bridge the gap!

resources
knowledge
ability to grow

IAITH HADAU
YW
IAITH
Y TIR

SOW

TOGETHER

BERE

HOW

DO

WE

RECORD

KNOWLEDGE

TOGETHER

heirloom

endangered

indigenous

local



A 'SOW TOGETHER' zine

created at The Gaia Foundation Seed Gathering, 17-19 October 2025
Centre for Alternative Technology, Machynlleth, Wales

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Front cover collage: Elinor

Back cover collage: Martyn Windsor

Facilitation & Design: Heiba Lamara

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Seed
SOVEREIGNTY
THE GAIA FOUNDATION



Until recent times, not a single seed was owned by anyone. Today, seeds are one of the most controlled commodities in the world.

For millennia, small-scale growers have freely cultivated, saved, and shared a vast variety of seeds, upholding the diversity and resilience of our entire food system. In recent years, new laws have turned these ancient practices into a radical and political act, opposing the profit-fuelled takeover degrading our soils, meals, and communities.

For nearly 40 years, The Gaia Foundation has championed the Earth's best custodians of soil and seed. Since 2017, the Seed Sovereignty Programme has accompanied the UK and Ireland's blossoming network of seed guardians, sowing a grassroots food revolution across our treasured isles.

This zine was created in collaboration with participants of our third biennial – and first in-person – Seed Gathering. Its pages, full of ancient wisdom and future promise, capture a snapshot of the movement as it stood in 2025, as we collectively forged our shared pathway to the diversity, resilience, abundance, flavour, joy, connection, and community that tomorrow's seed sovereign world will bring.



DEEP ROOTS



WELSH Seed Lore

What has been lost? What has been revived? Why are seed stories important? What are the modern food stories we are hearing? How are our stories different? How can seed stories repopulate our culture and experience of life?



KITCHEN

Collection

lect s
n nearly
pen brown

Seeds of Peace

Lightboard moment, lightbulb moment.

Horticultural
therapy.

This is about
sowing seeds creating new
life direction...

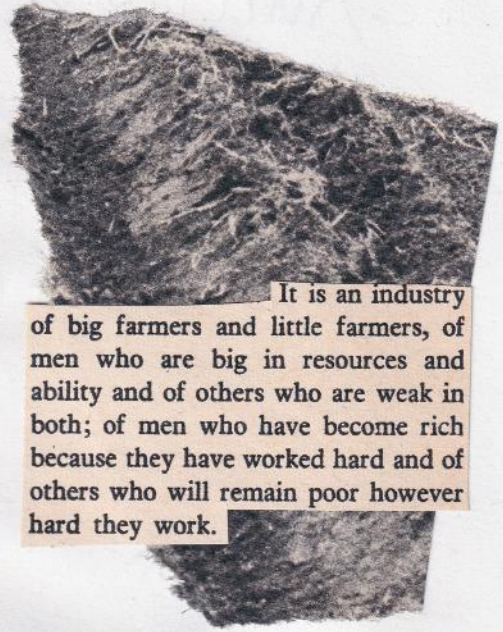
sparks of
new energy.
ideas.

Seeds can
change a lot
for us...

...beyond plants,
into our lives,
life directions
and emotions.



Left: factory farming



It is an industry of big farmers and little farmers, of men who are big in resources and ability and of others who are weak in both; of men who have become rich because they have worked hard and of others who will remain poor however hard they work.

their future depended on seeking solutions to their problems together.

imagine the future.



Collective

OWNERSHIP

Liberation

Decolonization

ecological

memory

trust

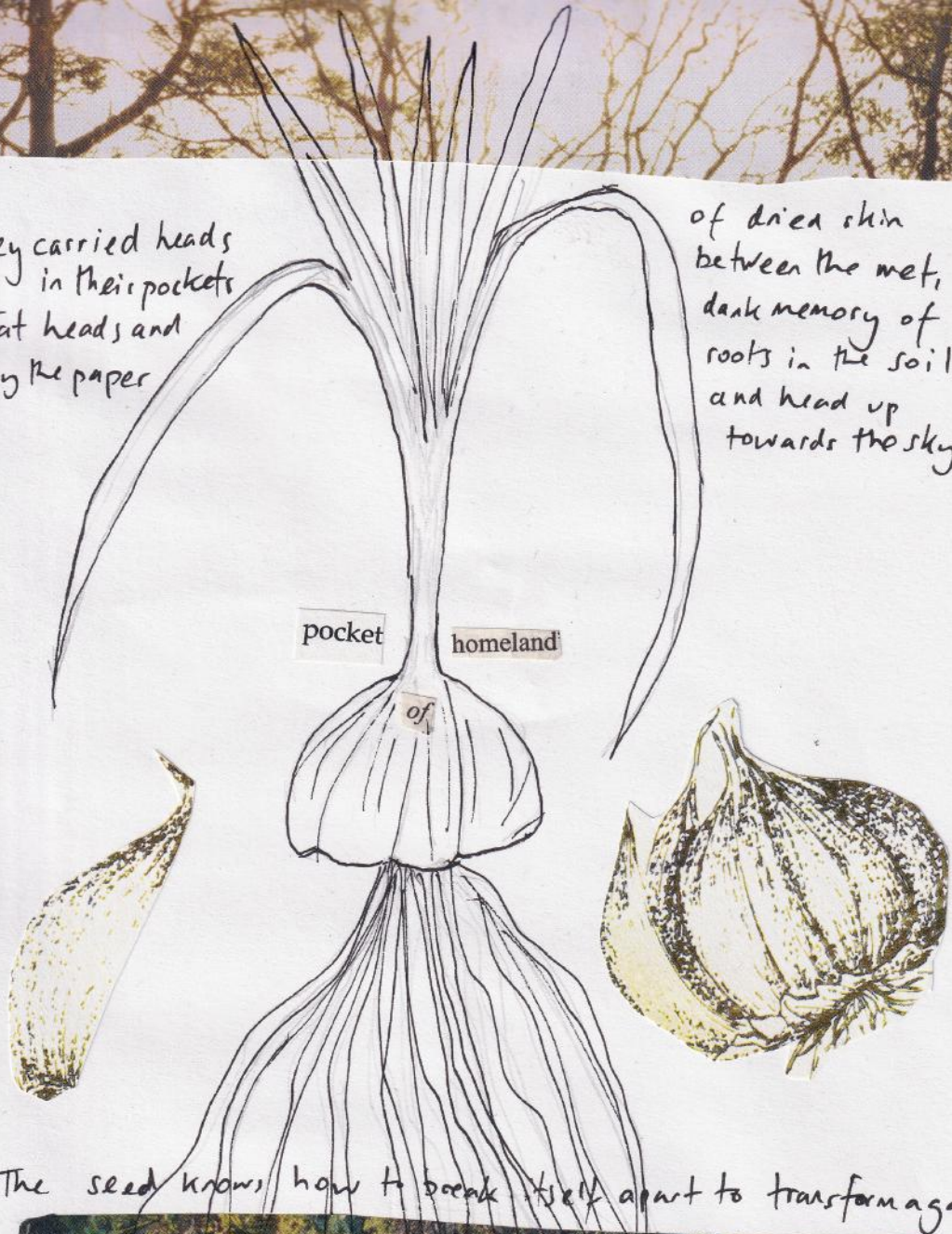
culture

ancestry

and 'Life on Earth'

They carried heads
in their pockets
Fat heads and
only the paper

of dried skin
between the met,
dark memory of
roots in the soil
and head up
towards the sky.



The seed knows how to break itself apart to transform again



AGRICULTURE is a collective noun.



APPLE



4 A



Seamus Bradley

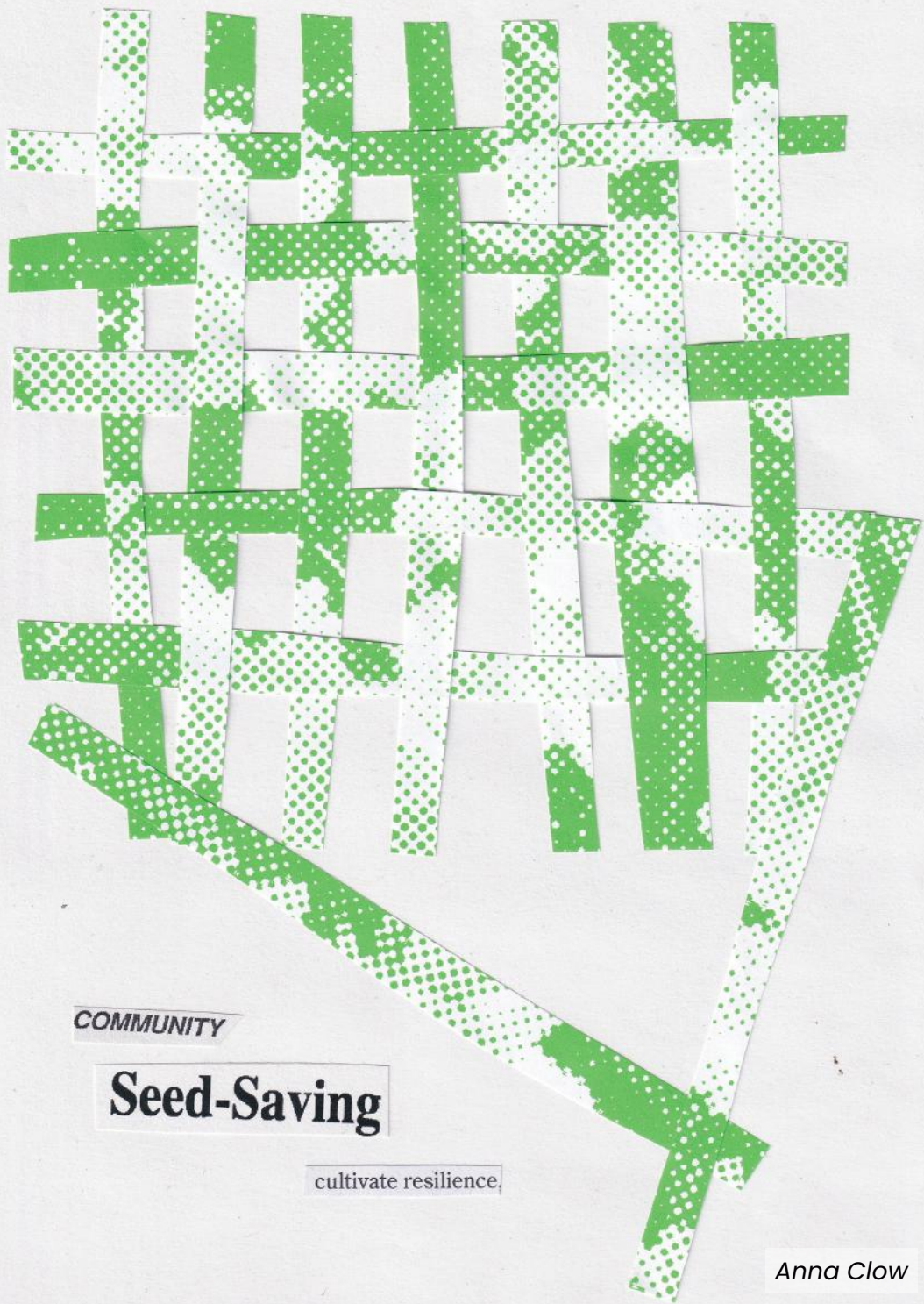
My son had collected alder
seeds + planted them in
a house plant. (beside a ^{Christmas} cactus)
We couldn't figure out what
the tree was for ages
-It's now planted in the
field at home



Seamus Bradley

Street. They're seedfolks too. I'm talking about that first year, before there were spigots and hoses, and the toolshed, and new soil. And before the landlords started charging more for apartments that loc





COMMUNITY

Seed-Saving

cultivate resilience.

Anna Clow

Seeds collect memory.

storing ancestral resistance

and histories of diaspora

while, imagining futures by living now



S.O.S!!!!

maps integrated time and space. They told stories



Edmond Albius

From Wikipedia, the free encyclopedia

Edmond Albius (1829 – 9 August 1880)^[1] was a horticulturalist from Réunion. Born into slavery, Albius became an important figure in the cultivation of vanilla. ^[2] At the age of 12, he invented a technique for pollinating vanilla orchids quickly and profitably. Albius's technique revolutionized the cultivation of vanilla and made it possible to profitably grow vanilla beans away from their native Mexico.

They went over



Seeds

soil decomposing the seedcoat until it is no longer effective and water can be taken up. fungi in

starvation

Epistemicide



food system.

FUNGA

SOIL

freed slaves and they wanted to get good and far from cotton-growing country.

FLORENCE



Tree

Pamela Shor

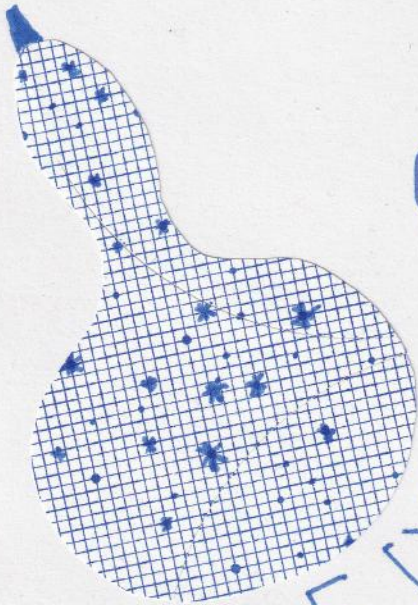
ROOTS



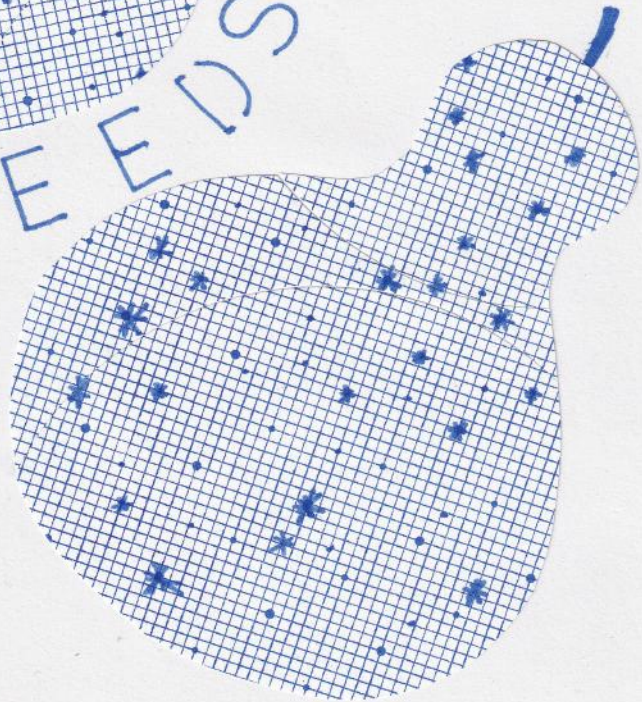
CALABASH

hold

COSMOS
of



SEEDS



DEEP ROOTS

Seeds

of

hope

Decolonization

two forces,

opposed to each other

by their very nature

displaced families

lost of indigenous knowledge around the world.

co-existence

together

Gi

IMMIGRATION

Bridge the gap!

resources
knowledge
ability to grow

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Elinor

This page is about language and landscape, and was catalysed by purchasing a packet of 'Bere' seeds from 'Seeds of Scotland' at the Seed Gathering. 'Bere' is the Gaelic word for barley - it also occurs in Welsh place names, which made me wonder if it means exactly the same word in both languages ('barlys' is the word commonly used for barley in Welsh these days).

'Iaith hadau yw iaith y Tir' is Welsh for 'The language of seeds is the language of the land'.

I've selected words and phrases which apply equally to minority, indigenous and endangered languages as they do to plants and seeds, so that the whole page carries this dual meaning - with a plea to 'bridge the gap' and cultivate an ethic of care that encompasses both realms.



to sow a seed
is an
act of

HOPE



PLANET

SEED

to save a
is an act
of
REBELLION



to
SHARE a
SEED is an
act of
LOVE



Seed It Union has
brought so many of
us across 9-county
Ulster together to
save + share for
. love, not money

Conor O' Kane

cotton seeds kept safe inside fluff and spikes.



already made
aware



distinctive pimply undersides.

Comes back every year

Remove dead and damaged foliage.

experience.

love



a handful of seed in a bag or a box



Amygdalus

encounter

existence

Almond

لوز حلو



amandes



overseas

fields

generations



to be resurrected

Hetty



Jay Hampton

I am a seed forager. I save seeds from greenspaces at risk of destruction, regeneration and tidying up. My local wildflower meadow is on brownfield land and has been left to renew for the last 30 years. The meadow is full of wildflowers like in this image - greater knapweed, Bladder campion and bee orchids.

Unfortunately, this site has been marked for 'regeneration' and this meadow is to be turned into a car park. I am saving as many seeds as possible from this site before the cars move in.

Jay Hampton



find a fern thriving best under the protection of a wave which

a seed in the wind trying to find a tree with five eyes

there's a little that dives us and the green.

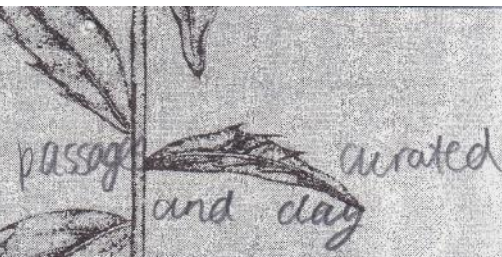
protection of a wave which

a tree with five eyes

as far they're going



What flows through passage
(safran batard) by sand, silt



curated
and clay

قصفز
قرطم - لرطم - شوران - مزريق - بجزم -
إخريص - إخريصه - شزع - الشخ - شح
pas utiliser, car elles provoquent une
les filaments (pétales de fleurs) ont
le safran.

What dives below the soil of sprouts as far
as the roots can reach

What stretches in hope of feeling the
drops from above

What falls from the trees when the
cold begs them to flee

CUMIN
الكامون - الكُمون - كُمون
كُمون - سنوت - كمون
أبيض

CURCUMA
curcuma xanthorrhiza
al kharqûm

العرقونيم
قزكم - كزكب - عقيد هندي - فرد - فرد - أصابع سفر - شجرة الكف

ns le sud du Maroc.
atactagogue, sudorifique, stimulant, le
poction à raison de 1 cuillère à café par
mn.
ajouter dans l'alimentation du cumin
colites : boire un verre après chacun
30 g de graines par litre d'eau, bouillir
a fern
rés les repas d'une infusion faite avec
anis, carvi, coriandre, cumin, fenouil

Partie utilisée : Ce sont les rhizomes qui sont importés des Antilles,
d'Amérique Centrale de Malaisie ou de Java.
En plus de son utilisation comme condiment, le curcuma aurait des ver-
tus bactéricides et on en fait des infusions pour tonifier les voies biliaires.

a fern thriving best under the protection
of others



a tree with five eyes observing passbyers



a wave whispering the secrets
of the sea



there's little that divides us and
the green ~



Melissa Pettitt

i Been

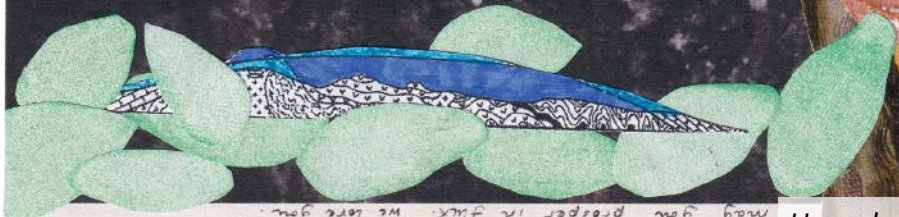


I Been growing Tommatoes and
trees. I Bee growing Apple
trees



dreaming of a future in relation of your death. our

future ancestors. in saliva and soil, we know each other. our past and future ancestors



May you prosper in life. We love you.

Hamshya Rajkumar

But what is 'seed making'?

a way of seeing,
way of feeling,



often the stuff
of sentimentality, luminous art and dirt.

"lit from within by vegetables, hollyhocks, poppies, and snapdragons.

recalling a mother's flower garden that I'd forgotten?

Enraptured.

That small circle of earth became a second home

I smelled the dirt on my fingers

with satisfaction. and

My eyes gained back some of their life.

What a marvelous sight it was



BRIGHT LIGHTS BIG CITY



"Compos
the
SYSTEM"
liba



CAROU
Ceratonia siliqua
kharrûb - al kharrûb - tiqida * -
Partie utilisée : La pulpe du fruit (la farine)
Propriétés : C'est un excellent absorbant
c'est pour cette raison qu'il est utilisé et
que.
Quand et comment l'utiliser
• **Contre la diarrhée** : il faut manger peu
de caroube.
• **Contre l'obésité** : pour diminuer l'appa
rentement de la poudre de caroube (qu
piassage).



I must have ~~saved~~ ^{saved} seeds since I was little. Otherwise how would my grandma ("babcia") grow successful crops year after year. The soil here is rich enough, she would always say whenever I asked why didn't we do crop rotation, pesticides, fertilizers (also all natural & "organic" - not a word we ~~use~~ ever knew until the arrival of capitalism), why we didn't even have a "compost bin" but burned our food waste in the old oven ~~which~~ we used for cooking & heat in winter. [It's my ADHD/trauma or whatever kicking in but I have to deviate to tell you about the tiled masonry oven and the sensation it provided. Hot in winter ^(-20°C) from the wood my babcia would chop until late in life, the strong Slavic woman that she was - cold and cooling in hot south-eastern climate.]

Going back to seed saving, how would we have enough dill seeds ^{crucial} ~~needed~~ for cucumber fermentation ("kiszenie ogórków") we would do all together, women around kitchen table: telling stories, laughing, crying this time of the year?

Intentionally though, I saved my first seeds in the summer of 2021. →

→ I was volunteering for an organisation called Edible London ^(EL) with one of their growing sites at Wolves Lane Centre. Chris Gorgay, the EL ~~the~~ head grower at the time, handed me two cucumbers. One Crystal lemon variety and asked, "Hanna, could you save the seeds for next year for us?"
The rest is history.

Hanna Mroczka



ancestors



Calendula



Trees and Shrubs



Walnuts

Collections of tree

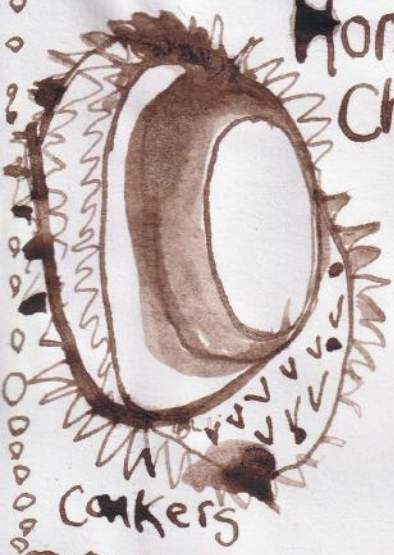
Horse seeds

Chestnut

ELder



Berries



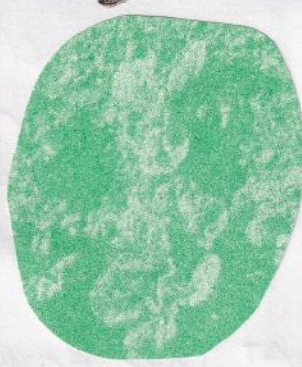
Cookers



Acorns

Oak





KICKING

THE POLITICS OF

HIDING

migrant stories

BRINGING

on BiPOC and queer communities of ~~fox~~ radical feminist

FOR ALL

WE ALL DESERVE
WE MUST
THOSE IN NEED

AID

NO ONE'S FREE
TILL WE'RE ALL FREE

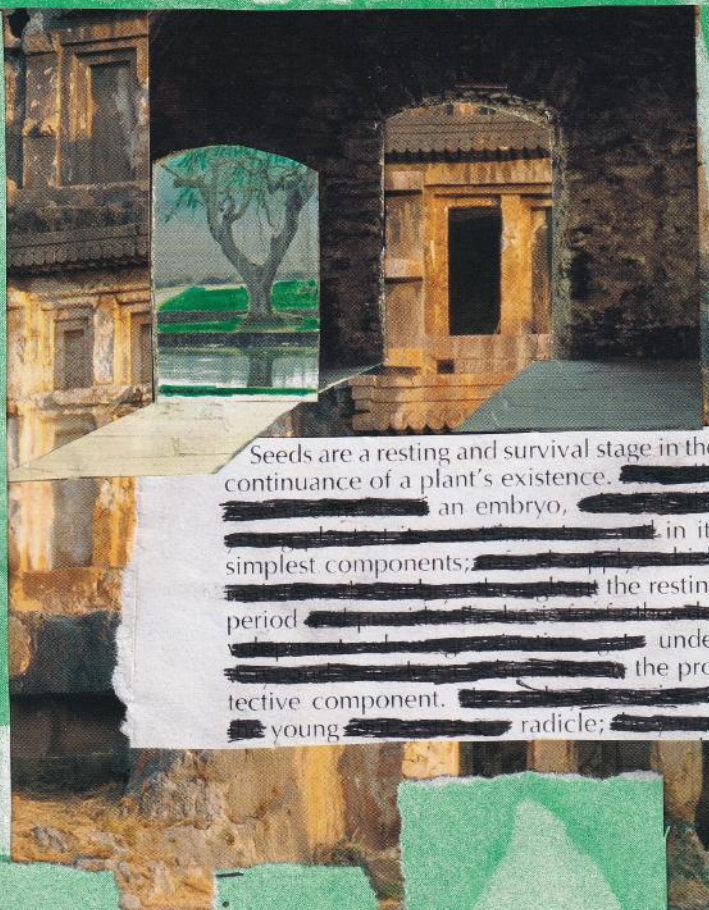
My seed story starts in Trinidad.
Shelling Pigeon Peas with grandfather.

And my story continues with me
going to meet different pieces around
the country, having my eyes opened
to the wonders of farming and
food and seed growing, from rearing
cattle and goats in India, to raising
calves by hand, then not too long after
my full on ~~trip~~ journey into growing began
in London.

At The Wolves Lane Centre with
Black roots or who I call my roots
family, who showed me to different
ways to tend to the land
and the seeds gives,

Taking me far from home to
journey deeper into the knowledge
of seeds.
And my close dream.

Jaden Woods



Seeds are a resting and survival stage in the
 continuance of a plant's existence. [redacted]
 an embryo, [redacted] in its
 simplest components; [redacted] the resting
 period [redacted] under
 protective component. [redacted]
 young [redacted] radicle; [redacted]

[redacted]
HOW



DO



WE

Pioneer



Permian and Triassic



Carboniferous limestone



Coniston limestone group



Skiddaw Group



Millstone grit and coal measures



Silurian



Borrowdale volcanic group



Plutonic igneous rocks

... symbol of the new-style farmer, a



The travails en route.

HIGH COST OF HOME-GROWN

Planet

Centre for Alternative Technology
Canolfan y Dechnoleg Amgen



Johanna Korndorfer

Branches of Light



SEED LIBRARY

LAND

TOGETHER

& LOVE are inter-dependant



CROSS-pollinate



Open



KITCHEN MULTI-TASKERS



Collect small seedheads when nearly dry. Place in an open brown paper bag



Collecting and storing



EFFECTS OF TEA-DRINKING.



Their first
encounter was marked by SHRUBS
and

GOOD SOIL

and their existence - was soaked in

'The idea was to make a
garden



KNOW



Daniel Murphy Connor

The wet lemon seeds, my fingers pushed them into soil that I believe knew to be kind to my innocent hands & mind.

Generous - seeds bore leaves that wet & were more rigid than I knew plants could be.

As the seedlings lignify so too have my bones connected. As I have melted into myself the seeds have watched me with something like care.

Every season the tunnel is born deeper into my life - we gather in barns + woods, in the fields and by the river - to discuss the continued living of the seeds which care for us - and are our guiding lights.

Young & bright, old & grey we regenerate so that we remain viable - we are ourselves in sweet repetition. A matrix of cross + self pollination that will carry our selves & relationships into the rolling waves of the always change.

I did not know why I went to the effort to grow deep roots until high winds came - now I know my leaves are so many + so green because great sun is coming.

Daniel Murphy Connor



A World
MY

Under
FINGERS



Boxes for conveying Plants by Sea.



A RISING TIDE LIFTS ALL BOATS

A campaign which we hope you
will join.



YOU ARE THE
PEOPLE WHO CARRY
A MESSAGE FROM
ONE PLACE TO ANOTHER



The proletariat



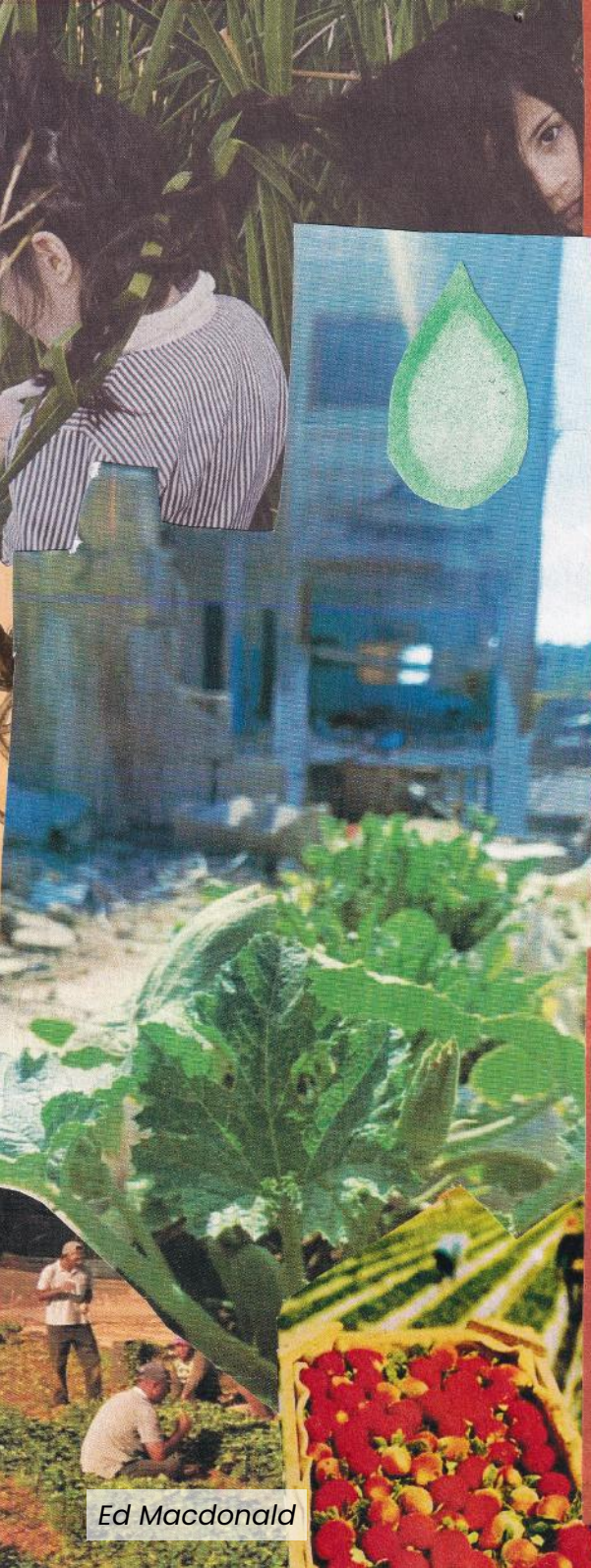
nature should be theirs to enjoy.



Dreaming of

fre e

Palestine



We Are Not Numbers (WANN) is a youth-led Palestinian nonprofit project based in the Gaza Strip. It was conceptualized in 2015 by the American journalist Pam Bailey. The project was brought to fruition by Dr. Ramy Abdu, the chairman of the board of directors at the Euro-Mediterranean Human Rights Monitor (Euro-Med Monitor). It is registered under the umbrella of Euro-Med, and its fiscal sponsor is Nonviolence International, a U.S.-based organization.

The project came to light after Ahmed Al-Naouq, a WANN co-founder, lost his 23-year-old brother, Ayman, to an Israeli missile while he was simply walking on the street near his home in Dir-Al-Balah. Ahmed sank into a depression from which he thought he would never escape. During this time, he met Pam Bailey, who encouraged him to write his story.

When the world talks about Palestinians living under occupation and in refugee camps, it is usually in terms of abstractions and numbers – how many are killed, injured, rendered homeless, and/or dependent on aid. However, numbers are impersonal and often numbing; they don't convey the daily personal struggles, triumphs, tears, and laughter, the aspirations that are so universal that if it weren't for their context, they would immediately resonate with everyone.

The mission of WANN is to create a new generation of Palestinian writers who, by making their voices heard, can create a profound change in understanding of the Palestinian cause. The project is one of the very few Anglophone endeavors in the Gaza Strip. Thus, it provides the world with direct access to the Palestinian narrative without the need for foreign intermediaries to speak on their behalf.

Ed Macdonald

Radicle



YOU
TEACH
ME
HOW
TO

grow

Ione Rojas



looked like no place for a garden.

space and digs into the hard-packed soil to plant

precious bean seeds.

transforms a neighborhood.

Suddenly, the soil holds **SEED**

Now that everything has run out, mallow, which is a wild plant has become

Julia Bedford



Sow Together is a series of on-going workshops and texts by artist-publisher Heiba Lamara examining the parallels between self-publishing, growing and seed-saving. *Sow Together* asks:

- Who has the power to grow?*
- Who has the power to publish?*
- How do we save our seed stories?*
- How do we grow a book?*

Thank you to every person who gathered to 'sow together' and to The Gaia Foundation team for the space to make! - *Heiba*



With thanks to



The Roddick Foundation



The Halleria Trust

THE KREITMAN FOUNDATION



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