

Safety Reminders & Orchard/Garden Volunteer Field Work Days

Please keep the following in mind to ensure your time with Benevolence is a safe and positive experience.

I. Safety of people first

- A. **Drink water, stay hydrated** (it is not unusual during a hot summer day to drink a gallon of water throughout the day, please do!).
- B. Help each other, be kind and considerate of your words and actions.
- C. Locate the “Green Room” restroom near the entrance.
- D. Know your limits. Do you have allergies, injuries or medical history we should be aware of? If you have a medical condition such as asthma or anaphylaxis, please bring your inhaler or epipen and tell your group leader of your condition before working in the orchard and fields.
- E. Protect your feet with proper footwear for the task you are doing.
- F. Protect your skin. Wide brimmed hats, sunscreen and/or sun shirts are recommended. Going shirtless is discouraged.
- G. Watch the sky. In thunderstorms/close lightening events, move to shelter. However, we will work in light rain and cold, so bring appropriate attire.
- H. Receive instructions for gardening and farm tools prior to using.
- I. Try to keep a spacial awareness of those nearby, including trees and delicate plants. Please keep to the rows and refrain from walking on the garden beds and orchard berms.
- J. Wash hands prior to preparing/processing fruit, vegetables and herbs for the farm stand. Stay focused when touching food other people will eat and keep positive intentions when processing the food.
- K. We do not take responsibility for your personal items at the orchard. If you bring personal belongings such as phones, wallets, bags, etc. you do so at your own risk. Store personal items either in your car or somewhere out of the way of the workspace for safekeeping.
- L. When working in the orchard or gardens, we want you to connect with nature and not get distracted. We encourage singing instead of listening to music from phones or speakers.

II. Safety of soil and plants

- A. Watch your step. Please be aware of where you're stepping, not only for the safety of yourself and others, but also to prevent soil compaction. Compact soil adversely affects plant health— this is extremely important! Ask for demonstrations on how to properly step while weeding on the berms, as well as around the tree rings to reduce soil compaction.
- B. Ask questions, ask questions, ask questions! Know what you are pulling, hoeing, picking, digging, cutting, pinching and harvesting.
- C. Quality and thorough weeding often require a certain earth-rhythm. Watch your group leader's demonstration and if you are unsure of a technique or plant, please ask for clarification. Weed the berms and tree rings thoroughly to save time weeding in the future.

III. Respect for property, tools and equipment

- A. Be sure to receive adequate instruction before use.
- B. Always put tools and equipment back in proper place.
- C. Clean up area after task is completed: wipe down countertops, tools, spray trays clean, wash dishes, move plant waste to compost, put buckets and harvesting baskets away etc.
- D. Notify group leaders of broken or unsafe equipment requiring repair.
- E. **Leave your pets at home please.**
- F. Benevolence is located on a private residence. Please respect the personal space of the residence. The orchard and farm stand out-buildings are all appropriate places you may enter. The private residence and barn are not.
- G. Park your vehicles and bicycles out of the way of farm equipment. Please use the lot near the orchard entrance. If you are unsure, please ask if your vehicle is parked in an appropriate location.

IV. Orchard & Garden Volunteer Field Work Days & Hours

Our mission is to create a diverse orchard and propagation nursery of locally adapted heritage varieties of fruits, medicinal herbs and cut flowers, using Organic, Permaculture and Biodynamic agricultural practices. Benevolence aims to invigorate our fruit growing capacity throughout Boulder County and to provide an educational curriculum covering a wide array of classes and

workshops for the community, where we invite all to learn, contribute and engage.

We invite volunteers to help us at the orchard. Beginners level of experience in farming or gardening is okay— we will teach you every step of the way. By volunteering, you will trade your work in the orchard for an exceptional hands-on learning experience; you not only get the chance to learn from seasoned farmers, gardeners and local herbalists, you also get the benefit of access to farm fresh food, cut flowers and herbal medicine we'll be growing this year.

We are looking for committed and enthusiastic people wanting and willing to work in the orchard on a regular basis— 4-6 hours a week, May-October / November.

Orchard volunteer weeding and field work days:

- Mondays, 8 am - 12 pm
- Tuesdays, 8 am - 12 pm

When coming to volunteer with us, please arrive prepared and already wearing your farm clothes and boots. We do not have a changing room and like to have everyone starting together promptly. Also, make sure to eat before volunteer days, so you have enough energy to help you through the morning.

For orchard/farm volunteer sign-up, please contact Wesley Swartz at (720) 938-7708 or email at benevolenceorchard@gmail.com.