



Dear Founding Member,

**GREETINGS FROM ZESTINY FARM!** Thank you for being an essential part of our mission to shape the future of food!

It's week 5 of our Zestiny Farm boxes of low-tox, nutrient-dense fruit and veg, straight from our beautiful family farm in the Central Coast hinterland. Your feedback so far has been invaluable! We're starting to find our groove and streamline our processes.

We'll be sending out a survey this week and we'd love to hear what you think! Plus you can always email us at [shop@zestinyfarm.com](mailto:shop@zestinyfarm.com)

### Rain, Humidity, and the Battles of Farming.

As you've probably noticed, autumn's off to a wet start, and while we're not facing the extremes of Queensland and Northern NSW, the rain and humidity have brought their own challenges.

Our strawberries have been struggling – between the damp air and soggy soil, most of the current fruit has been spoiled. Nutella the pig is loving it, though! 🍓🐷

Sadly, we won't have strawberries in the boxes for a little while, but we're hopeful for a successful harvest before the season ends. Thanks for your patience!

### Some changes in packaging

We're looking at some options to ensure that your fresh produce arrives in peak condition. This week we'll be adding moisture pads in the base of our boxes and we'd love to hear how they go.

We're also reconsidering the packaging of the button mushrooms as our current paper bags are a little lightweight. We have a couple of options so you might notice a change this week.

And lastly, we'll be trialing a compostable tape this week. We aim to be environmentally responsible as possible with our packaging but it can be a challenge with fresh produce!



### 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.

Our aim is to provide the freshest produce with maximum nutrient-density. 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 provide a rich source of nutrients. We also hand pack your boxes and ensure that every piece of produce is in peak condition.



### 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

Do you have friends or family 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. \* You get a **FREE BOX** if you refer 5 or more people.



Dark Leafy Green: Great For Your Health

Dark leafy greens are nutritional powerhouses, offering a multitude of health benefits that make them essential in a balanced diet. We try to make it easier to incorporate these vibrant vegetables into your meals so that you can reap the many benefits.

Dark leafy greens such as kale, bok choy, silver beet and many herbs are abundant in vital vitamins and minerals. They are excellent sources of vitamins A, C, E and K plus minerals like iron, calcium, magnesium and potassium.

Regular consumption of these greens has also been linked to slower cognitive decline and a reduced risk of age-related cognitive issues, thanks to nutrients like vitamin K, lutein, folate, and beta-carotene.

Beyond their health benefits, dark leafy greens are incredibly versatile in the kitchen. They can be enjoyed raw in salads, sautéed as a side dish, blended into smoothies, or incorporated into soups and stews.



How to Get the Most Out of Your Box

We’ve shared tips and insights on 29 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, Pears	Store in the refrigerator’s crisper drawer. Wash just before eating to prevent excess moisture.	Up to 4 weeks
Thyme, 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, Cauliflower, Zucchini, Celery, Carrot	Store in the refrigerator’s vegetable drawer, loosely wrapped in paper towel to avoid moisture and to maintain crispness.	5–7 days
Blueberries, 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. Sit in on paper towel to avoid moisture while allowing air circulation.	2–4 weeks
Corn, Chillis	Keep loose in the refrigerator, unwashed.	1–2 weeks
Cos Lettuce, Cucumber, Bok Choy, Wombok, Kale	Wrap in paper towel and store in the refrigerator.	5–7 days
Garlic, Onions, Sweet Potato, Potatoes	Keep in a cool, dry, and well-ventilated space (a mesh bag works well). Do not refrigerate, as this can cause them to spoil faster.	Several weeks to months
Leek	Wrap in slightly damp paper towel and keep in the refrigerator.	5–7 days
Tomatoes, Avocados	Store at room temperature, out of direct sunlight, for best flavour. Move to the refrigerator to extend life	7 – 9 days

Your Feedback Makes Us Better!

We’d love to hear your comments thoughts and ideas to help us continually improve your customer journey at Zestiny. [Take the Survey](#) | Email us: [shop@zestinyfarm.com](mailto:shop@zestinyfarm.com), or tag @zestinyfarmlife with your pics on Insta.



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 at Zestiny.

*Embracing Tradition. Innovating the Future of Food.*