



Cornell University  
Cooperative Extension  
Ulster County

Cornell Cooperative Extension Telephone: 845-340-3990  
Ulster County Fax: 845-340-3993  
10 Westbrook Lane E-mail: [ulster@cornell.edu](mailto:ulster@cornell.edu)  
Kingston, NY 12401-2928

# News Release

DATE: April 26, 2005

**FOR IMMEDIATE RELEASE**

CONTACT: Lisa M. Berger, Marketing, Production & Public Relations  
845-340-3990

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## Ulster County Plant A Row Campaign Strives to Stem Hunger

This growing season, the Master Gardener program is looking for gardeners like you to help them feed the hungry in Ulster County by joining their **Plant a Row For the Hungry (PAR)** campaign. This people-helping-people program encourages home gardeners to grow a little extra and donate the produce to local nutrition programs, soup kitchens and food banks serving the homeless and hungry.

There are over 70 million gardeners in the U.S. alone, many of which plant vegetables and harvest more than they can consume. If every gardener plants one extra row of vegetables and donates their surplus a significant impact can be made on reducing hunger. Food agencies will have access to fresh produce, funds earmarked for produce can be redirected to other needed items and the hungry of America will have more and better food than is presently available. Launched in 1995, this national program developed by the Garden Writer's Association of America, has been successful in communities throughout the country.

Now you can help those who are hungry right here in Ulster County. Join Cornell Cooperative Extension's **Plant A Row** campaign 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. Donated produce 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). Or visit our website: [www.cce.cornell.edu/ulster](http://www.cce.cornell.edu/ulster).

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