

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! The first 3,000 Oregonians who sign up for the Challenge and request seeds will receive four types of seeds in the mail, sent directly from Oregon State University.

On the Food Hero Facebook page (<https://www.facebook.com/BeAFoodHero>), Oregon State University Extension professionals are posting weekly gardening videos and how-to handouts, and hosting 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 signs up will also be emailed about any future challenges.

Who can join?

Anyone can join the Challenge as an individual, a family or a group.

How do I join?

Fill out a very short survey at this link: <https://foodhero.org/growthis>.

For more information, email Food Hero at 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.



BLUE ZONES PROJECT

