



Growing with Gratitude

Gabbie Tanella - Full Sun Projects



Growing the right plants together can make a huge difference in your success as a gardener. Effective companion planting can save space, suppress weeds, manage pests, improve yields, and create better soil. Use our companion planting guide to pair your vegetable plants with the best companions to create a mutual support system with incredible results.

PLANT	GOOD COMPANIONS	BAD COMPANIONS
BEANS	MAIZE, SUNFLOWERS, LAVENDER, CABBAGE, CUCUMBER, STRAWBERRIES, BRINJAL	ONION, GARLIC, FENNEL
BEETROOT	BEANS, ONIONS, GARLIC, LETTUCE, CABBAGE	
BRINJAL	CALENDULA, MARIGOLDS, MINT, PEAS	
BROCCOLI, CABBAGE, CAULIFLOWER, KALE	AROMATIC PLANTS, DILL, SAGE, ROSEMARY, POTATOES, BEETROOT, CELERY, GARLIC, ONIONS, GERANIUM	TOMATOES, POLE & RUNNER BEANS, PEPPERS
CARROTS	LETTUCE, CHIVES, LEEKS, ROSEMARY, SAGE, PEAS, WOODWOOD	STRAWBERRIES, FENNEL, CABBAGE
LETTUCE	CARROTS, RADISH, STRAWBERRIES, CUCUMBER, BEANS	CELERY, PARSLEY
MAIZE	SUNFLOWERS, AMARANTH, BEANS, PEAS, & OTHER LEGUMES, PUMPKIN, SQUASH, CUCUMBER, MELONS, & OTHER CUCURBITS, PARSLEY	CABBAGE, TOMATO, CELERY
ONION/ GARLIC	CARROTS, BEETROOT, STRAWBERRIES, TOMATOES, LETTUCE, CABBAGE	PEAS, BEANS, PARSLEY, LEEKS
PEAS	LAVENDER, CARROT, TURNIP, RADISH, CUCUMBER, MAIZE, BEANS, GROWS WELL WITH MOST VEGETABLES & HERBS	ONION, GARLIC
PEPPERS	TOMATOES, GERANIUM, BASIL, CARROT, ONION	BEANS, KALE, CABBAGE FAMILY
POTATOES	CORIANDER, MARIGOLD, BEANS, MAIZE, CABBAGE FAMILY, BRINJAL	PUMPKIN, CUCUMBER, SQUASH, MELONS, SUNFLOWERS, TOMATOES
SPINACH	STRAWBERRIES, BROAD BEANS, PEAS	POTATOES, FENNEL, CABBAGE FAMILY
TOMATOES	BASIL, OREGANO, PARSLEY, CHIVES, NASTURTIUM, ONIONS, CARROTS, CELERY, CALENDULA, GERANIUM, BORAGE	GENERAL PEST DETERRANT, PLANT THROUGHOUT GARDEN
CALENDULA	TOMATOES - REPELS TOMATO WORM!	COMPOST ACTIVATOR. USE LEAVES TO MAKE COMFREY TEA FERTILIZER!
COMFREY	FAST-GROWING NUTRIENT ACCUMULATOR. PLANT ALONG EDGES & USE LEAVES FOR MULCH	REPELS CABBAGE MOTH. PLANT ON BORDERS TO KEEP FLYING PESTS AWAY!
CHILE PEPPER	CABBAGE, MAIZE	USE MARIGOLD LEAVES TO MAKE AN ORGANIC GENERAL INSECTICIDE SPRAY!
MARIGOLD	PLANT FREELY THROUGHOUT THE GARDEN - REPELS SOIL NEMATODES, APHIDS, BEAN BEETLES & MANY MORE.	REPELS WHITE FLIES & SPIDER MITES
NASTURTIUM	TOMATOES - IMPROVES FLAVOR!	DETERS CABBAGE WORM
THYME	CABBAGE	DETERS CABBAGE MOTH, BEAN BEETLES & CARROT FLY!
ROSEMARY	CARROTS, CABBAGE, SAGE, BEANS	KEEPS ANIMALS OUT! ALSO REPELS WHITE FLY
WORMWOOD/ ARTEMESIA	AROUND GARDEN EDGES	PLANT NEAR AROMATIC HERBS TO ENHANCE ESSENTIAL OIL PRODUCTION
YARROW	PLANT FREELY THROUGHOUT THE GARDEN. REPELS SOIL NEMATODES, APHIDS, BEAN BEETLES, AND MANY MORE!	

A DIVERSE GARDEN IS AN ABUNDANT GARDEN. HAPPY PLANTING!



COMPANION PLANTING IN ACTION:

LEFT: 2025

**-This is a companion
planting of cauliflower
and broccoli with beets
on the sides.**

**-The broccoli and
cauliflower provide
shade for the beets and
the way that they grow
allows them to
utilize the space fully.**

RIGHT: 2025

**-Tomatoes with
peppers and cilantro.
Cilantro's smell inhibits
tomato fruit worm
AND if cilantro flowers
are wasp favorites!**



Encourage Pollinators to Visit your garden:

- **Bees, Wasps, Flies, Moths and Butterflies help pollinate fruiting crops**
- **Encourage Wasps to visit to help with pest management.**

Pollinators & Flowers:

- **Milkweed - Monarchs**
- **Parsley - Swallowtails**
- **Basil & Sunflowers- All bees**
- **Mountain Mint, Dill, and Cilantro - Wasps**
- **Native plants for NJ: Bee balm, Goldenrod, Anise Hyssop, Yarrow, Joe Pye Weed**
- **Rule of thumb: Stick to native flowers!**





**Basic Garden Infrastructure that will
save you grief in the future:**

- Fencing - 8-10 foot tall fence with 1-2 foot of fencing underground.
- Water - Drip irrigation is the best but sprinkler with timer is good too.

Other things that have helped:

- Wash station for cleaning produce
- Clean work space for tools/ supplies
- Having regular volunteers

**WE
NEED
YOUR
HELP!**

CONSIDER
GROWING WITH
GRATITUDE
FOR THE 2024
HARVEST SEASON

PROJECT CITIZEN GARDENER

Help us combat food
insecurity in our own
backyard by using yours!

We are calling out to our neighbors
and friends within Monmouth
County to donate fresh vegetables
to **Lunch Break's Your Choice
Pantry**. This initiative is brought on
by the rise in food costs and the
high demand that **Lunch Break** has
seen in the last year.

WHO WE'RE LOOKING FOR

Gardeners - Whether you are involved
in a community garden or have a small
backyard space for growing, you can
help make a difference to many
families in Monmouth County

WHAT FOOD WE NEED

Fresh Produce - Here are some of our
favorites:

- **Greens:** Collard Greens, Kale,
Lettuce, Cabbage, and Swiss Chard
- **Roots:** Beets, Daikon Radishes, and
Carrots
- **Squashes, Cucumbers, Tomatoes,
and Peppers**

***All food must be washed and
dropped off at **Lunch Break**. If you
have produce in bulk or transportation
issues, please reach out!



Scan the QR Code
to learn more:



Want to get involved?



Bonnie Featherstone:
bfeatherstone@lunchbreak.org

Project Citizen Gardener:

- Started from Lunch Break's rise in client demand for fresh produce and the rise in food prices during 2023
- Co-Founded it with my friend and longtime Lunch Break supporter Bonnie Featherstone where we created connections with local community gardens, home gardeners, and schools.
- In 2024 - 15,000 lbs of donated produce
- In 2025 - 32,500 lbs of donated produce
- As of 2026, 15 community gardens and farms in Monmouth County participate in PCG

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PROJECT CITIZEN GARDENER

We are calling out to our neighbors and friends within Monmouth County to donate fresh vegetables to **Lunch Break's Your Choice Pantry**. This initiative is brought on by the rise in food costs and the high demand that **Lunch Break** has seen in the last year.

WHO WE'RE LOOKING FOR

Gardeners - Whether you are involved in a community garden or have a small backyard space for growing, you can help make a difference to many families in Monmouth County

Farmers - If you're a farmer with any excess or blemished produce that's still edible, you could help feed those in need.

Students - We've created a PCG service hours form to encourage students to give back by growing food for those who need it most.



Scan to
Learn More

Note:

- All food must be washed prior to drop off
- If you have produce in bulk or transportation issues, please reach out!
- Donated food qualifies as a charitable donation for tax purposes.

Email us to
get involved:



GARDENERS & FARMERS:
featherstonebonz@gmail.com



STUDENTS:
fullsunprojects@gmail.com



WHAT FOOD WE NEED



This information is based on a survey from the Lunch Break Pantry and Kitchen. Please note that this is a list of preferences and that any and all donated produce is welcome.

Kitchen and Pantry favorites:

- **Lettuces:** Romaine, Iceberg, Butterhead
- **Spinach**
- **Kale** - Lacinato
- **Collard Greens**
- **Swiss Chard**
- **Carrots**
- **Beets**
- **Broccoli**
- **Cauliflower**
- **Green Beans**
- **Parsley** - Italian Flat
- **Basil** - Italian
- **Radishes** - Daikon
- **Peppers** - Bell and Poblano
- **Tomatoes** - Slicers, Beefsteak, Heirloom varieties.
- **Summer Squash** - Zucchini
- **Ginger**

**COME TO OUR
MEETING!**

**APRIL 16TH | 6-7 PM
@ LUNCH BREAK**

**PRESENTATION AND
Q&A ON P.C.G.** **TOUR THE PANTRY
& KITCHEN!**

Dozens turned out for the opening of a new skate park in Middletown that offers all ages the opportunity to enjoy the outdoors while boarding, skating and scooting. Helmets are required and the use of elbow and knee pads and wrist guards is recommended. For more information and photos of the ribbon-cutting event, see pages 6 and 7.

Gardening for the Community: Sharing Your Bounty for Good

By Stephen Appezatto

RED BANK - Are you an avid gardener left with a surplus of crops each season? Your vegetable garden can now become a source of charitable goodness through Lunch Break's Project Citizen Gardener program.

The initiative is a new campaign to recruit local gardeners to donate fresh produce to Lunch Break's food pantry.

With rising grocery costs, it is no surprise many in the community have difficulty affording fresh produce. The staff at Lunch Break, a vital charitable organization serving Monmouth County, has witnessed this first-hand, serving an increasing number of clients at its food pantry.

"Our average daily number of clients coming through last year was 52.



COURTESY GABRIELLE TANELLA

Lunch Break's Project Citizen Gardener is a new program to recruit local gardeners to donate fresh produce to the organization's food pantry.

We're now averaging 93 shoppers a day," said Lunch Break pantry manager Beth Sherrard.

"Commensurate with

the increase in our number of guests, the prices of produce are just going out of this world," she said.

In recent years, the or-

ganization adopted a nutrition policy that emphasizes

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SHORTEN YOUR FOOD CHAIN



Why you should grow your own vegetables:

- Locally grown = more nutritionally dense/ bioavailable.
- Contribute to sustainable practices.
- Allows you to connect with nature.
- Increases green spaces: invites pollinators that help balance our environment.
- Connection with your community.
- Mental and physical benefits.

Reduces/ Decreases:

- Your carbon footprint.
- Amount of fertilizers and pesticides used.
- Money spent on less nutritious/ bioavailable supermarket produce.

Please enjoy TWO kinds of free seeds! :)))

**SALLIE'S DOUBLE CLICK
POPPIES - Fruition Seeds**



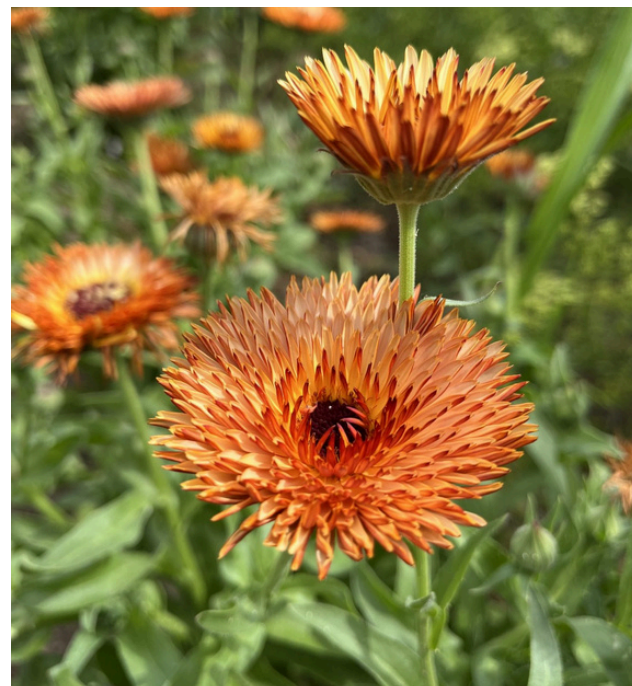
**SCARLETT RUNNER
BEANS - Renee's Garden**



**DILL - Bouquet
Johnnys Seeds**



**CALENDULA -
ZEOLIGHTS
Fruition Seeds**



**LETTUCE -
BRONZE MIGNONETTE
Eden Brothers**

