

**Local Foods Connection**  
**2009 Fall Farm Work Day Schedule**  
localfoodsconnection@yahoo.com

Join us at one of our farm workdays this fall. You and your family will have a great time and learn more about small family farming. Volunteers must register in advance. Directions will be provided upon registration.

Saturday Sept 5, Scattergood in West Branch  
Sunday Sept 6, Oak Hill Acres in Atalissa  
Sunday Sept 13, Scattergood in West Branch  
Saturday Sept 19, To be Determined  
Sunday Sept 20, ZJ Farm in Solon  
Thursday Sept 24, ZJ Farm in Solon at 2:00  
Sunday Sept 27, ZJ Farm in Solon  
Sunday October 4, Fae Ridge Farm in Iowa City  
Saturday October 17, Echollective, Mechanicsville  
Sunday October 18, Echollective, Mechanicsville  
Sunday October 25, Fae Ridge Farm in Iowa City

Introduction

1. You will be doing farm work on a small, local farm that practices sustainable agriculture. In exchange for your volunteer labor, the farmer will give LFC credit towards food purchases.

2. No farm experience is required! The farmers will teach you what to do.

To Sign Up

1. Email us. Give us your phone number and an email address that you check frequently. If the weather is very bad, the farmer might cancel, and we will need to call you.

3. Email us again! Send us a confirmation email saying you will attend the work session for which we've registered you.

Getting to the Farm

1. For Saturday and Sunday Workdays: Meet us at the farm at 10:30 a.m. (register first) For weekday Workdays: See the time scheduled next to the date.

2. A limited number of carpooling rides are available. Let us know right away if you need a ride.

3. If you have a car, please let us know if you can offer rides to other people.

Preparation for Farm Work

1. Dress in layers. You might need to protect your arms and legs from scratchy weeds or work materials. It might be colder or hotter on a farm than in town. The wind is stronger in some rural areas than it is in town. The sun might come out or you might be working in a greenhouse or a barn and need to take off layers.

2. Bring a hat. Bring suntan lotion.

3. Be prepared to get dirty! Bring old towels, garbage bags or similar item to cover your car seats and floors to protect them from mud. You might want to bring a change of shoes, so dirty shoe soles don't mess up your floors and pedals. You can even bring a change of clothes.

4. Bring a bottle of water.

5. Farmers will provide necessary tools for working.

**Local Foods Connection**  
**2009 Fall Farm Work Day Schedule**  
localfoodsconnection@yahoo.com

Join us at one of our farm workdays this fall. You and your family will have a great time and learn more about small family farming. Volunteers must register in advance. Directions will be provided upon registration.

Saturday Sept 5, Scattergood in West Branch  
Sunday Sept 6, Oak Hill Acres in Atalissa  
Sunday Sept 13, Scattergood in West Branch  
Saturday Sept 19, To be Determined  
Sunday Sept 20, ZJ Farm in Solon  
Thursday Sept 24, ZJ Farm in Solon at 2:00  
Sunday Sept 27, ZJ Farm in Solon  
Sunday October 4, Fae Ridge Farm in Iowa City  
Saturday October 17, Echollective, Mechanicsville  
Sunday October 18, Echollective, Mechanicsville  
Sunday October 25, Fae Ridge Farm in Iowa City

Introduction

1. You will be doing farm work on a small, local farm that practices sustainable agriculture. In exchange for your volunteer labor, the farmer will give LFC credit towards food purchases.

2. No farm experience is required! The farmers will teach you what to do.

To Sign Up

1. Email us. Give us your phone number and an email address that you check frequently. If the weather is very bad, the farmer might cancel, and we will need to call you.

3. Email us again! Send us a confirmation email saying you will attend the work session for which we've registered you.

Getting to the Farm

1. For Saturday and Sunday Workdays: Meet us at the farm at 10:30 a.m. (register first) For weekday Workdays: See the time scheduled next to the date.

2. A limited number of carpooling rides are available. Let us know right away if you need a ride.

3. If you have a car, please let us know if you can offer rides to other people.

Preparation for Farm Work

1. Dress in layers. You might need to protect your arms and legs from scratchy weeds or work materials. It might be colder or hotter on a farm than in town. The wind is stronger in some rural areas than it is in town. The sun might come out or you might be working in a greenhouse or a barn and need to take off layers.

2. Bring a hat. Bring suntan lotion.

3. Be prepared to get dirty! Bring old towels, garbage bags or similar item to cover your car seats and floors to protect them from mud. You might want to bring a change of shoes, so dirty shoe soles don't mess up your floors and pedals. You can even bring a change of clothes.

4. Bring a bottle of water.

5. Farmers will provide necessary tools for working.