

Get Ready to Glean!

1. **Getting to the farm**

If you would like to carpool, we will meet in the St. Joseph's Hall parking lot (31 Hill St., Greenwich) at 8:30 A.M. The Alleged Farm is located at 209 Cooke Hollow Rd, at the corner of Cooke Hollow and Meeting House roads. Park anywhere along Cooke Hollow Rd. in front of the blue house or red barns. Please make sure not to "park in" any farm vehicles (Sprinter van, trucks, etc.) as they will have to get out to make deliveries.

2. **Dress for the occasion**

Wear clothes that you don't mind getting dirty, shoes you don't mind getting muddy and have some layers on hand to be able to match the temperature. Other than in the event of an electrical storm, we will glean in rain or shine, so dress accordingly for rain. Make sure that your wardrobe and preparation includes sun protection – sun block, wide-brimmed hat, etc. If you normally wear gloves to protect your hands when gardening, plan to bring those – crops like squash, pumpkins, eggplants, etc. can be scratchy or spiky.

3. **Stay hydrated!**

There is water available from the hoses at the farm, but, depending on what field we are working in, it could be quite a distance away. Make sure you hydrate the night before and, if possible, bring your own water.

4. **Bathroom**

There is a bathroom available back at the barns, but, again, that could be quite a distance from the field that we are working in. It is advised to use the bathroom before we start gleaning, but, hey, if you've got to you've got to go.

5. **Work hard, but respect your limits**

Harvesting food, especially on the scale that comes with a commercial farm, is a lot of hard work. We are thrilled to have you help lighten the load, but be sure to respect your limits and the limits of the other gleaners:

- don't pack totes to more than 40 lbs
- lift with your knees, not your back
- lift with a partner, not alone
- take a break if you need one (get out of the sun if it's hot)
- if you feel something, say something – take time to stretch it or take a break.
- work as long as you can, but if you need to stop – please do!

6. **No Dogs Allowed**

As nice as it would be to give Sparky some time out in the fresh, country air and as well trained as I'm sure Sparky is, experience tells us that dogs and gleaners don't go very well together, so we appreciate you not bringing Sparky.

7. **Have Fun!**