

Metanoia Farmers 2026

Hi farming friends, new and old!

We're glad that you're interested in joining us on the farm for the 2026 growing season.

This document includes details on how the Farm Collective and Hen Collective operate, all the ways you can get involved, and frequently asked questions. If you have questions we haven't answered here, don't hesitate to send us an email at metanoiafarmers@gmail.com.

When you're ready, application forms are available on our website, metanoiafarmers.ca, as of January 30th, 2026.

Spots are limited, so if you're ready to apply, don't hesitate! Applications will be accepted on a first-come first-served basis, and you'll hear back from us within a week.

See you on the farm!

The Farm Team (Bryn, Kay, Katheryn, Marika, Megan, Trey, Sheryl)

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Ways to Participate

Both Metanoia's Farm Collective and Hen Collective function based on an exchange of gives and gets. In the Farm Collective, we all give labour to grow food and maintain the Farm Space together, co-creating the conditions for us all to get the benefits of fresh food, access to growing and gathering space, and social connections with other farmers. In the Hen Collective, we collaboratively care for our hens, making a summer of low-commitment, close-to-home, farm-fresh eggs a possibility for each of us.

The Farm Team has worked hard to create an exchange that feels fair and feasible (and fun of course), and have adjusted the give/get exchange for this coming season based on feedback from 2025. Overall, community growers have let us know that this exchange feels like a great deal - that their weekly labour contribution and farm dues are a reasonable ask in exchange for the myriad of nested benefits they receive as community growers.

Here's a breakdown of the give/get exchange for each way of participating with in the Metanoia Farmers 2026 Season:

FARM COLLECTIVE

Option 1:

Community Grower with a Land Share

GIVE:

Farm Labour Contribution

2/hr per week at Collective Labour Shifts, for 18/22 weeks of the growing season (4 weeks off)

Farm Dues

Sliding scale: \$100/\$150/\$200

GET:

Land Share:

Your own community garden plot between 100 and 320 square feet.

Includes access to water (rain and city) and hose use, spent mushroom compost, wheelbarrows and tools

Bonus Harvest:

A small fall harvest of vegetables from collective fields (including garlic, carrots, beets, squash)

Nested benefits include:

- **Social connections** - you get to work alongside fantastic farmy folks at Collective Labour Shifts (many friendships have been forged on this soil)
- **Skill building and knowledge sharing** - come as you are, share what you know, learn from each other. You're guaranteed to be surrounded by both highly experienced farmers and folks just starting out their farming journeys, and we're all in this together (which we've found is a very fun time)
- **Access to farm space** - you now have another third space to just be. Digging your feet into soft soil, watching birds, smelling flowers, and chatting with whoever else is around has been known to be a pretty amazing way to spend a summer Sunday afternoon.

Option 2:

Community Grower with a Vegetable Share

GIVE:

Farm Labour Contribution:

2/hr per week at Collective Labour Shifts, for 18/22 weeks of the growing season (4 weeks off)

Farm Dues:

Sliding scale: \$100/\$150/\$200

GET:

Full Vegetable Share:

A significant harvest of garlic, carrots, beets, squash, potatoes, kale, cabbage, zucchini and onions, distributed August - October

Nested benefits include:

- **Social connections** - you get to work alongside fantastic farmy folks at Collective Labour Shifts (many a lifelong friendship has been forged in this soil)
- **Skill building and knowledge sharing** - come as you are, share what you know, learn from each other. You're guaranteed to be surrounded by both highly experienced farmers and folks just starting out their farming journeys, and we're all in this together (which we've found is a very fun time!)
- **Access to farm space** - you now have another third space to just be. Digging your feet into soft soil, watching birds, smelling flowers, and chatting with whoever else is around has been known to be a pretty amazing way to spend a summer Sunday afternoon.

HEN COLLECTIVE

Hen Herder

GIVE:

Hen Labour Contribution:

5 hen labour shifts throughout the growing season

Each labour shift is around 30 minutes in length and includes collecting and labelling eggs, and feeding and watering hens

Hen Dues:

Sliding scale: \$60/\$80/\$100

GET:

Egg Share:

You get the equivalent of one hen's lay for the duration of 20 weeks! In 2025, hen herders picked up an average of 14-15 eggs every second week, for a total of around 12 dozen eggs in the season.

Nested benefits include:

- **Access to the farm space** - you may not be spending as much time on the farm as Community Growers, but you are still welcome on the farm whenever you want - hen herders have been known to stop at the farm for some chicken cuddle time on the way home from work, and to join in on farm group activities throughout the summer.
- **Hen interaction** - it's possible that there is nothing quite as comforting as gathering a handful of warm eggs to the background song of 20 chirping hens in the morning.

Farm Collective Details

What is a Land Share?

A Land Share is like a community garden plot - it's yours to take care of and grow whatever you like!

Different-sized growing areas are available: 4x20', 8x20', 12x20', 16x20'
The size of the growing area you select does not impact your Labour Contribution.

With your Land Share, you will have access to the farm's watering systems, spent mushroom compost, wheelbarrows and tools. The cost of water and compost is covered by the farm!

Since caring for a Land Share requires your own time on top of your Labour Contribution and helps out the farm as a whole by composting and keeping weeds down on your plot, we've added a "bonus harvest" to the Land Share to balance out the gives and gets for all Community Growers. We anticipate you will receive a small fall harvest of garlic, carrots, beets and squash grown in collective fields as your "bonus harvest."

What is a Vegetable Share?

Community growers with a Vegetable Share will receive kale, cabbage, beets, carrots, potatoes, squash, onions and garlic towards the end of the growing season (approx. early Aug - early Oct).

This is a great option for those who do not want to manage a growing area, but still want to share in the community pieces of farming together, and go home with some good food at the end of the season!

Following a Community Shared Agriculture (CSA) format, Community Growers with a Vegetable Share will receive a percentage of the total harvest from collective fields. We're planning for a nice "storage" sized harvest for each Community Grower who selects this Share - perhaps enough of each vegetable to put away for 8-10 meals. But as in a CSA, both the risk of a hard season and lower yields and the benefit of a bountiful season and higher yields is shared by Community Growers who select this Share.

What are Collective Labour Shifts?

This is the good stuff! We're here because we love getting our hands dirty and growing good food in good soil alongside new and old friends.

If you're here because you love farming too, then we hope you don't feel too bogged down by language of "labour" and "commitments." Having clear expectations around our shared work allows us all to settle into sharing and caring for this space together, and frees us to be in good relationships as co-farmers.

If you want to get involved but these parameters don't work for you for any reason, take a look at the Accessibility section of this form, let us know if you'd like to chat, and we'll reach out to connect.

Community Growers commit to a Farm Labour Contribution of 2 hours per week, for your choice of 18 of the 22 weeks between May 5 - Sept 26 (you get 4 weeks off, whenever you need them).

Whenever possible, you will fulfill your Farm Labour Contribution for the week by attending a Collective Labour Shift.

Collective Labour Shifts are scheduled on two different days each week with the days selected changing each week. So you will have a choice between two time slots on different days week-to-week to attend your Collective Labour Shift.

In the event that you are unavailable to attend either Collective Labour Shift in a given week, there will be individual tasks available for you to fulfill your Farm Labour Contribution for that week at your convenience.

You'll be expected to work hard at Collective Labour Shifts, but we also have a lot of fun. Tasks include planting, weeding, watering, mulching, harvesting, and delivering produce across campus to CMU food services.

What are Farm Dues?

Farm Dues are financial contributions that help cover the costs of the farm inputs and overhead. Please select your dues level according to your current financial capacity. If you have some financial comfort at the moment and can contribute to overhead costs, great. If it makes the most financial sense to stick with covering the water and compost costs this year, great.

Dues options:

- \$100 covers cost of compost and water for your Land or Vegetable Share
- \$150 covers cost of compost and water, and contributes to the admin work necessary for the farm's existence
- \$200 covers cost of compost and water, and contributes to the admin work and overhead necessary for the farm's existence

If you have another idea for a feasible contribution, great! Email the Farm Team at metanoiafarmers@gmail.com and we can chat.

Farm Collective FAQs

Can I choose multiple ways of participating?

Yes, you can! Many of our farmers are both Community Growers and Hen Herders. One community grower, however, must choose either a Vegetable Share or a Land Share.

Can my partner and I split a Land Share and each do half of a Labour Contribution?

Nope - since both of you would be receiving all the nested benefits, the same labour contributions and dues would apply to the two of you.

Every Community Grower receives all the nested benefits, so the same give/get exchange applies to all of us.

However, we acknowledge that some of you - partners, siblings, friends, roommates - may be working together on your garden plot. So we do offer that two Community Growers with Land Shares can trade in their two bonus harvests for the added value of one full vegetable share (more variety, more volume!)

I want to get involved, but I can't commit to a Labour Contribution - can I join in on some Collective Work Shifts casually as a volunteer?

Yes, we would love that! There may be some limitations depending on your farming experience and our training availability on a given day, so always give us a heads up before you show up. Send us an email at metanoiafarmers@gmail.com if you're interested in this option so we can talk about the details.

Hen Collective Details

What is an Egg Share?

Following a Community Shared Agriculture format, the Hen Herders' Egg Share is a percentage of the total egg collection. Hen Herders pick up their Egg Share from the farm every second week throughout the growing season (approx. mid-May to end of September). In 2025, Hen Herders received a total of approximately 12 dozen eggs. As in a CSA, the risk of losing hens is collectively shared.

What is a Hen Labour Shift?

Hen Herders will commit to 5 Hen Labour Shifts throughout the growing season (approx 1/month).

Hen Labour Shifts take approximately 30 minutes to complete, and consist of collecting, cartoning and labeling eggs, and feeding and watering the hens.

Hen Herders will be required to attend a short training session in the first two weeks of May.

What are Hen Dues?

Hen Dues are financial contributions that help cover the costs of the inputs like feed and hens. Please select your dues level according to your current financial capacity. If you have some financial comfort at the moment and can contribute to infrastructure costs, great. If it makes most financial sense to stick with covering the hen and feed costs this year, great.

Dues options:

- \$60 covers cost of hen and feed (working out to ~\$5.00/dozen eggs)
- \$80 covers cost of hen and feed, and supports admin work (working out to ~\$6.66/dozen eggs)
- \$100 covers cost of hen and feed, supports admin work, and covers ongoing infrastructure costs (working out to ~\$8.33/dozen eggs)

Your Involvement

Many factors impact farming capacity for each of us, including summer plans, physical abilities, social energy, and many other things - some of which we can't anticipate before the season begins.

While the farm team and the farm space also have limitations on what we can offer, we are always open to conversation about how we can shift our structure and expectations to make participation work for you. We can chat as you are considering applying, amid changes in circumstances part-way through the season, or as needed.

Accessibility Info

General

- Free parking, approx. 25 metres from farm gate
- Vehicle access for drop-off available at farm gate
- Fields start within 2 metres of farm gate, accessible by a wide grass path
- Whole farm navigable by a (bumpy) central grass path 4-5 ft wide
- Weather impacts navigability of grass path - rains can cause mud and flooding
- Lots of open space and some seating accommodations including picnic table and benches available at farm centre
- Shelter from sun, rain and wind available in the centre of the farm
- Closest accessible bathrooms are approx. 50 metres from farmgate, accessible by paved sidewalk

Community Growers

- Many farm tasks require physical movement like bending over for sustained periods of time and/or sitting in narrow 1-2 foot paths, pulling weeds, pushing wheelbarrows, watering with a garden hose, etc.
- With exceptions for severe weather, Collective Labour Shifts will go forward in most weather conditions, including hot days, cold days, rainy days, smoky days, windy days.
- Unless otherwise agreed upon, sharers will be expected to take initiative to sign up for Collective Labour Shifts, show up on time for these events, and communicate with Farm Coordinators when unable to attend.

Hen Herders

- Hen labour tasks require physical movement including lifting heavy pails of feed, crouching to reach into the coop, and dragging the water hose across the farm. Let us know if you have any questions about the details of these tasks to determine if they're a good fit for you.

Some accommodations we can offer include:

- Priority location for Land Shares closest to gate, water, shelter
- Figuring out together which on-farm labour tasks can work for you
- Exploring possible off-farm/admin tasks to take the place of on-farm physical labour tasks
- Re-evaluating expectations re: time commitment, regularity, and follow-through on commitments to reflect your capacity; re-visiting throughout season if needed

Got ideas of more we could offer here? Let us know!

What's Next?

After applying, here's what you can expect next:

- Within one week, we will send you an email confirming that we are able to include you as a Sharer this season.
- By early March, we will send out an outline of dates for all Collective Labour Shifts and any other farm gatherings, so that you can get these in your calendar and plan around them as much as possible
- By the end of March, we will send out a Farm Operations Guide and Collective Agreement including all the little details you might be curious about as you anticipate the season
- In mid-April, we'll host a gathering (perhaps a potluck?) to meet each other and get oriented to the farm space together
- At the beginning of May, the farm will open up and Collective Labour Shifts will begin!