



**Grow
this!**

Oregon
Gardening Challenge

Have fun growing your seeds! Here's how to begin:

- 1.** Search online to find out when the last frost date is for your home. If it already happened, and your soil is warm, you can grow the seeds outside. If it has not happened yet, start the seeds inside,
- 2.** Gather what you will need to plant the seeds: water, warm soil, a sunny spot, garden markers and the seeds! You can carefully cut out a section of a milk carton to make a garden marker.
- 3.** Read the planting info for the seeds you received at this link: www.foodhero.org/growthis
- 4.** Email us with any questions or updates about your gardening at food.hero@oregonstate.edu



We are so excited you joined the Grow This! Oregon Garden Challenge!

Your seeds are inside along with steps for getting started on the backside of this card. Visit us online for more tips on how to plant and grow your seeds.

Website: www.foodhero.org/gardens-tips

Facebook: www.facebook.com/BeAFoodHero

Happy growing!

The Food Hero Garden Team



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Oregon State University
Extension Service
Master Gardener™

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