

Farm-to-Table: Calling All Volunteers!

Spring has officially sprung, and with it comes all the tasks that require dirty hands and smiling faces. You and your children are invited to volunteer with the Farm-to-Table Program as we provide hands-on learning experiences in sustainable agriculture to the kids of Rappahannock County.

Why do we need volunteers?

Teaching F2T classes is a wonderful way to get our students in the dirt and excited about eating the fresh and healthy foods they grow themselves. Fortunately, they are willing and able to help during school hours to plant, harvest, water, mulch and weed our gardens. Sometimes, however, class time just isn't enough to keep our three sites beautiful, productive, and weed-free! That is where **you** come in.

As a volunteer for the program, you can:

- Come to the asparagus patch on April 17 at noon or April 18 at 10:00 am to learn how to harvest the asparagus for helpers interested in asparagus production.
- Harvest asparagus through May 22. Asparagus is donated to the schools and is sold to The Inn at Little Washington and Thornton River Grille as well as to the Local Flavor, a new farmer cooperative in Amissville. All second-quality asparagus goes to Plant-a-Row, the Senior Nutrition Center, to students, and to the volunteers who help. ***Especially need help on the weekends of April 23-25 and May 15-16—Trista is out of town those 2 weekends.**
- Water the high school garden, greenhouse, and the hoophouse on the weekends.
- **"Weeding Wednesdays"** kicks off on April 21 at RCES from 3:30 until 5:00. Every week, we will have garden makeover days after school. The first and third Wednesdays will be at RCES. The second and fourth Wednesdays will be at RCHS. Parents, students, Garden Club members, and other volunteers could really help make our gardens even more beautiful and productive.
- Come to the Plant Sale on May 1 at Waterpenny Farm, 9:00-3:00. Buy student-grown veggies and other garden delights from many local vendors. If you can help take down the stand from 3:00-4:00, we'd love your assistance. Asparagus harvest to follow.

-Volunteer appreciation party May 2. Parents and kids welcome! Come learn how to build a raised bed and then engage in refreshments and camaraderie with other county gardeners and F2T volunteers. 3pm raised bed demo, refreshments to follow. Call for details.

Signing up is easy! Call Anna Garcia at 987-3322 to sign up. See the calendar on the F2T website for dates and times. Times subject to change in case of inclement weather.

This will be our volunteer schedule until June 9. For summer, we will revise our volunteer schedule.

Growing Pride!