



FREE TREE SEEDS

Saturday, March 1, 2025 | 9am - 2:30pm
FVCC's Arts & Tech Building - 745 Grandview Drive, Kalispell



PROGRAM CONTENTS

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WELCOME

Welcome, friends, to the 10th year of Free the Seeds Montana.

As a founding member, it warms my heart to see this simple idea, born from friends passionate about our community food system in 2015, blossom into such a beloved event.



Ten years ago, we gathered with a few workshops and bulk seeds, hoping to inspire others to grow their own food. We never imagined it would become an event that draws people from across Montana, a testament to community and seed saving.

It's incredible to reflect on our journey, from those first workshops to giving away 18,000 seed packets in 2024! This growth speaks volumes about our collective desire to connect with our food, nurture our land, and build a resilient future. The need for community food growing and saving is greater than ever, and it's inspiring to see so many embrace this vital work.

Thank you for being here, for sharing your passion for seeds, and for being part of this incredible community. Through our collective efforts, we ensure a healthy future for generations to come. Enjoy the workshops, the seed swap, and the chance to connect with fellow seed savers and growers. Let's celebrate ten years of Free the Seeds and look forward to many more seasons of growth and abundance.

A handwritten signature in black ink that reads 'Gretchen Boyer'.

Gretchen Boyer - Executive Director of Land to Hand MT

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SCHEDULE

SATURDAY MARCH 1, 2025

9am

Community Room &
Breakfast Bar Open



9am - 9:30am

Welcome & Legacy Awards
Black Box Theater

9:30am - 10:15am

Keynote Speaker - Bob Quinn
Black Box Theater



10:30am

Seed Rooms Open & Workshops Begin
(Downstairs) (Upstairs)



11:30am - 12:15pm

LUNCH BREAK

Lunch available for purchase from local food trucks
outside the front entrance.

TICO'S | WILD CHILD | ZAPO TACOS



1:20pm

Raffle Winners Drawn in Community Room

2:30pm

End of Day & Clean Up



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SUPPORT FTS



DONATE - Cash or Online

Become a Friend of Free The Seeds!

- landtohandmt.org/donate

Merchandise - Card or Cash

Shirts, Hats, Sweatshirts & Stickers

Purchase downstairs or online:

- landtohandmt.org/shop



RAFFLE - CASH ONLY

We have a variety of raffle baskets - see them upstairs.

Purchase tickets with cash at any of the info tables or from the floating sellers!

Winners called at 1:20pm in the Community Room.

Not staying? Write your name & number on each ticket.

1 for \$5 - 5 for \$20 - 30 for \$100

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SPONSORS

GROWER



POLLINATOR



SPROUT



SEED



Jordanna
Dores



SEED ROOMS

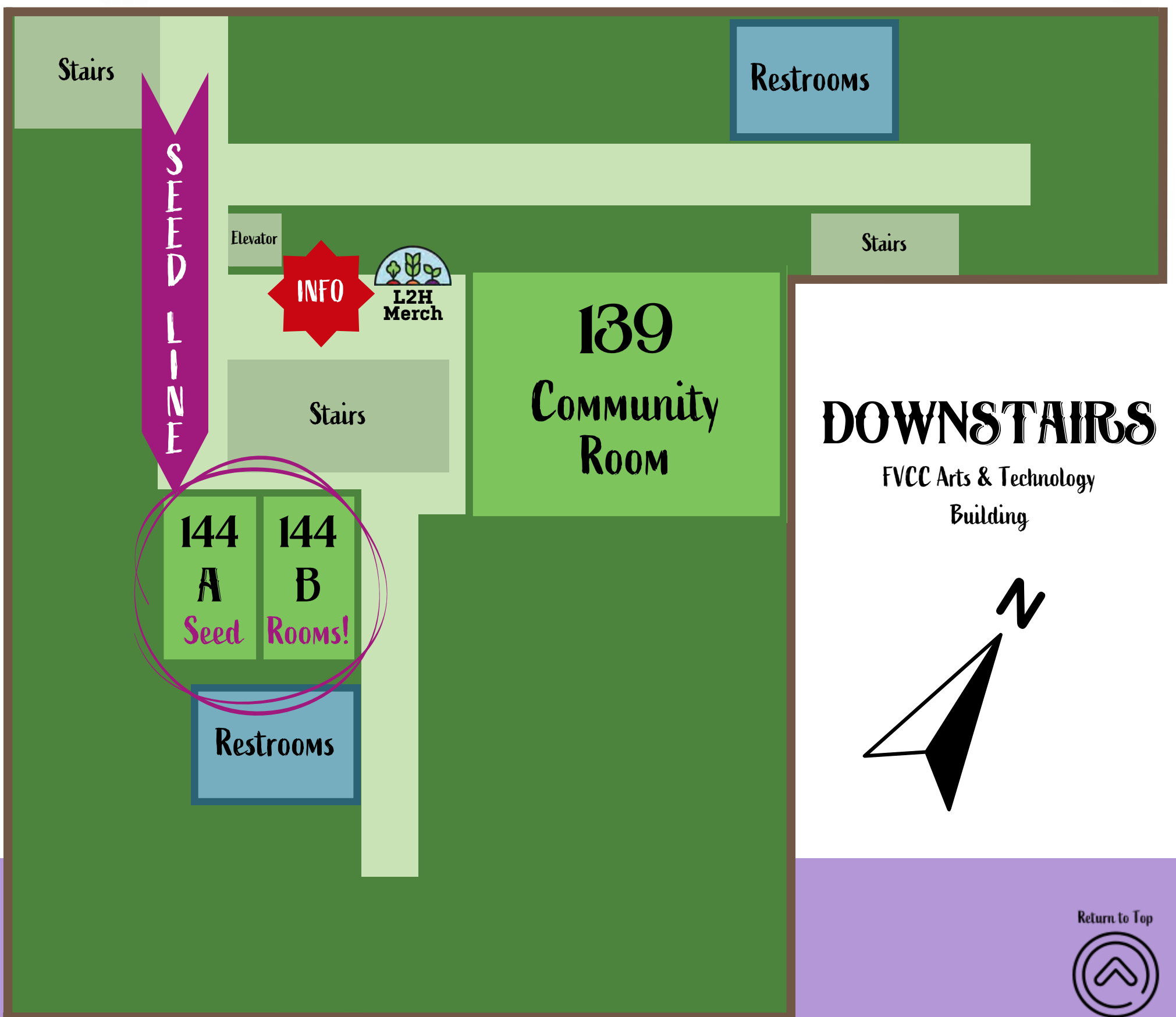
DOWNSTAIRS - 144 A/B

10:30am - 2:30pm

Pick Your Own!

Seed packets are located downstairs in rooms 144 A/B.
There is only one line - both rooms are the same.

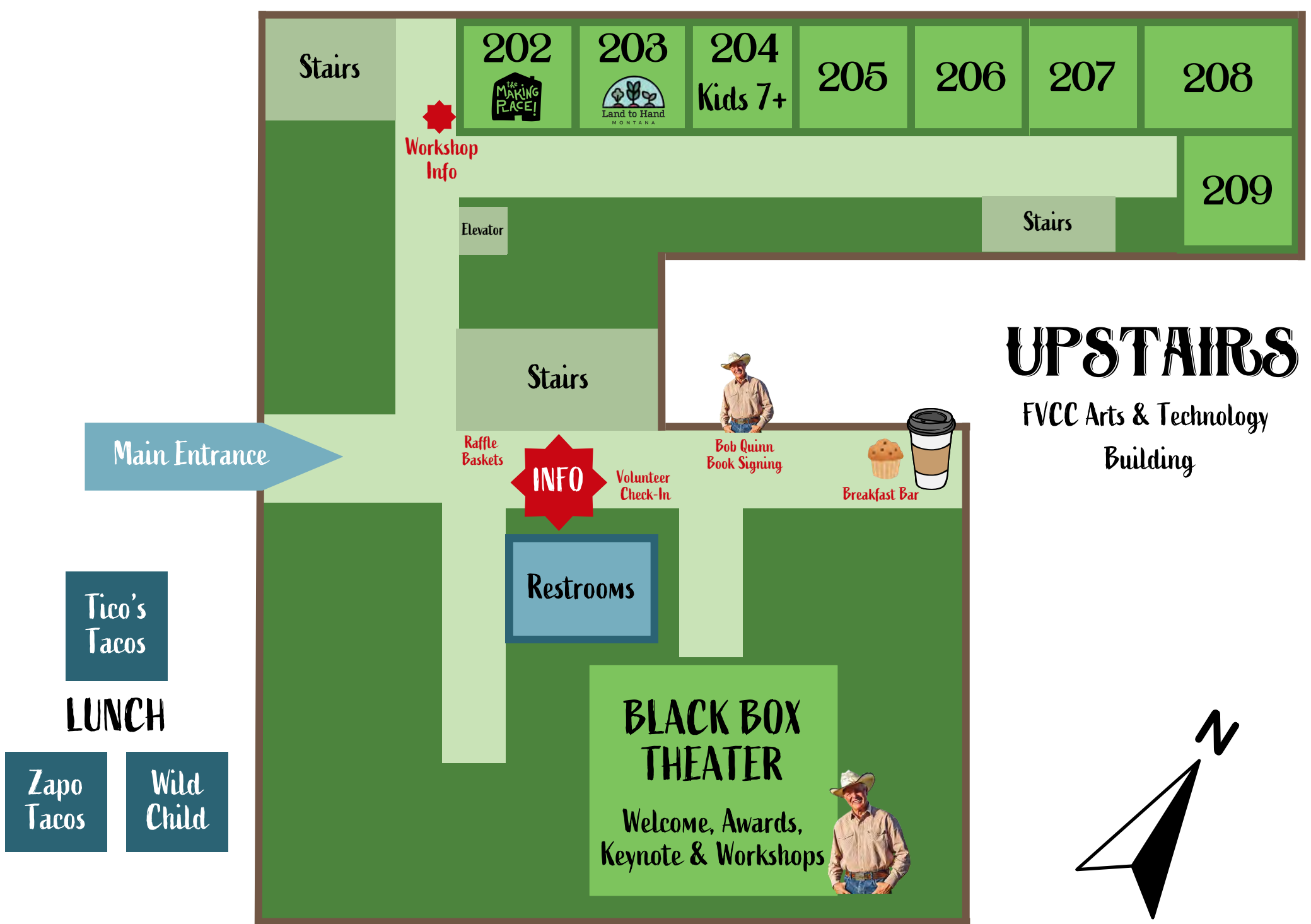
To allow everyone to get seeds throughout the day, please be courteous and only grab up to 9 packets of seeds.



WORKSHOPS

Workshops will be held upstairs in rooms 202 - 209 and the Black Box Theater.

****There will be limits on the amount of people in each room due to fire safety.****





Click here to jump to workshop descriptions at end of program.



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WORKSHOPS

	Black Box Theater	<u>Room 202</u> Drop in	<u>Room 203</u> Drop in
10:30 - 11:30	Gardening Tips by Cassady Daley Raven Ridge Farm	The Making Place	Seed Saving
11:30am - 12:15pm LUNCH BREAK			
12:15 - 1:15	Regenerative Gardens by Mark Cometti Flathead Permaculture	The Making Place	Seed Saving
1:30 - 2:30	Reclaiming Montana's Food Future by Abundant Montana		 Land to Hand MONTANA

Click here to jump to workshop descriptions at end of program.



Tap the graphic above to open a submission form & submit for workshops attended.

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WORKSHOPS

	Room 204 Kids 7+ 	Room 205	Room 206
10:30 - 11:30	Who's Leaving a Trace? by Haley King Whitefish Legacy Partners	Taiga Food Forest Gardens by Rhett Richardson	Grow Your Own Food: All About Soil by Michone Mercer Plow Girl Farm
11:30am - 12:15pm LUNCH BREAK			
12:15 - 1:15	Pemmican: The Original Protein Bar! by Anna & Jay The Skola	Root Medicine & Its Ancient Wisdom by Janna Hibler The IV Element	Gardening Through Our Grief by Rick Stern Tamarack GRC
1:30 - 2:30	Garden Storytime by Kylin Flathead County Library	Hydroponics for Home Vegetable Growers by Sherri Tappan The SurThrive Guide	Mushroom Cultivation for Home & Garden by Shawn McDyre Sun Hands Farm

Click here to jump to workshop descriptions at end of program.



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WORKSHOPS

	Room 207	Room 208	Room 209
10:30 - 11:30	Making Medicinal Mocktails by Anna Prestegaard SpiritWorks Herb Farm	Dryland Growing for a Changing Climate by Charlie Overbay	Garden With Kids! by Julie Schreiner
11:30am - 12:15pm LUNCH BREAK			
12:15 - 1:15	Seeds of Flavor by Julie Laing Twice As Tasty	Square Foot Gardening by Kathy Prim	AI Data Centers & Food Security by Linda Kiltz KZ Farm
1:30 - 2:30	Plant the Rain: Water First by Megan Neary Resilient Earth Solutions	Is Beekeeping For Me? by Angela Tollerson Flathead Valley Beekeepers	Pasta: Making Food with Seeds by Corky & Leticia

Click here to jump to workshop descriptions at end of program.



Tap the graphic above to open a submission form & submit for workshops attended.

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COMMUNITY ROOM

DOWNSTAIRS | 9AM - 2:30PM

- Abundant Montana
- Blissfully Balanced Nutrition
- Box of Rain
- Center for Native Plants
- Citizens for a Better Flathead
- Dirt Rich Compost
- DNRC Montana Conservation Seedling Nursery
- Farm Connect Montana
- FAST Blackfeet
- Flathead Conservation District
- Flathead County Library
- Flathead Land Trust
- Flathead Permaculture
- Flathead Valley Beekeepers
- Flathead Valley Citizens' Climate Lobby
- Forward Montana Foundation
- Flathead Valley Community College
- Genesis Biochar
- Glacier Institute
- Glacier Queer Alliance
- Hunter Family Chiropractic
- Kalispell Farmers Market
- Kettle Care Organics
- Mission West Community Development Partners
- Montana Conservation Corps
- Montana Farmers Union
- Montana Organic Association
- Montana State University Extension
- Mountain Spring Farms
- North Valley Food Bank
- Plowgirl Farm
- SpiritWorks Herb Farm
- Stephen Glutting (Native Bees)
- Tamarack Grief Resource Center
- Two Kay's Flower Farm
- Western Montana Conservation Commission
- Wild Montana



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FAQ

Do I need to register for the workshops?

- No registration required for the workshops but some of them might be really popular and run out of space so arriving a few minutes before they start to get a seat would be a good idea.

I have a seed donation. Where do I go?

- Donate seeds in Room 203 on the upper level. There will be seed packing tables set up there so that attendees can pack their own seed on the day of the event.

Do you provide childcare?

- There is no childcare, but there are kids' track workshops! Please check the schedule and workshop descriptions, kids age 7 and older may be left unattended for some of the workshops, but must be signed in and out by a guardian.
- Children may only be left for one workshop at a time and parents/guardians must check in with them in between sessions.
- Kids age 6 and younger must be accompanied by a parent or guardian at all times.

How can I give feedback on the event?

- You can fill out this [Feedback Survey](#) or email hello@landtohandmt.org.



FAQ

What does “non-GMO, Open-Pollinated” mean and why is that important?

- “Open-pollinated” means that progeny seeds collected from the plants grown from your seed swap seeds will produce substantially the same plant as what you planted this year. This is known as growing “true to type”.
- All heirloom seeds are open-pollinated seeds.
- By contrast, 1/3 of seeds from new hybrids or “F1” varieties will NOT grow “true to type”. The variety is still too new, and the plant genetics are too scrambled to reliably produce viable seed. (Think of trying to reliably predict what the pup litter would look like if you crossed a poodle and a dachshund.)
- “Non-GMO” means the plant variety from which your seed swap seeds came were NOT modified in a laboratory to contain non-plant DNA.
 - Those that have been modified are called “GMO plants” for “Genetically Modified Organism.” Seeds from GMO plants generally do NOT grow true to type.
 - In addition, the long-term impact of GMO’s is not yet known and they may cause harm to the people, pets, and beneficial insects that eat them.

See more at landtohandmt.org/faq



RESOURCES

SEED LIBRARY

Housed at the Columbia Falls branch, our Seed Library is a partnership between the Flathead County Library and Land to Hand MT. This collection of seeds can be accessed year-round.

A seed library is a collection of seeds that you can borrow to plant and grow your own food, herbs and flowers at home. After your plants mature and “go to seed,” you save the seeds and return them to the library so they can be shared with others.

Address:

130 6th St W Columbia Falls, MT



ONLINE WORKSHOP LIBRARY

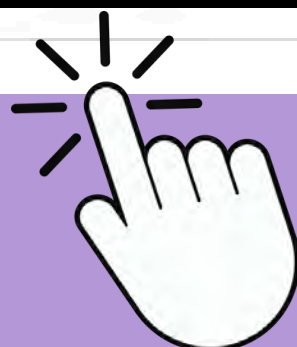


Workshop Library

This workshop library is a collection of workshop videos and presentation files from past Free The Seeds events.

 Land to Hand

landtohandmt.org/library



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Workshop Descriptions

AI Data Centers & Food Security by Linda Kiltz of KZ Farm

- Artificial Intelligence (AI) has become a vital part of our daily lives, influencing both industries as well as our own personal lives. However, this technology often brings a range of issues, including the enormous amount of freshwater and electricity required to run these AI systems, that will conflict with local farming operations. This session will discuss the impacts of such AI super centers on food and water security in Montana.

Dryland Growing for a Changing Climate by Charlie Overbay.

- Discover dryland farming! This ancient practice of growing food with minimal water produces intensely flavorful, nutrient-rich vegetables. Learn how to thrive in a changing climate with this essential skill. Charley Overbay, a decade-long dryland farmer in Montana wheat country, will guide you through the process. Robin Kelson, from The Good Seed Company, will provide resources for backyard growers to collaborate and develop these skills together.

Garden with Kids! by Julie Schreiner

- Learn about why kids should be gardening! Kid friendly ideas to get them out in the dirt, the best/most fun plants for kids to grow, and garden crafts and activities!

Gardening Through Our Grief by Rick Stern of Tamarack Grief Resource Center

- If we live long enough, we inevitably will experience the grief that results from the death of loved ones or other significant losses in our lives. Gardening helps us to cope with our grief because being outside, moving our bodies, and getting our hands dirty are all inherently healing. This workshop will highlight the latest thinking on grief, healing, and how gardening can help us to integrate our grief into our everyday lives and move forward with as much joy as possible.

Gardening Tips by Cassady Daley of Raven Ridge Farm

- Tips on what to grow, how to grow them, and when to let them go so that you can replant. This is intended to be a highly interactive discussion with lots of tips and tricks to maximize your home garden. We can go through many of the burning questions that gardeners often have for farmers at market- why isn't something growing, did I plant too close, how far should I plant certain crops - the opportunities are endless!



Grow Your Own Food - All About Soil by Michone Mercer of Plow Girl Farm

- Do you struggle to grow your own food? Does it seem like you have loads of pests and small harvests? Would you like to grow knee high strawberries and basketball size cabbage? Its all in your soil! We will be talking about your specific soil, any problems you have had and how to fix them. And if you are just starting a garden, how to do it right. You will learn about soil tests, crop rotation, pesticide contamination, tilling or no-till, and amendments.

Hydroponics for Home Vegetable Gardeners by Sherri Tappa of The SurThrive Guide

- Discover the joy & security of growing year-round produce as we take the mystery out of vegetable gardening with home hydroponics. This presentation will introduce attendees to various hydroponic methods such as: Aeroponics, Kratky Method, Dutch Buckets, Deep Water Culture, & RDWC. Participants will gain enough knowledge to determine what methods are most suited to their environment. Attendees will receive a handy resource guide for further exploration of processes, materials and set up.

Is Beekeeping For Me? by Angela Tollerson of Flathead Valley Beekeepers Association

- "Introduction to beekeeping pros and cons, equipment costs, and pollinator friendly practices."

Making Medicinal Mocktails by Anna Prestegaard of Spiritworks Herb Farm

- Join us to learn about some of the immune-boosting herbs we grow here at SpiritWorks Herb Farm, so you can discover new allies to lean on this flu season. In addition to teaching you about the medicinal qualities of a curated selection of herbs, we'll cover how to incorporate medicinal herbs into mocktails (non-alcoholic cocktails). You'll go home with recipes for making herb-infused salts, syrups, and iced teas as well as ideas for creating your own signature mocktail.

Mushroom Cultivation for Home & Garden by Shawn McDyre of Sun Hands Farm

- Participants will learn the basics of mushroom cultivation for applications in the home and garden. This course will cover low-tech methods of mushroom cultivation including log, wood chip, straw log and supplemented sawdust production. Participants will leave with an understanding of the basic steps for these methods and how to be successful and avoid the challenges of mushroom growing. We will also cover uses for mushrooms and mushroom substrate in the garden.



Pasta: Making Food with Seeds by Corky & Leticia

- Pasta can be made at home! Hearty & delicious with just a few basic, simple ingredients. This class will show you step by step on how to make your own pasta. This wonderful comfort food is a whole new level of LOVE on a plate! A live demo on making, shaping & cutting pasta will be shown. Bring the old homestead to your home. Recipes including sauces made with seeds will be handed out.

Plant the Rain: Water First by Megan Neary of Resilient Earth Solutions

- Remarkable change happens when you design your landscape for water first. In this session, we will cover the big and small water cycle, what you can do to increase your homestead's water resilience, and how simple shifts in how we manage our water and plant resources can break the destructive cycle of flood, drought, and fire. Join Megan Neary of Resilient Earth Solutions and Water Stories to discover how we can work WITH nature to create abundance – no matter how the climate changes.

Reclaiming Montana's Food Future by Abundant Montana

- In 1950, Montana produced 70% of its food; today, it's just 3%. The 33x33 for Montana campaign aims to change that, with a bold goal to get 33% Montana-grown food on all Montana plates by 2033. Join us as we explore how everyone—producers and eaters alike—can make an impact at home, in their communities, and statewide. We'll discuss strategies like growing more food for your family, sourcing local food for schools, and tracking your local food purchases. What ideas do you have?

Regenerative Gardens by Mark Cometti of Flathead Permaculture

- What makes gardens thrive? Why do gardens struggle? How can I tap into nature's regenerative forces? Join Mark from Flathead Permaculture as he shares his experience consulting on different farm and garden sites across the region, helping people design gardens that work with their lifestyle. He'll share his top tips for success, along with the philosophy behind the regenerative movement that is thriving on farms, homesteads, and backyards across the world.

Root Medicine & Its Ancient Wisdom by Janna Hibler of The IV Element

- The seeds of health were given to us centuries ago through food, botanicals, and fungi. In helping uncover common root causes of disease, we will also share natural therapies to treat them. The earth gave us everything to heal, and when empowered on how to use this wisdom we may do what we're designed to do: heal.



Seeds of Flavor by Julie Laing of Twice As Tasty

- Many common spices are seeds—some you can grow and save here in Montana. Whole spices stay fresh long after the taste and aroma fade from preground ones. Join Julie Laing, author of the Flathead Beacon’s Twice As Tasty column and The Complete Guide to Pickling, as she talks about the spices she saves from her garden, buying whole spices and how she uses them in her kitchen. You’ll learn about “blooming” spices, creating custom blends and mustards, flavoring pickles and grinding spices at home.

Square Foot Gardening by Kathy Prim

- Square Foot Gardening is designed to provide an efficient gardening method with perfect soil and plant placement. Especially formatted for those who would like to have a small scale garden that works well with landscaping and provides healthy vegetables without fertilizer or pesticides. SFG also provides a way for gardeners to work a garden with a disability and is touted as gardening without weeding, tilling or digging.

Taiga Food Forest Gardens by Rhett Richardson

- A well-designed food forest garden will provide food, fiber, fodder, fuel, fertilizer, “farmaceuticals” and lots of fun. The food forest can also be self-fertile, self-sustaining and even self-renewing. There are, however, some big challenges in creating a food forest garden in Montana’s climate. This workshop will address some of these challenges with practical information on forest mimicry, managing ecological succession and plant selection.



**WE WANT YOUR
FEEDBACK**

Please press anywhere in the box to open a submission form & submit for workshops attended. There will also be paper forms in each classroom.



Drop In Rooms

Seed Saving Room by Land to Hand Montana

- Drop in throughout the day to learn about growing and saving seeds! We will have hands-on opportunities to clean seeds using threshing, winnowing, and hand separating. We will also have bulk microgreen and other seeds available for folks to take home

Trash to Trashion by The Making Place

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Kids Workshops



Garden Storytime by Kylin of Flathead County Library

- Sing, dance, read, and explore with Flathead County Library! Join us for this 1-hour gardening storytime where we will enjoy a selection of picture books, musical movement, and hands-on activities! This fun and interactive program is specifically designed for children ages 3-7, but everyone is welcome!
 - **Children must be accompanied by an adult.**

Pemmican - The Original Protein Bar! by Anna & Jay of The Skola

- Pemmican has been a survival and travel food for Cree People for hundreds of years. Join teachers from The Skola to prepare and taste Pemmican, the original protein bar! We will be using locally hunted Elk donated by one of our teachers! This food contributes to the story of a First Nation in our beloved region of this continent! This workshop encourages excitement about local ingredients and using our own hands to prepare a cultural food that fuels our bodies for whatever the next adventure is.

Who's Leaving a Trace? by Haley King of Whitefish Legacy Partners

- Learn from Whitefish Legacy Partners about the Leave No Trace principles and how to decrease your impact where you live and play. Then, using hands-on detective skills, learn about the local critters that are leaving traces...through their scat and tracks! This interactive kids workshop is catered to ages 7-10, but all are welcome.