

We Need Gardeners Like You



To work with us



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CORNELL Cooperative Extension
ULSTER COUNTY



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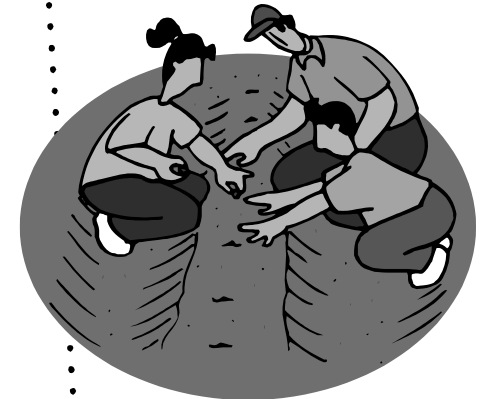
Cornell Cooperative Extension
provides equal program
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Master Gardener Program
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10 Westbrook Lane
Kingston
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ULSTER COUNTY

Plant a Row For The Hungry



What is Plant a Row for the Hungry?

Plant a Row for the Hungry (PAR) is a people-helping-people program designed to assist in feeding the hungry in one's own community. Launched in 1995, this national program developed by the Garden Writer's Association of America, encourages gardeners to grow a little extra and donate the produce to local nutrition programs, soup kitchens, and food banks that serve the homeless and hungry.

The need is great and continues to grow. In 2002, USDA reported that 33 million people, including 13 million children, live in households experiencing hunger or risk of hunger. The groups that assist the hungry struggle to meet the growing demand for food assistance.

PAR's mission is to provide an avenue through which individuals (gardeners in particular) and corporations can assist America's most vulnerable citizens and the food agencies serving them.

Over recent years PAR volunteers have contributed more than one million pounds of nutritious produce to the hungry annually. The goal is to raise more than 8 million pounds by PAR's 10th anniversary in 2004. Wouldn't you like to play a part?

Not only will you make good use of the extra produce you grow, but you can also use the contributed food as a tax deduction.



What can you do?

You can plant a little extra or share the extra you have. You dedicate one row of your garden to the program (or commit to donating some of your extra produce.) At harvest time you bag up your yield and drop it off at one of the designated areas.

What should you grow?

Vegetables and herbs that travel well and store well are most useful — broccoli, cabbage, carrots, peas, green beans, onions, winter squash, spinach, tomatoes, Swiss chard, beets, potatoes, peppers, eggplant, cucumbers, summer squash (that includes zucchini!!!), apples, pears, etc. . Herbs are also welcome.

Where should you drop it off?

You can drop off your produce in Kingston, New Paltz and Ellenville.

How will the food be used?

- By Nutrition Education Programs to demonstrate how to increase the use of vegetables and fruits by families and youths.
- By food pantries in Kingston, Ellenville and New Paltz.
- By emergency food providers in Ulster County



Ready to help out? Send us your name and address, give us a call, or send us an e-mail and we'll send you detailed information as well as a "Plant a Row" veggie marker.

Yes, I'm ready to "Plant a Row" for Ulster County. Please send me a packet of information.

Name

Address

Phone

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