

AmpleHarvest.org^(SM)

"Sharing your garden bounty with Neighbors in Need"

AmpleHarvest.org Registered Food Pantries

Current number of registered food pantries: 5,376



Example of donations from a community garden...



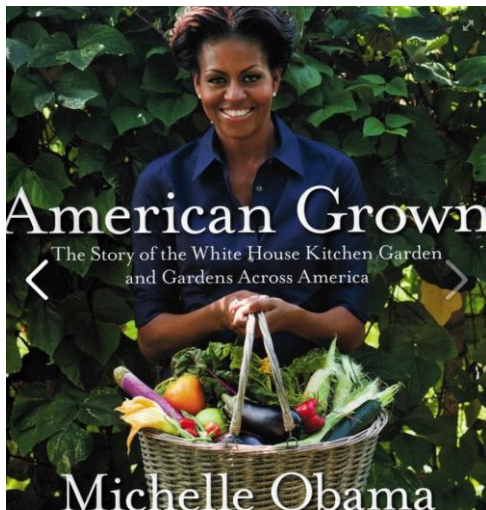
AmpleHarvest.org presented at TEDx Manhattan



AmpleMusic.org by Deborah Smith (Zuke), cover art by Martha Boshart



AmpleHarvest.org supported by the White House



DONATING YOUR HARVEST

Food banks and organizations like Miriam's Kitchen welcome donations from gardeners, but there are a number of special considerations to keep in mind when preparing freshly picked produce for donation. With tomatoes, it is important to pick them before they are completely ripe so that they won't split when packed. They also have to be packed gently and in not-too-tight layers. Other vegetables, like okra, have to be picked when they're small. If they are too large, they'll be tough and unappetizing. It also helps to supply a variety of foods, if possible.

If you would like to donate part of your harvest to a shelter or food pantry, be sure to call ahead and ask about any special requirements it might have. And consider reaching out to Ample Harvest, an organization that helps local gardeners donate what they've grown to forty-three hundred food pantries across America.

