



Plant a Row for the Hungry

The Plant a Row for the Hungry program is a people-helping-people initiative to provide hungry families with fresh, nutritious produce. Community members are encouraged to donate their surplus garden produce to help feed those in need.

The success of Plant a Row hinges on community involvement. Home gardeners, farmers, schools, places of worship, youth and community organizations, and area businesses can help make a difference for their neighbors in need by planting a row of seed and donating their surplus to Second Harvest and other local hunger-relief organizations in Spokane and North Idaho.

Farms and Orchards

Farms and orchards can also plant an extra row to benefit Eastern Washington and North Idaho residents at risk of hunger. Because of the amount of food they grow, farmers and growers can make a big difference with just one row of fruit trees or vegetable plants aiding in the fight against hunger.

Support Local Agriculture

Plant a Row also works with local farmers markets to collect unsold, wholesome produce for hunger-relief efforts. Donation bins are available to accept produce during market hours. Support your local farmer and give to those in need. A list of participating farmers markets can be found [here](#).

Receipts

Please remember to fill out a Plant a Row receipt with every donation. Tracking pounds is critical for expanding our great program. Your donation will be weighed and you will receive a copy of the receipt, giving you a \$1.50 per pound tax deduction. If the donation site does not have receipts, please e-mail your donation pounds to Keith Burgeson at plantarow@2-harvest.org.



JOIN US IN TAKING
A BITE
OUT OF HUNGER

Spokane Food Bank Drop-off locations for Plant a Row

Second Harvest Inland Northwest

1234 E Front Ave
Spokane, WA 99202
509-534-6678
Hours - Mon-Fri - 8am to 4pm

Airway Heights Baptist Church

12322 W Sunset Hwy
Airway Heights, WA 99001
509-244-2474
Hours - 1st/3rd Sat monthly - 10am-noon

American Indian Community Center

801 E 2nd Ave
Spokane, WA 99202
509-535-0886
Hours - Tue-Fri - 9am-noon; 1-4:30pm

Better Living Center

25 E North Foothills Dr
Spokane, WA 99207
509-325-1258
Hours - Tue 9am-noon; 1-6pm, Thur 9am-noon; 1-2pm

Caritas Outreach Miniseries

2919 N Monroe St
Spokane, WA 99205
509-326-2249
Hours - Mon, Wed, Thu - 10am-1pm

Cheney Food Bank

100 Anderson Rd
Cheney, WA 99004
509-235-2325
Hours - First 4 Wed of each month - 9am-noon

City Gate

170 S Madison St
Spokane, WA 99204

509-455-9670

Hours - Tue-Fri - 10am-noon; 12:30pm-2:30pm

East Central Food Bank

500 S Stone St

Spokane, WA 99202

509-625-6699

Hours - Mon-Fri - 9am-4pm

Greenhouse Community Center

12 W First St

Deer Park, WA 99006

509-276-8224

Hours - Mon-Fri - 10am-4pm

Mead Food Bank

12611 N Wilson St

Mead, WA 99201

509-466-7068

Hours - Wed - 3-4pm

Meals on Wheels

218 N Crestline St

Spokane, WA 99202

509-534-0107

Mon-Thur 7am-3pm, Fri 7am-noon

Medical Lake Food Bank

211 S Lefevre Rd

Medical Lake, WA 99022

509-299-3819

Hours - First Thu of the month - 5:30-6:30pm - Fri - 10am-noon

Millwood Presbyterian Church

3223 N Marguerite Rd

Spokane, WA 99212

509-299-3819

2nd Fri. of the month, 11am-12:30pm

North County Food Bank

40015 N Collins Rd

Elk, WA 99003

509-292-2530

Hours - Mon/Wed - 9am-noon

Northeast Food Pantry

4001 N Cook St

Spokane, WA 99207

509-487-1114

Hours - Mon 12-3pm; Wed 9am-12pm; 2nd and 4th Wed 6-8pm

Northwest Ecumenical Food Bank

3908 N Driscoll Blvd

Spokane, WA 99205

509-325-4541

Hours - 2nd & last Mon & Tue of the month, 9:30am-12:30pm

Otis Orchards Food Bank

4308 N Harvard Rd

Otis Orchards, WA 99027

509-926-4609

Hours - 2nd/4th Tue of the month - noon-2pm

Our Place Ministries

1509 W College Ave

Spokane, WA 99207

509-326-7267

Hours - Mon, Tue, Thu - 10am-12:30pm

Peaceful Valley/Lower Falls Center

214 N Cedar St

Spokane, WA 99201

509-624-8634

Fri 8am-4pm (year round); Mon-Fri 8am-4pm (Jun-Sept)

Salvation Army

204 E Indiana Ave

Spokane, WA 99207

509-325-6821

Hours - Thur and Fri 8:30am-5pm; Wed. 1-6:30pm

Southside Food Bank

2934 E 27th Ave

Spokane, WA 99203

509-535-2301

Hours - Sat - 10:30am-noon

Spangle Food Bank

305 2nd St

Spangle, WA 99031

509-245-3362

Hours - 4th Wed of the month - 2-3pm

Spokane Valley Partners

10814 E Broadway Ave

Spokane Valley, WA 99206

509-928-7769

Hours - Thur and Fri 8:30am-5pm; Wed 1-6:30pm

Valley Meals on Wheels

12101 E Sprague Ave

Spokane Valley, WA 99206

509-924-6976

Mon-Thur 7am-3pm; Fri 7am-12pm

Westminster Presbyterian Church Food Bank

2705 W Boone Ave

Spokane, WA 99201

509-329-0351

Hours - Wed/Fri - 11am-1:45pm



North Idaho Food Bank Drop-off locations for Plant a Row

Community Action Partnership

4144 W Industrial Loop

Coeur d'Alene, ID 83815

208-770-3018

Hours - Mon-Fri 8am-4pm

Altar Food Bank

901 E Best Ave

Coeur d'Alene, ID 84814

208-664-1453

Hours - Mon-Fri 8am-noon & 1-5pm

St. Vincent de Paul Dining Hall

1317 1st St

Coeur d'Alene, ID 83814

208-664-3095

Hours - Mon-Fri 11am-5pm

Davis Donuts

4th & Best

Coeur d'Alene, ID 83814

208-664-1701

Hours - ***Starting in July during Business Hours

Lake City Food Bank

6000 N Ramsey Rd

Coeur d'Alene, ID 83815

208-659-9773

Hours - Wed 10am-4pm

Shared Harvest Community Garden

10th & Foster Coeur d'Alene, ID 84814

208-667-9093

Hours - ***Starting in July - Wed 5:30-7:30pm

Hayden Senior Center

9428 N Government Way

Hayden, ID 83835

208-762-7052

Hours - Mon-Thur 9:30am-4:30pm

Post Falls Food Bank

415 E 3rd Ave

Post Falls, ID 83854

208-773-0139

Hours - Mon-Fri 9am-2pm

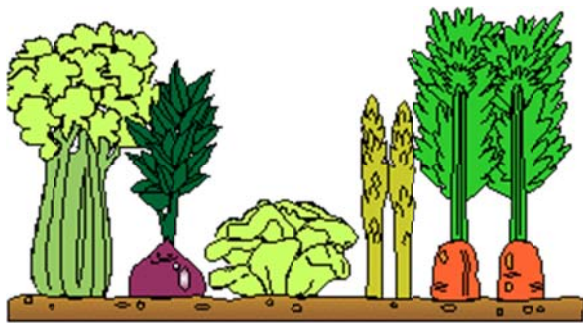
Real Life Ministries Food Room

1866 N Cecil Rd

Post Falls, ID 83854

208-446-2420

Hours - Tue-Thur 10am-1pm



Get Involved!

The success of Plant a Row hinges on community involvement. Home gardeners, farmers, schools, places of worship, youth and community organizations and area businesses can help make a difference for their neighbors in need by planting a row of seed and donating their surplus to Second Harvest and other local hunger relief organizations. Farms and orchards also can plant an extra row to benefit Eastern Washington and North Idaho residents at risk of hunger.

Because of the amount of food they grow, farmers and growers can make a big difference with just one row of fruit trees or vegetable plants; aiding in the fight against hunger.

Lend a Hand. Use a Hoe. Plant a Row.

The soup kitchens, food pantries, and assistance programs that Second Harvest of the Inland Northwest provides with food need fresh, nutritious produce. The Plant a Row for the Hungry program encourages anyone with a plot of land set aside for a garden to dedicate a row of fruit or vegetables to help feed people in need. Plant a Row also works with local farmers' markets, farms and orchards to collect unsold, wholesome produce for local hunger relief efforts.

How You Can Help

- * Plant an extra row in your garden for the hungry.
- * Volunteer to help plant or work a community garden.
- * Donate vegetable seeds, tools or gloves.
- * Make a cash donation to purchase seeds.
- * Serve on the planning committee. Contact Jandy Doak to be added to the email distribution list. 509-252-6252 or jdoak@2-harvest.org
- * Encourage your friends, church and business to participate.
- * Help with the harvest this fall.



Donate Your Homegrown Produce

Apples
Pears
Peaches
Strawberries
Raspberries
Beets
Broccoli
Beans
Cabbage
Carrots
Cauliflower
Cucumbers
Eggplant
Garlic
Green Beans
Kale
Peas
Potatoes
Pumpkins

Radishes
Spinach
Summer Squash
Sweet Peppers
Tomatoes
Zucchini

Boxes are better than plastic bags for keeping produce fresh. Produce should be clean, soil free and not oversized or over-ripened.

Plant a Row for the Hungry of Spokane is a program of The Inland Empire Gardeners in cooperation with Second Harvest Inland Northwest and the Garden Writers of America Association.

“It is an embarrassment that the United States, the wealthiest nation, has people that go hungry.” - Craig T. Nelson, actor originally from Spokane, WA

