



Embracing Tradition.
Innovating the Future of Food

Dear Founding Member,

WELCOME TO ZESTINY FARM!

Thank you for being a valuable part of our journey to innovate the future of food.

We're passionate about delivering fresh, nutrient-rich and low-tox produce, bursting with flavour, that's locally sourced to reduce food miles and unnecessary packaging. Our goal is to support a healthy lifestyle by carefully considering the optimal variety of produce to cover your nutritional needs while? innovating the food system - how we grow our produce, how you store it and eventually how you cook it.

We're thrilled to kick off our first deliveries!

To make it extra special, this week's box is a bit heavier with 3-4 extra items as a bonus. This is just the start of the perks of being a Founding Member – there'll be more surprises and special invitations coming!

We'd love Your Feedback

What did you enjoy? What lasted? What did you end up composting or tossing? How easy was the sign-up process? What about the packaging?

Your feedback will help us refine and improve each week's selection for even more variety and value.

Email us at shop@zestinyfarm.com with all your feedback, thoughts and ideas or tag @zestinyfarmlife with your pics on Insta. We can't wait to hear from you and keep making your experience better!

We hope you enjoy your Zestiny Box experience.

- Creel, Tania and Martin



Our Commitment to Regenerative Farming

Regenerative farming is all about restoring the land and working with nature to create healthier soils, more diverse ecosystems, and stronger crops.

We use crop rotation, composting and cutting back on chemicals to help lock more carbon in the soil and boost water retention. The result? More nutritious food, a healthier food system and a sustainable future.



Big Flavour. High-Nutrient.

Whether it's our own farm grown produce, or sourced from premium partners, we only add veggies, fruits and herbs to your box that deliver excellent flavour and nutrient-richness.

For example, the bananas we sourced today definitely weren't up to scratch, so we've replaced them with our excellent new season strawberries. 🍓🍓🍓



Low-Tox and Maybe a Few Friends

We love regenerative farming, but it's not without its challenges. It's a lot more hands on and sometimes crops don't work out or deliver on the quality we want for you.

Without synthetic pesticides, fertilisers and post harvest sprays, you're getting food that's naturally fresh, packed with nutrients and very low-tox.

But here's the thing ... low-tox produce can also be very attractive to bugs! We remove excess soil and encourage our little friends to evacuate before we pack your box. But! It's inevitable they might decide to stay put sometimes, so we recommend a shake and wash before you cook. We hope it's a small trade-off for food grown the way nature intended.

[More over the page >](#)

SHARE ZESTINY

If you have friends or family who are interested in discovering just how good local, farm-fresh produce can be, for the month of February, we're offering them and you a special gift - Zestiny raw honey valued at \$13, when they sign-up*. 🍯🐝🍯 They simply enter the code **FMRBOXBEE** after purchasing a subscription and add your name to the notes section and we'll add it to both your boxes.

* Limit of 1x jar of honey per referrer. If you refer 5 or more people, we'll give you a free box.





Tomato Season: A Taste of Summer's Best

It's tomato season, and while our Black Russian tomatoes didn't make it this year due to the wet summer, our Roma, Round, and Zesty Grape varieties are thriving!

You'll find a mix of these in your box this week—taste the difference and enjoy the flavour explosion of fresh, farm-grown tomatoes.

We were so impressed with our new Zesty Grape tomatoes that we decided to test their nutrient content against store-bought ones.

The Result: Our Zestys have 20% more nutrients than the typical store variety!

For those who grabbed extra Roma tomatoes, it's time to get creative - check out our passata and sun-dried tomatoes and salads on Insta.

Fun Fact: Cooking tomatoes boosts Lycopene, an antioxidant linked to healthy skin and reducing the risk of certain cancers.



How to Get the Most Out of Your Box

We've shared tips and insights on 32 different fruits, vegetables, and herbs you'll be enjoying this week. This will help you plan when and how to use them, keeping your meals exciting and your ingredients at their best until your next order.

Produce	Tips for Freshness	Estimated Shelf Life
Apples, Oranges, Lemons	Store in the refrigerator's crisper drawer. Wash just before eating to prevent excess moisture.	Up to 4 weeks
Basil, Chives & Parsley	Store in a glass of water on the countertop (like a bouquet) or wrap in a damp paper towel in a plastic bag in the refrigerator.	3–5 days
Beans, Broccoli, Fennel, Eggplant, Zucchini & Carrot	Store in a perforated plastic bag in the refrigerator's vegetable drawer to maintain crispness.	5–7 days
Blueberries, Strawberries & Grape Tomatoes	Store in the refrigerator in the punnet or place in a container with paper towel. Wash only right before use to avoid mould formation.	3–5 days
Button Mushrooms	Store in a paper bag in the refrigerator to prevent them from becoming slimy. Avoid washing until just before use.	5–7 days
Cabbage & Pumpkin	Keep whole in the refrigerator, ideally in a perforated plastic bag to allow air circulation.	2–4 weeks
Capsicum, Chillis & Corn	Keep in the refrigerator unwashed.	1–2 weeks
Cos Lettuce, Cucumber & Kale	Wrap in a paper towel and store in a perforated plastic bag in the refrigerator.	5–7 days
Nectarines & Plums	Refrigerate them in a paper bag or put them in a zip-lock bag with some holes in it to increase airflow while keeping moisture in.	3–4 weeks
Onion, Garlic and Potatoes	Keep in a cool, dry, and well-ventilated space (a mesh bag works well). Do not refrigerate, as cold and damp conditions can cause them to spoil faster.	Several weeks to months
Spring Onions	Wrapped in a damp paper towel inside a plastic bag in the refrigerator.	5–7 days

** Please excuse no bananas for the foreseeable future - with the QLD floods preventing supply the ones at the markets are poor quality. We have added in the first pick of this season's strawberries that were ready sooner than we expected.*

Check our website or follow us on Instagram and YouTube
[@zestinyfarmlife](#) for more information on produce and farming technique
 and regular updates on what's happening on the farm .

