
NYACK COMMUNITY GARDEN

July-August 2017

Plant-a-Row: It's All About Sharing

Please help us fill the cooler near the shed! The first pickup is July 10th

The Plant-a-Row for the Hungry Project

If you want to be a part of a great national effort, please keep your eyes open! In early July, you will notice a new green (of course) cooler



in the garden near the shed as well as a crate

inside the shed. The cooler and crate are an

invitation to every Nyack Community Garden member to share our bounty with

hungry families in Rockland. Plant-a-Row for the Hungry is a national

organization founded in 1995 to encourage gardeners to donate produce to local

food banks. Our local committee is led by Jill Remaly and an enthusiastic team of

our fellow gardeners. Why should you respond to this “cooler” invitation?



There is Real Need

You may think that Rockland County is an affluent county with few hunger problems, but one in five children in Rockland County lives in poverty, and about 45,000 Rocklanders are “food insecure,” meaning they do not know where their next meal is coming from. People to People -- and our donations from the Nyack Community Garden -- help to fill that gap. People to People feeds about 1,400 families each month, and garden donations help ensure that neighbors in need receive healthy, fresh vegetables.

Food Deserts in Rockland

According to the US Department of Agriculture, several areas in Rockland County are “food deserts,” which does not mean that the soil is too sandy and won’t grow food. The term “food desert” refers to an area where people do not have access to affordable fresh food. Food deserts are often found in very urban and very rural areas, but they can also be found in suburban areas like Rockland County. Sometimes this means there is no grocery store in the area, or the only fruits and vegetables are expensive and of poor quality. This means the fresh produce we donate is all the more important and useful to families who lack access to healthy foods.



Nyack Garden Club Volunteer Growers

Did you know that the Nyack Garden Club has an entire plot dedicated to growing food for People to People? It is tended by members of the Garden Club, and we can multiply the plot’s good impact by

giving some of our extra vegetables to the cause. Jill Remaly, says: "All of the produce grown in the Nyack Garden Club plot will be donated to People to People and we hope that other garden members will give as much as they can. A community garden is all about community, and our community extends well beyond our gates."



How You Can Help

"Tomatoes, peppers, cucumbers, squash, as well as more robust greens such as Swiss chard and kale are all great," says Jill. "Lettuce is not ideal for collection as it suffers pretty quickly without refrigeration." The committee purchased the cooler and ice packs so the produce can withstand the heat. Jill reminds us that there is also **a donation crate in the shed** for your less fragile veggies.

When to Give – First Pickup is Monday, July 10

Sunday evenings or Monday mornings are good times to put some veggies in the cooler, because a Plant-a-Row team member will pick up donations around ten every Monday morning and deliver it straight to the food pantry. But please donate anytime you can during the week. And if the cooler is full, that's fine: there is also a crate in the shed for weekday and weekend donations and overflow.

Going on Vacation? Please Email Jill

If for any reason you cannot make it to the garden for a period of time, please don't let your produce go to waste. The Plant-a-Row committee will harvest and donate for you! If you will be out of town, just send an email to Jill -- **jillremaly217@gmail.com** -- with your name, plot number, and the dates that you will be away. The Plant-a-Row team will be happy to harvest your ready produce so it is not wasted while you are away.



Our Middle Name is Community

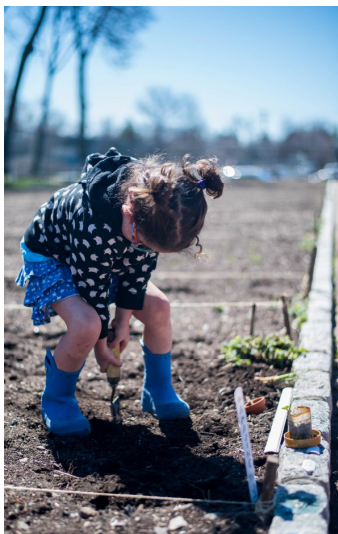
"Plant a Row is all about sharing," says John Dunnigan, co-president of the garden. We feel good when we share. So let's all help fill the cooler and give our Plant-a-Row Project its most bountiful year ever! Jill Remaly and the Plant-a-Row team thank you in advance for your generous help in making this effort a healthy success for neighbors in need.

--Liz Cherry

2017 Dates to Remember

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| Monday, July 10 | Plant A Row veggies in cooler will be given to food bank |
| Thursday, July 20 | Garden Contest Judging |
| Thursday, Oct. 19 | Pot Luck Dinner with prizes awarded to attending contest winners and free raffle for all attendees |
| Saturday, Nov. 4 | Garden closes, all items removed and plots restored to state as of March 30 |
| Saturday, Nov. 11 | 8:00 AM sharp: Winter prep clean-up |

Nyack Community Garden Contest - July 20th 2017



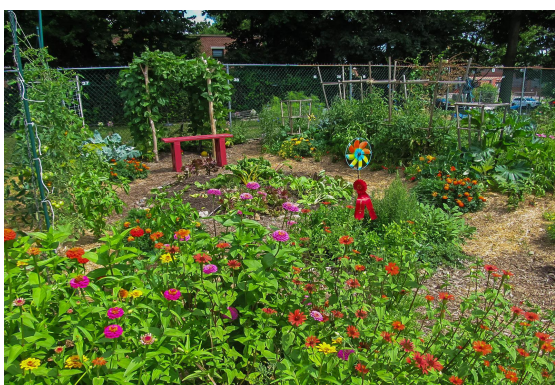
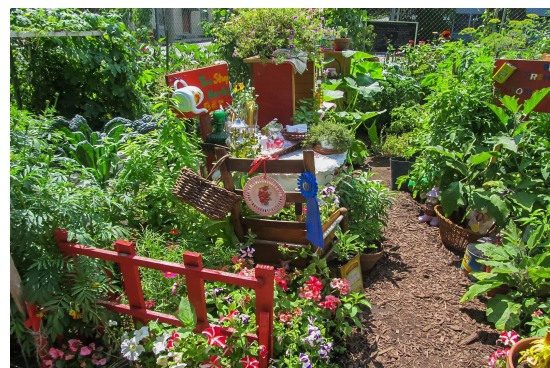
Time to get out there, get down in the dirt and get your garden ready for the Nyack Community Garden's 37th annual Garden Contest!

This year's contest categories are:

- Best maintained garden
- Best vegetable and/or flower garden
- Most creative garden

Judging will take place the morning of July 20th, 2017.

5 Nyack bound Judges will be invited to walk the community garden in order



to choose the winners for each category. The Journal News will also be invited to write about the event.

Ribbons will be given for 1st, 2nd and 3rd place in each category and one special ribbon will be given for "Best overall garden." The ribbons will be placed on the winning garden plots

So get out there and start planting! Good luck!!

--Todd Moore

Save the Date for the Pot-Luck Dinner!

See you on Thursday, October 19

The annual Pot-luck Dinner of the Nyack Community Garden always has great food. Gardeners each bring a dish of their choosing that serve will ten or more. There is an abundance of tasty items ranging from soups to deserts. Typically, both meat-eaters and vegetarians have delicious options. Many dishes include produce grown at our garden, but store-brought items are welcome, too.

The Dinner is a time of great conversations, including terrific gardening discussions. What's new this year to make our evening even better?

- Return of the awards ceremony with gifts to the winners of the Garden Contest in attendance.
- An opportunity for all gardeners in attendance to win a special gift. You will receive a raffle ticket and there will be a drawing.
- A "more the merrier" invitation to gardeners to bring spouse, a friend and/or children. Please bring a larger "pot" if your contingency is large.

Drinks are provided and the event takes place in the evening at the Nyack Senior Center. Kim Knight has chaired the Pot-Luck Dinner Committee since 2009 and other committee members, aided by our Treasurer Marie Dilluvio, organize a fun event. We look forward to seeing you at the Pot-Luck Dinner