

# 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](https://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 January 4, 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](mailto:food.hero@oregonstate.edu)**



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