

## Welcome to Seed to Supper in Chester County!

Chester County Food Bank's (CCFB) mission is to *mobilize the community to ensure access to real, healthy food*. We accomplish this by growing, processing and distributing food to over 120 partner agencies who serve food insecure households. Additionally, our *Community Access and Food Education* programs include *Raised Bed Gardens, Fresh2You Mobile Market, and EatFresh cooking classes*. These programs are designed to nurture a healthful and inclusive food environment which empowers food insecure families to grow, cook and eat beneficial foods and to offer opportunities for food-centered education and community engagement.

To that end, we are incorporating **Seed to Supper** adult gardening classes into the dynamic work of our *Raised Bed Garden* program. Developed by *Oregon Food Bank* and *Oregon State University Extension Service Master Gardener Program*, this comprehensive beginning gardening course supports adult gardeners with the tools and confidence they need to successfully grow a portion of their own food on a limited budget.

Teams of facilitators support participants as they learn to plan, plant and harvest garden produce – increasing participants' access to fresh produce and improving overall food security.

**This is where you come in...** Do you have a strong interest in supporting community food security, and experience with basic vegetable gardening techniques? If so, we invite you to become a volunteer Seed to Supper Facilitator.

Below you will find information about how to become a facilitator and provide gardening education for members of your community.

This packet covers the following:

- Seed to Supper Overview
- Seed to Supper Facilitator training requirements
- FAQs about Seed to Supper
- Seed to Supper Volunteer Facilitator Job Description

Once you've had the opportunity to look through the information provided, submit your application and feel free to follow up via phone or e-mail with questions.

Sincerely,

Kale Doughty

Community Food Access Educator

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*\*Adapted with permission from Oregon Food Bank.*

## Seed to Supper Overview

Seed to Supper is a comprehensive beginning gardening 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 the Oregon Food Bank and the Oregon State University Extension Service Master Gardener Program, the Seed to Supper curriculum has been shared nationally and is offered by food banks and extension offices throughout the country. In Chester County, PA Seed to Supper is hosted by Chester County Food Bank in collaboration with the Penn State Extension Master Gardeners of Chester County, and community-based host agencies.



*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.*

– Oregon Food Bank

## Quick Course Facts At-A-Glance

- Seed to Supper curriculum is available in both English and Spanish.
- The in depth 6-week course (2-hours per week, for six consecutive weeks) covers:
  - Planning your garden – planting plans and maps, crop rotation
  - Getting started with healthy soil – building healthy soil, composting, making garden beds
  - Planting your garden – fertilizing, seeding, transplanting, vertical gardening
  - Caring for your garden – watering, weeding, pest management, container gardening
  - Harvesting and using your bounty – crop-by-crop guide for harvesting, storage, and cooking
- The one time 2-hour classes include: “Vegetable Gardening for Beginners” and “Container Gardening.” These courses are a condensed version of the 6-week, extended course plan.
- Classes are taught both indoors and outdoors with hands-on activities. Classes have been adopted to be taught virtually via Zoom as well.
- Classes are typically taught by teams of 2-3 facilitators, for classes of 8-15 adults.
- 6-week course participants receive a free gardening course book that is theirs to keep.
- Course books and other supplies are provided to class participants at no charge to participants or the community host agency.
- All participants and volunteers complete an end-of-course evaluation to measure key learning points and

provide feedback for program improvements.

### Seed to Supper Facilitator Training Requirements

#### Getting Started:

- Attend a Seed to Supper Facilitator Training, which includes:
  - Viewing pre-recorded presentations
  - Attending two 60 minute training sessions via Zoom

#### Before Teaching Your First Class:

- Attend a planning meeting with your co-instructors and CCFB staff (may be held virtually)

#### Ongoing training:

- CCFB staff will periodically send information about training opportunities and program updates via email
- Contact program staff with specific questions or training needs

*I just finished up the Seed to Supper Program at Rockwood Station last week and am feeling very proud of our work there. We had lots of engaged, eager participants who seemed to benefit in many ways from the program. Personally, I gained great experience teaching a diverse group of adults and sharing my love of gardening. I hope to be able to continue working as a facilitator in the future.*

*- Seed to Supper Facilitator (Oregon)*



## Seed to Supper: Frequently Asked Questions

**What is Seed to Supper (S2S)?** S2S is a beginning gardening course designed for adults gardening on a budget. It was developed collaboratively by Oregon Food Bank and Oregon State University Extension Service's Master Gardener Program.

**How are the classes structured?** Taught in a participatory environment where everyone learns together, it is designed to give new gardeners the knowledge and confidence to grow a portion of their own food. This course can be taught in a variety of ways: outdoors with hands-on activities, indoors using engaging PowerPoint lessons, or via Zoom with PowerPoint presentations. Topics covered include garden site preparation and soil health, garden planning, planting, maintenance, and harvesting. Classes meet for 2 hours/week for 6 weeks with the same group. Additionally, there are one time 2-hour classes on "Vegetable gardening for beginners" and "Container gardening".

**Who participates in S2S classes?** Classes are designed for adults gardening on a budget. Class size ranges from 8- 15 participants. Community organizations such as food cupboards, affordable housing units, libraries, churches, and partnering groups with an existing client base work with CCFB to provide free classes for their clients and/or the public.

**What do participants receive as part of attending the classes?** Each class participant receives a personal copy of the course book —a resource guide containing all the materials covered in class. During the last class participants receive a certificate of completion and, subject to availability seeds and/or plants to take home.

**How are the specific needs and interests of the participants taken into account?** CCFB staff communicate with the Host Agency coordinator to discuss how best to customize the class to meet the needs of the participants. During the course, participants are encouraged to provide input about what they would like to discuss, and facilitators are encouraged to take creative advantage of onsite gardens (when available) and "teachable moments" as they arise.

**Who teaches S2S classes?** Classes are taught by teams of 2 facilitators. Facilitators are typically accomplished home vegetable gardeners, Master Gardeners, or experienced garden educators. Some of our facilitators have no formal training but are aspiring garden educators with a strong interest in increasing their own knowledge and sharing their passion with others—and teaching is a great way to learn! Facilitator teams lead classes independently with training and support from CCFB staff.

**If I am a Master Gardener, will teaching this class count toward my primary volunteer hours?** Yes. Your volunteer hours as a S2S facilitator will count toward your Penn State Extension Master Gardener primary volunteer hours. Tell us that you are a Master Gardener when you apply so that we can report your hours to your Master Gardener chapter.

**Where are classes held?** Classes are held at community host sites throughout Chester County, PA, and via Zoom.

**What is the time commitment for volunteer facilitators?** The time commitment is about 4 hours of training, 1-2 hours for planning with your co-facilitator, program staff and host agency staff prior to the first class. 12 hours of active classroom time (for 6-week sessions). Facilitators should plan to arrive 30 minutes prior to each class for set-up and stay 30 minutes after class for cleanup if in person, and 15 minutes on each end if on Zoom. Facilitators may choose to spend an additional 1-2 hours per session to prepare.

**What if I can't commit to teaching all sessions in a course series?** We prefer facilitators to only commit to teaching all sessions in a class series if they are sure they can make every session, but we may be able to arrange for a substitute if you notify us at the time you sign up to work with a class.

**How do I sign up for a class?** We announce facilitator opportunities via email and online through Volunteer Hub to our trained facilitators on a rolling basis as we schedule classes.



## Seed to Supper Facilitator Description of Responsibilities

### Summary:

In teams of two to three, Seed to Supper facilitators will lead the 6-week Seed to Supper course for adults gardening on a budget. Classes will be held in person throughout Chester County and virtually via Zoom in collaboration with a variety of host agencies.

### Facilitators will:

- Lead and/or assist with classes utilizing the Seed to Supper curriculum for groups of 8-15 adults, either in person or via Zoom
- Complete an end of course evaluation

### Qualifications:

- Strong interpersonal skills and communication skills
- A strong interest in supporting community food security
- Gardening or agricultural experience, preferably experience gardening in the Northeastern United States
- Experience working with people from diverse economic, racial and cultural backgrounds
- Experience working with adult learners
- Must be available to teach one of the scheduled classes or 6-week courses.
- Experience working with Zoom and/or ability to learn Zoom platform.

### Resources Provided:

- Seed to Supper facilitators must attend an orientation and training prior to teaching
- Ongoing mentorship, supervision, evaluation and training will be provided as needed
- All course materials will be provided

\*Note: Chester County Food Bank does not reimburse expenses incurred by facilitators in driving to the course (gas, parking fees, tickets or costs resulting from an accident).