

## Seed to Supper Overview 2022

**Seed to Supper Program:** Seed to Supper is a comprehensive beginning gardener course that supports adult gardeners with the tools and confidence to successfully grow a portion of their own food on a limited budget. Developed by Oregon Food Bank and the Oregon State University Extension Service Master Gardener Program, Seed to Supper offers more than just garden education and improved access to healthy foods. It provides learners with transformative experiences that increase both individual and community food security through fostering food literacy, resiliency, community connectivity and supportive social networks.

Seed to Supper in Chester County, PA is hosted by Chester County Food Bank in collaboration with the Penn State Extension Master Gardeners of Chester County. Master Gardeners provide a volunteer network to help facilitate courses in the region. Chester County Food Bank provides training for volunteer facilitators on inclusive communication and approaches that foster peer-to-peer-learning.

**Become a Seed to Supper Student:** Classes are free and available in English or Spanish (Siembra la Cena).

Class options include:

- The full 6-week *Seed to Supper course* (2-hours per week), which provides the tools and knowledge to plan, plant, and harvest your own vegetable garden
- One-time 2 hour sessions on:
  - *Vegetable Gardening for Beginners* – starting, planting and maintaining a garden
  - *Container Gardening* – selecting containers, soil and crops
- We have options for in-person, hybrid, and fully virtual (via Zoom) classes.



**Become a volunteer facilitator:** Teams of facilitators support students as they learn to plan, plant, and harvest garden produce – increasing participants' access to produce and improving overall food security. Have a strong interest in supporting community food security, and experience with basic gardening techniques? If so, we invite you to become a Seed to Supper Facilitator.

**Become a host site:** Want to empower your community to grow their own food? CCFB will provide a facilitator and curriculum materials. All you need to provide is participant recruitment, and—depending on your site's COVID policies—space for in-person sessions. Host Sites may opt to serve as:

- In-person host site
- Hybrid host site (some sessions in-person, some via Zoom)
- Fully virtual host site (all sessions via Zoom)

**For more information contact:**

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