



# SHALOM FARMS

## Volunteer Information Sheet

Our farms depend on volunteers to produce healthy food for our community.

Thank you so much for donating your time and energy!

### SCHEDULE

8:45 am / 12:45 pm - Arrive + Sign In. Please plan to arrive a few minutes early to use the restroom, wash your hands, and fill up your water bottle. Don't forget to sign in!

9:00 am / 1:00 pm - Educational Tour. We like to provide volunteers with some context before we get to work. During the tour, we'll walk through the farm to give you a sense of what we grow, how we grow it, and why we've chosen these particular crops. We will also discuss our programs and what it means to work to create a just food system.

9:30 am / 1:30 pm - Farm Work Begins. Volunteers are encouraged to take breaks for water and shade as needed over the course of your visit. A shaded picnic area is available.

11:45 am / 3:45 pm - End of the day. We'll wrap up, clean up, and have time for group photos. We will plan to end the day at noon or 4 pm, respectively.

### TASKS

Every volunteer visit is different, and farm tasks vary widely depending on the time of year and the volunteer group size/age. There are many variables that effect our day to day work, and it can be very challenging to predict exactly which tasks you or your group will be working on more than a few days ahead of time. The following list is meant to give you a general idea of typical, seasonal volunteer tasks on the farm. We thank you in advance for your flexibility and understanding.

- Spring: Transplant spring and summer crops / Stake and cover newly planted crops / Clean tools / Lay plastic mulch for weed prevention / Spread leaf or hay mulch / Hoe or hand weed / Harvest greens and strawberries.
- Summer: Plant summer and fall crops / Harvest tomatoes, peppers, onions, potatoes, zucchini, beans, garlic, and greens / Lay plastic mulch for weed prevention / Hoe or hand weed / Clean, sort, and pack produce / Clear irrigation and mulch from spring fields.
- Fall: Plant fall and winter crops / Harvest cabbage, carrots, winter squash, greens, peppers, and sweet potatoes / Clean, sort, and pack produce / Barn and storage clean-up and organization.
- Winter: Clear fall fields / Hoop house maintenance / Harvest and plan in the hoop houses / Hoe and hand weed in the hoop houses

## MORE INFORMATION

- Our farms depend on volunteers like you to operate. Out of respect for our farm staff, please try your best to be on time for your shift. If you need to cancel or reschedule your volunteer visit, please provide 24 hours notice.
- Shalom Farms is a working farm: We will ask you to participate in a variety of physical activities that are essential to keeping our farm running as it should. We may not be able to predict what tasks you will be doing in advance.
- You can expect to get your clothes, shoes, and hands dirty and wet. With this in mind, please wear appropriate work clothes. We work on uneven, unpaved terrain and sturdy shoes are a must: flip-flops are not permitted on the farm.
- We provide work gloves, sun screen, and bug spray. Port-o-Johns and hand washing stations are available at the farm. We provide fresh drinking water, and ask that you help us reduce plastic waste by remembering your reusable water bottle.
- The use of alcohol, tobacco, and drugs is not permitted. Firearms are not permitted.
- Shalom Farms reserves the right to cancel, modify, or postpone any group or individual volunteer visit due to inclement weather. Please monitor the weather in the days leading up to your visit. Should heavy rain, snow, thunder or lightning be called for, we may contact you to postpone or reschedule your volunteer visit. Though we strive to work rain or shine, sometimes Mother Nature gets the best of us. Safety first!

**ALL VOLUNTEERS AND VISITORS MUST COMPLETE A WAIVER. PLEASE VISIT [HTTPS://SHALOMFARMS.ORG/VOLUNTEER/VOLUNTEER-WAIVER/](https://shalomfarms.org/volunteer/volunteer-waiver/) TO COMPLETE YOUR WAIVER ONLINE.**



**POWHATAN FARM - 2676 VENITA ROAD, MIDLOTHIAN, VA 23113**

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**NORTHSIDE FARM - 1313 WESTWOOD AVENUE, RICHMOND, VA 23227**

Carena Miles, Northside Vol & Ed Coordinator / [northsidevolunteer@shalomfarms.org](mailto:northsidevolunteer@shalomfarms.org) / 804 - 921 - 3192