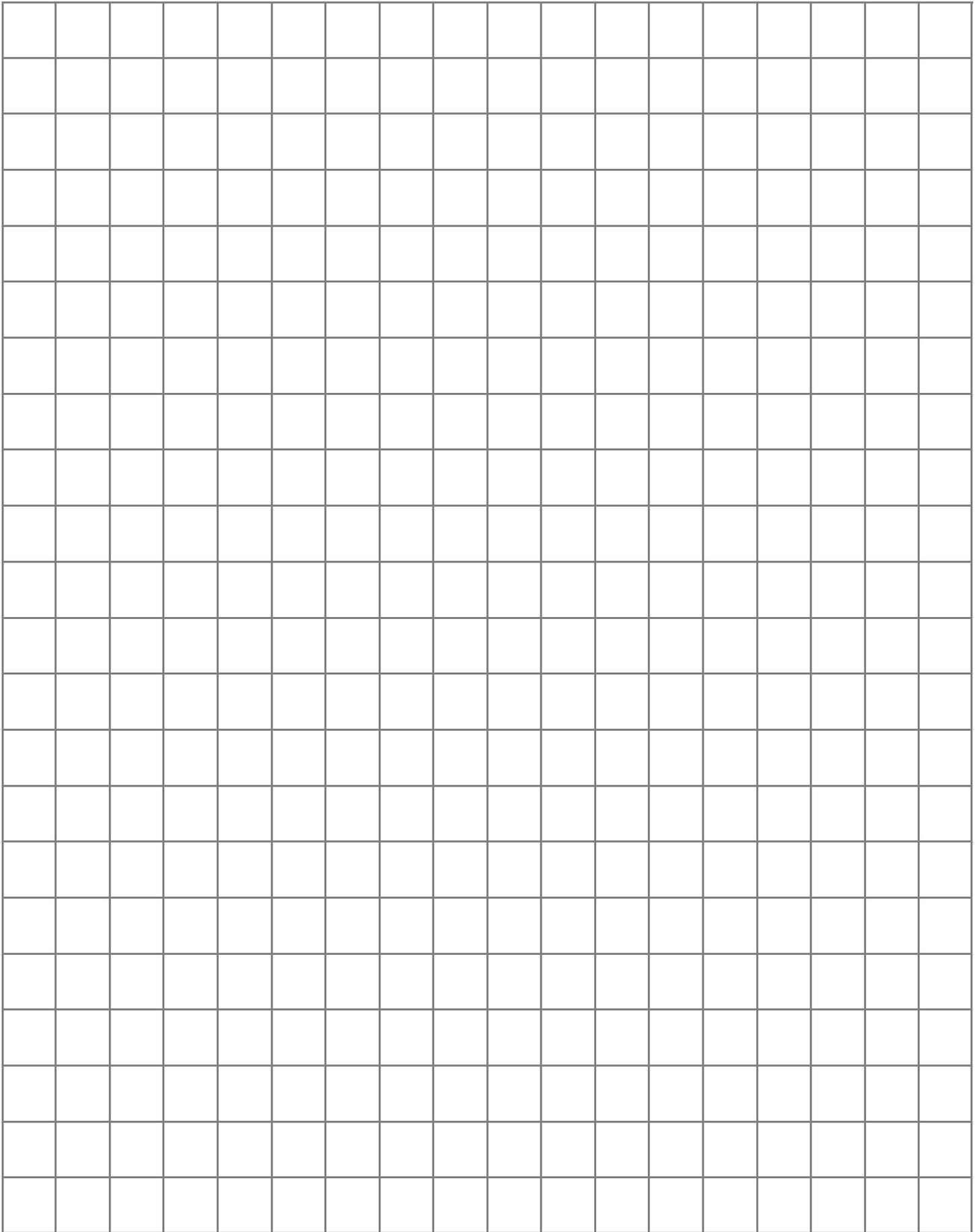
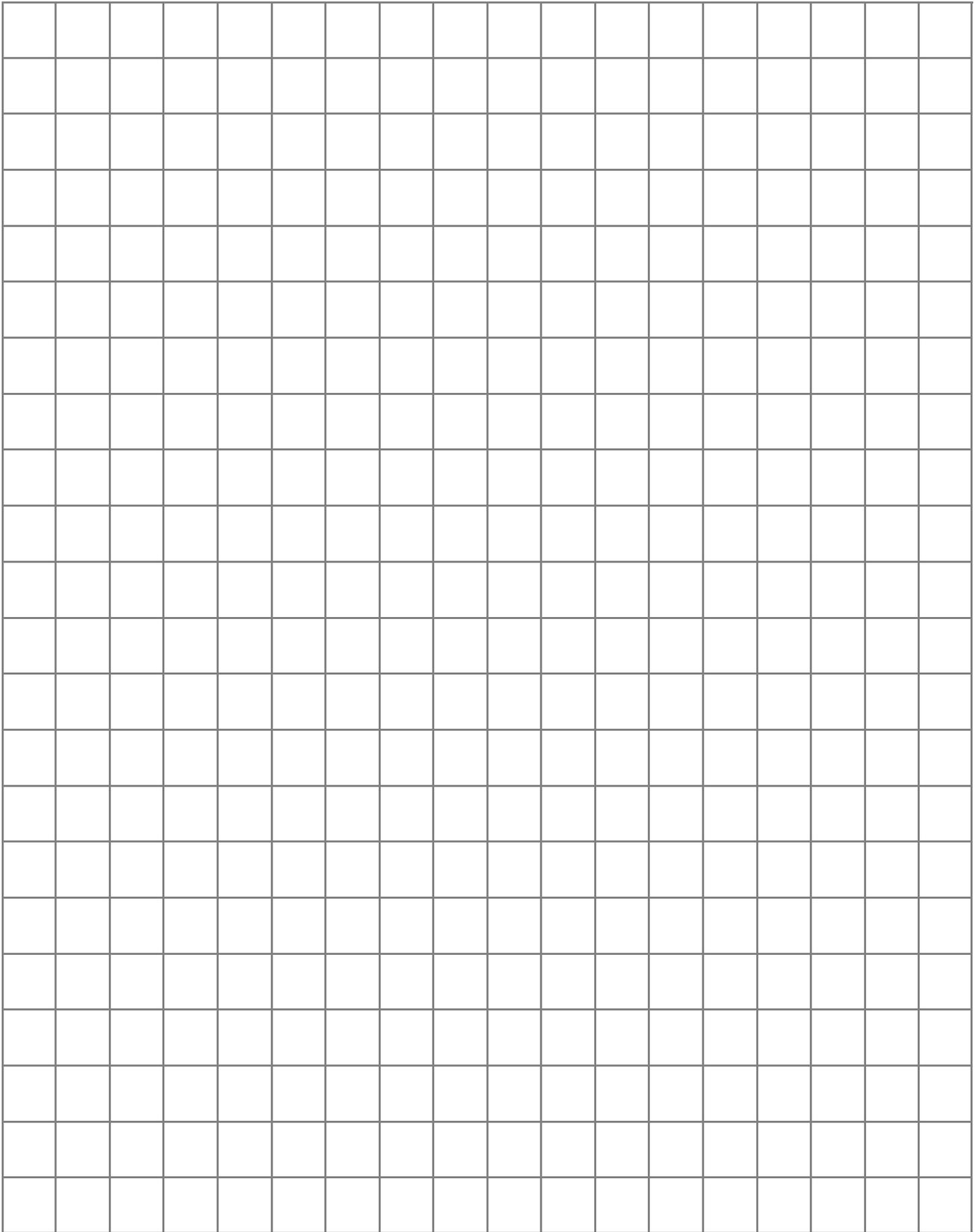


Personal Planting Map



Personal Planting Map



This is an extraction of the Seed to Super Manual with permission from the NYS Seed to Supper Program.

Seed to Supper

A beginner's guide to low-cost vegetable gardening



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Adapted by NYS CCE



Welcome, gardeners!

We invite you to experience the deep satisfaction that comes from growing a portion of your own food.

This booklet was created for participants of the Seed to Supper course, a shared program of Oregon Food Bank's Learning Gardens and adopted by the Cornell Cooperative Extension (CCE) of New York State in January of 2016. Seed to Supper is a comprehensive beginning vegetable gardening curriculum designed for adults gardening on a budget. Taught at community sites throughout New York by trained volunteer Garden Educators, Seed to Supper highlights practical, low-cost techniques for building, planning, planting, maintaining and harvesting a successful vegetable garden.

Seed to Supper in New York State is partnering with New York's Food Banks and Extension offices to build more food secure communities—places where all people at all times have access to enough food for a healthy life. Increasing community food security through programs in gardening, nutrition education, advocacy, and community organizing goes hand-in-hand with our work to help people living with low incomes meet their short-term food needs.

Whether you've taken a Seed to Supper class or come across this booklet in another way, we hope that the information in these pages will help you make budget-friendly decisions in your garden and, ultimately, share in the joy of eating your own home-grown vegetables!

Happy gardening,



Cornell University
Cooperative Extension