

# 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**



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## 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.

Keep in mind that if you miss a lesson we will review the content of the previous class.

### 2019 WORKSHOPS AND ACTIVITIES

#### March 29: Planning Your Garden & Making Garden Beds

- Learn how to lay out your garden
- Understand your growing area
- Vegetable footprints
- Container gardening
- No-dig gardening & Sheet mulching

#### April 26: Getting Started with Healthy Soil

- How to achieve and maintain healthy soil
- What is soil & why it is so important
- How to compost

#### June 28: Planting Your Garden

- How to grow from seed
- Transplant v. Direct Seed
- How to properly fertilize

#### July 26: Caring for Your Garden

- How to properly water your garden
- How to identify and manage weeds
- Vertical gardening

#### August 30: Pest Management

- How to identify pests
- What are control methods from the kitchen
- Attracting beneficial insects

#### September 27: Harvesting Your Bounty & Cooking from Your Garden

- How to harvest your bounty
- How to use and store your harvest
- Importance of nutrition
- How to save seed from top 5 vegetables
- Recipe share

#### Participant 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..."*

