

Seed to Supper

A Beginner's Gardening Course* Learn to Grow Veggies on a Budget!



*Sponsor: Grove City
Community Library*

Where:

*Grove City Community
Library
125 West Main Street
Grove City, PA 16127*

When:

*Meet & Greet-March 11, 2025
from 5:30-6:30 PM*

*Classes: Start March 18 thru May 13
from 5:30-7:30 PM every Tuesday.*

Who:

Open to both adult participants living on a low-income & community members.

How:

Pre-registration is required

Contact Kinorea: 814-350-7748

kkt5317@psu.edu



Join the Grove City Community Library and Penn State Extension Master Gardeners in learning how to build healthy soil, plan your growing space, choose your crops, care for your growing garden and harvesting your bounty!

**Attend cooking demos and tastings of vegetables you might grown in your garden if available.*



Plan to attend all 9 classes.

The cost of the program is \$20.00; however, this program may be free for individuals and families whose household income falls at or below the poverty guidelines or other community policies. Participants can receive free seeds and other gardening supplies based on availability of those supplies for this program.



PennState Extension

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Program overview:

Seed to Supper is a comprehensive beginning gardening program that gives novice, adult gardeners the tools needed to successfully grow a portion of your own food on a limited budget. A joint effort of the 2025 Sponsor-Grove City Community Library and the Penn State Extension Master Gardeners of Mercer County will facilitate the program. *Seed to Supper* is offered in collaboration with community-based host agencies throughout Mercer County, Pennsylvania. Agencies affiliated with housing authorities, Head Start programs, schools, and hunger-relief agencies host *Seed to Supper* classes to support their adult clients in growing fresh produce. The curriculum will soon be available in both English and Spanish (Siembra la cena) where available.



Seed to Supper offers more than just garden education and improved access to healthy foods. It provides you with transformative experiences that increase both individual and community food security through fostering food literacy, resiliency, community connectivity and supportive social networks.

The *Seed to Supper* curriculum has been shared with other state partners and is currently being offered by Master Gardener programs and food banks in Washington State, North Carolina, Kentucky, Colorado, Pennsylvania, New York, and New Mexico.

Partnership with Pennsylvania Master Gardeners:

Master Gardeners provide an extensive volunteer network to help facilitate the courses across the state and help expand the program’s reach to underserved populations. The Foodbanks and/or Community Sponsor provide facilitation training with Master Gardener volunteers on inclusive communication and approaches that foster peer-to-peer-learning.

Cooking Demos: There could be cooking demos included in this program where you can taste test healthy recipes based on the vegetables you might be growing in your garden. Promoting better, healthy cooking alternatives. Based on availability of PSE FFH staff, chefs or dieticians in your area.

If this is a program you would be interested in, detach the form below and send to the address listed or email to the contact indicated below.

This beginning gardening course gives novice gardeners the tools needed to connect with others in the community, grow in confidence, and successfully grow a portion of your own food on a limited budget. The cost of the program is \$20.00; however, this program may be free for individuals and families whose household income falls at or below the poverty guidelines or other community policies. Filling out an application is required for us to serve you better!



Contact Kinorea Tigri with any questions at 814-350-7748 or by email: kkt5317@psu.edu

Please fill out the following and Return to via mail or drop off at the office:

463 N. Perry Hwy, Mercer, PA 16137 Attn: **Seed2Supper Program**

Name _____ Phone _____

Address _____

Email _____