

PRESS RELEASE

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Warner, NH—

Are you looking for ideas for a unique and practical birthday, thank you, or hostess gift? LOCAL CHOICE Farmer's Market Coupons are just the thing! The coupons can now be purchased at MainStreet BookEnds book store in Warner and are redeemable with select vendors at the Saturday Warner Area Farmer's Market through October 3, 2015. The market is located on the Warner Town Hall lawn on Saturdays from 9AM to 1 PM. The coupons are purchased at face value for \$20.00 for a book of four \$5 coupons.

Communities all across the country are taking creative approaches to increase access to local food. LOCAL CHOICE Farmer's Market Coupons are another way to encourage our friends and neighbors to support the farmers and growers in our community by shopping at the Farmer's Market.

And, on another note, now that many of our gardens are overflowing with abundance, please consider supporting our neighbors in need by participating in the harvesting aspect of the GROW A ROW initiative.

The concept behind the initiative is simply to plant an extra row, or a few extra plants, in your home garden and then donate the surplus to the food pantry.

If you have extra produce, please deliver to the CAP Food Pantry on Main Street in Warner during regular business hours Monday to Friday from 8:30-4:30. If for some reason the staff are not there, there is also a cooler and box by the main entrance for convenient drop off. Any fresh vegetables, fruit, and eggs will be stored immediately in the refrigerator or freezer and distributed to CAP eligible families. Your generosity fills a real need in our community; in a recent month the food pantry served 140 individuals.

Please call Erin Reed or Lori Garrett at CAP for more info about GROW A ROW Initiative. Office; 456-2207.

These projects are supported by the Warner Area Farmers Market, the Community Action Program, and Kearsarge Area Eat Local.