



*DVD Conversation*

# Guide

## **STEPHAN FAYON:** KNOWING HOW TO NURTURE OURSELVES

1. When it comes to food, do you agree with Stephan that we have forgotten the essentials?
2. Why is saving seeds so important? What danger is Stephan alerting us to?
3. According to Stephan, why are ancient varieties of vegetables disappearing?
4. How are seed saving and cultivating the land without pesticides acts of nurturing ourselves?
5. Is it important to you to know where and how the food you eat is grown?

*To learn more:*

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