

Get Ready to Glean!

1. Getting to the farm

The Farm location is decided on the week of the gleaning, so that we have a chance to check in with farms and determine who has surplus food. The farm address will be included in an e-mail, along with any specific instructions for parking. We ask, in advance, that volunteers be conscious of not blocking drives or “parking in” any obvious farm vehicles or equipment. A map of our partner farms is available on the CFC website under “Services” and “Gleaning.”

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 are generally bathrooms available at the farms that we visit, 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 gleaning don't go very well together, so we appreciate you not bringing Sparky.

7. Kids

We love having the opportunity to show kids where food comes from and to have them give back to the community. We have hosted kids as young as 7 years old and have hosted entire Junior and Senior High School groups and they've done a great job. We just ask that you consider whether your child can stay focused for a two-hour activity and will respect the farmer's land and gleaning work.

8. Have Fun!