



Our Garden Loves Our Volunteers!



This summer we've been lucky to host a new crop of enthusiastic volunteers to help with our organic garden in Forestville.

"We love having new volunteers, such as the great crew from Medtronic who joined us recently," said Sorrel Allen, Food For Thought's Garden Manager. "It's a joy to see fresh faces tend to the plants and tell us how grounding and fun it is to work with their hands in the dirt!"

We also LOVE our incredible team of existing volunteers. These dedicated gardeners are generous with their time and always helpful in bringing new folks up to speed. Thank you!

"The garden is a beautiful sight to behold right now," said Sorrel. "It's a wonderland of rare and beautiful and enormous plants in full bloom!" She explained this year's abundance is partly due to the heavy spring rains but also to the nearly 20 years of prior garden management that created such happy, healthy soil.

"The garden is also going strong because so many kind people come out and care for

it," Sorrel explained.

"It's really lovely to see our homegrown, healthy ingredients in the soups and salads we serve at our weekly lunch program," said Sorrel. "We simply couldn't provide the same amount of food and love without the help of our wonderful volunteers."



*Sorrel Allen
Garden Manager*



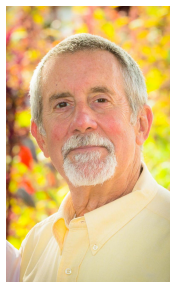
With this year's organic goodness literally tumbling out of the beds, Sorrel welcomes volunteers to help harvest the bounty of cut flowers, culinary herbs, cucumbers, peppers, tomatoes (30+ varieties!), summer and winter squash, chard, tomatillos, basil, kale, various other greens, strawberries, rhubarb, peaches, plums, pears, melons, and more!

If you would like to volunteer in our garden, contact our Volunteer Program Manager Helen at
HelenM@FFTfoodbank.org
(707) 887-1647 x103.

Board of Directors Officers Elected

At its July meeting, Food For Thought's Board of Directors elected the following officers:

2019-2020 Officers Food For Thought Board of Directors



Rodney DiMartini
President



Ric Giardina
Vice President



Shan Magnuson
Secretary



Mark Short
Treasurer

We also welcome our newest board member, Betty Mullen, HR Director & Accounting Manager at Artizen Staffing. Read more about Food For Thought's [Board of Directors](#).

Great Deals Await You at Antique Store Closing Sale



Last day of business: Sept. 14.

Come find delightful discounts and plunging prices at the antique store's "Closing Forever Sale." We're making deals so you can find that just-right treasure for your house or yard.

Food For Thought Antiques
2701 Gravenstein Hwy. S., Sebastopol
(707) 823-3101
Open daily 11am - 5pm

See updates on our [Facebook](#) page.

Sign Up for RoundUp App Today!

Did you know you can help feed seriously ill people in Sonoma County by simply donating your spare change to our programs?

RoundUp App is a great new tool that lets you round up your credit card and debit card purchases to the next whole dollar and donate the extra change to Food For Thought. The app makes it simple to contribute small amounts over time.

A dozen Food For Thought staff and Board of Directors members have started using RoundUp App, and they give it a solid thumbs up, telling us it's easy to sign up for and use.

To put your small change to work for our programs and clients, learn more and sign up on our [RoundUp App page](#). Thank you!



SOLD OUT!

We're excited to announce we have a full house!
Our Aug. 11 fundraising event Our Long Table is sold out.
Thank you to everyone who purchased tickets. We look forward to seeing you there!

DONATE



Food For Thought provides healing nutrition and compassion to over 850 people affected by serious illnesses in Sonoma County.

Food For Thought | (707) 887-1647 | info@FFTfoodbank.org | FFTfoodbank.org

STAY CONNECTED:

