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*For Immediate Release*

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**Connecticut Food Bank Reminds You to  
Plant an Extra Row for the Hungry This Spring**

*Community gardeners can make a difference*

**East Haven, CT** - Connecticut Food Bank is encouraging home and community gardeners and farmers to plant an extra row of produce this spring as part of its *Plant a Row for the Hungry* campaign. The program's goal is to increase the number of gardeners, farmers, schools, places of worship, youth and community groups and businesses that make a difference by adding a row of seedbeds or donating their surplus produce to Connecticut Food Bank and other local hunger-relief organizations. Donations are tax-deductible to the extent allowed by law and donor receipts are provided.

"Every extra tomato, squash or watermelon goes a long way to help feed those who don't have enough to eat," said Nancy L. Carrington, Connecticut Food Bank's President & CEO. "In Connecticut, one in seven families is affected by hunger and we all know the importance of providing nutritious fruits and vegetables to people in need."

Since Connecticut Food Bank launched the *Plant a Row for the Hungry* campaign in 2006, the program has collected thousands of pounds of fresh produce for people struggling with hunger in Connecticut.

Any fruit or vegetable that gardeners prefer to grow can be accepted. Suggested plantings include spinach, kale, cucumbers, broccoli, cauliflower, cabbage, carrots, peas, green beans, tomatoes, sweet peppers, eggplants, summer and winter squash, zucchini, beets and garlic.

Clean, fresh produce can be dropped off at a local food pantry or Connecticut Food Bank's warehouses in East Haven, Fairfield and Waterbury. To find a local food pantry that accepts fresh produce donations in the area, visit [www.ampleharvest.org](http://www.ampleharvest.org).

For details about *Plant a Row* or to request a program speaker for your organization, call Carolyn Russell, Connecticut Food Bank's Product Donation Coordinator at 203-469-5000.

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**Connecticut Food Bank** serves 650 local emergency food assistance programs in six of Connecticut's eight counties: Fairfield, Litchfield, Middlesex, New Haven, New London and Windham. Connecticut Food Bank distributes 30 tons of food every business day.