

Share your garden's bounty.

How can I help make a difference for the hungry?

It's simple. Just grow another row! If you don't have room for another row, then simply donate any extra vegetables your garden produces.

From the generous spirit of gardeners, each contributing just a little, springs a harvest to feed many. One pound at a time...one row at a time.

Sponsored locally by the Sedgwick County Extension Master Gardeners and the Kansas Food Bank, the Plant a Row program lets the home gardener make a tremendous impact on the widespread hunger problem in Kansas.

Next time you plan a trip to a participating drop-off garden business, check your garden for potential donations. During the growing season, the Kansas Food Bank will pick up your produce from these locations.

Plant a row. Share your bounty.



Kansas Food Bank
316-265-4421
www.kansasfoodbank.org

K-STATE
Research and Extension



For more information on gardening and using your garden produce, please visit us!

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for Life"*

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January 2014

Because nobody
should go
hungry



Plant a Row
for the Hungry 

Plant a Row for the Hungry



Share your harvest

What is “Plant a Row?”

Rooted in the tradition of sharing a bountiful garden harvest with others, Plant a Row for the Hungry is a program for home gardeners to help the hungry in their communities.

Originating in 1994 in Anchorage, Alaska, the campaign has spread nationwide. It encourages gardeners to plant an extra row of vegetables and deliver them to the local food bank in their community.

Give a little. Feed a lot.

Plant a Row for the Hungry is celebrating its 14th year of providing fresh garden vegetables and fruits through the Kansas Food Bank. The Kansas Food Bank distributes food to soup kitchens, food pantries and shelters.

Thanks to generous Wichita-area gardeners, Plant a Row donations in 2013 totaled 52,460 pounds. Since the program started in 2000, gardeners have contributed 465,040 pounds. Help us reach 500,000 pounds in 2014!

Who are the hungry in Kansas?

- ◆ 53,000 households reported regularly skipping meals.
- ◆ Poor health is a serious problem for 37.3% of food recipient households.
- ◆ \$750 is the average monthly household income for Food Bank clients.
- ◆ 80% are making below the federal poverty limit.
- ◆ 11.7% of all client households had no income from any source in the past month.

How does this program help?

Plant a Row adds fresh produce to Kansas Food Bank staples, giving families and other low-income people access to healthier and more nutritious food choices.

What produce is needed?

All peak quality fresh fruits and vegetables are appreciated. From the potatoes of spring to tomatoes of summer and squash from fall, all products are shared within the community.

Bring your best to the table!

Last year we received donations of beans, squash, tomatoes, peppers, turnips, cantaloupe, watermelon, apples and more.

**One pound at a time...
one row at a time.
Together, we make a difference.**

Where do gardeners take their produce donations?

During the growing season, you may take fresh garden produce to the site closest to you!

- ◆ **Kansas Food Bank**
1919 E. Douglas
- ◆ **Augusta Ace Home Center**
316 W 7th Ave. — Augusta
- ◆ **Brady Nursery**
11200 W. Kellogg
- ◆ **Hillside Nursery**
2200 South Hillside
- ◆ **Hillside Feed and Seed**
1805 S. Hillside
- ◆ **Johnson’s Garden Centers**
802 North Ridge Road
21st & Woodlawn
2707 West 13th
- ◆ **Valley Feed & Seed**
1903 South Meridian

Check the Home & Garden section in the Wichita Eagle on Saturdays for a running count of donations through the summer.

