

GLEANNING

Pick your own fruit and vegetables for free!!

What is gleanning?

The practice of gathering produce that have been left behind after a farmer has harvested their crop. These crops would otherwise be left in the farmers's fields and ploughed under.

How does it work?



When a farmer has produce, they will phone the Health Unit to coordinate a date and time for gleanning.



Those who filled out a the sign up sheet will be contacted to confirm their availability for the gleanning day. Staff will arrange a bus to the farm and let you know where and when it will pick you up.



Gleaners are able to take home the produce they pick and keep it for themselves or share it with others if they like.



Participants will have the opportunity to pick vegetables or berries on the farm. Gleaners are encouraged to bring their own gloves, tools and bags/containers to carry their produce.

Who is this for?

This program is for families and individuals living within the Healthy Kids neighbourhoods.

Can I bring my children?

Children can come but no more than 3 children for every adult. Perhaps you can bring a friend to help share childcare or consider leaving your kids with a friend and picking for the both of you! Child care will not be available during the gleaning time. Due to regulations only children who are school age (3+) are allowed to travel on a school bus.

Questions?

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Why come gleaning with us?

- Enjoy fresh, quality local produce
- Connect with farmers
- Make new friends
- Learn about nutrition, food harvesting, and preparation
- Enjoy a visit to a local farm

When does it happen?

Gleaning trips typically take place from July to October.

Gleaning trips are usually scheduled from late morning to early afternoon and typically last 3-4 hours.

Where do the trips go?

To various local farms near Thunder Bay host the gleaning program such as: Belluz Farms.



All gleaners must travel together on the bus as no private vehicles are allowed .