



# Supporting the Companions

## #4 (Fall)

*Gratitude and reciprocity are the currency of a gift economy, and they have the remarkable property of multiplying with every exchange, their energy concentrating as they pass from hand to hand, a truly renewable resource.*

*- Robin Wall Kimmerer, The Serviceberry, An Economy of Abundance*

Sometime in the fall, once your marigold flowers have gone to seed, spend some time saving the seeds to plant again next year and to share with another. Think back about the support the marigolds offered across the spring and summer and light your second candle.

Saving marigold seeds is easy. As the blooms fade, leave them to dry out on the plants. The flower petals will shrink and dry – the change is noticeable. Once fully dry, cut the flower heads and store for further drying indoors (a paper bag works well). Once ready, separate the seeds (“achenes”) and save them in an airtight container. (see our project website for images of this process).

Place some of the seeds you’ve saved in the small pouch provided in your toolkit and share (along with card #5) with another.

This completes our collective spell.

Read the full text by Robin Wall Kimmerer:  
<https://seedsaremeanttodisperse.ca/supporting-the-companions/>