

## Planting a Row

It doesn't take a lot to make a real contribution and the time to plan is now! A typical packet of snap bean seeds produces about 20 pounds of fresh, tasty produce. A packet of carrot seeds produces about 100 pounds. The average large, solid tomato weighs about a pound.



## "Putting Knowledge to Work With the People of Delaware"

For Information on  
**Plant-A-Row**

Contact:

Delaware Cooperative Extension

### New Castle County

461 Wyoming Road, Rm. 131  
Newark, DE 19716  
302/831-2506

### Kent County

69 Transportation Circle  
Dover, DE 19901  
302/730-4000 (UD)  
302/857-6426 (DSU)

### Sussex County

16483 County Seat Highway  
Georgetown, DE 19947  
302/856-7303

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## Plant a Row For the Hungry



**Delaware Farmers/Gardeners**

Delaware Cooperative Extension



# *PEOPLE HELPING PEOPLE—One pound at a time...One row at a time.*

## **What Is Plant-A-Row For The Hungry (PAR)?**

- Plant-A-Row for the Hungry (PAR) is a people-helping-people program.
- This innovative public service campaign encourages farmers and gardeners to grow a little extra and donate the produce to local soup kitchens and food banks that serve the homeless and hungry.
- PAR 's mission is to provide an avenue through which the more than 70 million farmers and gardeners in this country can help the 31 million men, women and children who go to bed hungry daily.

## **Produce Farmers and Gardeners You Can Make a Difference!**

You can:

- Plant extra.
- Deliver the harvest to a food collection site.
- Give a brochure to someone you know.
- Help the Food Bank.



New Castle: 302-292-1305  
Kent/Sussex: 302-424-3301  
<http://www.fbd.org/donatefood.html>

## **Imagine What You Can Do**

- A large planting or bumper crop will mean a great deal to your local soup kitchen, shelter or food pantry.
- Even one additional row of vegetables can make a difference in your community.
- Flowers to help brighten the shelter meals.
- Herbs add both flavor and nutrients to food.
- If you have no garden space or green thumb there are other ways to help, such as harvest, weighing and delivering produce, and providing storage space for vegetables.