



## Mind What You Sow

Maria Valana

Growing plants from responsibly sourced seed is a popular, cost-effective means of creating ecologically friendly gardens. Nothing will make you prouder as a gardener than watching your plant babies grow from tiny seeds, to transplants, to fully-grown ready to harvest beauties.

From deciphering the seed package to nurturing vulnerable seedlings in the garden, Maria Valana will walk attendees through the fundamentals of mindfully growing strong, healthy plants from seed. Maria, a storehouse of horticultural tricks and tips, simply exudes passion for this topic.

