



**Hand Picked
Pressed & Preserved
by the
Shelbourne Community Kitchen**

For the last four years, the Shelbourne Community Kitchen has formed a fruit picking team in partnership with the LifeCycles Fruit Tree Project. Our team is comprised of over 15 participants and volunteers, who diligently harvest local fruit in the Shelbourne Valley and Gordon Head Neighbourhoods that would otherwise go to waste.

The fresh, seasonal fruit is an incredible resource for our Pantry program. Our harvests also inspire weekly community kitchen classes, where participants can learn about safe preservation techniques, work as part of a team and share in the tradition of “putting food by” for the winter months.

Fifty percent of the final product is shared among the participants who help to pick and preserve the fruit. Fifty percent is sold by suggested donation in order to support the Shelbourne Community Kitchen Society.

