

Sowing the Seeds of Community

Individual Empowerment and Collective Growth

Free the Seeds Presentation

A Story About Agriculture



A Story About Agriculture

Diverse Garden



Creates resilience and abundance.

Nature shows us that diversity strengthens systems.

Diversity creates resilience.

What is the takeaway?

Are we living in a monoculture?

What if the same is true for human communities?

Who I Am



- Searched for purpose after losing structure of college/athletics
- Did all of the “normal” things I was “supposed” to do

Bought into the
monoculture

Who I Am

- Hiked the Appalachian Trail as a rite of passage.
- Stopped searching outward and began listening inward.
- Discovered my gifts and began building community through them.



Where We Find Ourselves

The fear and anger is real.

Many feel overwhelmed, disconnected, and uncertain.

But... there is also hope.

There has to be.

Today's Goal: Challenge the question of powerlessness.

The Seed

Each one of us is a seed.

And like a seed,

Each one of us is unique!



The Most Important Thing

What does a seed need?

- Water
- Sun
- Soil
- Time
- Nurturing

And, most importantly,

A belief that something will grow.

Belief (aka Hope)

- That we have something to offer
- That positive change is possible
- That there is a reason to take action

Reflection #1

What kind of seed am I?

or

What unique gift, skill, or passion do I have to offer?



BEST DAY YET.

BREWED FOR DOERS, SURFERS,
CLIMBERS, EARLY-RISERS, FREE
DIVERS, CHEFS, GARDENERS,
DANCERS, OYSTER FARMERS,
DREAMERS, PAINTERS, BUILDERS,
MOTHERS, FATHERS, RUNNERS,
HIKERS, WALKERS, MAKERS,
RANCHERS, NURSES, WOOD
WORKERS, TEACHERS, SKIERS,
BIKERS, DOCTORS, HOT-AIR
BALLOONERS, ENTREPRENEURS,
CLOWNS, BAKERS, TREE HUGGERS,
PEOPLE HUGGERS, PHOTOGRAPHERS,
PIT MASTERS, NEIGHBORS,
SNOWSHOERS, FISHERMEN,
FISHERWOMEN, FORAGERS, FANS,
MUSICIANS, POETS, LIFEGUARDS...

The Garden

Healthy gardens depend on diversity.

Garden	Community
Pollinators	Idea Spreaders
Nitrogen Fixers	Teachers/Givers
Ground Cover	Stablizers/Organizers
Pest Repellers	Problem Solvers
Food Producers	Creators/Builders
Shade/Wind	Protectors

Every role matters — none are better than others.

Our resilience comes from the difference

Not from the sameness

We are not a Monoculture

Local Food System Examples

- Farmers growing food.
- Seed savers and cooks.
- Workshop teachers.
- Neighbors sharing harvests.
- Advocates and policymakers.



Reflection #2

Who or what is my garden?

or

What community am I part of or want to help build?

Participation is Key



Growth takes time and patience.

But we don't sit around and wait.
We act!

We must be participants
in our growth.

Hope = Action

It is not just a feeling.
It is seen **within action.**

- Building local food systems.
- Strengthening relationships with neighbors.
- Participating in seed saving.

Hope is just... showing up.

Start Small

You don't have to solve everything.

Start where you are.

Use what you have.

Do what you can.

Every garden starts with one little seed.

Reflection #3

What is one small step I can take?

or

What can I do right now to move towards the future I
want to live in?

Planting Together

We are not alone in this work.

The proof is all around us.

Change is already happening.

Just show up.



Final Reflection

What does hope look like for me right now?

Can we answer this together?
What does hope look like for us?

Closing Message

You are not powerless.

Your actions matter.

We need what you have to offer.

Let's build a thriving garden together!

Open Discussion

What kind of seed am I?

What unique gift, skill, or passion do I have to offer?

Who or what is my garden?

What community am I part of or want to help build?

What is one small step I can take?

What can I do right now to move towards the future
I want to live in?