

# Good Food Club Farm Trips 2019

## Where we go:

**Heart Acres Farm** – South-East of Winnipeg near St. Adolphe (20 minute drive approx.)

Check out their website for more information: [www.heartacresfarm.com](http://www.heartacresfarm.com)

## When:

**Thursdays**, from June to September

We leave the office at 9 a.m. and return in the afternoon. Please meet by the back door of 545 Broadway at 8:45 a.m.

- Throughout June we will be doing half days at the farm, leaving around 1:00 p.m.
- From July to September we will typically leave the farm at 3:00 p.m.

## What to Bring:

Sun hat & sunglasses

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

Comfortable loose, light fitting clothing (dress in layers and remember to dress for the weather – rain jacket and pants if rain is in the forecast, jacket/sweater if it is chilly)

Comfortable closed toed shoes that you don't mind getting muddy (rubber boots are handy in the rain, feel free to bring comfy shoes to change into at the end of the day)

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

## What to expect:

- Fun & great company - meet new people!
- Learn new skills and knowledge
- Exercise
- Mud
- Farm animals, dogs, funky smells, bugs – flies, mosquitoes
- Sun, heat, sometimes rain
- Outhouse

## Farm tasks to expect:

- Weeding
- Watering
- Lifting
- Bending
- Vegetable harvesting
- Cleaning vegetables
- Pest removal

\*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 anyone in need– let us know. Also note that all volunteers will be asked to sign a waiver before leaving for the farm.



## Benefits – Why volunteer?

- Sweat Points – earn 40 sweat points for a half day at the farm and 60 for the full day, which can be used to cover 80% of the cost of vegetables at the West Broadway GFC Farmers’ Market all summer (and the indoor market in the winter). 1 Sweat Point = \$1.00
- Learn about natural farming and gardening methods such as no till-gardening, composting and compost tea brewing 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 (by stopping by our office at 545 Broadway, or by talking to one of our GFC staff at markets and other GFC events)
- 2.) Call the office (leave a message with your full name, contact info, and the date you would like to attend)
- 3.) Email (include your full name, contact info, and date you would like to attend)

\*\*Sign up is first come first serve, but preference will be given to those who have not had a chance to participate. **Please sign up by the Monday before a farm trip day.**

## What a farm day generally looks like:

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

9:00 am – leave 545 Broadway

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

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

\*1:00 pm – farm work

3:00 pm – pack up

3:15 pm – head back to 545 Broadway

3:45 pm – arrive back at 545 Broadway

### **Contact us:**

Ailene Deller or Nicole Sward  
(204) 774-7201 ext 6  
gfcworkshop@westbroadway.mb.ca  
545 Broadway  
Winnipeg, MB

\*Throughout June we will have a snack instead of lunch and leave around 1:00 p.m.

