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How does your garden grow? Plant a Row to share with your neighbors *Food Bank of Delaware will help distribute surplus produce*

Newark, Del. (June 21, 2018) – Even though Delaware had a cool spring and residents experienced a rainy June, local home-based gardens will soon be yielding fresh produce.

Gardeners whose harvest is greater than their need have an opportunity to share extra fruit, vegetables and herbs with the neighbors through the Food Bank of Delaware.

Here's how the Plant a Row program works:

- If you're still planting later crops, plant an extra row. When the garden starts to produce, instead of letting the surplus harvest go to waste, bring it to the Food Bank warehouse in Newark (14 Garfield Way) or Milford (1040 Mattlind Way) from 8 a.m. to 4:30 p.m. Monday through Friday.
- The Food Bank will distribute the fresh produce through its network of 536 hunger relief partners statewide. Hunger relief partners include food closets, day care centers, shelters, senior centers, nonprofit organizations and others.

If your garden is starting to thrive, excess produce is always welcome. The Food Bank of Delaware assists more than 114,000 food insecure Delawareans who visit food pantries in their local community. The Food Bank of Delaware has also cultivated relationships with commercial farmers who share their surplus with food-insecure Delawareans.

"Getting fresh local produce into the hands of those who need it most is a priority for us at the Food Bank of Delaware," said Food Bank of Delaware President and CEO Patricia Beebe. "Families served through our network of hunger relief partners tell us they need more fresh fruits and vegetables. Food insecure adults are at a 50 percent greater risk for developing diabetes and a 20 percent greater risk of developing hypertension than other food secure adults. Getting fresh foods into the hands of those who need it most can help mitigate some of these health conditions."

For more information, visit www.fbd.org/produce.

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The Food Bank of Delaware distributes millions of pounds of products each year to its network of 536 hunger-relief program partners throughout the state and also provides thousands of meals a month for children through the After-School Nutrition Program, the Summer Food Service Program and the Backpack Program. The Food Bank's hunger-relief programs provide for Delawareans at risk of going without meals each year. The Culinary School at the Food Bank of Delaware, the Food Bank's workforce development arm, provides training for adults interested in careers in the food service industry. For more information about the Food Bank of Delaware, visit www.fbd.org or call (302) 292-1305.