



Be a Giving Gardener

In 2010, Lettuce Link with hundreds of Seattle area volunteers grew and donated over **46,000 lbs of fresh organic produce** to food banks, shelters, and hot meal programs all over Seattle.

How YOU can help feed others in your community:

- ✓ Plant an extra row or more. The more you plant to give away, the more you can help.
- ✓ Plant just two extra crops. This will result in a larger harvest of fewer items, which food banks prefer.
- ✓ Food banks love most fruits and veggies! Check with the food bank or meal program in your neighborhood to see what is popular, or check our website for a list of food bank hours, locations, and preferences.
- ✓ Keep track and keep in touch! Lettuce Link can support you throughout the growing season, and at the end of the year, we'd love to hear how much you donated.
- ✓ Spread the word with a sign marking your giving garden, and maybe you'll inspire others to grow one, too! You can download signs on our website.



Lettuce Link, a program of Solid Ground, creates access to fresh, nutritious and organic produce, seeds, and gardening information for families with lower incomes in Seattle and builds awareness about food justice and sustainable food production.

For more information, contact Lettuce Link at 206.694.6754 or lettucelink@solid-ground.org

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

