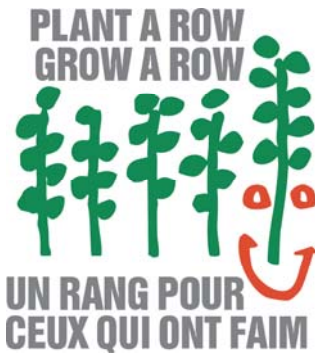


## Plant a Row • Grow a Row for neighbors in need!



Local gardeners are being encouraged to plant an extra row of vegetables and donate their harvest to **Community Connections Food Bank** in an effort to get more fresh vegetables for local families in need.

People have been bringing us fresh vegetables for years but we're trying to get more people involved in this program. We're hoping that by spreading the word about **Plant a Row • Grow a Row** we'll be able to bring in more fresh vegetables for our clients. Our clients mostly get canned fruits and vegetables and that's good but there's nothing quite like getting fresh fruit and vegetables.

### What's needed?

- root vegetables, like carrots, turnips and parsnips
- broccoli, cabbage
- peas, beans, tomatoes
- radishes, sweet peppers, summer squash
- apples and pears
- lettuce and herbs

### What's the minimum donation?

Minimum donation is one. One of anything! Of course, it's easier for the agency distributing the food if you have more, like if you have a dozen tomatoes, or a bag or two of beans in excess, and you won't eat them. But truly, they'll be glad to get just one, if that's what you've got.

### How do I prepare my donation?

Harvest your veggies, wash off the soil, trim the excess leaves, etc., and bring 'em in!  
That's it!

### Where do I take it?

Donations can be dropped off at the Food Bank, downstairs in the Legion Friday mornings 8:30 – 11:00

Please call Patti Larson for further information 250-837-2920 ext. 28

