

# Good Food Club Farm Trips 2017



## Where we go:

**Buy's Home Farm** – south of Winnipeg on Hwy 59. About half an hour away

## When:

**Tuesdays**, from June (first trip will be June 12) to September

We leave the office at 9am and return for 4pm. Please meet at the back door of 545 Broadway at 8:45.

## What to Bring:

Sun hat

Sunglasses

Refillable Water bottle (we will bring a big water jug)

Comfortable loose, light fitting clothing, dress in layers, raincoat, wind breaker (dress for the weather)

Comfortable closed toed shoes that you don't mind getting muddy, rubber boots are handy in the rain (bring extra shoes to change into after)

Not required, but recommended: sunscreen, bug spray (GFC will have some available for those who don't have)

## What to expect:

Fun Great Company - meet new friends!

Learn new skills and knowledge Get your exercise

Mud Farm animals, dogs, funky smells

Sun, heat, sometimes rain Bugs – flies, mosquitos

Outhouse Sign a waiver

## Farm tasks to expect:

Weeding Watering Lifting Bending

Pest removal Vegetable harvesting Cleaning vegetables

\*Please note that GFC farm trips are full day work trips, not just farm tours, although we may be able to do a short tour and visit some of the animals as time allows. Some modifications (sitting vs standing, etc) can be made for those than need – let us know.

## **Benefits – Why volunteer?**

- Sweat Points – earn 60 sweat equity points at a time, which can be used to cover 80% of the cost of vegetables at West Broadway Farmers’ Market all summer (and the indoor market in the winter). 1 Sweat Point = \$1.00
- Learn natural organic farming and gardening methods that you can use for your own personal garden
- Meet new people with similar interests
- Enjoy a day out of the city, listen to the birds, feel the wind through your hair, experience new things
- Exercise – Who needs a gym pass when you can go to the farm!

## **How to sign up**

1.) in person

2.) Call the office (leave a message with your full name, contact info, and date you would like to attend)  
– (204) 774-7201 ext 6

3.) Email (include your full name, contact info, and date you would like to attend) –  
[goodfoodclub@westbroadway.mb.ca](mailto:goodfoodclub@westbroadway.mb.ca)

\*\*Sign up is first come first serve, but preference will be given to those who have not had a chance to participate.

**\*\*Sign up will be the week before the trip from Monday to Thursday at 2pm.**

*For example: if you would like to attend the June 12th farm trip,*

*please sign up between Monday, June 4th and Thursday, June 7th at 2:00pm*

## **What the day looks like (approximately) :**

8:45 am – arrive at 545 Broadway, sign in, complete waiver, apply sunscreen

9:00am – leave 545 Broadway

9:30 am – arrive at the farm, unpack the van, start farm work

12:00pm – lunch (provided by GFC, vegan options available)

1:00pm – farm work

3:00pm – pack up

3:15pm – head back to 545 Broadway

4:00pm – arrive back at 545 Broadway, head home

### **Contact us:**

Ailene Deller & Michael Deakin,

Your Good Food Club Team

### **Good Food Club**

545 Broadway  
Winnipeg, MB  
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(204) 774-7201 ext 6

[goodfoodclub@westbroadway.mb.ca](mailto:goodfoodclub@westbroadway.mb.ca)