



PROGRAMS TO CONNECT SCHOOLS & FARMS THROUGH FOOD & EDUCATION

Contact Info:

Green Mountain Farm-to-School
194 Main Street, Suite 301
Newport, VT 05855
[P] 334-2044
[E] programs@gmfts.org

For Immediate Release

Green Mountain Farm-to-School Seeks Gardeners to
Grow a Row of Produce for Local School

Newport, VT - Green Mountain Farm-to-School (GMFTS) seeks gardeners for their Grow a Row program, which encourages community members to donate produce from their gardens to their local school. Students enjoy eating the fresh garden foods and donations of local fruit and vegetables enable schools to serve more fresh vegetables without adding to the cost of their meals.

Vermont schools provide half of the daily nutrition for students, so they have a tremendous opportunity to provide them with fresh, nutritious foods. However, 74% of children do not eat the recommended amount of fruits and vegetables per day. Growing just one extra row of produce for a local school, or donating apples or berries, helps ease school budget burdens and gets kids excited about eating healthy. "The kids love hearing where their food came from," says Debbie Merrill, the Food Service Director at Lowell School. "It cuts food costs so we can provide more local food," agrees Coventry Food Service Director, Joanne Glodgett.

Grow a Row participants plant their gardens with an additional row of vegetables such as carrots, cabbage, tomatoes, peppers, corn, or broccoli and others donate apples, blackberries or blueberries from their trees and bushes. GMFTS school partners for this year include: Albany, Brownington, Coventry, Glover, Holland, Irasburg, Jay/Westfield, Lowell, North Country Union Jr. High, Orleans, and Troy.

Thanks to generous business sponsors, this year Grow a Row participants will have even more incentive to help their community: gardeners may pick up free plants for their extra row from Mountain View Farmstand in Newport, and those with the most donations will receive prizes from Derby Cow Palace, Wider Than the Sky Bookshop, and Wayside Bakery and Restaurant.

Grow a Row is just one of the ways GMFTS is working to promote the health of Vermont's children, farms, and communities. GMFTS programs serve 20 school

194 Main Street, Suite 301 | Newport, VT 05855 | 802.334.2044
GreenMountainFarmtoSchool.org



PROGRAMS TO CONNECT SCHOOLS & FARMS THROUGH FOOD & EDUCATION

communities with school gardens, educational programs and fresh local farm foods, benefiting over 2,750 students.

Those interested in growing produce for their local school should contact Carrie Glessner at (802) 334-2044 or programs@gmfts.org or visit www.GreenMountainFarmtoSchool.org for more information.