



Plant an EXTRA Row

Plant a seed, feed someone in need

*Lettuce Link creates access to fresh organic produce, vegetable seeds, gardening assistance and information to people with limited incomes throughout the Seattle area. In 2008, P-Patchers, backyard gardeners and Marra Farm donated **54,000 lbs.** of fresh, delicious, organic produce to over **20** food banks and hot meals programs in Seattle.*

How YOU can help feed others in your community:

- ✓ Plant an extra row or more. The more you plant to give away, the more you can help.
- ✓ Plant just two extra crops. This will result in a larger harvest of fewer items, which is better for the food banks.
- ✓ Food banks love most fruits and veggies! Some good examples of easy things to grow are: Beets, carrots, collard greens, green onions, herbs (dill, basil, rosemary, etc.) beans, peas, cucumbers, squash, pak choi, chard, radishes and lettuce.
- ✓ Harvest and deliver to a local food bank or hot meals program in your neighborhood. Make sure you wash and bag up your produce; it makes it easier to distribute.
- ✓ For food bank hours and locations, see Lettuce Link's website below.
- ✓ Keep track of your produce donations; send totals to Lettuce Link at the end of the season.

For more information, contact Solid Ground's Lettuce Link program:

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www.solid-ground.org/Programs/Nutrition/Lettuce