

## Why Seeds?

You'll probably hear us talk about "health from the ground up" with healthy soil being the basis for healthy plants, healthy food and healthy lives, but where do we get the "up"?

Plants are an essential link between mankind and soil through the food we eat, the oxygen we breathe and so much more (as if food and oxygen weren't enough). Plants will always be part of our lives, and from most of these plants come seeds. ("Let the land produce vegetation: seed-bearing plants and trees on the land that bear fruit with seed in it, according to their various kinds." Gen. 1: 11 NIV... the concept's been around for a while). Through these seeds, we took part in an unbroken link from soil, to plants and then eventually to mankind.

For countless millennia, we'd been saving seeds from the most flavorful, nutritious and prolific fruits, grains and vegetables, the most appealing flowers and the most useful plants to preserve and continue the traits that were once so important to us, selecting and molding them to our liking from one generation to the next, but by the end of WWII, we started leaving that to the industries that supply us now.

The industries had other priorities, so what became important were traits like uniform harvests, shipping quality, shelf life and a plant's response to chemical inputs. Unfortunately, the chemical inputs led to the death of microbes in the soil, and the varieties of plants that depended on the microbes suffered. As a result, varieties that responded to chemical fertilizers were favored and the use of both increased. As the soils incurred more damage and varieties became more "chemical dependent", we started using more chemical inputs to maintain yield and have seen a steady decrease in nutrition and quality when compared to plants from healthy seeds of healthy plants that depend on healthy soil. That's where SRG comes in.

The Soil Regeneration Group is not only working to restore vitality and energy to lifeless soils, but also our connection to it. By preserving, developing and producing superior seed for plants that grow best in healthy soil, we can complete the connection that was broken by modern agriculture. We're here to reclaim our soil, our seeds and ultimately, our health.

Going to Seed With Keith Nicholson