

# Welcome to the Oregon *Grow This!* Classroom Seed-Starting Challenge



Check your inbox for a **Grow This!** monthly email from [food.hero@oregonstate.edu](mailto:food.hero@oregonstate.edu) for gardening tips and more.

**30 biodegradable peat pots**, 1 per student, for seed starting and easy transplanting

**30 craft sticks** to use for plant markers, 1 per student

**Seed packets** for students to choose a plant to grow either as a seedling in a pot or as microgreens. The seeds will come in a resealable bag, which can be used to store seeds or for a seed viability/germination test.

**Box contents list** with the **classroom garden sign** on the front

**1 multipurpose box** to store items from the kit and reuse with other projects, or to use as a cover to keep seeds warm while they are growing into seedlings

**Grow This! reusable shopping bag** to use for groceries or to store the contents of your classroom kit

**Available Online: Tip sheets** with great ideas on seed starting, upcycling, microgreens, testing your seeds' viability and more. Available digitally in Spanish and English at [www.foodhero.org/garden-tips](http://www.foodhero.org/garden-tips)

**Classroom garden sign** with the **box contents list** on the back

**30 spray bottles**, 1 per student, for **use in class and then to take home** and use for seed starting with students' families

**30 vinyl stickers**, 1 per student, for customizing their personal spray bottle. Students then take their bottle home.

**3 multipurpose aluminum trays** to use for planting microgreens, holding peat pots or covering seeds to keep them warm while they are growing into seedlings

**Grow This! 2024 sticker** - Great to add to a water bottle or binder.

**Need funds for purchasing potting soil?** We have some funds available, first come, first served. Send an email with your needs to the contact at right.

**Email us with questions, comments or photos, or leave a voice message and we will return your call:**  
**Email:** [food.hero@oregonstate.edu](mailto:food.hero@oregonstate.edu) or [Lauren.Tobey@oregonstate.edu](mailto:Lauren.Tobey@oregonstate.edu)  
**Voice message:** 541-737-1017

