

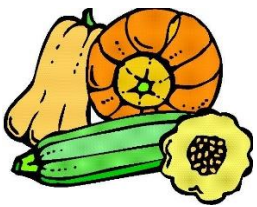
Grow-A-Row and help feed your community

With Food Security in mind, the Mount Forest Community Garden is looking for growers to plant and raise produce for harvest and donation to the Mount Forest Community Pantry and the Arthur Foodbank. In addition to the foodbanks, the food will be shared with other social services and networks in the community that support those that are in need.

Food connects us as a community and builds each other up in times of need. Large or small, every donation from a garden makes an incredible impact. When we can add fresh produce to a family or individual, we are helping to build their resiliency. It is critical to eat well when you are in crisis so when we can give fresh-from-the-garden vegetables it tells someone they matter.

When you grow-a-row, this can really add up to make an incredible difference in someone's life. Gardening, volunteering and giving back are all great activities for your heart, and your community!

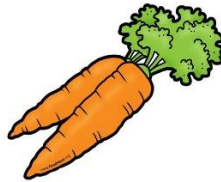
What Can I Grow?



Summer & Winter Squash



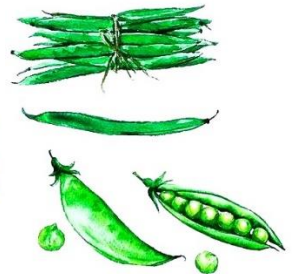
Potatoes



Carrots



Beets



Beans & Peas



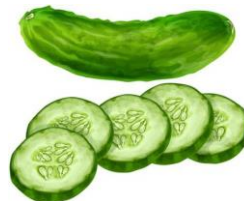
Leafy Greens



Tomatoes



Peppers



Cucumber



Onions & Garlic

Organic

Vegetables should be **Organically grown** in which garden soil is free of pesticides and chemicals.

Donating Your Harvest

It's easy! Donations can be taken to the Sharing Shelf at the Community Garden Monday and Thursday evenings or by 8 am Tuesday and Friday mornings, for foodbank distribution. Arrangements for pickup can also be arranged by contacting Daphne Rappard, Down to Earth chair for the Community Garden at 519-323-7845.

When donating your produce please do not wash it. The dirt helps to keep it fresh for longer. Please drop-off your unwashed produce in a container (bag, box, bin) that you ideally don't need back.

