



CORNELL Cooperative Extension
ULSTER COUNTY

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FOR IMMEDIATE RELEASE

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Plant a Row for the Hungry PSAs

As you tend your garden this year ...please join the thousands of gardeners who *Plant a Row for the Hungry*. There's a food pantry or soup kitchen near you that needs it very badly.

One in 10 Americans faces hunger daily or often. Last year, 21,000,000 people asked Second Harvest food pantries and soup kitchens for food. Some were turned away because there wasn't food enough to serve them.

To join Ulster County's *Plant a Row for the Hungry* campaign call Cornell Cooperative Extension of Ulster County 845-340-3990 or visit our website www.cce.cornell.edu/ulster for drop locations near you.

This year help your community feed its hungry—Join folks throughout Ulster County who *Plant A Row for the Hungry*.

All you have to do is take the extra in your garden. ..and deliver it to a participating food pantry or soup kitchen in your area.

35,000 Americans go hungry often or daily, many of them children and the elderly. The food pantries and soup kitchens need fresh vegetables that store well, like broccoli, carrots, and firm fruits -things that you may be growing right in your own garden.

To get involved call Cornell Cooperative Extension of Ulster County, 845-340-3990.

Please become one of the thousands of gardeners joining the *Plant a Row for the Hungry* campaign.

This is a people-helping-people program—there's no money involved—just you, your garden, and some folks in your town who need fresh food. Home gardeners simply take the extra from their garden, wash it and deliver it to area food pantries and soup kitchens.

For information about how you can help, please call Cornell Cooperative Extension of Ulster County, 845-340-3990.

Plant a Row for the Hungry PSA

The food banks are in a crunch. Every year commercial food processors and supermarkets become more efficient. They have fewer odd lots, fewer market test remains, fewer mislabeled cans and packages, and less aging produce and baked goods to deliver to food banks.

You can help the men, women and children who often go hungry in your community. Just plant a row of mid-season vegetables to donate to a food pantry or soup kitchen—snap beans, winter carrots, or tomatoes store and travel well. Or pick a few flowers to take down to the soup kitchen. It will light up the day for the people helping the hungry. Its all part of Ulster County's *Plant a Row for the Hungry Campaign*.

To find a drop location near you, please call the Cornell Cooperative Extension of Ulster County, 845-340-3990

About 19 percent of the people asking the food pantries and soup kitchens for emergency food have been going without. These aren't just statistics -they're folks who live in your area.

You can help! Call Cornell Cooperative Extension of Ulster County and ask about *Plant A Row for the Hungry*.

Ulster County Master Gardeners will tell you what vegetables are needed and give you advice on planting a row right now. To join, call Cornell Cooperative Extension of Ulster County, 845-340-3990.

Building Strong and Vibrant New York Communities

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