



## Grow a Row FC is seeking gardeners and gurus

Grow a Row FC is a community-wide effort to grow fresh produce for local food banks and pantries. We provide free seeds, seedlings and mentorship to new and experienced gardeners who will donate a portion of their yield. Donations don't have to be regular or big; you can literally grow a row or container of produce for donation.

Grow a Row FC, based in Falls Church and Fairfax County, started last May. In five months, we delivered more than 2000 pounds of produce to local food banks.

The organization is seeking:

- Growers
- Mentors for gardeners
- Volunteers to host sites where gardeners can drop off produce donations and couriers to pick up produce from gardeners. Hosts and couriers then deliver produce to a food pantry.

Volunteers may start and stop at any time.

For more information, visit [www.growarowfc.com](http://www.growarowfc.com) or email [growarowfc@gmail.com](mailto:growarowfc@gmail.com)

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### Camelot Neighborhood

**Drop off site:** 8205 Guinevere Dr (Put produce into coolers on front porch)

**Days and times:** Sundays and Mondays (anytime) and Tuesdays (until 11am).



# Packing produce for donation

Guidelines for growers

## Important!

Weigh each crop and report your donation by emailing [Grow a Row FC growarowfc@gmail.com](mailto:Grow a Row FC growarowfc@gmail.com). or by filling out [this form](#). If you're using the Fresh Food Connect app, you don't need to send a separate report.

- If you have leafy herbs or greens, clip and weigh them as close to donation time as possible.
- Refrigerate in a clean baggie with a dry paper towel until you drop them off or donate them.
- Except for herbs, don't mix types of produce in the baggie.
- Label each baggie with the name of the fruit, veggie or herb.
- Don't harvest when you're sick, and wash your hands before harvesting.
- Only donate high quality and freshly picked produce – no overripe, molding, bruised, insect-damaged or spoiled fruits or veggies.
- Wipe off mud/dirt, but don't rinse the produce – that can remove a protective coating and cause the produce to spoil sooner. The pantries/banks rinse all donated produce.