



## Have fun growing your seeds! Here's how to begin:

1. See the planting info on each seed packet you received. Find more planting tips at this link: [www.foodhero.org/growthis](http://www.foodhero.org/growthis)
2. Gather what you will need to plant the seeds: water, a trowel or spoon, a plot of warm, sunny soil and the seeds.
3. Before planting outside, search online for the date of the last frost in your area, or ask an OSU Extension Master Gardener volunteer (<https://beav.es/JxN>) if you should start your seeds inside first.
4. Email us with any questions or updates about your gardening at [food.hero@oregonstate.edu](mailto:food.hero@oregonstate.edu)



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