



PRESS RELEASE

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Flint River Fresh Grows Good Food Throughout the Good Life City

Albany, GA - Flint River Fresh is growing good food throughout the Good Life City through fruitful partnerships. Wednesday, March 31st is Planting Day with Flint River Fresh in Dougherty County. The day of community volunteer gardening activities begins at J. C. Odom, Jr. Fitness and Wellness Center at 10:30 am. The afternoon activities will start at 2:00 pm at The Arc of Southwest Georgia. Planting days with Flint River Fresh are opportunities for the community to help make every household food secure and gain do-it-yourself gardening skills.

In partnership with the City of Albany Recreation and Parks, Flint River Fresh selected locations on the South and East side of Albany to start new community gardens. One being the J.C. Odom, Jr. Fitness and Wellness Center located at 1100 N Jordan Street. Space for neighbors to grow healthy food together adds to the community center's assets for healthier living. From 10:30 am to 12:00 pm, volunteers will plant seeds and seedlings in raised garden beds.



Farmer Fredo demonstrates how to plant seedlings

Through a separate partnership with The Arc of Southwest Georgia, formerly known as the Albany ARC, Planting Day continues from 2:00 pm to 5:00 pm at 2200 Stuart Ave. Volunteers are needed to help build and install raised garden beds, and plant good food for the community.

Sign-up to volunteer at flinriverfresh.org/volunteer. Registration is required for public safety and COVID-19 safety protocols. For more information, email info@flinriverfresh.org or call 229-352-6591.

More opportunities for individuals and groups to volunteer include the new community garden coming soon to Holley Homes in Albany through the Dougherty Fresh initiative in partnership with Dougherty County. Over the past year, Farmer Fredo of Flint River Fresh has overseen the installation and management of more than sixty raised garden

beds for community gardens. In addition to providing technical assistance and guidance for the new community food spaces, Flint River Fresh manages the 5th Avenue Community Garden sponsored by Phoebe Putney. All food grown at Flint River Fresh gardens or urban farm spaces in Colquitt, Dougherty, and Sumter counties is donated to local food banks and community organizations to combat hunger and food scarcity.

Flint River Fresh is a 501(c)(3) organization aiming to make fresh, locally-grown produce accessible and affordable for individuals and families throughout the Flint River Region while empowering the community and youth through education and outreach opportunities. Visit www.flinriverfresh.org to learn more.



Raised garden bed with irrigation at a Flint River Fresh