

Seed to Supper

IN HERKIMER COUNTY

Cornell Cooperative Extension
Herkimer County



What is Seed to Supper?

Seed to Supper is a comprehensive beginner vegetable gardening curriculum designed for adults gardening on a budget. Classes are free and are taught by trained Seed to Supper garden educators. Participants will attend six classes in order to receive a certificate of completion.

It was created by the Oregon Food bank and OSU Cooperative Extension and adopted for New York State by Cornell Cooperative Extension and Cornell-Based Learning.

Seed to Supper

A Beginner's Guide to Low-Cost Vegetable Gardening



New York State 2019 Edition

Cornell Garden-Based Learning & Cornell University Cooperative Extension

A Publication of Oregon Food Bank
and
Oregon State University Extension Service

Adapted by NYS CCE



MODULES

Seed to Supper highlights practical, low-cost techniques for building, planning, planting, maintaining and harvesting a successful vegetable garden. The 6 modules consist of:

- Planning your Garden
- Getting Started with Healthy Soil
- Planting your Garden
- Caring for your Growing Garden Part 1
- Caring for your Growing Garden Part 2
- Harvesting and Using your Bounty



Chapter 1: Planning your Garden

TOPICS IN THIS CHAPTER:

- Making a planting plan
- Crop rotation by plant family
- Making a planting map
- Common crop chart
- Sample planting maps
- Personal planting plan
- Personal planting map

Before making your garden beds, you must first decide what plants to grow and where to put them. As you make your choices, use the Personal Planting Plan chart and graph paper on pages 10-12 to map out your garden.

TODAY'S TOPIC:
Planning your garden

Book reference:
Chapter 1, Pages 1-12

- ❖ Making a planting plan
- ❖ Making a planting map

OSU
Oregon State University
Extension Service

FOOD BANK

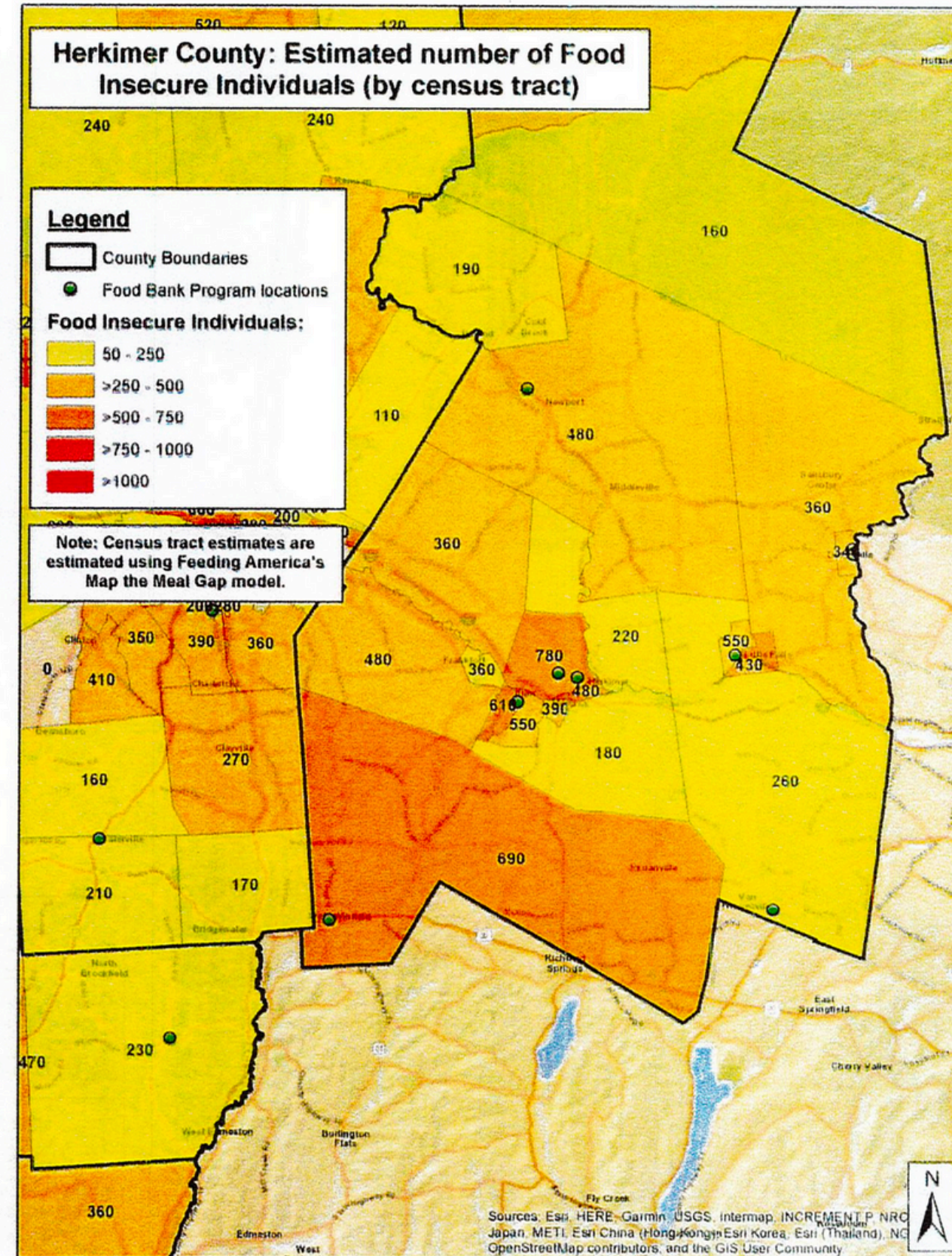
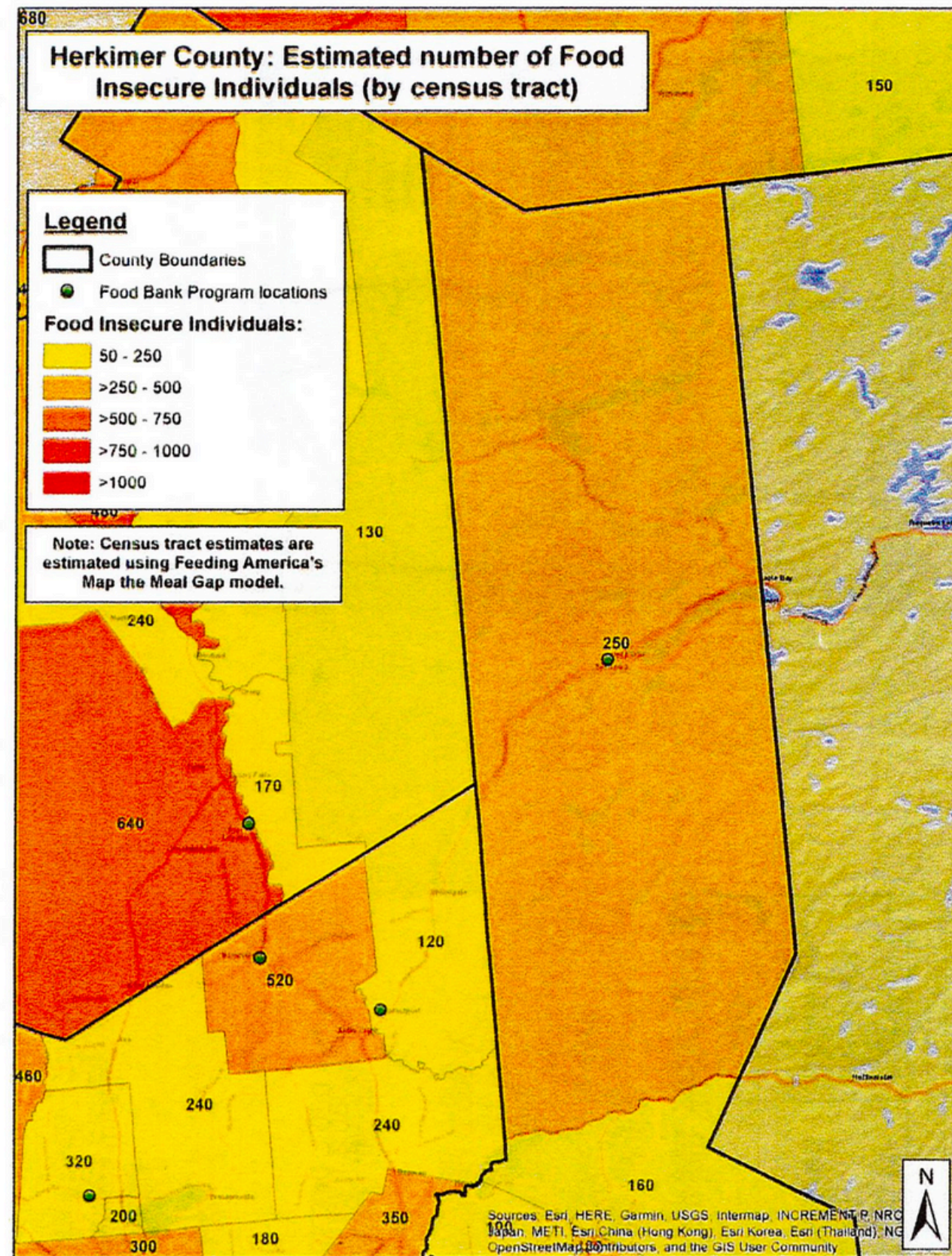


RELEVANCE TO HERKIMER COUNTY

- Herkimer County is number one in food insecurity in NYS, outside of the five boroughs.
- Overall individual food insecurity estimate: 12.7% (1 in 8)
- Child food insecurity estimate: 15.5% (1 in 6)
- Estimated percentage of food insecure individuals living in households with income above the SNAP threshold: 31% (69% below the SNAP threshold)
- Estimated percentage of food insecure children living in households with income above 185% of the Federal Poverty Line (the cutoff for many child nutrition programs such as WIC and NSLP): 2% (78% below 185% FPL)



MAP OF FOOD INSECURITY IN HERKIMER COUNTY



PILOT HOST SITE: FRANKFORT COMMUNITY GARDEN



Beginning

First seeds were planted in May 2021. The garden provides free food (without pesticides) to the community.

Mission

The mission is to encourage, educate, and promote organic agriculture to improve the well-being of our community, the environment, and families facing food insecurity. They support all gardeners in their efforts to grow and prepare food for themselves and their families.

Contents

The garden consists of 12 raised beds (4x8ft), 2 geodesic domes, 3 large flower plots (including a pollinator garden (8ftx30ft), 2 water tanks, and 1 shed.

Maintenance

It is maintained by the creators and volunteers.



OUTCOMES

- Increased sense of agency.
- Increased confidence.
- Increased connection.
- Build more food secure communities - places where all people, at all times, have access to enough food.
- Increase self-efficacy in areas of food security, resource management, and self-reliance.



PROGRAM COMPLETION

- Participants who complete all 6 modules will receive a certificate and sticker from CCE.
- They will have educational materials to take home with them.
- CCE will stay available as a resource after completion of program.



Thank you!

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