



## COMMUNITY HARVEST GLEANING

*A Project of Community Farm Connection*

### Gleaning Rules and Expectations

**All volunteers must abide by the Good Samaritan Law**, and will not hold farmers, Community Harvest, or any sponsoring organization responsible for any accident, injury, or other loss incurred while participating in the program.

**Remember that we are guests on the farmer's or home owner's property when gleaning.** Please treat the property with utmost care. Park only in the areas designated by the coordinator. Always stay within the assigned gleaning area and pick the produce as instructed.

Our goal is to harvest food with care and respect for the farmer, for the volunteers who are donating their time, for the people who will eat the food, and for the food itself. **Please handle produce gently!** Fruit bruises very easily. Harvest and pack it according to the instructions given by the project coordinator.

**Children under the age of 13 must be closely supervised by a parent or other responsible adult at all times.** Not all gleans are appropriate for children, so please check before bringing your kids along.

**Smoking is not allowed** at any gleaning site. Cigarettes can contaminate plants with tobacco mosaic virus and also poses a fire hazard.

**No dogs are allowed** at any gleaning site, except service dogs. Dogs can easily destroy crops and may injure or kill livestock. Please, leave your well behaved dog at home.

**Safety is of the greatest importance on a glean.** Make sure ladders are fully set up and properly braced. Do not climb trees or fences, ride on the back of moving vehicles, or work near farm machinery.

If you know you are allergic to bee stings, insect bites, or certain plants, **you are responsible for bringing any medication necessary in the event of an allergic reaction.**

**Make sure you leave the area where you have gleaned cleaner than you found it.** Pick up all trash, containers, and equipment. Return any tools that the farmer may have provided. Pack it in, pack it out!

**If you have agreed to volunteer for a glean but are unable to come, please inform the project coordinator as early as possible** so there will be time to find a replacement. Gleaning is best done by many hands.

Most importantly, **RESPECT THE FOOD AND THE PEOPLE WHO GREW IT!** Farmers and farm workers have worked hard to produce these crops. The farmers have invited us to glean produce they cannot harvest themselves because they want it to reach those who need it! Please be courteous and respectful in words and actions.

*Community Harvest is a program of Community Farm Connection, a non-profit organization committed to supporting small farmers and improving consumer access to locally grown food.*  
[www.communityfarmconnection.org](http://www.communityfarmconnection.org)



## What to Wear, Tips for Volunteers

**We glean in all kinds of weather.** Wear clothing that is appropriate and comfortable for working outside, bending, lifting and walking.

### Shoes

Wear sturdy, closed-toed shoes that you don't mind getting dirty. No Sandals! In the spring and fall when the fields are muddy, rubber boots work well.

### Clothing

**Dress in layers**, the mornings can be chilly but once the sun comes out it can easily get hot.

**Clothing that breathes** and wicks water is useful. Nylon, silk or fleece will dry faster and help keep you more comfortable.

**Wool** is great for early morning spring/fall as a top layer to shed later.

**Long sleeves** are a good idea for crops such as raspberries or tomatoes and also help with sun protection.

**In general**, wear clothing you would for any outdoor activity that you don't mind getting dirty.

### What to Bring

**Water:** bring plenty of water, this can't be emphasized enough! Drink a lot of it (especially when it is hot out!)

**Sunscreen:** even on cloudy days it is important to have sun protection

**Gloves:** if you are going to want harvesting gloves, please bring your own

**Hats:** to keep you warm and to protect you from the sun, often times you need both throughout a glean

**Snacks:** Gleaning events can be anywhere from 2-5 hours so bring plenty of food and **water**.

**Medications:** If you have allergies to any kind of plants or insect bites, please let the Gleaning Coordinator know and make sure to bring along any medication that you will need in case of an allergic reaction. *This can be a life or death situation in the field, since we are often far away from medical service.* If you have other potentially life-threatening health conditions, please inform the Gleaning Coordinator.

**Bathrooms are not usually available at gleaning sites, so please plan accordingly.**

**Children are welcome at most, but not all, gleans.** Please check with the Gleaning Coordinator before bringing children under the age of 13 along. Gleaning can be a fun and rewarding experience for children and their parents to share. All children must be under the supervision of a parent or guardian at all times. This protects their safety and enhances their involvement in the gleaning activity while minimizing the possibility of injury or causing damage to crops or farm equipment.

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