



FOOD FOR THOUGHT



A Publication of the Presbytery of Middle Tennessee Hunger Program
Barbara S. Howell, Hunger Action Enabler

May 2010
615-778-0500, ext. 205 barbarashowell@yahoo.com

Plant a Row for the Hungry

Launched in 1995 as a public service program by the Garden Writers Association, **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. If every gardener planted one extra row of vegetables and donated the surplus to local food agencies and soup kitchens, a significant impact could be made on reducing hunger.

Plant a Row is rooted in the heartfelt tradition of gardeners sharing a bountiful harvest with others. Sharing can happen on many levels. Home gardeners, schools, church groups, youth and community organizations, and area businesses can all help make a difference for their neighbors who experience hunger or the threat of hunger.

Take the pledge and donate what you can. A single cucumber plant can yield up to 15-20 cucumbers. A single bell pepper plant can yield 6-8 peppers. And a squash plant can produce even more. It's easier than you think. Nothing tastes better and has more nutrition than freshly picked vegetables. Growing and eating from your own garden can improve your health, save money, increase your sustainability, and decrease your carbon footprint. And most importantly, your garden can help a lot of people in need.

As an Individual You Can Make a Difference:

- ♥ Plant or glean vegetables, fruit, or herbs from your home or community garden.
- ♥ Deliver the harvest to a food agency near you.
- ♥ Sponsor Plant a Row with an in-kind donation or provide financial support.
- ♥ Organize a Plant a Row campaign in your neighborhood.





\$9,939,336

This year, the Souper Bowl of Caring collected almost \$10 million in cash and in pounds of food in the fight against hunger. In the Presbytery of Middle Tennessee, we collected **\$13,353.21, 1,282 cans** and **400 pounds** of food, and **12 gallons** of milk. Thank you to all the churches that participated.

**2010 Participating Churches
Presbytery of Middle Tennessee**

- | | |
|---------------------|----------------------|
| Belfast | Lebanon 1st |
| Calvary of Big Lick | Murfreesboro 1st |
| Cookeville 1st | Nashville 1st |
| Decherd | Pulaski 1st |
| Donelson | Second Nashville |
| Ellis Grove | Shelbyville 1st |
| Fayetteville 1st | Smyrna 1st |
| Franklin 1st | Southminster |
| Gallatin 1st | Sparta 1st |
| Hendersonville 1st | Spring Hill 1st |
| Hillwood | Trinity |
| Historic Franklin | Tullahoma 1st |
| Lawrenceburg 1st | Westminster/Columbia |

If your church participated in Souper Bowl Sunday this year and you are not listed as a participating church, please send your information to the Presbyterian Hunger Program at 778-0500 or toll free 1-877-377-6487, ext. 205, or email your collection results to barbarashowell@yahoo.com.

World Fair Trade Day 2010

Celebrate World Fair Trade
Saturday, May 8
10,000 Villages
3900 Hillsboro Pike, Nashville



**Mission Opportunities
On the Gulf Coast**

Family Week: June 20 – 25

- Presbyterian Volunteer Village - Olive Tree, New Orleans, LA
- Family members 14 years and older

Youth weeks: June 27 – July 2
July 4 – 9
July 11 – 16

- Opportunity for youth ages 16+
- Adult/youth ratio: 1:5
- Presbyterian Volunteer Village - Houma, LA

Contact the PDA Call Center at

866-732-6121

More information: www.pcusa.org/pda



SMALL FARMERS. BIG CHANGE

***Presbyterian Hunger Program
sponsored trip to Nicaragua***

The Rev. Ben Kane of Westminster Presbyterian Church, Nashville joined 12 other PC(USA) pastors, elders, and lay persons as a delegate on an Equal Exchange/Presbyterian Hunger Program trip to Nicaragua in January. During the weeklong trip, the group visited several farms where they observed coffee farmers engaging in fair trade operations. At the cooperative in El Bejuco, the delegates had the opportunity to stay with the coffee farmers, gaining insight into the coffee trade. Ben hopes to share what he learned about fair trade with other churches in the Presbytery.