

PLANT A ROW GROW A ROW

HERE IS HOW YOUR GARDEN CAN HELP FEED PEOPLE IN NEED

How often is it that you can enjoy a favorite hobby and help others in your community at the same time? The Plant a Row - Grow a Row Project is a fun way to do both. It was initially started in Winnipeg in 1986 and came to Edmonton in 1998. The Edmonton Horticultural Society and Edmonton's Food Bank are sponsoring this program in Edmonton and area that invites local gardeners to grow an extra row of vegetables, or earmark extra fruit and vegetables for donation to Edmonton's Food Bank. This program is supported nationally by The Canadian Association of Food Banks, The Composting Council of Canada, and Canadian members of the Garden Writers' Association of America.

WHAT CAN YOU DO?

Whether your vegetable garden is large or small, add an additional row or bed or pot and plant something extra. If you have extra fruit or vegetables, earmark them for donation. Encourage your family and friends to do the same. It is a wonderful project for everyone, from small children to seniors, and from those who have a huge vegetable plot to balcony gardeners who can grow vegetables in pots.

HOW TO GET STARTED:

1. Plant your seeds and nurture your garden.
2. At harvest time simply remove the majority of the garden dirt and take your produce to a donation site.
3. Be sure to let your Food Bank or donation site know that the produce is designated for the Plant a Row - Grow a Row Project so it can be weighed and added to our total. Recording your donation is important, as we will be able to measure our community's contributions and report our success!

4. Pat yourself on the back for a making a wonderful contribution to your community!

Thank you for sharing your harvest as part of the Plant a Row • Grow a Row program!

In the space below, please let us know how many pounds of produce you are donating to your local food bank (please hand this information in at the same time that you donate your fresh produce). Rounding your contribution to the nearest 5 kilograms is fine. To help determine the number of kilograms of fruits and vegetables that you are donating, keep in mind that the average paper grocery bag holds approximately 5 kilograms of mixed vegetables.



Happy Gardening!

I have donated _____ kilograms of produce to my local food bank.

Name: _____

Address: _____

Phone #: _____

THANK YOU FOR HELPING OUR COMMUNITY!

WHICH CROPS ARE BEST FOR DONATION?

Root vegetables are best, however any produce that can be easily handled and stored, including broccoli, cabbage, carrots, peas, beans, tomatoes, radishes, parsnips, sweet peppers, summer squash (including zucchini), apples and pears is welcome. Please contact your local Food Bank before donating more fragile produce like lettuce or herbs. Your donation, whether it's a bag of tomatoes, a truckload of zucchini, a box of apples, etc. will be appreciated and put to good use. Simply remove most of the garden dirt and take it in.

MAKING YOUR DONATIONS

In August and September of 2003 produce can be taken to your Local Food Bank, any Edmonton Horticultural Society event or the following drop-off locations:

- Ellerslie Gift & Garden, Ellerslie Rd & Calgary Trail South, 988-6622
- Greenland Garden Center, Hwy 16 E & Cloverbar Rd., 467-7557
- Hole's, 101 Bellerose Dr., St. Albert 419-6800
- Hyde Park Greenhouses, 19107 - 45 Ave., 487-6887
- Millcreek Nursery, 3103 - 17 Street, 469-8733
- Muttart Conservatory, 9626 - 98A Street 496-8755
- Nature's Everblooming Garden Centre, 16811 - 106th Avenue, 484-3881
- Rona Home & Garden, 10450 - 42 Avenue, 437-8080
- Rona Home & Garden, 17303 - 100 Avenue 481-8080
- Salisbury Greenhouses & Landscaping, RR 232, 1 Mile South of Wye Rd. Sherwood Park, 467-5743
- The Root Seller, Corner of Manning Drive & 167 Avenue, 473-2588
- Virginia Park Greenhouses, 111 St. & Ellerslie Rd., 988-5511
- Wellington Gift & Garden, 137 Ave. & 142 Street, 455-2281
- Whitemud Garden Center, 5020 - 55 Ave., 944-9985
- Edmonton's Food Bank, 10218 - 111 Street, Edmonton, 425-2133 8:30 to 4:30 Monday to Friday 8:00 to 4:00 Saturdays

If you have very perishable produce or wish to donate early in the season before the depots are open, please take them to Edmonton's Food Bank or any Edmonton Horticultural Society meeting or event. Please note that for donations made outside Edmonton every effort will be made to ensure that the produce you donate will be used right in your own community.

The Rainbarrel Demonstration Project has 3 components

1. Tabulate and fill out the Peak Demand Worksheet and bring it to the Mini-LawnGone or Local Living Workshop.
2. Take the Mini-LawnGone or Local Living Workshop.
3. Purchase a rainbarrel or retrofit kit.

The Rainbarrel Demonstration Project is a private-public partnership. The partners include:

- Environment Canada - Ecoaction 2000 Program
- City of Edmonton - Waste Management - Master Composter/Recycler Program
- Energy Efficiency Association of Alberta
- Solar Energy Society of Canada Inc. - Northern Alberta Chapter
- Green Communities Edmonton Association
 - Energreen Technology
 - Polyrama Plastics
- The Cool Hemp Company Inc.

PEAK DEMAND WORKSHEET

Rainbarrel Demonstration Project

email: brian.johnston@egt.ca, 780-433-7508, waste hotline 780-496-5678

Name _____ Phone _____ Date _____
Address _____ email _____

Initial Readings					Final Readings					Barrel Volume (m3)	Quantity	Course
Month	Year	Meter Reading Estimated (E) or Actual (A)	Meter Reading (m3)	Water Volume (m3)	Year	Meter Reading Estimated (E) or Actual (A)	Meter Reading (m3)	Water Volume (m3)	Difference			
January												
February												
March												
April												
May												
June												
July												
August												
September												
October												
November												
December												
January												

Partners: Environment Canada, EcoAction 2000 program, City of Edmonton, Master Composter Recycler Program, Green Communities Edmonton, Solar Energy Society of Canada-Northern Alberta chapter, Energy Efficiency Association of Alberta, EnerGreen Technology, Polyrama Plastics, The Cool Hemp Co. Inc.

Total Volume (m3) _____ Winter average household(m3) = (Nov+Dec+Jan+Feb+March)/5= _____
 Number of Occupants _____ Summer average household(m3)=(April+May+June+July+Aug+Sept+Oct)/7= _____
 Unit volume(m3)/person/month _____ Average summer monthly increases(m3) _____
 EPCOR average volume(m3)/person/month 7.7-10.42 Additional summer volume(m3) due to outdoor watering _____

This information is collected under the Freedom of Information and Protection of Privacy Act. It will be used for the Rainbarrel Demonstration Project.

Summer is defined as April, May, June, July, August, September and October, which typically have measurable rainfall.

