



Dear Founding Member,

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

We're excited to be in Week 4 of our box deliveries and our team is more committed than ever to bringing you the highest quality seasonal produce, tailored to meet the needs of incredible members like you. Let's keep growing together!

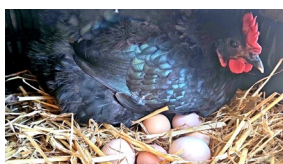
BIG NEWS!! Introducing the Zest Medium Box! **Choose Either a Mixed or Veggies-Only Box**

Our original ZEST box has been a hit, packed with an abundance of fresh seasonal fruit, veggies and herbs. We've listened to your feedback and understand that sometimes less is more!

At about 70% the size of our original, the Medium Zest Box still delivers a generous selection of farm-fresh, nutrient-packed produce - just in an easier to store and use format.

Pasture-Raised Eggs Available Soon

With our happy hens laying regularly now, we'll be adding eggs to the Add-On list in the next couple of weeks



Meet the New Guys!

We're beyond excited to introduce two new stars to the farm – meet Kevin and Ryan, our awesome guardian alpacas!

These lovable boys are already doing an incredible job looking out for our hens and their playful goat buddies, Victa and Honda. They're not just adorable—they're fierce protectors, keeping the whole crew safe and happy!



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.



Pumpkins: The Heart of Autumn Flavours!

This week, Martin and the team have been busy harvesting pumpkins and it’s safe to say they’re pumped about the haul! Pumpkins are the ultimate autumn and winter staple, and they’re officially in season.

Not only do pumpkins taste amazing, but they’re also a nutritional powerhouse! Packed with vitamin A for healthy vision and a strong immune system, vitamin C for immune defence and iron absorption, they’ve got your back all season long. Plus, with potassium to support heart health and regulate blood pressure, antioxidants and fibre, pumpkins are truly a superfood!

And let’s talk versatility! This week we’ve tossed some fresh sage into your box - perfect for adding extra flavour. Why not try one of Creel’s pumpkin-y favourites - roasted pumpkin, sweet potato and corn soup with coconut cream, topped with crispy sage. Check out the full recipe on our blog—it’s a must-try!



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
Parsley, Basil, Sage	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 the refrigerator’s vegetable drawer, loosely wrapped in paper towel to avoid moisture and 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. Sit in on paper towel to avoid moisture while allowing air circulation.	2–4 weeks
Capsicum, Corn & Chillis	Keep loose in the refrigerator, unwashed.	1–2 weeks
Iceberg Lettuce, Cucumber and Kale	Wrap in paper towel and store in the refrigerator.	5–7 days
Garlic, Ginger, Sweet Potato 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	Wrap in slightly damp paper towel and keep in the refrigerator.	5–7 days
Tomatoes	Store at room temperature, out of direct sunlight, for best flavour.	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, 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.