

# Seed to Supper®

**A beginner's guide to low-cost vegetable gardening**



**Fulfill 2019 Edition**

**Fulfill Garden-Based Learning**

**A publication of Oregon Food Bank  
and  
Oregon State University Extension Service**

**Adapted by**



**Unless otherwise stated all materials are adopted by Oregon Food Bank and Oregon State University Extension Service**

Workshops are held on the monthly  
Fridays at 1:30 pm



Please contact [jsinkhorn@fulfillnj.org](mailto:jsinkhorn@fulfillnj.org)  
to sign up for a workshop.

## Welcome, gardeners!

We invite you to experience the deep satisfaction that comes from growing a portion of your own food.

Seed to Supper is part of Fulfill's work to build more food secure communities-places where all people at all times have access to enough food for a healthy life. Increasing community food security through programs in gardening, nutrition education, advocacy, and community organizing goes hand-in-hand with our work to help people living with low incomes meet their short-term food needs.

### ◇ Planning Your Garden

#### Objectives & Activities:

1. Learn how to lay out your garden
2. Understand your growing area
3. Vegetable footprints

#### Making Garden Beds

#### Objectives & Activities:

1. Container gardening
2. No-dig gardening
3. Sheet mulching

### ◇ Getting Started with Healthy Soil

#### Objectives & Activities:

1. How to achieve and maintain healthy soil
2. What is soil & why it is so important
3. How to compost

### ◇ Planting Your Garden

#### Objectives & Activities:

1. How to grow from seed
2. Transplant v. Direct Seed
3. How to properly fertilize

### ◇ Caring for Your Garden

#### Objectives & Activities:

1. How to properly water your garden
2. How to identify and manage weeds
3. Vertical gardening

### ◇ Pest Management

#### Objectives & Activities:

1. How to identify pests
2. What are control methods from the kitchen
3. Attracting beneficial insects

### ◇ Harvesting Your Bounty

#### Objectives & Activities:

1. How to harvest your bounty
2. How to use and store your harvest
4. Importance of nutrition

#### Cooking from Your Garden

#### Objectives & Activities:

1. How to save seed from top 5 vegetables
2. Recipe share
3. Cooking demonstration

### Participation Reflections:

"I have major stress and money issues and this not only uplifted me but helped me to look forward to a new experience in the garden, which is where I always feel better..."

"This course has taught me that there are in fact people who are doing what they can to self-sustain life & provide a healthy environment for our future children..."

