



www.foodbankst.org

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A Regional Agency of
Catholic Charities

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TO: News Editors
DATE: June 30, 2009
CONTACT: Melissa Smith, Community & Public Relations Manager
Food Bank of the Southern Tier
CONTACT INFO: (607) 796-6061 x23
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RE: *Food Bank of the Southern Tier Offers Three Summer Garden Workshops*

FOR IMMEDIATE RELEASE:

Southern Tier, NY – The Food Bank of the Southern Tier announces that three garden workshops will be offered during the month of July. **Each workshop will be held at the Food Bank, located at 945 County Route 64 across from Target. The workshops are open to the public and free of charge.** Your vegetable garden does not have to end when your peppers, squash and tomatoes finish up! Gardeners in our area can grow many vegetables into October and November. These outdoor workshops will explore what vegetables are good bets, when to plant, and how you can increase the success of your fall vegetable garden. There will also be a planting demonstration. Please join us!

Tuesday July 14th from 4-5pm: Tomato Care and Mulching in the Vegetable Garden- The tomato is the most frequently grown home garden vegetable in the United States. Gardeners grow tomatoes in all sorts of ways. Join us for this workshop to find out tips for caring for your tomato plants, including watering, mulching, pruning and feeding this wonderful vegetable!

Tuesday July 21st from 4-5pm: Maximizing Space with Vertical Gardening- Do you enjoy planting vegetables like cucumbers and pumpkins that like to spread? Is your garden space small? Come see how different vegetables grow up poles and supports and learn about the advantages of vertical gardening.

Tuesday July 28th from 4-5pm: Planting Vegetables for the Fall- Your vegetable garden does not have to end when your peppers, squash and tomatoes finish up! Gardeners in our area can grow many vegetables into October and November. This outdoor workshop will explore what vegetables are good bets, when to plant, and how you can increase the success of your fall vegetable garden. There will also be a planting demonstration.

There will also be a garlic planting demonstration sometime in September or October. More details to follow at a later date.

Registration is required. For more information or to register, please contact Matthew Griffin, Nutrition Resource Manager, at 607-796-6061 ext. 26 or mgriffin@feedingamerica.org.

The Food Bank Garden has 20 raised bed gardens next to its warehouse and office building. Each year, volunteers adopt the 4' x 12' raised gardens and take responsibility for planting, weeding and harvesting vegetables throughout the growing season. 100% of the produce goes to feed neighbors in need in the Southern Tier.

To learn more about the Food Bank of the Southern Tier and how you can support local hunger-relief efforts, visit the Food Bank's website at www.foodbankst.org or call 607-796-6061.

About the Food Bank

In operation since 1981, the Food Bank of the Southern Tier distributes food and food-related products to people in need through a network of more than 180 hunger-relief agencies including food pantries, soup kitchens, shelters and other non-profit organizations. The Food Bank also has a number of programs that fight hunger including the Backpack Program™ and Mobile Food Pantry. Located in Elmira, NY it is a regional agency of Catholic Charities and an affiliate of Feeding America serving the six counties of Broome, Chemung, Schuyler, Steuben, Tioga and Tompkins.

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