

HELP OUR GARDEN GROW!

Sign up to volunteer by adopting a week. Adopting a week involves visiting the garden 2-3 times during your assigned week to water, weed, harvest, and deliver produce, as needed. We will provide you with further instructions if interested.



Food donation gardens have the power to build community and feed our families, friends, and neighbors.



FOLLOW US

Stay up to date on what's growing at the garden by following us on Facebook.



Like us on
Facebook

@PlantaRowWatchCOPEGrow

CONTACT US

Call Anne Townsend at 618-833-6363
or email your availability at
cupquake@illinois.edu

University of Illinois Extension
Massac County
1438 W 10th Street
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Phone: 618-524-2270

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If you need a reasonable accommodation to participate in this program, please contact Kim Rohling at 618-658-5321. Early requests are strongly encouraged to allow sufficient time for meeting your access needs.



PLANT A ROW, WATCH COPE GROW FOOD DONATION GARDEN

1102 W 10th Street
Metropolis, IL 62960

Open dawn to dusk
March through October



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

ABOUT OUR GARDEN

The Plant a Row, Watch COPE Grow Food Donation Garden is a partnership between COPE, Regional Office of Education #21, and University of Illinois Extension. We began in 2018 at our original location on 8th Street, thanks to Max Russell. We moved in 2022 to our new location next to the Regional Office of Education building. We have grown over 1,300 pounds of produce.

This garden was created to grow produce to combat food insecurity in Metropolis. Our main funding source is Growing Together Illinois, which is funded by University of Illinois Extension's Supplemental Nutrition Assistance Program Education.

Produce is grown, harvested, weighed, and donated to COPE food pantry by volunteers like you; providing a fresh source of produce to pantry clients. Join our efforts by adopting a week.

These gardens are open for all to care for, visit, and experience. No previous garden experience is required to volunteer.



GARDEN CHECKLIST

WATER

Check to see if the beds need to be watered by putting your finger in the soil - if it feels dry, it's time to water. Soak the raised beds by watering the base of the plants, and try to avoid wetting the leaves. Don't forget to turn off the hose and wind it up when you are finished.

WEED

Some of these plants aren't like the others. Each bed will be labeled with the crop planted. Weed anything else. Unsure if it is a weed? Text a photo to Kim Rohling for identification. Put weeds and over-ripe produce in a garbage bag and throw trash away to keep the site clean for all visitors to enjoy. Please inform us if we have insect pests.

HARVEST

If vegetables are ready to harvest, pick and wash them according to the harvest guide. Make sure to weigh everything by produce type and log the weights. Package clean produce into serving sizes according to the harvest guide.

DELIVER

Deliver harvest to COPE food pantry as soon as possible to keep food fresh. COPE's address is 1013 N Avenue, Metropolis. Their hours are Monday, Wednesday, and Friday, from 9am - 3pm. If you harvested when COPE is not open, bring produce to the Massac County Extension office to be put in the fridge. Extension staff will deliver the produce. Please log your volunteer time at the garden or contact Kim to report your hours.