

Join the *Grow This!*

Oregon Garden Challenge



From microgreens to pole beans! Home gardening is part of Oregon's history, but more than ever before, Oregonians can benefit from growing gardens and sharing garden knowledge and skills. The *Grow This!* Oregon Garden Challenge is a call to action to families, schools and other groups to garden together and eat what we grow.

What is the 2023 Challenge?

While supplies last, Oregonians who sign up and request seeds will be mailed seeds free of charge:

- **Households:** five seed types (herbs, lettuce, another leafy green, tomatoes, zinnias)
- **Teachers (pre-K through high school):** a seed-starting classroom kit plus, while supplies last, an option to add a potato-growing classroom kit
- **All other groups:** seed packets to meet your needs

Anyone can join using their own seeds! Garden videos, tips and how-to handouts are posted on the Food Hero [Facebook](#) page and added to the Food Hero garden tips website page (foodhero.org/garden-tips).

Once a month, Oregon State University garden, nutrition and bee experts will email participants a fun letter with new, simple ideas for growing; tips on harvesting, seed-starting, seed-saving and pollinators; recipes; and more.

Who can join?

Anyone from anywhere can join the Challenge! Current participants are the first invited to sign up for the following year.

How do I join?

Starting on February 6, 2023, fill out a very short survey at this link: <https://foodhero.org/growthis>.

Want to know more?

- **Watch a 30-second video:**
<https://foodhero.org/growthis>
- **Leave a phone message: 541-737-1017**
- **Email: food.hero@oregonstate.edu**



Oregon State University
Extension Service
Master Gardener™

BI-MART

The *Grow This!* Oregon Garden Challenge has been adapted from the *Grow This!* West Virginia Garden Challenge through a partnership with West Virginia University.

This institution is an equal opportunity provider and employer. This material was funded in part by USDA's Supplemental Nutrition Assistance Program.