



Embracing Tradition.  
Innovating the Future of Food

Dear Ambassador,

## 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've been collecting fresh eggs from our pasture-raised chickens as a special gift for this week. We hope you enjoy the vibrant flavour on their own or in this week's cooking!

## We'd love Your Feedback

We know you're busy, but we'd really value your opinions and insights on this first iteration of the Zestiny Box - What did you enjoy? What produce 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.

We'll send out a short survey next week and have set up a special WhatsApp Community group - Zestiny Box Ambassadors to keep the conversation going. If you prefer, you can DM or email us at [shop@zestinyfarm.com](mailto:shop@zestinyfarm.com) and don't forget to tag us on social media - @zestinyfarmlife.

## Love Your Zestiny Box Experience?

If you haven't already, you can sign up and become a Founding Member for life. We'll make it worth your while with special surprise gifts, flash discounts, early access to limited seasonal produce and add-ons, VIP event invitations and more.

Thank you and see you soon.

- Creel, Tania and Martin

## SHARE ZESTINY

We would love you to share your Zestiny Box experience with your community. As a thank you for your feedback we would like to give you a unique code that you can offer to others. They simply enter the code after purchase of a subscription for 20% off their first box. For every 5 referrals we will send you another Zestiny box, completely free!



## 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 >](#)

YOUR  
AMBASSADOR  
CODE:

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## 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 68% 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 27 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
Mint, 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, Cauliflower, Eggplant, Zucchini & Carrot	Store in a perforated plastic bag in the refrigerator's vegetable drawer to maintain crispness.	5–7 days
Blueberries, Strawberries, Grapes & Grape Tomatoes	Store in the refrigerator in the punnet / bag 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
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 and Silver Beet	Wrap in a paper towel and store in a perforated plastic bag in the refrigerator.	5–7 days
Onion, Garlic and Potatoes (Kipfler and brushed)	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
Tomatoes	Store in room temperature, out of direct sunlight.	7 – 9 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 .

