



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 are now into week three of our box deliveries and the team continue to work on how to provide the freshest produce to suit the needs of our members.

We're rapidly implementing some upgrades based on customers' feedback including:

- Adding box liners to absorb more moisture so the boxes maintain more structural integrity
- While meeting our commitment to sustainability and cutting down packaging, we're fine-tuning some elements to keep your produce in top condition. E.g., increasing the weight of our paper bags and using recyclable cardboard trays for some more fragile veggies and fruit.
- We're improving our labelling and box closure, to ensure more streamlined delivery
- From next week we'll be adding some exciting new box formats to give you even more options to suit your needs.
- We've implemented some changes to our delivery system, so we are being more efficient and delivering super fresh produce even to more challenging locations.

We'd love to hear your feedback thoughts and ideas to help us continually improve our produce, packaging, delivery and other systems. Email us at shop@zestinyfarm.com, or tag @zestinyfarmlife with your pics on Insta.



A Special Gift For Our Founding Members

Our chickens have finally started laying - we bought them as cute day olds 20 weeks ago. The eggs are still on the smaller side, so we want our Founding Members to be the first to try a dozen eggs from our pasture-raised happy hens.



SHARE ZESTINY

If you have friends or family who are interested in discovering just how good local, farm-fresh produce can be, up to March 15, we're offering them 50% off the first box. Use the QR code to go to our online shop and after purchasing a subscription, they apply the Code: FMBOX50 add your name to the notes section to activate the discount. * If you refer 5 or more people, we'll give you a free box.



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.

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Strawberries: Taste the difference

Our second pick strawberries have been in season for the last couple of weeks – not quite the size and flavour as the first pick were at the end of last year though still a far superior taste than the bland store bought ones imported from interstate. You will notice the flavour and texture changes with the amount of rain and sun we receive in any given week given we grow them in the soil outside like they were meant to be grown.

Strawberries are a return to the past for Creel given he grew them commercially as a kid. We have been so blown away by the demand from the amazing strawberries our 10,000 strawberry plants produced that this season coming we are upping the anti with another 26,000 plants ready to go in the ground in April.

Fun Fact: Just one cup of strawberries provides more than 100% of your daily recommended intake of Vitamin C - a powerful antioxidant that supports immune function, collagen production, and skin health.



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, Basil	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, Bok Choy, Zucchini & Carrot	Store in a perforated plastic bag in the refrigerator's vegetable drawer to maintain crispness.	5–7 days
Strawberries and Grapes	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 & Chillies	Keep in the refrigerator unwashed.	1–2 weeks
Cos Lettuce, Butter Lettuce, Cucumber and Kale	Wrap in a paper towel and store in a perforated plastic bag in the refrigerator.	5–7 days
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
Leek and 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

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 .

