

Join the *Grow This!*



Oregon Garden Challenge

From microgreens to sugar pod peas! We all can benefit from growing gardens and sharing garden knowledge and skills. The sixth annual *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 2025 Challenge?

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

- **Households:** sunflowers, lettuce and pea pods for growing microgreens, encouraging pollinators in your garden, and growing with Oregon farmer-grown seeds!
- **Teachers (pre-K through high school):** a Classroom Seed-Starting Kit with supplies for up to 30 students, and Oregon seeds including lettuce, sunflowers and summer squash
- **Programs and groups working with children and teens:** a Mini Seed-Starting Kit with supplies for starting seeds with up to 15 children or teens

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. Watch your email inbox for an invitation to give us feedback and have early access to sign up.

How do I join?

Starting on February 3, 2025, 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



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