

About *Plant a Row*

More than a decade ago, *Plant a Row for the Hungry* grew out of a column written by a former Garden Writers Association of America president who encouraged local gardeners to add an extra row of vegetables to benefit a local hunger-relief program.

Plant a Row in Connecticut was launched in 2006 by local resident and avid gardener, **Marilyn Wilkes**, to help local food pantries. This effort has provided fresh produce for people who might otherwise go without. In Connecticut, 390,000 people are hungry or at risk of hunger each year. One out of five Connecticut households with children struggled with hunger in 2009.

The success of this program hinges on community involvement. Home gardeners, farmers, schools, places of worship, youth and community organizations, and area businesses can help make a difference for their neighbors in need by adding a row of seed beds or donating their surplus to **Connecticut Food Bank** and other local hunger-relief organizations.

For more information about *Plant a Row*, please visit gardenwriters.org

To find a local hunger-relief organization that will accept your produce, visit ctfoodbank.org or ampleharvest.org

About Connecticut Food Bank

The mission of Connecticut Food Bank is to alleviate hunger. We do this by supplying food and other resources to eligible programs throughout our service areas and promoting public awareness about the problem of hunger.

Connecticut Food Bank distributes food to 650 soup kitchens, shelters, food pantries, and children's and seniors' programs in six of Connecticut's eight counties: Fairfield, Litchfield, Middlesex, New Haven, New London and Windham counties.

In 2009, Connecticut Food Bank distributed 18.7 million pounds of food. Since 1982, Connecticut Food Bank has distributed more than 200 million pounds of food to people in need in Connecticut.



Contact

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CONNECTICUT
food bank

PLANT A ROW FOR THE HUNGRY



Why Participate



What to Plant



Where to Donate



390,000 men, women and children in Connecticut had to cut meals or go without food.



Beets
Broccoli
Cabbage
Carrots
Cauliflower
Cucumbers
Eggplant
Garlic
Green Beans



Connecticut Food Bank
150 Bradley St.
East Haven, CT
(203) 469-5000
ctfoodbank.org

In 2009, 1 out of 5 Connecticut households with children struggled with hunger.



Kale
Peas
Radishes
Spinach
Summer Squash
Sweet Peppers
Tomatoes
Winter Squash
Zucchini



Directly to local hunger-relief organizations listed on ampleharvest.org



Donations are tax-deductible.

Receipts provided.



Connecticut Food Bank and food pantries need fresh, firm, clean and durable vegetables. Herbs and flowers are also welcome.



For larger donations, contact Marilyn Wilkes at (203) 415-4712 to arrange a pickup.

