Mill City Grows Urban Farm Volunteer Day

Saturday, September 30

- 9am – 12pm: Field Work
- 12-12:30pm: Project Bread recipe tasting

**Checklist of what to bring:**
- Clothes, shoes, or boots that you don't mind getting dirty
- Sunscreen, insect repellant, and hat
- Reusable water bottle (water is provided)
- Picnic lunch (optional)

**About Mill City Grows**

Mill City Grows fosters food justice by increasing community access to healthy, fresh food through the development of urban food production and distribution networks. Mill City Grows creates and manages community gardens, urban farms, school garden programs and increases access to local food through their Mobile Market.

**What to Expect as a Mill City Grows Farm Volunteer**

YOU WILL BE DOING FARM LABOR, so come prepared by reading the tips below

We work rain or shine, unless it is a torrential downpour or there is thunder or lightning. 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:** Long sleeves and long pants are highly recommended for protecting your skin from plant irritants, the sun, and ticks. 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. In general, wear clothing you would for any outdoor activity and that you don’t mind getting dirty.

- **Hats/Sunscreen:** Wear a hat to keep you warm and to protect you from the sun. Even on cloudy days it is important to have sun protection.

- **Tools to Bring:** We will provide tools needed for farm work, including gloves. If folks have their own work gloves they should feel free to bring them!

- **Water/Snacks:** We will have cups and coolers of water and some light snacks, but volunteers are encouraged to bring water and to drink a lot of it (especially when it is hot out)!

- **Medications:** If you have allergies to any kind of plants or insect bites, please let us know in advance, and make sure to bring along any medication that you will need in case of an allergic reaction. If you have other potentially life-threatening health conditions, please inform Mill City Grows staff, rest when you need to, ask for help, etc. Please note, there are honey bees and other bees present on the farm. If you have a serious allergy, please let us know and bring appropriate medication with you to the farm.

- **Bugs and Plant Irritants:** Please keep in mind that we will be out in nature! Mosquitos, ticks, and poison ivy can all be present on the farm. We carry bug spray and poison ivy wash in our First Aid supplies, but preventing exposure with long pants and long sleeve shirts is the best line of defense.