



Fernwood NRG
Your Neighbourhood Resource Group



Fernwood Helping Hands 2017

Got surplus produce? Become a partner farm

Fernwood Helping Hands is a community outreach program where skilled volunteers ‘glean’—the practice of collecting fresh, excess foods—from farms across the CRD. Recovered surplus produce will be redistributed to individuals experiencing food insecurity.

This is a collaborative project between Fernwood NRG (Fernwood Neighbourhood Resource Group) and LifeCycles Project Society; two organizations focused on increasing access to healthy food, bolstering food literacy skills, and supporting community food sovereignty in the CRD.

Fernwood Helping Hands is looking for partner farmers to welcome our Farm Gleaning Coordinator and a team of skilled volunteers to glean and/or pick up surplus produce when crops are available from **June to October**.



Get in touch
if you would like more info:

Alex Harned, Project Coordinator
Office: 250-381-1552 x120
Cell: 250-818-3532
alex@fernwoodnrg.ca
farmgleaning@lifecyclesproject.ca
fernwoodnrg.ca | lifecyclesproject.ca

How it works:

1. Farmers contact the Farm Gleaning Coordinator when they have crop available, either for pick-up or an on-farm pick by volunteer gleaners
2. The Coordinator will train and organizes a team of skilled, dedicated volunteers to travel to farm with tools and harvest bins to harvest available produce or pick-up previously harvested produce
3. The Farmer provides an invoice for the produce donated, and is eligible for a charitable tax receipt
4. The Coordinator brings food to Fernwood NRG, where the food is used in the Good Food Box, community meals, community kitchen workshops; all redistributing to folks experiencing food insecurity
5. The team of volunteers will gain valuable, transferable life skills surrounding the cultivation of food, access to Fernwood's curriculum of food literacy workshops, and a Good Food Box.



Fernwood Helping Hands is dedicated to:

- Close loops in the local food waste stream;
- Provide access to healthy, fresh, and local produce, thereby increasing food choices for folks who use the CRD wide Good Food Box program;
- Building relationships with local growers and promoting their contribution to local food security; &
- Contributing to the exploration of different and innovative models for addressing food insecurity in the CRD.



What we harvest:

We will harvest any crop you have to offer. Last season, LifeCycles harvested 40 different crops, from arugula to zucchini! The crop must not be past due, and still hold market value if a tax receipt is desired. This includes:

- Surplus crop left over after harvest
- Post-market produce, provided it has market value
- Crops that market forces have made uneconomical for the farmer to harvest otherwise

What we offer farms:

- We can provide farms with a charitable tax receipt for the produce harvested, provided it is not past due and still holds market value
- Promotion of your farm's participation in the Gleaning Project on our social media and other marketing outlets such as the Village Vibe (4000 copies bi-monthly)

If you want to get involved or have questions, contact alex@fernwoodnrg.ca

Please Note: LifeCycles will also be continuing to glean farm produce for donation to the Mustard Seed as it has done the last two years. If you have been a partner farm in previous years, LifeCycles will contact you on behalf of the Mustard Seed.