



# Plant a Row For The Hungry!



## Humboldt County

The **Humboldt County Plant-a-Row Campaign** is a collaboration between HSU's Service Learning Center, Food for People & the North Coast Community Garden Collaborative

For more information about the Humboldt Plant-a-Row Campaign:

Phone: 707-826-4964

Email: [PARhumboldt@gmail.com](mailto:PARhumboldt@gmail.com)

Find more information on our Website:

[Humboldt.edu/servicelearning](http://Humboldt.edu/servicelearning)



HUMBOLDT STATE UNIVERSITY



California | Campus Compact



## What Is Plant A Row for the Hungry [PAR]?

Launched in 1995 by the Garden Writers Association (GWA), Plant A Row for the Hungry is a people–helping–people program that encourages gardeners to grow a little extra and donate the produce to local soup kitchens and food pantries serving the homeless and hungry in their local communities.

Local food agencies are often the only hope some people have to put food on the table for themselves and their children. By donating produce directly to the food agencies, gardeners help organizations and their patrons stretch their meager resources.

## The Need is Great

- Over 36 million Americans live in households that experience hunger or the risk of hunger daily.
- Almost 14 million people facing hunger each day are children.
- 1-in-8 Americans face hunger daily.

## In Humboldt County:

- The food pantry, Food for People provides food for over 10,000 people a month (10% of our population).
- Requests for assistance have been up 25–30% over the past year.
- They serve children, seniors living on fixed incomes, individuals and working families.
- 34% of the adults in Humboldt County area at risk for hunger and living paycheck to paycheck.
- Children account for 35–40% of the population that Food for People serves.

## Sample Lesson Plan

### WeGarden

Grades 4-6

#### Read the Roots

Collect and rinse clear 2-liter plastic bottles with the labels removed. Use a utility knife to cut the top off the bottles below the spout.

1. Explain that lawns are composed of millions tiny plants that grow from tiny seeds. To have a healthy lawn, or any other plant, it must be watered adequately during dry periods.
2. Divide the students into groups. Instruct each group to fill two 2-liter bottles one inch from the top with potting soil and pack it down firmly. Level the soil surface. Sprinkle two tablespoons of ryegrass seed in a uniform layer over the top of the soil. Cover the seed with two tablespoons of additional potting soil. Use a spray bottle to spray 30 milliliters of water evenly over the surface of each bottle to wet the seed.
3. Place the bottles in a sunny location. After the seed begins to germinate, (about three days) use a permanent marker to label one bottle "less frequent" and the other bottle "more frequent."
4. Use a spray bottle to apply 30 ml of water over the soil in "less frequent." Apply the same amount of water every day for 12 days. Use a spray bottle to apply 120 ml of water over the soil in "more frequent." Apply the same amount of water every four days, for three applications.
5. After 12 days, evaluate the two sections of grass. Instruct students to observe grass thickness, root development and grass color. Challenge students to use their observations to draw a conclusion about watering frequency.

**Objective:** Students will determine a watering schedule that encourages longer, deeper roots and healthier plants.

#### California State Board of Education Content Standards

**Grade 4:** Science: 3b, 6a, 6b, 6d

**Grade 5:** Science: 2e, 6e, 6f, 6h

**Grade 6:** Science: 5e, 7b, 7e

This lesson can be easily adapted to meet the educational standards for a variety of grade levels.



CONSERVING  
RESOURCES  
BY WATERING  
EFFICIENTLY

#### Materials:

- 2-liter bottles, two per group
- Tablespoons, one per group
- 100 ml beaker, one per group
- Potting soil
- Ryegrass seed
- Water spray bottles
- Permanent markers
- Water

#### Vocabulary:

**Frequency:** the number of occurrences within a given time period.

**Germinate:** the process whereby seeds or spores sprout and begin to grow.

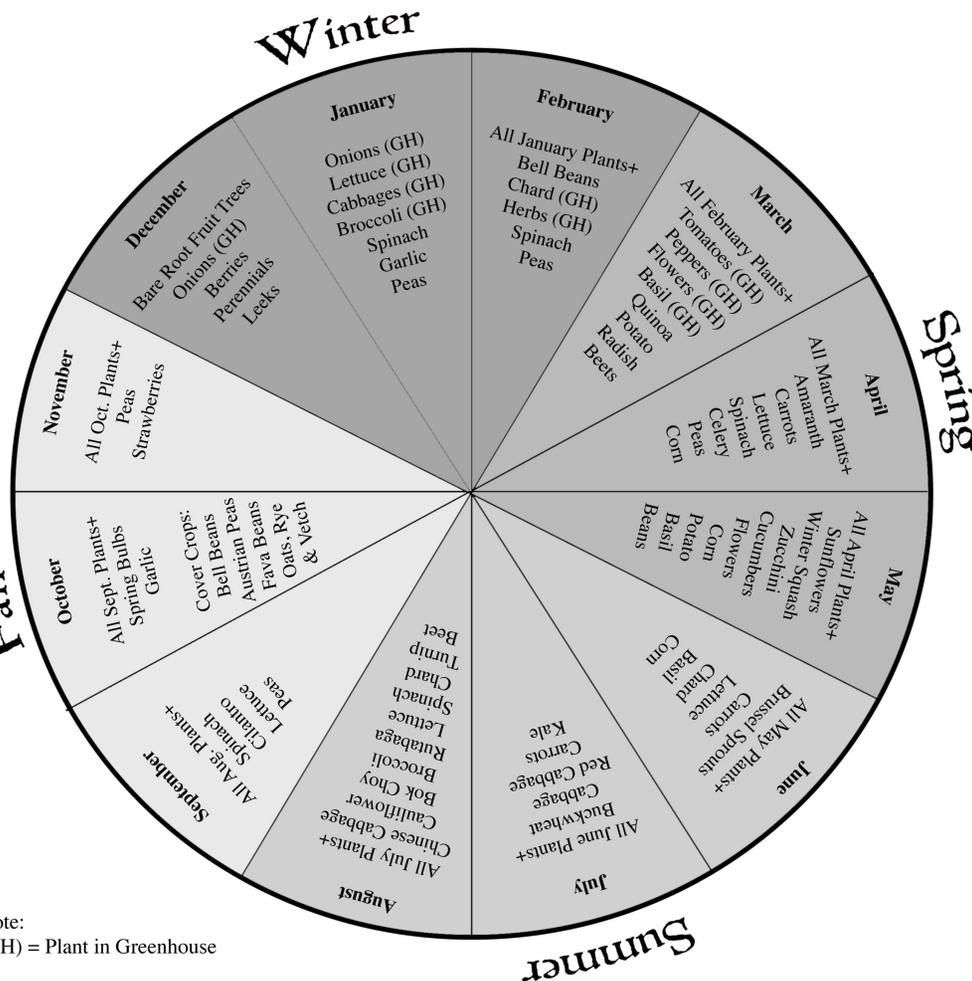
**Irrigation:** an artificial application of water to the soil usually for assisting in growing crops.

**Ryegrass:** a genus of nine species of tufted grasses, often used for lawns or pastures.

This lesson has been adapted from Junior Master Gardener Program curriculum by California Foundation for Agriculture in the Classroom. For additional educational resources, visit [www.jmgkids.us](http://www.jmgkids.us).

# Coastal Humboldt County Garden Planting Guide

# Humboldt County Garden Tips



## Soil:

- Pick an area with well-drained soil; raised beds help
- Work fertilizer (such as manure) into your soil to aid in growth
- Cover crops help add much needed nutrients to the soil

## Planting:

- Check spacing requirements before planting. Some plants are room intensive (e.g. corn, melons, & pumpkins).
  - Ideal site should have plenty of sunlight
  - Sow dry, set wet. In other words, don't let your plant's roots dry out in the transplanting process.

**Seeds:** Place seeds into the marked-off rows, leaving 4 to 6 inches of space between each plant, or 10 to 12 inches between vining plants such as cucumbers. Cover the seeds to a depth of 1 inch.

**Starts:** Plant vegetable seedlings in the marked-off rows by digging a hole 2 to 3 inches deep with a garden trowel. Place the seedling into the hole with the soil still attached to the roots. Cover to just slightly over the top of the root system and tamp the soil down firmly with your hands.

## Growing:

- Check your plants; look for signs of disease or pests (such as snails, slugs, beetles, moths).
- Do not over water your plants, it is better to be slightly dry than too wet.
- Water plants at the roots rather than from the top down.

## Harvesting:

- Don't delay harvesting; the veggies that are past their peak become bitter or begin to bolt.
- Succession sowing can help prolong the harvest of short-season vegetables such as carrots, beets, spinach, lettuce, and radishes.
- Other crops (tomatoes, peppers, okra, peas and beans) benefit from frequent harvesting by setting more fruit in response.

## Cover crops:

- Cover crops suppress weeds, build productive soil, and help control pests and diseases.
- Many cover crops tend to be in the legume family and there are winter and summer cover crops.

Note:  
(GH) = Plant in Greenhouse

Adapted from UC Cooperative



# Garden Based Curriculum Web Resources

## California School Garden Network

[csgn.org](http://csgn.org)

*California School Garden Network--maintains a comprehensive list of grant opportunities for school gardens. Curriculum and Teacher Resources*

## National Environmental Education Week: School Garden Curricula

[www.eeweek.org/resources/garden\\_curricula.htm](http://www.eeweek.org/resources/garden_curricula.htm)

*Join a national network of educators and organizations dedicated to increasing the environmental literacy of K-12 students*

## Northcoast Region: Network for a Healthy California

[www.northcoastnutrition.org](http://www.northcoastnutrition.org)

*General information on the Network for a Healthy California programs in the northcoast region of California.*

## Agriculture in the Classroom: California Foundation

[www.cfaitc.org](http://www.cfaitc.org)

*Describes teacher resources and activities available to heighten the agricultural awareness of school students.*

## USDA Agriculture in the Classroom: Lesson Plans

[www.agclassroom.org](http://www.agclassroom.org)

*Grassroots program coordinated by the United States Department of Agriculture, aiming to help students gain a greater awareness of the role of agriculture.*

## Life Lab: Land Based Learning that Promotes a Sustainable Future

[www.lifelab.org](http://www.lifelab.org)

*Since 1979 Life Lab Science Program has supported science and garden-based education through publications, professional development, and innovative programs.*

## School Garden Wizard

[schoolgardenwizard.org](http://schoolgardenwizard.org)

*Lesson plans and activities for planning and growing a garden. Created for America's K-12 school community by the United States Botanic Garden and Chicago Botanic Garden.*

## How to Get Involved:

- When planting vegetables, fruits, or herbs, dedicate a row or portion of your garden for the Plant a Row program.
- Place your PAR stake in this row to show your support for the program and tell other about it.
- Tell others in the community about the program and how to get involved.
- Donate seeds, plant starts, tools and other items to the Humboldt PAR program or local community gardens in your area.
- At harvest time, deliver the produce you have planted or gleaned to your local Food for People food pantry.

---

## Food For People - Food Pantry Locations

### **ARCATA**

*North Coast Resource Center*  
Contact: John Shelter, John Post  
501 9<sup>th</sup> St.  
Arcata, CA. 95521  
#822-5008  
Tue.-Fri. 12:00-2:00  
(call after 9:00am for appt.)

*Arcata Seniors*  
Contact: Christine Tomascheski  
321 Community Park Way  
Arcata, CA. 95521  
#825-2027  
3<sup>rd</sup> Thurs. 11:00 – 11:30

### **MCKINLEYVILLE**

*Grace Good Shepherd Church Pantry*  
Contact: Kari Christian  
1450 Hiller Rd.  
McKinleyville, CA 95519  
#839-3726  
Tuesday and Friday 11-1pm

### **EUREKA**

*Food for People*  
307 W. 14<sup>th</sup> Street  
Eureka, CA 95501  
#445-3166  
*Call for an appointment*

*Humboldt Senior Resource Center*  
Contact: Michael Blackwell  
1910 California St.  
Eureka, CA 95501  
#443-9747  
3<sup>rd</sup> Thurs. 8:30-10:00

*St. Vincent de Paul*  
Contact: Tony Semore  
528 2<sup>nd</sup> Street  
Eureka, CA 95501  
#443-8676 x 207  
As needed

### **FORTUNA**

*St. Joseph's Pantry Shelf*  
Contact: Ginny Fox  
2292 Newberg Rd.  
Fortuna, CA. 95540  
#725-1148  
Mon/Wed/Fri. 10-12:00

### **FERNDALE**

*Ferndale Community Church*  
Contact: Pastor Sean Peifer  
712 Main St.  
Ferndale, CA 95536  
#786-4475  
3<sup>rd</sup> Thurs. 1-3:00

### **TRINIDAD**

*Trinidad Lion's Club Pantry*  
Contact: George Cozens  
Trinidad Town Hall  
409 Trinity Street  
Trinidad, CA 95570  
3<sup>rd</sup> Wed. 10:30-12:30

