



Volunteer to Glean – Sign Up Today!

Descripción

Happy Fall! We invite you to enjoy the fall weather and help harvest winter squash at a farm in College Park, MD in October and November for local food pantries.

We've set up a schedule to harvest over the next 5 weeks. Please consider joining us for one or more harvests if possible. Volunteers willing to deliver harvests to pantries are encouraged.



We'll be gleaning the following days (all mornings and

weather-dependent):

- Thursday, October 21 – **5,127 pounds of squash harvested**
- **Oct 28 harvested 500 pounds of green beans and 1,260 pounds on Nov. 1**
- Friday, November 5
- Tuesday, Nov. 9
- Tuesday, Nov. 16

SIGN UP TO VOLUNTEER

UPDATE: Monday, November 1st — Special Harvest of green beans. Please contact Puwen Lee at leepuwen@gmail.com if you can help harvest and transport bags of bean plants and/or can help strip beans here in Arlington on Monday. We want to harvest a field of green beans before frost wipes out plants Monday night. We gleaned 500 pounds last week.



Harvesting squash is fun –
North Georgia Candy
Roasters are delicious & can
even be used as phones in
the field (demonstrated here
by Jakobe)

On October 15 volunteers harvested 2,460 lbs. of winter squash — which puts us over 20,000 lbs. (10 tons) for 2021. Pretty incredible, yes? Help us reach 30,000 pounds.

Nutrition Fun Facts: The winter squash we pick & bring to pantries, provides good nutrition to pantry clients. Did you know one cup of butternut squash contains:

582 mg. of potassium (more than in one banana)]

1144 mcg of vitamin A, well over the recommended daily allowance of 900 mcg for men and 700 mcg for women.

Categoria

1. Plot Against Hunger



Etiquetas

1. gleaning
2. Plot Against Hunger
3. volunteer

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