



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

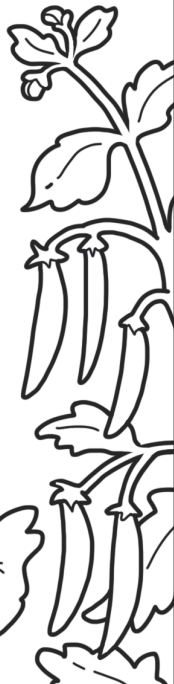
Your four types of seeds are inside along with steps for getting started on the backside of this card.  
Visit us online for more tips on how to plant and grow your seeds.

**Website:** [www.foodhero.org/gardens](http://www.foodhero.org/gardens) **Facebook:** [www.facebook.com/BeAFoodHero](http://www.facebook.com/BeAFoodHero)

Happy growing! *The Food Hero Garden Team*



This institution is an equal opportunity provider and employer. This material was funded in part by USDA's Supplemental Nutrition Assistance Program.





**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](http://www.foodhero.org/growthis)
  - 4.** Email us with any questions or updates about your gardening at [food.hero@oregonstate.edu](mailto:food.hero@oregonstate.edu)
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