

Things to know about coming to work/volunteer at Quincy Farm

What you'll do:

- Help with various farm projects and daily activities
- Transplant seedlings
- Help harvest produce
- Wash vegetables and prepare for market
- Help set up and sell at market on busy days
- Weed, hoe, and cultivate

(For insurance reasons, volunteers aren't allowed to drive tractors)

We provide rooms with fans, and two shared bathrooms, but only one shower. Depending on how many other folks are here, you may have to share a room or you may get your own. All the rooms have beds, and we provide linens. You're also welcome to do laundry. We'll share 3 meals per day and welcome your involvement in cooking and cleaning up. Lunch on weekends isn't a shared meal, but you're welcome to make something. We have a friendly dog who lives with us, but ask that you not bring pets. There is absolutely no smoking indoors anywhere on the farm.

There is wireless internet access and a computer that you may use if you don't have a laptop, but our internet connection has limited bandwidth, so we ask that you not stream/download music or video. We don't have a TV. The farm is on a mellow river, so you can go swimming etc., and we have a canoe and kayak available. You may bring your own bikes and there's room to park your car, but we're not able to lend you transportation. The farm is in a rural environment a short drive from several small towns. We're very busy in the summer, but we'll try to make your visit here fun.

Volunteers are expected to work 5-6 hours per day, 6 mornings per week. On harvest days, we all start work at 6am, though as the daylight and workload wane in Fall, we may start later. Depending on how things are going, you may get more time off than this, but please be excited to participate this much--there's a lot to do! Vegetable farming isn't super strenuous, but it is a lot of work. Please be excited to be outdoors in all weather, to get your hands dirty, and to spend some time on your knees--most veggies grow in the ground!

What to bring:

- Clothes that you don't mind getting dirty, including some long pants and long sleeves, and a sweatshirt or windbreaker--even in summer it can be cool in the morning, and in Fall it's often downright cold until the sun warms things up
- Comfortable secure shoes or boots
- Your own raincoat (we strongly recommend PVC/rubber over tech fabrics like goretex)
- We very strongly recommend rubber boots--if you don't have some, they're available nearby for around \$20
- Sunglasses, hat, swimsuit, sunscreen, etc.
- An unbreakable water bottle (no glass in the field)
- Toiletries (we provide towels, please bring everything else)

Having your own vehicle is ideal, but we can pick you up in Saratoga Springs or at the Albany International Airport. You can get to Saratoga Springs from NYC via Amtrak from Penn Station or Greyhound from Port Authority. You should also check out MegaBus, which sometimes has amazing deals. Driving directions are on our website. Please let us know exactly when you're arriving, and let us know if anything changes. Thanks, and we look forward to meeting you!