



“Dorothy Day said, ‘Peace begins when the hungry are fed.’ And I wonder if justice begins sometime after that. When the hungry are not just fed but fed well. When those who grow and make the food are honoured and flourishing. When we are in relationship with the land and practicing mutual reciprocity with all its inhabitants. When we begin to truly feed each other, not just with physical food but also with the spiritual nourishment and political solidarity we need to survive.” – *Kateri Boucher, Sunflowers and Manna, page 8*

## STUDY GUIDE GEEZ 61: SEEDS ARE SACRED

### ABOUT GEEZ

Geez magazine is a quarterly, nonprofit, ad-free, print magazine about social justice, art, and activism for people at the fringes of faith in Canada and the U.S.

Geez is committed to naming and raging against oppression while also offering the hope, beauty, and power alive in local communities doing their work.

### INTRODUCTION TO THE ISSUE

Growing food is political – with deep implications on our ability to survive (and thrive) outside of the extractive systems hidden behind fluorescent grocery store aisles. And growing food is deeply personal too – literally getting under our fingernails, into our mouths, and connecting our hearts with the small patches of earth around us. Digging deep into the dirt, we lift up the beauty, spirit, and power that is inherent in growing food. These pages explore compost and canning, seed saving and survival, and dependence on community rather than corporations.

**GOZ** Page 8 – Editorial: Sunflowers and Manna by Lydia Wylie-Kellermann and Kateri Boucher  
 “Geez Out Loud” is a listening series that offers audio accompaniment by the author for select stories, [geezmagazine.org/geez-out-loud](http://geezmagazine.org/geez-out-loud).

For copies of Geez 61: Seeds Are Sacred, visit [geezmagazine.org/store](http://geezmagazine.org/store).

### HOW TO USE THIS STUDY GUIDE

These study guides are created for use in community – in the classroom, in book groups, with your faith circle – or for quiet reflection on your own. As reflected in this study guide, every issue and theme summons us to work with our mind, heart, and body.

## PART I PLANT AND BE NOURISHED

### RECOMMENDED READING

Page 11 – Seeds Are Our Lifeline to Future Generations by Edith Woodley

**GOZ** Page 13 – Sisters of the Same Seed by Em Jacoby

Page 30 – Recreating Eden with Edible Landscapes by Naim Edwards

Page 51 – “Seeds” by Jesse Wilson, Watkahootee Print (Quote from “The Seed Underground: A Growing Revolution to Save Food” by author Janisse Ray. Permission granted from author.)



### PRAYER

Prayer for Abundance by Lydia Wylie-Kellermann, page 9

### DISCUSSION QUESTIONS

1. “Why not centre your life around something that is essential for it?” Em Jacoby’s sister poses this question to her pointing to the necessity of growing and cooking your own food. In your life and in your community, what role does growing food play? Do you want it to play a greater role? What are some barriers to centring your life around food – and are there creative ways that these barriers might be alleviated?
2. When in your life have you stumbled upon food ready to pick that is clearly available for whoever passes by? How did it feel? How did it taste? Why is it not the norm to have fruit trees lining sidewalks?

### ACTIVITY

1. Edith Woodley writes, “Many heirloom seeds from the Americas are actually Indigenous crops, loved and cared for by generations of Indigenous peoples, but have been given the names of white settlers who tended them for a relatively brief period of time.” Do some research on the seeds that you plant in your garden (or the fruits and vegetables that you

## PART 2 EAT AND BE FED

### RECOMMENDED READING

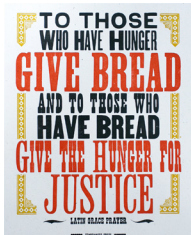
**Page 10** – Capitalism’s Got Us  
by the Tastebuds by *Malik Yakini*



**Page 16** – Fed by *Shannon Evans*

**Page 24** –Who Determines Health?  
The Dangers of Nutrition Education  
by *Patrilie Hernandez*

**Page 42** – “Give Bread” by *Starshaped Press*



**Page 43** – Good Bread by *Kurt Armstrong*

- buy from the store). Where did they come from, and who were their original stewards?
2. Make your Own Seed Bombs: Gather 1 cup of seeds (edible or native) mix them with 5 cups of clay or ground up paper and water. Roll into balls. Let dry. Throw along freeways, in empty lots, and trust what will be birthed when no one is looking.
3. *Tip for collective survival:* Teach your children to can.

### PRAYER

Prayer for Unintended Redistribution by *Michelle Both*, page 31

### DISCUSSION QUESTIONS

1. Both Patrilie Hernandez and Shannon Evans write about showing up to spaces with attempts to “help” people and instead realizing that their presence was unnecessary at best and harmful at worst. Have you had similar experiences in your life? As hunger abounds in our world, what do we need to keep in mind when trying to keep each other fed?
2. Do you have a favourite recipe that has been passed down in your family or shared among friends? What memories do you hold around it? What smells, sights, tastes? What might the ingredients of the recipe tell you about where it came from?

### ACTIVITY

1. Pick a few items from your grocery list this week and trace their origins. Where were they grown and how did they end up on your table? Whose hands may have been a part of their creation and transportation along the way?
2. Eat a slow, quiet meal (alone or in community). Savour the taste of each bite and pay attention to how your body responds.
3. *Tip for collective survival:* Respect cultural nutrition practices.

## PART 3 PRAY AND BE BLESSED

### RECOMMENDED READING

**Cover** – “Tending Just Food Futures”  
by *Molly Costello*



**Page 20** – Cesar Chavez: Who Shall Intercede for the Farmworkers? by *Sergio Lopez*

**Page 40** – Dumpster Diving as Spiritual Practice by *Benjamin Isaak-Krauß*

**Page 41** – Moriah Pie by *Erin Lockridge*

### PRAYER

Prayer for the Pests by *Michelle Martinez*, page 53

### DISCUSSION QUESTIONS

1. Benjamin Isaak-Krauß quotes theologian Ched Myers: “Lifestyle changes are not a political solution to anything, but can represent a political question to everything.” Do you agree? Have you made any recent lifestyle changes, or are there ones you’d like to make? What kind of questions might these changes be asking?
2. Do you have a regular practice of praying to saints or other intercessors? How did they relate to the most marginalized in their day? How might they relate to movements for justice today?

### ACTIVITY

1. Pray outside. Find a place to rest your body on the dirt and pray . . . your own words or one of the many prayers scattered through the issue.
2. Spirituality is so often found in communal meals. We are coming through a long season of not being able to share food with one another. Is there a way in this moment to safely share food where you are? Drop off food for a beloved friend. Have an outdoor potluck. Bring your own food to a park with a friend and eat at a distance. Give thanks for what we have missed and feel it as church.
3. *Tip for collective survival:* Dive in dumpsters.

## PART 4 RESIST AND BE CHANGED

### RECOMMENDED READING

Page 15 – “Movement Roots”  
by Becky McIntyre



Pages 17, 34, 48 – Wendell Berry  
Letters by Katie Kulla

Page 18 – Acknowledgement  
by Elizabeth Abbey

Page 49 – Invisible Margins in the  
Food Line by Win-Sie Tow

### PRAYER

For the Snails by Hannah Renglich, page 46

### DISCUSSION QUESTIONS

1. Read through Katie Kulla's correspondence with Wendell Berry. What emotions were brought up for you while reading? Do you also have a beloved author who you've wanted to challenge or invite into further decolonization and anti-racism work? Who would you write to and what might you say?
2. What did you learn from your family about food growing up? If you have access to information about your ancestors' lives, what do you know about their relationships to land and food? What lessons do you want to carry with you from your family's history with food, and what traditions need to be changed?

### ACTIVITY

3. Research and write a detailed acknowledgement for the land that you are on or that your family is from. Learn about #LandBack campaigns and make a plan to bring your acknowledgement one step closer to reparation.
4. Resist. Join a food justice/climate justice march in the streets. Plant a garden. Disrupt the system. Divest from agrobusiness at your grocery store.
5. *Tip for collective survival:* Invest in mutual aid.