

# **Seed to Supper: Free vegetable gardening course**

## **Now enrolling for spring classes in Sheridan, Newberg and McMinnville**

Seed to Supper is a comprehensive 6 - week beginning gardening course that gives novice adult gardeners the tools they need to successfully grow a portion of their own food on a limited budget. It is a joint effort of the Oregon Food Bank (OFB) and the Oregon State University (OSU ) Extension Service.

### **History:**

The Oregon Food Bank started the Seed to Supper program in 2004 to enhance the food security and increased access to locally - grown foods for food insecure populations. In 2010, the Oregon Food Bank established a partnership with the OSU Extension Service forming a joint Seed to Supper program.

The curriculum has been expanded and is focused on research - based information . The Master Gardeners have provided the majority of the volunteer course instructors. The Seed to Supper courses are now being offered in more than 20 Oregon Counties. The success and expansion of the Seed to Supper program throughout Oregon has been facilitated by community collaboration of multiple organizations including emergency food pantries, public libraries, affordable housing units, schools, Head Start, community health organizations, churches and OSU County Extension Services.

A 2013 study of the Seed to Supper program in Metropolitan Portland area showed that the Seed to Supper program had impacted the participants by improving their gardening knowledge and thus food literacy and self - reliance. A majority of the Seed to Supper participants had some existing gardening knowledge prior to the Seed to Supper classes, indicating some degree of food literacy. However, in the survey they also indicated that the garden - based classes and workshops better prepared them to deal with garden issues such as pest management, seasonal planting cycles and other dilemmas, showing increased capacity for growing their own food and becoming more self - reliant.

These results show that on the whole the Seed to Supper program does support food literacy and self - reliance for its participants and encourages culturally diverse participants to build on their own knowledge and share it with others.

*Withers D., Burns H: Enhancing food security through experiential sustainability leadership practices: A study of the Seed to Supper program. J . Sustainability Education. June 7, 2013*

### **Organizational Structure of Seed to Supper program:**

The Oregon Food Bank is the Administrator of the Seed to Supper program. There is a satellite agency designated as the Coordinator for the respective County Seed to Supper programs . A Host Agency is identified for each individual Seed to Supper class. The Host Agency is generally responsible for obtaining meeting sites, recruitment and marketing of the individual courses and coordinating the support for the

classes including supplies , child care and refreshments if needed and the fulfilling the required program reports and evaluations . Volunteer Instructors for the individual courses are usually Master Gardeners from the County Master Gardener Association.

### **Program basics:**

- Covers basics of low-cost veggie gardening using raised beds or containers
- 6-session course for adults and teenagers (each session 2 hours)
- Offered for free by Virginia Garcia Memorial Health Center and Deskins Commons (Newberg) Sheridan Parks and Recreation Committee (Sheridan), Tice Park Apts and YCAP (McMinnville)
- Taught by trained volunteer Yamhill County Master Gardeners
- Comprehensive course manuals provided by Oregon Food Bank
- Partnership with Linfield College Center for the Northwest to provide raised beds or containers for the home garden for qualified applicants

### **Course topics:**

- Garden planning
- Garden site and soil development
- Planting
- Container gardening
- Caring for a growing garden
- Harvesting and using garden bounty

### **Sheridan English**

Location: Sheridan Odd Fellows Hall  
143 SW Monroe St.  
Sheridan

Dates: March 3-April 21 (Saturday)  
(no classes on March 17 and 31)

Time: 9:30-11:30

To register: Contact Sheridan City Hall at **503-843-2347** or Yamhill County Extension at 503-434-7517 to register by phone

### **Newberg English**

Location: Deskins Commons  
1103 N Meridian St.  
Newberg

Dates: March 8-April 19 (Thursdays)  
(no class on March 29)

Time: 6:00-8:00 pm

To register: Contact Maritza or Daniel at Newberg Virginia Garcia Health Center at  
**971-281-3022**

### **Newberg Spanish**

Location: Virginia Garcia Memorial Health Center  
2251 E Hancock St #103,  
Newberg

Dates: March 14-April 25 (Wednesdays)  
(No class March 28)

Time: 5:15-7:15 PM

To register: Contact Maritza or Daniel at Newberg Virginia Garcia Health Center at  
**971-281-3022**

### **McMinnville English**

Location: YCAP  
1317 Northeast Dustin Court  
McMinnville,

Dates: April 6- May 19 (Saturdays)  
(No class May 12)

Time: 10:00-12:00 AM

To register: Contact Jade at the Yamhill County Extension Office- **503-434-7517**

### **McMinnville Spanish**

Location: Tice Park Apartments  
, 2965 NE Evans St,  
McMinnville,

Dates: April 14-May 26 (Saturdays)  
(no class May 12)

Time: 10:00-12:00 AM

To register: Contact Jade at the Yamhill County Extension Office- **503-434-7517**