

## HELP US FEED THE HUNGRY



**Your fresh and washed produce  
can be dropped off at the  
following designated locations:**

### **Cornell Cooperative Extension of Ulster County**

10 Westbrook Lane, Kingston  
Monday – Friday  
8:30am and 4:30pm  
Contact: Barbara Grumberg  
845-340-3990

### **Family of New Paltz**

51 North Chestnut Street  
New Paltz  
Monday – Thursday  
10:00am – 5:00pm  
Contact: Kathy Cartegena  
845-255-8801

### **Caring Hands Soup Kitchen at Clinton Avenue Methodist Church**

122 Clinton Avenue, Kingston  
Monday-Thursday  
9:00am – 2:00pm  
Contact: Darlene Kelley  
845-331-7188

## MASTER GARDENER PROGRAM

Master Gardeners are volunteers trained in the art & science of gardening who provide the public with gardening programs & activities that draw on the horticulture research and expertise of Cornell University.

### **Other Master Gardener Programs Include:**

Horticulture Hotline: Experts answer your questions about gardening, home lawn & landscaping.  
Call 845-340-3478 (DIRT).

Soil Analysis, Insect & Plant  
Identification.

Fun & Educational Workshops, Bus Trips, & Annual Events like our Spring Seedling Sale, Garden Day & Plant Swap and Sale!

Xeriscape Garden Demonstration & Teaching Garden at SUNY Ulster in Stone Ridge.

Biannual Master Gardener Volunteer Training—Courses begin in September 2009.  
For an application call 845-340-3990.

**Contact: Dona Crawford**  
*Master Gardener Program Coordinator*  
**Cornell Cooperative Extension**  
**Ulster County**  
**845-340-3990**  
**Email: dm282@cornell.edu**



**A people-helping-people  
program assisting the  
hungry in Ulster County**



**Make a difference in your  
community today!**



**Cornell University  
Cooperative Extension  
Ulster County**

10 Westbrook Lane  
Kingston, NY 12401  
Phone: 845-340-3990

Visit us online at:  
<http://counties.cce.cornell.edu/ulster>

## Register for Plant A Row Today!

I'm ready to help feed the hungry in Ulster County. Please send my free information packet.

Name

Address

City

State

Zip Code

Daytime Phone

Email Address

**I am not able to grow extra but would like to help PAR be a success this year. Please accept my donation. All gifts are tax deductible and greatly appreciated.**

**Please make your check payable to: CCEUC  
Amount Enclosed: \$ \_\_\_\_\_**

### Return to:

Cornell Cooperative Extension Ulster County  
PAR Campaign  
10 Westbrook Lane  
Kingston, NY 12401

I would like to have my email address added to the CCEUC Mailing List to receive up to the minute program news and our quarterly newsletter. Your email address will not be used for any other purpose. **YES / NO**

## GARDENERS CAN MAKE A DIFFERENCE!

### What is Plant A Row for the Hungry (PAR)?

Plant a Row for the Hungry began in 1995, as a public service campaign by the Garden Writers Association to encourage gardeners to grow a little extra and donate the produce to local soup kitchens and food banks that serve the homeless and hungry in their area.

### How Can I Make a Difference?

With the start of the growing and planting season we're looking for gardeners like you to help feed the hungry in Ulster County by planting an extra row in your garden this summer and signing up to take the excess produce to our office. If you don't have room to plant an extra row – sign up to donate the excess produce nearly all gardens produce.

### How will my contributions be used?

Our nutrition program educators, who work with low income children, families, individuals and seniors in hands-on programs, will use and distribute the food when working with participants. Donated produce will also be given to food pantries in Kingston & New Paltz.

### What You Get For Joining?

- A free soil test before planting your garden.
- A packet of information with suggestions of what to grow and how to plant it.
- "Plant a Row" veggie markers for your garden.
- Garden Tip of the Week sent via email during growing season & knowledge that you helped the hungry in Ulster County.

### The Facts:

According to the survey, "Hunger in America in 2006", conducted by America's Second Harvest (the nation's largest charitable hunger relief organization), 24-27 million Americans rely on emergency food services annually. PAR's mission is to provide an avenue through which individuals, corporations and more than 70 million gardeners in the U.S. can assist America's most vulnerable citizens and food agencies servicing them.

### How Do I Join?

It's easy! Just complete & return the attached registration form.



### ULSTER COUNTY PLANT A ROW PARTNERS



Cornell Cooperative Extension of Ulster County provides equal program and employment opportunities.