

**Rural farmers visit the
Solomon Islands
Planting Material Network.**



A GIFT FROM OTHER FARMERS

These seeds have been produced by village farmers to help rural people all over the Solomon Islands.

These farmers are members of the Solomon Islands Planting Material Network.

This seed is a gift from them to you.

WHY SAVE SEEDS

- ☀ seed can be saved to plant in your garden and can be exchanged for different seeds with other farmers
- ☀ saving seeds and growing different food plants in your garden provides you with vegetables for a mixed family diet
- ☀ a mixed diet improves your family's health and helps your children grow strong and healthy.

**Solomon Islands Planting Material Network
AusAID Community Peace Restoration Fund**



**to improve your
family's health**

**THE PLANTING
MATERIAL NETWORK**

- ☀ the Solomon Islands Planting Material Network encourages saving and sharing seeds with rural farmers
- ☀ the Planting Material Network produces seed for distribution among members.

YOU CAN GET MORE SEEDS

If you want seeds of other plants you should join the Solomon Islands Planting Material Network.

HOW TO JOIN THE NETWORK

Send a membership fee of \$10 or some dried seed to:
Coordinator, Planting Material Network
PO Box 128
Munda
Western Province
Solomon Islands.

You will receive a newsletter and packets of seed.

You can order more seeds at any time.

**CONTACT THE SOLOMON ISLANDS
PLANTING MATERIAL
NETWORK**

c/- Development Services Exchange
PO Box 556
Honiara, Solomon Islands.

Phone 39 551.

**THE COMMUNITY PEACE
RESTORATION FUND**

These seeds have been supplied by a project funded by the AusAID Community Peace Restoration Fund.

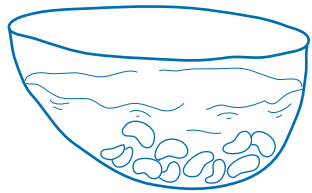
AusAID is the Australian Agency for International Development.



The project is carried out by the Solomon Islands Planting Material Network.



Plant your SEEDS



Soak seed before planting



Planting seeds

- 3 plant small seeds into the nursery
- 3 plant larger seeds straight in the ground.



Harvesting food

Plant your seeds

Plant these seeds to improve your family's health.

- 3 soak the seed in water for half an hour before planting
- 3 make a hole that is twice as deep as your seed
- 3 place a seed in the hole and cover with soil
- 3 pour some water over the covered seed
- 3 pour on more water as the plant grows
- 3 harvest the vegetable to eat when the plant has fully grown and leave some plants to flower and go to seed



Collecting seeds



Drying seeds

Save your seeds

Save some of your seed for replanting and to share with other farmers.

- 3 collect the seeds from the plant after it has flowered and grown
- 3 put the seeds in a dry place and leave them to dry out
- 3 you can plant the dried seeds in your garden
- 3 share some of the seeds you have saved and dried with other farmers in your village.

