



# Supporting the Companions #5 (to share)

*The atmosphere is heavy with grief and rage. Yet hope walks hand in hand with both. It is not optimism: hope does not promise that things will get better. Instead, it carries the weight of uncertainty, a quiet conviction that things must change, because too much is at stake for it to be otherwise. This is the hard hope of resistance and transformation, the kind that demands action, that refuses to look away.*

*- Siobhan Angus and Elaina Foley, The Weight of Air*

Marigolds (*Tagetes spp.*) are known as strong companions and are among the most common and reliable bedding flowers. Low-maintenance annuals, they deter pests and attract beneficial insects, offering much-needed support to other plants growing nearby. Marigolds also offer great beauty and joy, blooming almost all summer long until frost.

We can learn so much from marigolds and the support they quietly offer to those around them. The role of the companion is an important one, consider how it relates to your work.

Hold onto these marigold seeds to plant in the spring. In the spring, when you plant your seeds, follow the collective spell that was cast last year and then share your collected seeds with another.

<https://seedsaremeanttodisperse.ca/supporting-the-companions/>