



# Grow-A-Row

*Fresh Produce for a Healthy Community*



The Grow-A-Row program invites local gardeners to commit a small portion of their time and energy toward providing fresh, locally grown vegetables, fruits & herbs for The Hunger Coalition.

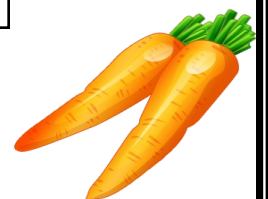
All foods donated through Grow-A-Row are distributed through our Mobile Food Bank to people in our community facing hunger.

## WHAT TO GROW:

- TOMATOES
- SQUASH
- CARROTS
- TOMATILLOS
- CABBAGE
- CAULIFLOWER
- BROCCOLI
- PEARS
- GREEN BEANS
- PEAS
- PEPPERS
- CILANTRO
- CHIVES
- ONIONS
- GARLIC
- BASIL
- RADISHES
- APPLES



**To learn more, please call Julie at 788-9266 or  
email: [julie@adager.com](mailto:julie@adager.com)**



Additional information available at: [www.thehungercoalition.org](http://www.thehungercoalition.org)