



Grow-A-Row Program
Frequently Asked Questions
Registration and Contact Information

What is the Grow-A-Row Program? Also known as “Plant-A-Row Grow-A-Row” or PARGAR.

It is a program that coordinates fresh food donations to local food banks.

Who is organizing the Grow-A-Row Program? The Foodshed Project is the managing organization. Many partner organizations are also involved, such as Sudbury Food Bank, Sudbury Food Connections Network, EarthCare Sudbury, reThink Green, Coalition for a Livable Sudbury, Sudbury Horticultural Society, the Master Gardeners, Vinegar on the Rocks & Nickel Chef, EarthCare Sudbury, and the Ste. Anne and Delki Dozi Community Gardens.

Who can Grow-A-Row? Anyone who gardens or has access to a garden, can “Grow-A-Row” or “Grow-an-Extra-Row” for donation to a local food bank.

What kind of vegetables can I donate? Beans, Peas, Carrots, Onions, Cucumbers, Tomatoes, Beets, Radishes, Kohlrabi, Squash, and Turnip. Other donations may be accepted, such as potatoes, but you must check with the food bank first to see if they can accept them.

How does the produce get to the food bank? Each gardener is responsible for dropping off their own garden produce. Maps of food bank locations will be available by July.

How will I know where to bring it? When you register with the Grow-A-Row program, you will be given information on where to drop off your produce - see the last page of this form.

Do you offer support to gardeners? Yes, we offer various workshops on gardening. Over the summer, we will be growing a garden at Anderson Farm in Lively. In the fall we will offer food preservation classes.

Will the program be offered next year? Yes, The Foodshed Project has funding to support the Grow-A-Row Program for two years. After two years, community organizations can play a strong role in coordinating the program in their neighborhood.

How do I get involved? Register by email at growarowgreatersudbury@gmail.com or call Doreen at 705-675-3894. Visit www.foodshedproject.ca for more information and to download the Garden Calendar. We can mail you a hard copy of the Garden Calendar, call 705-675-3894 and ask for Doreen.

C - cool-hardy (can sustain a light frost) A - all weather
H - hot weather crop - loves heat S - Succession plant
Date seeded/transplanted into the garden
Expected harvest date(s)

How do you use this chart?

- 1) Select what you want to grow for donation to a local food bank from the list below.
- 2) Mark the planting and harvesting dates and the varieties grown to help organize your food bank donations.

Name / Variety
Date to Maturity

Beans _____ _____	H/S			<ul style="list-style-type: none"> - harvest in 50 - 70 days, pulling gently from the vine - beans can become overgrown and tough in a short time - harvest young tender beans continuously, or harvest seed in fall
Beets _____ _____	All /S			<ul style="list-style-type: none"> - beets are mature in 40-50 days - leaves are nutritious, but over-harvesting will decrease root size - harvest roots when they are 1.25 - 2.00 inches wide (or larger)
Carrots _____ _____	All /S			<ul style="list-style-type: none"> - harvest in 55 -95 days, pick as "baby carrots" when young - harvest when soil is moist, and use a garden fork - late carrots are harvested in October for winter storage
Cuc's _____ _____	H			<ul style="list-style-type: none"> - harvest 60-70 days from planting - pick constantly every three days after the vines start producing - pick early in the morning and refrigerate immediately
Edamame _____ _____	H			<ul style="list-style-type: none"> - matures between 90-120 days, all pods mature at the same time - soyabean, pick when the seeds inside the pod fill out - when mature, eat the pod and seeds, should be mild and sweet
Kohlrabi _____ _____	C			<ul style="list-style-type: none"> - matures in 45-60 days - slice off the swollen stem (bulb) at the base, trim leaves off bulb - younger plants are juicy and crisp, store in a cool location
Leafy Greens _____ _____	C/S			<ul style="list-style-type: none"> - harvest as soon as the plant leaves are large enough - harvest in the morning for maximum freshness - be careful to not pull out the roots
Onions _____ _____	H			<ul style="list-style-type: none"> - bulb onions require 80-150 days to mature - all onions can be harvested early as green onions - harvest when leaves loose their colour and have stopped growing
Peas _____ _____	All/S			<ul style="list-style-type: none"> - harvest 60 days after planting, two weeks after they flower - start picking when pods fill out and they are bright green - indeterminant vining will continue to produce pods until frost
Radishes _____ _____	C/S			<ul style="list-style-type: none"> - harvest in 25-65 days before they get woody and bitter - harvest in the morning for maximum freshness - root, leaves, and seed pods are all edible
Spinach _____ _____	C			<ul style="list-style-type: none"> - matures quickly, within six weeks, then flowers and forms seeds - harvest baby greens at 3-4 inches, leaves bruise easily - break cleanly at base, picking outside leaves first
Squash _____ _____	H			<ul style="list-style-type: none"> - harvest from 55-110 days, start indoors and transplant - pick summer squash early before the skins get tough - harvest winter squash when fully mature - leave stem intact
Tomatoes _____ _____	H			<ul style="list-style-type: none"> - grow early maturing varieties - 55-70 days - pick at full colour for best flavour, do not require refrigeration - green tomatoes can ripen indoors, if they are blemish-free
Turnips _____ _____	H			<ul style="list-style-type: none"> - can harvest small turnips 30-40 days after seeding - pull directly out of ground when they are ready - harvest turnip greens to saute' or for salads

Cool weather crops can be planted 3-4 weeks before the last frost date - they can survive a light frost.
Be sure to follow safe handling practices when picking and storing vegetables for food bank donations.



**Grow-A-Row Planting
& Harvest Planner
Warm Season Crop Planner**

Beans (pole and bush),
Summer and winter squash,
Tomatoes.

Name: _____ Year: _____

Location: _____

← Harvest Zone → First Frost

I am planting: _____

Planting week

Harvest week

	May		June				July				August				September			
Variety																		
Days to Maturity																		

Days to Maturity 7 14 21 28 35 42 49 56 63 70 77 84 91 98 105 112 119

Spring
Planting

May	June				July				August				September		
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Direct Sun

Hot days and nights

Cooler nights

Frost at night

Notes: Warm Season Crop Days to Maturity (DTM) _____

Organic Heirloom Hybrid Open-pollinated Seed Saving yes no

Fertilizer: N P K Bone Meal Blood Meal Compost (cow, hen, sheep, leaf, _____)

Food Bank Donation Information:

Food Bank: _____

Location: _____

Operating Time: _____

Other Information: _____



**Grow-1-Row Planting
& Harvest Planner**
Cool Season Crop Planner

Beets, radish, peas,
carrots, chard, kohlrabi,
lettuce, onions, & spinach.
Plant early and then replant
late in the growing season.

Name: _____ Year: _____

Location: _____

→ **first frost**

I am planting: _____

April	May	June	July	August	September
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Planting week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
Harvest week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23

Variety																							

Days to Maturity																							

Days to Maturity 7 14 21 28 35 42 49 56 63 70 77 7 14 21 28 35 42 49 56 63 70 77

**Spring
Planting**

May	June	July	August	September
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Direct Sun

Hot days and nights

Cooler nights

Frost at night

Notes: Cool Season Crop Days to Maturity (DTM) _____

Organic Heirloom Hybrid Open-pollinated Seed Saving yes no

Fertilizer: N P K Bone Meal Blood Meal Compost (cow, hen, sheep, leaf, _____)

Food Bank Donation Information:

Food Bank: _____

Location: _____

Operating Time: _____

Other Information: _____



Greater Sudbury Food Bank
 Fresh Vegetable Donation Requests
 As of June 9, 2011

	Beans	Carrots	Cucumbers	Leafy Greens	Onions	Peas	Tomatoes	Beets
Elizabeth Fry Society		●	●		●	●		
Our Children, Our Future		●	●	●	●	●	●	
Elgin Street Mission	●	●	●	●	●	●	●	
Camp Norland	●	●	●	●	●	●	●	●
Salvation Army*	●	●		●	●	●	●	●
Access Aids		●	●	●	●	●	●	
Pregnancy Care/Infant Food Bank* * Also requests turnips and squash	●	●	●			●	●	
Sudbury Action Centre For Youth	●	●	●		●			
Maison Vale Inco Hospice* * Also requests turnips and squash	●	●	●	●	●	●	●	●
Guiding Light Food Bank* * Also requests potatoes		●				●	●	●
Sudbury Food Bank Depot* * Also requests turnips and squash	●	●	●	●	●	●	●	●
Inner City Home* * Also requests turnips and squash	●	●	●	●	●	●	●	●
Blue Door Café Soup Kitchen** ** Also requests turnips	●	●	●		●		●	●