

Join the

# Grow This!

# Oregon Garden Challenge



**It's spring!** With many Oregonians staying home, now is the perfect time to plant seeds. Home gardening is part of Oregon's history, and especially now, homes and communities can benefit from growing gardens and sharing gardening knowledge and skills. The Grow This! Oregon Garden Challenge is a call to action to individuals, families, schools, community groups and counties to come together around gardening—to have fun and GROW Oregon's health and food supply.

## What is the Challenge?

**Grow different seeds.** Anyone can join using their own seeds! While supplies last, Oregonians who sign up for the Challenge and request seeds will receive four different seed packets free of charge. Oregon State University will send these seed packets to county Extension offices around the state for pick-up in March.

On the Food Hero Facebook page (<https://www.facebook.com/BeAFoodHero>), Oregon State University Extension professionals will be posting weekly gardening videos and how-to handouts. We'll also host live Facebook events. All materials will also be added to the Food Hero gardening web page: <https://foodhero.org/garden-tips>.

Once a month throughout the growing season, we will email participants a fun letter with new ideas for growing, tips on harvesting, and recipes. Everyone who receives emails will also be emailed about next year's Grow This! challenge.

## Who can join?

Anyone can join the Challenge as an individual, family or group, including a community or school garden.

## How do I join?

Fill out a very short survey at this link beginning on March 1st, 2021, at this link: <https://foodhero.org/growthis>.

**For more information, email Food Hero at [food.hero@oregonstate.edu](mailto:food.hero@oregonstate.edu) or leave a message at 541-737-1017.**



Oregon State  
University

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

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