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Cooperative Extension
ULSTER COUNTY

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Master Gardeners Strive to Stem Hunger

This growing season, the Master Gardener program is looking for gardeners like you to help with a new project to help feed the hungry. **Plant a Row For the Hungry (PAR)** is a people-helping-people program designed to assist in feeding the hungry in our 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 serving the homeless and hungry.

The need is great and continues to grow. In 2002, USDA reported that 33 million people, including 13 million children, lived in households experiencing hunger or the risk of hunger. Groups assisting them struggle to meet the growing demand. **PAR's** mission is to provide an avenue through which home gardeners can assist our most vulnerable citizens and the food agencies serving them. Over the years PAR volunteers have contributed more than one million pounds of nutritious produce to the hungry annually.

Now you can help those who are hungry right here in Ulster County. Join Cornell Cooperative Extension's Plant A Row Project by planting a little extra, or sharing the extra you have. When harvesting, bag up the extra and drop it off at our office. Our nutrition education programs, which provide education to low-income individuals, families and youth, will use and distribute the food as they go out to teach, and it will also be given to food pantries in Kingston, Ellenville and New Paltz. Home gardeners participating in the program will even be able to receive special advice from Master Gardeners about what to grow and how to plant.

If you're ready to help the hungry call our Master Gardener Program to receive an information packet, registration form and a free "Plant a Row" veggie marker, 340-3478 (DIRT)

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