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FOR IMMEDIATE RELEASE

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Plant A Row for the Hungry Campaign Strives to Stem Hunger in Ulster County

The long awaited vegetable planting season has arrived, and the Master Gardener program is looking for gardeners like you to help feed the hungry in Ulster County by joining their Plant A Row for the Hungry (PAR) campaign. We are asking vegetable gardeners to grow a little extra this season, or bring their excess produce to Cornell Cooperative Extension of Ulster County, 10 Westbrook Lane, in Kingston, NY. Our nutrition program educators will use and distribute the produce collected when they go out to teach their hands-on programs that work with low-income families, children, and seniors residing in Ulster County. Donated produce will also be given to food pantries in Kingston and New Paltz. Home gardeners participating in this years program will receive one free soil test, an informative packet with suggestions of what to grow, and how to plant them, and free Plant A Row veggie markers for their garden.

It took the first five years to reach the major milestone of a cumulative total of one million pounds of donated produce. In the next six years, more than a million pounds of food was donated each year. This is a significant contribution considering that each pound of food makes four meals. In 2005, more than 1.5 million pounds of produce were donated generating meals for over 5.5 million needy recipients. The total produce donations through 2005 reached nearly 10 million pounds of produce to help those in need in communities throughout the U.S. and Canada.

Now you can help those who are hungry right here in Ulster County by joining Cornell Cooperative Extensions Plant A Row for the Hungry. All it takes is planting a little extra, or sharing the extra you have. This season's co-sponsors include The Garden Writers Association, The Expanded Food and Nutrition Education Program, and Eat Smart New York.

If you're ready to help the hungry call our Master Gardener Program today at Cornell Cooperative Extension Ulster County to receive your free soil test, information packet, free Plant A Row veggie markers for your garden and registration form, call 845- 340-3478 (DIRT). Or visit our website: <http://counties.cce.cornell.edu/ulster>.

Building Strong and Vibrant New York Communities