

What Volunteers Do

Our most common tasks are planting seeds in the greenhouse, transplanting seedlings into the fields, cultivating crops and harvesting the mature plants. We also wash, weigh, and record the produce totals prior to donation. There are also chicken care opportunities. We provide all the necessary tools and training. No experience necessary!

What to Expect

First and foremost, we expect everyone to have fun at the farm while we accomplish our work together. Expect hands-on learning. You will get dirty and muddy; all while having a good time in the field or greenhouse.

Other things to expect:

- All work is done outdoors, rain or shine
- Make friends while volunteering alongside like-minded community members
- Unexpected weather; dress in layers!
- Learn about hunger, food origination, agriculture and volunteer stewardship



YOU CAN MAKE A DIFFERENCE!

How to Dress

- Wear comfortable old clothes and closed toed shoes that you don't mind getting muddy
- Long pants and long sleeve shirts are highly recommended
- Dress for wind, prepare for rain
- Brimmed hat
- Do not wear sandals, flip flops or high heels
- Do not wear anything valuable, including jewelry



What to Bring

- A water bottle
- Sunscreen
- Insect repellent
- Gloves—we provide communal gloves, bring your own if you are particular
- An open-mind
- A positive attitude

Volunteer Opportunities

We have seasonal drop-in volunteer hours **March through November**. You don't need to sign up, feel free to stop by and check in with the front desk when you arrive.

Young adults and children under the age of 16 are required to have an adult chaperone on site at all times.

Volunteer Drop In Hours

Monday	9 am to 12 pm & 2 pm to 5 pm
Tuesday	9 am to 12 pm & 2 pm to 5 pm
Wednesday	9 am to 12 pm & 2 pm to 5 pm
Saturday	9 am to 12 pm

Group Volunteer Information

For groups larger than 6, please contact the Volunteer Coordinator at least one week in advance of expected volunteer date. We will tailor tasks to best meet your needs. We welcome groups of all sizes and abilities. For more information, call 508.993.3361 or email sharingtheharvest@ymcasouthcoast.org.

Educational Opportunities

Our fields serve as an outdoor classroom for learners of all ages. We are proud to offer free service learning field trips. For more information, please contact the Farm Education Coordinator by email at harvesthealth@ymcasouthcoast.org.

Call, email or drop by the Dartmouth YMCA today to get started!



Growing healthy food to fight hunger in our community since 2006



Sharing the Harvest Community Farm
at the Dartmouth YMCA
A Division of YMCA SOUTHCOAST

VOLUNTEER GUIDE



276 Gulf Road Dartmouth MA 02748
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sharingtheharvest@ymcasouthcoast.org
ymcasouthcoast.org



What is Sharing the Harvest Community Farm?

Sharing the Harvest Community Farm is a collaboration between the Dartmouth YMCA and the United Way of Greater New Bedford's Hunger Commission of Southeastern Massachusetts.

Sharing the Harvest is a volunteer-driven community farm established in 2006 as a grassroots effort to fight hunger and help feed our neighbors in need. All produce and cage-free eggs are donated to local hunger relief programs.

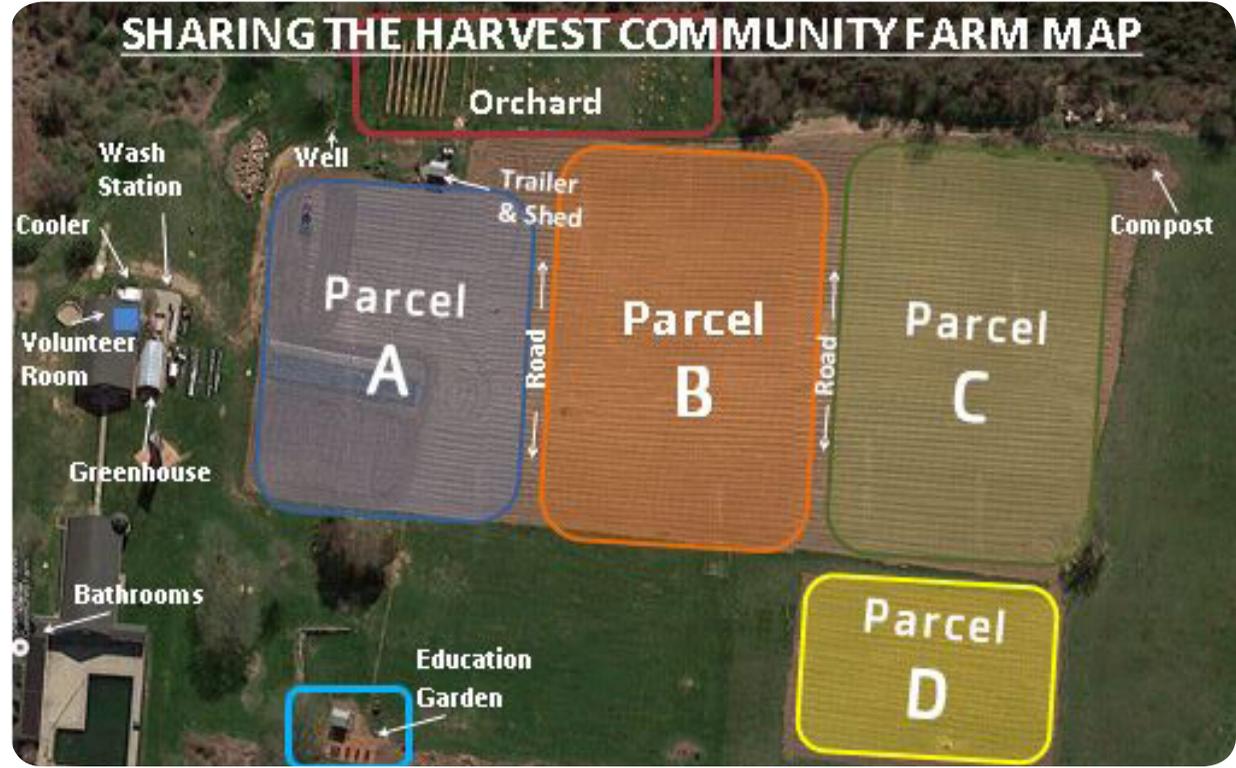
Our Mission:

1. Alleviate hunger for children, families and adults in need of food assistance throughout the south coast region of Massachusetts by growing and distributing nutritional food.
2. Promote volunteerism and an awareness of hunger in our communities, build community through neighbors helping neighbors.
3. Teach volunteers about agriculture, nutrition, and food origination.

Sharing the Harvest provides hands-on educational opportunities for volunteers to confront the reality of hunger in our community.

In the past 11 seasons, **20,749** volunteers have worked over **51,431** hours to plant, harvest and donate **453,570** pounds of food. That equals **2,845,975** servings of fresh food to our neighbors in need!

Aerial View of the Dartmouth YMCA



What We Grow

Asparagus	Onions
Beets	Peppers
Blueberries	Potatoes
Broccoli	Raspberries
Cabbage	Rhubarb
Corn	Squash
Cucumbers	Tomatoes
Eggplant	Turnips
Kale	Zucchini
Lettuce	Eggs

Who We Serve

Thanks to the Hunger Commission, 100% of the produce and eggs we harvest are donated to the following local food pantries in New Bedford, Fall River and Wareham:

Catholic Social Services	P A C E
Citizens for Citizens	Pilgrim Church Soup Kitchen
Damien's Family Pantry	Red Cross
Harbour House	Reflections
Harmony House	Salvation Army
Holy Spirit of the Ascension	St Anthony's Church
Home of Hope	Vets Association
M O. Food = Life Pantry	Veterans' Transition House

Why Should I Volunteer?

You can...

- Help fight hunger
- Improve the lives of children and families in your community
- Build a better community through volunteerism
- Connect with nature while learning about agriculture and food origination
- Meet new friends
- Have a fun and rewarding experience!

How Can I Help?

As a volunteer, you will have the opportunity to work in many different capacities, including:

- | | |
|------------------|------------------------------|
| • Office Work | • Work Study |
| • Field Work | • Special Events |
| • Internships | • Field Trips |
| • Farm Committee | • AmeriCorps VISTA positions |

Hunger on the Southcoast

New Bedford and Fall River are listed among cities with the highest concentrations of hunger in Massachusetts. In these cities one in three children lives in a family unable to meet its basic need for food. Here the prevalence of hunger is six times greater than the statewide average.

Each individual volunteer visit produces an average of 137 servings of food to be donated in our local community.