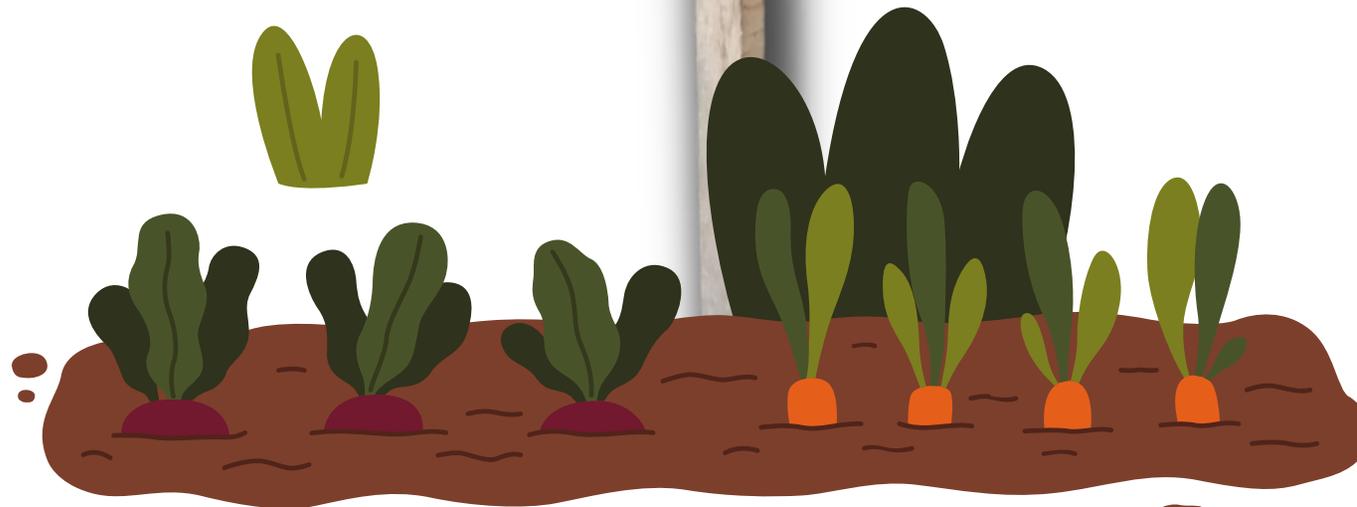


Grow-A-Row for Beyond Hunger

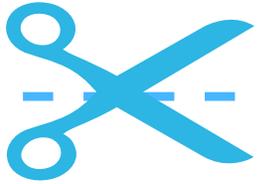
Materials needed:

- Cardboard
- Glue
- Clear contact paper
- Paint stirrer/or other 12" wooden garden stake
- Popsicle sticks
- Vegetable seeds
- Garden patch
- Permanent marker
- Stapler/Staples
- Gardeners



1. Print and cut out sign; Glue to cardboard

2. Cover with clear contact paper; Staple to paint stirrer or garden stake



THIS GARDEN SUPPORTS



HUNGER

LEARN MORE



GoBeyondHunger.org

3. Identify and prepare your garden patch
4. Write names of vegetables you are growing on popsicle sticks
5. Plant your garden
6. Label your vegetables and let people know you are growing to support our community - be sure you put up your Beyond Hunger garden sign in a prominent location.

Some popular vegetables that local families love:

- Okra
- Sweet Potatoes
- Carrots
- Squash
- Green Beans

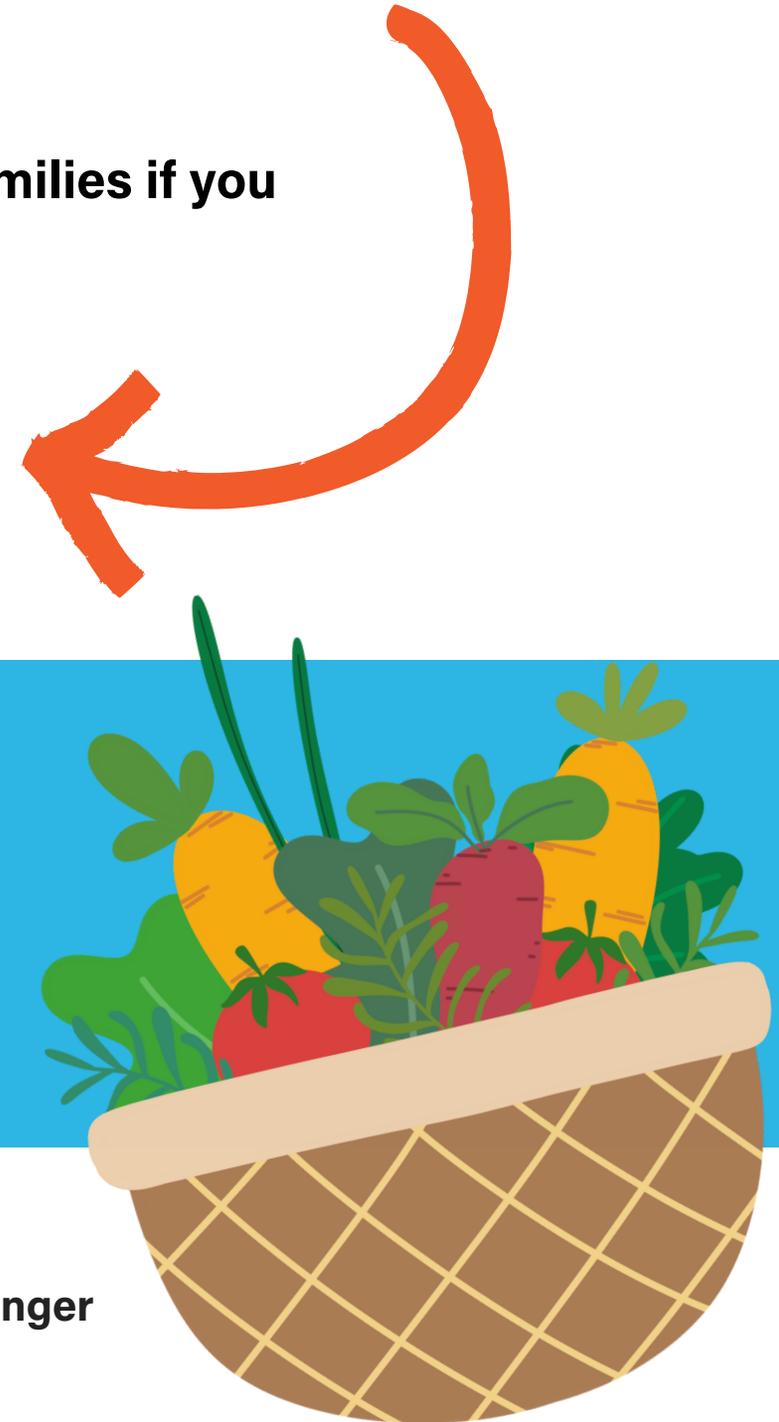


8. Finally: Harvest your garden when your produce is ripe. And bring to Beyond Hunger!

Produce will be the freshest it can be for local families if you drop off your harvested items:

**Tuesdays from 9am-4pm or
Fridays 9am-4pm**

**Learn more about our Grow-A-Row
program and make sure your garden is
on our list of community growers!
www.GoBeyondHunger.org/grow-row**



www.GoBeyondHunger.org | 708-386-1324 | @GoBeyondHunger

For 40 years Beyond Hunger has provided hunger relief services and programming to 13 zip codes across Cook County for people at every stage of life.