



Donate Your Produce Plant A Row

Name _____

Address _____

E-mail _____

Phone _____

DONATING PRODUCE & PLANT A ROW

If you are a farmer or already growing a garden please consider designating an area or certain plants to go to your local food bank.

According to a recent food bank survey conducted by Community Harvest, **100% of food banks** in Chelan, Douglas and Grant counties could use **more fresh produce**. Help feed your community today!

What produce do you grow?

Do you want to donate regularly?

What county do you live in?

Contact Community Harvest, Alison Detjens for more information and to be connected to a food bank near you. Phone: 509.387.5372 or Email: gleaning@communityfarmconnection.org

Community Harvest is a project designed
in collaboration between



10 North Mission
Wenatchee, WA 98807
Contact Alison Detjens 509.387.5372



A non-profit committed to supporting small
farms and improving consumer access to locally
grown food.
Contact Ally Neher 509.670.4343

VISIT OUR WEBSITE

www.communityfarmconnection.org



**Community Harvest is a
regional gleaning program
that helps reduce produce
waste while making
healthy, whole foods
accessible to the residents
of North Central
Washington!**

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WHAT IS GLEANING?

Gleaning is the act of collecting left over crops after a field has been commercially harvested or when it is not economically profitable for the farmer to harvest the crop.

As a gleaning volunteer, you will receive an e-mail or phone call when there is an upcoming gleaning opportunity. Working with your schedule, we will establish the best time to get the gleaning started! Before the first gleaning you will be briefed on protocol, given tips for harvesting and receive an intro to gleaning packet. Unless otherwise specified, we will coordinate transportation and obtain necessary tools.



FOOD WASTE

Up to one-fifth of America's food goes to waste each year, with an estimated *130 pounds of food per person* ending up in landfills. The annual value of this lost food is estimated at around \$31 billion. But the real story is that roughly **49 million people** could have been fed by those lost resources.*

For more information about food waste:
http://www.endhunger.org/food_waste.htm

*USDA Guide to Gleaning and Food Recovery



HARVEST AGAINST HUNGER

Harvest Against Hunger is a project of Rotary First Harvest in support of local hunger relief agencies. The project's mission is to connect farms, food banks, and volunteers to secure distribution of fresh produce to thousands of hungry people throughout Washington State.

For more information on hunger, check out the following resources:

<http://www.foodlifeline.org/hunger/resources>
<http://www.northwestharvest.org/>



COMMUNITY HARVEST

Community Harvest is a regional gleaning project in the greater Wenatchee Valley. We help farmers manage excess or un-marketable products and makes this produce accessible to the local community through the region's emergency food providers. Community Harvest's vision of a healthy, self-reliant community includes access to fresh, locally grown foods for everyone.

This is a new project that can benefit the entire community. Please contact us if you have any ideas, comments, or questions.



BECOME A GLEANER!!

Looking for an opportunity to help with a hands on project? Become a GLEANER! Help stock local food pantry shelves while getting fresh air and exercise!

Community Harvest needs your help collecting edible produce from farms and gardens that might otherwise be thrown away or composted.

We also need help with transportation, equipment donations, and recruitment.

Name: _____

Phone: _____

E-mail: _____

Address: _____

When are you available? (Please circle)

Weekends: Saturday or Sunday

Weekdays: Daytime or Evening

Which activities are you interested in?

Physical gleaning Packing/sorting

Can you provide transportation for:

People? Produce?