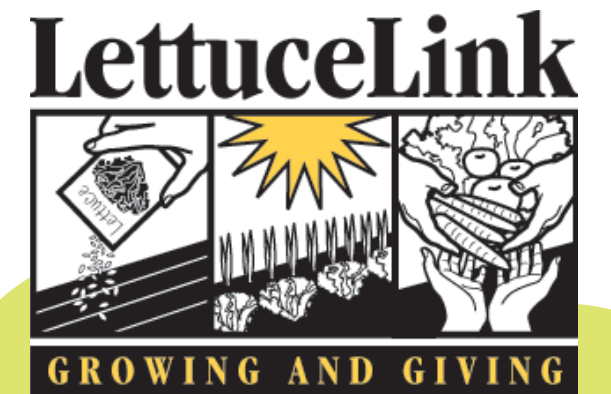




Lettuce Link  
is a program of



### We believe...

- Our community has the resources, will and ability to end poverty.
- All people have the right to food, shelter, social justice and opportunities.
- Racism perpetuates poverty.
- To end poverty, we must undo racism.

We believe that together, we can build a community free from poverty, prejudice and neglect in which all members stand on Solid Ground with the skills and confidence needed to achieve their dreams.

### We create community connections & foster food justice through gardening.

Each year Lettuce Link distributes seeds and plant starts to more than 2,000 food bank clients in Seattle. Our goal? To make it easy for people to grow their own vegetable and herb gardens. We purchase and receive in-kind donations of culturally appropriate and regionally relevant seeds to meet the needs of diverse diets. We also provide gardening information and education in several languages and connect people to free gardening resources in the Seattle area.

ADDRESS  
1501 North 45th Street, Seattle, WA 98103-6708

LETTUCE LINK INFO	TTY	FAX
206.694.6754	7.1.1	206.694.6777

MARRA FARM INFO	SEATTLE TILTH (to donate fruit)
206.694.6746 x1	206.633.0224

EMAIL  
lettucelink@solid-ground.org

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

**Reasonable accommodations for disabilities made on request.**

PRINTING DONATED  
McCallum Print Group



- Community Fruit Tree Harvest
- Marra Farm Giving Garden
- P-Patch Giving & Growing
- Seattle Community Farm



*Lettuce Link envisions a city where people have equal access to healthy and culturally appropriate food. We work with and in communities to grow and share food that is fresh and nourishing.*

### Lettuce Link connects gardeners to food banks.

Since 1988, Lettuce Link has coordinated with Seattle-area gardeners to donate fresh organic fruits and vegetables to their local food banks. Each year — together with hundreds of volunteers, fruit tree owners, and gardeners from more than 30 community gardens and urban farms — we collect, grow and donate nearly 25 tons of fresh, organic produce for people in need! Produce is distributed to two dozen food banks, meal programs and shelters across Seattle.

# Lettuce Link...

Nurturing healthy communities in the Seattle area



Lettuce Link serves families with lower incomes in Seattle by providing fresh, organic produce, seeds and plant starts. We foster community connections through gardening education, sustainable food production, and raising awareness about good nutrition and food justice. We also fight hunger by coordinating donations of fruits and vegetables grown and harvested in Seattle.

## Other Lettuce Link projects:

### Marra Farm Giving Garden

Lettuce Link is one of several community groups that steward Marra Farm – an historic four-acre urban farm located in Seattle's South Park neighborhood. Since 1998, Lettuce Link has built community ties and connected neighborhood children to their environment through organic gardening and nutrition classes at the Farm.

Volunteers help us grow nearly 10 tons of food a year in our 3/4-acre Giving Garden, which is distributed to the local food bank and the children who help us at Marra Farm.

Each spring and summer, we organize a 10-week gardening and nutrition program for children from the South Park community. Kids learn about food, nutrition and the environment as they "adopt-a-plot" of farmland.

Working with partner organizations, we also hold outdoor cooking classes using farm-fresh ingredients.

### Community Fruit Tree Harvest

Lettuce Link's Community Fruit Tree Harvest brings homegrown apples, pears, plums, Asian pears and grapes to local food banks and meal programs in coordination with Seattle Tilth and teams of dedicated volunteers. Lettuce Link coordinates volunteer teams to harvest and deliver fruit to local programs fighting hunger.

### Seattle Community Farm

In partnership with other public and private organizations, Lettuce Link turned unused urban land in the Rainier Valley into an educational city farm for local residents and volunteers. Produce grown at the Farm goes to neighborhood residents with lower incomes, the local food bank, and the children who participate in our programs.

For up-to-date Lettuce Link news, visit our blog at <http://lettucelink.blogspot.com/>.

## Volunteer for Lettuce Link!

- Help us grow fresh, organic produce in our Marra Farm Giving Garden: plant, turn compost, weed and harvest.
- Donate your organic produce. We accept healthy, pesticide-free vegetables as well as apples, pears, plums, Asian pears and grapes.
- Help us grow food at the Seattle Community Farm at Rainier Vista.
- Join a fruit harvesting team in your neighborhood.
- Share your gardening knowledge with food bank clients and children.
- Interpret or translate materials. Cantonese, Vietnamese and Somali speakers especially needed.
- Make a financial contribution! To donate, please visit:

<http://support.solid-ground.org/LettuceLink>