

Plant a Row  
for the Hungry 



## Keeping the Focus on Communities at Home

Westfield's Plant a Row for the Hungry program enjoyed great success in its inaugural year last year. Thanks to Plant A Row participants and volunteers, nearly 400 pounds of food were donated to Third Phase Food Bank, Hamilton County's largest food pantry. With your time and help, we are hoping to make 2011's Plant A Row program bigger and better.

The economic conditions are still dire for many families in Hamilton County, and planting an extra row of fruits, vegetables and herbs is a fun and easy way for local gardeners to combat hunger in our own backyard. We have several community garden plots available for those of you without the

space in your own yards for a garden:

Grace Garden:

[www.gracegarden.wordpress.com](http://www.gracegarden.wordpress.com)

We would love to see more neighborhoods, churches and other communities involved by supporting a community garden! Please contact Sara Sterley ([sarasterley@yahoo.com](mailto:sarasterley@yahoo.com)) with PAR for help on starting your own community garden.

If you aren't a gardener, there are many other ways for you to be involved, as well. Please contact Robert Staley ([rlstaley1@comcast.net](mailto:rlstaley1@comcast.net)) or visit the City of Westfield's website for more information ([www.westfield.in.gov](http://www.westfield.in.gov)).



### Asparagus, White Bean, and Penne Pasta

#### Ingredients

3 tablespoons olive oil  
2 cloves garlic, chopped  
1 cup crimini mushrooms, sliced  
8 to 12 asparagus spears, cut into 1-inch lengths (tough ends removed)  
2 cups canned diced tomatoes, lightly drained  
2 cups cooked white beans  
½ cup coarsely chopped parsley  
½ cup grated Parmesan cheese  
Juice of ½ lemon  
¾ pound penne pasta, cooked and drained  
Salt and freshly cracked pepper

#### Directions

In a heavy pot, heat the olive oil until the surface begins to move. Stir in the garlic, mushrooms and asparagus and cook for 4 to 5 minutes or until the asparagus is crisp-tender.

Add the tomatoes, white beans, parsley and Parmesan and simmer for 1 to 2 minutes. Squeeze in the lemon juice. Stir in the pasta and adjust the seasonings with salt and pepper. Heat through and serve garnished with grated Parmesan and chopped fresh parsley. Serves 4

Source: Green B.E.A.N. Delivery



You Can  
Make a  
Difference  
Through  
PAR!

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The  
Impact  
of  
One  
Row

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Harvesting  
Hope

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# the impact of ONE ROW:

## 6 FACTS YOU SHOULD KNOW

**1** A single bell pepper plant can yield 6-8 peppers.

**2** One tomato plant can yield 20-30 tomatoes.

**3** One cucumber plant can yield up to 20 cucumbers.

**4** A single package carrot seeds will yield 20-30 carrots.

**5** One average grocery bag of fresh produce weighs approximately 25 pounds.

**6** One-in-eight Americans face hunger daily. Almost 14 million people facing hunger each day are children.



## You Can Make A Difference Through PAR!

As a non-profit, PAR's success depends on the continued generosity of volunteers and sponsors.

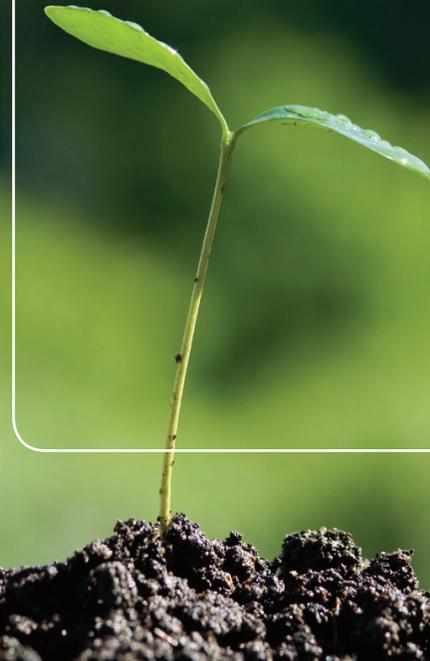
### As an Individual You Can Make a Difference:

- Plant or glean vegetables, fruit or herbs.
- Deliver your harvest to THIRD PHASE or AMERIANA Bank
- Spread the word about PAR to your family, friends and neighbors.

### As a Business You Can Make a Difference:

- Become a PAR sponsor through financial support.
- Contribute "in-kind" donations.
- Organize a company-wide PAR campaign.
- As a non-profit, PAR's success depends on the continued generosity of volunteers and sponsors.

## HARVESTING HOPE



Plant A Row (PAR) is a unique community-based program. It encourages individual and community gardeners to plant and donate an extra row of produce for the greater good in support of food relief organizations in neighborhoods, local districts, cities and counties nationwide.

There is no "typical" hungry person. Rather, he or she looks like all of us and is usually someone who, due to some unforeseen events, finds him/herself needing help. Hunger affects us all, prompting health problems and deteriorating productivity.

Local food agencies are often the only hope some people have to put food on the table for themselves and their children. By donating produce directly to the food agencies, gardeners help organizations and their patrons stretch their meager resources.

Want More Information? Contact Us At:



2728 E. 171 ST.  
WESTFIELD, IN 46074

Phone: (317) 804-3184  
Fax: (317) 804-3190

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