

The Need in Somerset County

Individuals and families are served by 18 Somerset County shelters, pantries and soup kitchens in 2006.



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 Maine"

**For information on
Plant-A-Row contact:**

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Cooperative Extension
Somerset County Office
7 County Drive
Skowhegan, ME 04976
207-474-9622 (local)
1-800-287-1495 (in Maine)
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UMCE TDD number, 1-800-287-8957



**Somerset County Gardeners
Make a Difference by
Sharing their Harvest**



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 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 gardeners in this country can help the 31 million men, women and children who go to bed hungry daily.
- ◆ In 2006 participants in the Somerset County PAR campaign donated over 448 pounds of fresh produce and 7 dozen eggs to help feed the hungry. In addition to home gardeners - school groups, 4-H groups and local farms helped in the effort.

You Can Make a Difference!

As An Individual, You Can:

- ◆ Plant extra.
- ◆ Deliver the harvest to a food collection site.
- ◆ Give a brochure to someone you know.
- ◆ Help the office with support services.

As A Group, You Can:

- ◆ Hand out starter kits.
- ◆ Organize community-wide planting and harvest events.
- ◆ Plant a community garden.
- ◆ Put together a glean team to harvest produce donated by local farms.
- ◆ Challenge other organizations to beat your goal.
- ◆ Adopt a farm stand. Organize a team to collect the left over produce and deliver it to a donation site.

As A Business, You Can:

- ◆ Organize a company-wide PAR campaign.
- ◆ Contribute "in-kind" or financial donations.

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, help is also needed weighing and delivering produce, picking commercial farmers' surplus and providing storage space for vegetables.

