

# Seeds For Our Future

## Preserving the Past for the Future

Humans have used thousands of different plant species for food, but today we cultivate only 150 or so of those and only a few make up the majority of our food supply.

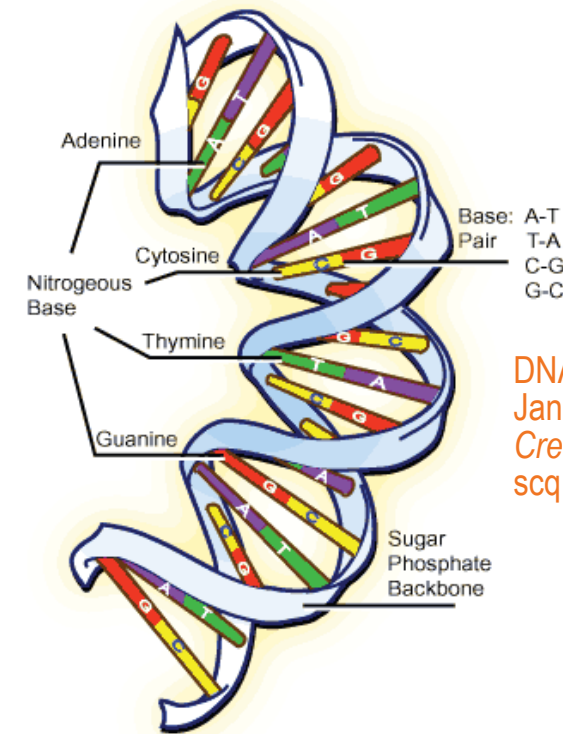
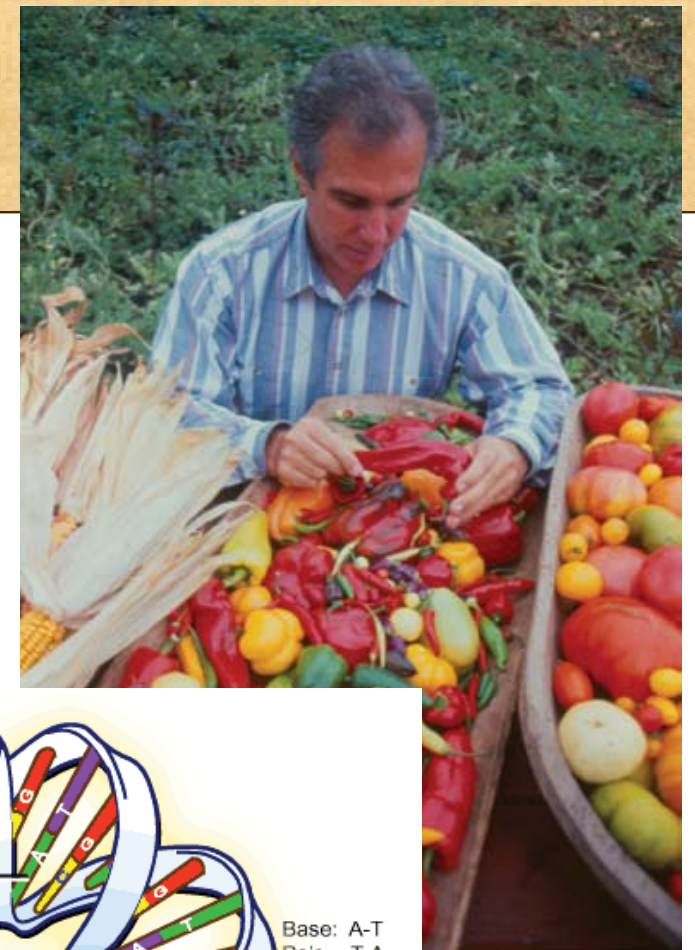


Photos by David Cavagnaro

This decline in the diversity of plants in our food system has brought about a renewed effort to conserve heirloom seed varieties so they may provide for future generations.

Heirloom seeds are open-pollinated varieties that have been in cultivation for at least 50 years.

By saving heirloom seeds in seed banks and by growing them in our gardens, we conserve the genetic diversity of these plants. We preserve their variety of flavours, as well as the genes so that our food plants can continue to adapt to drought, disease, pests and



DNA Double Helix by Jane Wang, *The Science Creative Quarterly* scq.ubc.ca

even climate change in the future.

To learn more visit:  
[www.seeds.ca](http://www.seeds.ca)  
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