



Dear gardener,

Thank you for thinking of Helpline House! Plant a Row is a people helping people program that encourages gardeners to grow extra and donate the produce to their local food bank. Produce is gratefully appreciated year-round; volunteers are happy to meet you at the friends and neighbors' backdoor, receive your delivery, and fill the open case refrigerator with fresh greens and colorful veggies. Donate 10 am - 4 pm, Mon - Fri, except Weds.

Here are a few quick tips to help you get started:

- **Garden fresh produce such as broccoli, beets, carrots, green onions, beans and peas, and lettuces would be greatly appreciated.**
- **Please wash and bag produce, if possible. We can provide plastic or paper bags if you need some. No worries if you are unable to prewash veggies, just let us know.**
- **If you are able to prewash and bag produce, please prepare bags in portions for 2 to 4 persons. That'll help us get it on the shelves quickly for shoppers.**

Tours are available upon request.

Staff is delighted to give you a tour and show you how your produce is displayed and distributed to local households. Please don't hesitate to ask us any questions at **foodbankmanager@helplinehouse.org**.

Thanks for your help for a Healthy & Whole Community!!