



Plant A Row - Grow A Row – Donate A Row

FRESH IS BEST!

The **Plant a Row - Grow a Row – Donate a Row** program encourages gardeners to grow an extra row of fresh fruits or vegetables for Food Banks.

This program not only increases the quantity of food that we are able to provide our clients, but also the quality of food that we are able to provide.

About Plant a Row • Grow a Row • Donate a Row

Plant a Row • Grow a Row which started in Winnipeg in 1986 builds on the long-standing tradition of gardeners loving to share their harvest with others. It is a people-helping-people program to assist in feeding those faced with food insecurity in their own communities and has been taken up by other Canadian communities.

Friends in Need Food Bank has been partnering with the Maple Ridge Intergenerational Garden to promote the Plant a Row program. Through grants obtained from Food Banks Canada for the 2018 & 2019 +Fresh Gardens and Growing Fund with the support of Compass Group Canada and Bayer Inc., we helped expand the Intergenerational Garden where our seniors teach our youth about the importance of growing our own food. Some of the bounty is donated to the food bank.

In 2023 the amount of fresh produced donated by local farms and backyard gardeners was 5300 lbs. The main contributors were Abundant Providers, Maple Ridge Intergenerational Garden, Pitt Meadows Community Garden, Meadowridge School, Fiona Farm, and others.

For a complete guide to growing your own veggie garden:

[ab09ac_44cc56404bda46de8e66686bfeadb22c.pdf \(growarow.org\)](https://www.growarow.org/ab09ac_44cc56404bda46de8e66686bfeadb22c.pdf)