MEDIA ADVISORY/CALENDAR NOTICE

Contact: <name>, <organization>, <phone)>, <email>

**From sprout to table, Seed to Supper classes demystify vegetable gardening**

*Add more vegetables to your diet, decrease your grocery budget by planting your own garde*n

<City, State> – <Date> - Help others or learn to grow your own food during a six session Seed to Supper course offered by <organization name>. The program highlights practical, low-cost gardening techniques for building, planning, planting, maintaining, and harvesting a successful vegetable garden. It doesn’t matter if you live in an apartment or on acreage, everyone can learn something from this course.

**Who:** <host group>

**What:** Seed to Supper is a comprehensive beginning vegetable gardening course designed for adults on a budget. It is a program of Oregon Food Bank and Oregon State University Extension Service.

**Where:** <location>

**When:** <date & time>

**Why:** Home vegetable gardening continues to grow. It is a great way to stretch a limited meal budget during tough economic times. Many prefer the taste of produce straight from the garden and enjoy sharing their bounty.

For more information visit <website w/information>

***About*** <organization name>

<basic information, mission statement, etc>

###