

# SUTTON

COMMUNITY  
FARM

## Team Challenge Days and Office Fruit & Veg Clubs



# Welcome

Sutton Community Farm is a not for profit social enterprise and London's largest community Farm.

We were established in 2010 in response to a community need, with the purpose to increase access to fresh, healthy, sustainable food and provide a shared space for people to cultivate skills, get exercise and make friends. We've had over 1,000 volunteers so far.

Our farm sits on a beautiful 7.1 acre smallholding, with a view towards the skyline of central London.

# Team Challenge Days

We offer a unique day out for teams looking to escape the office, get mucky and reconnect with nature.

From sowing seeds and mulching vegetable patches, to designing hedgehog homes and building pizza ovens, there are lots of exciting projects happening at our farm.

Each Challenge Day starts with a farm tour and then it's down to action, with teams doing activities that provide a meaningful benefit to the farm and local community.

Activities are designed to be fun, educational and inspiring. They encourage team-work, and development of problem-solving and communication skills. All activities are facilitated by a trained and experienced leader.

“ We found it so inspiring that we're planning to go back next year.

Jessica Hall  
Reed Business

## Group sizes

From 5 to 50

## Cost

£25 per head  
(or minimum £300)

## Catering

An organic lunch using farm produce can be provided at £4-6 per head.

## Enquires

For contact details, see last page.



# Office Fruit and Veg Clubs

Our Farm can deliver delicious fresh, local fruit and vegetables grown using organic principles straight to your office.

Setting up an **Office Fruit & Veg Club** is an easy perk to offer at your organisation. It gives you:

- 1. Brainpower:** Healthy eating helps make a healthy team.
- 2. Convenience:** Shopping delivered straight to the office makes it easy for your team to get their 5-a-day.
- 3. Extra-fresh:** Produce is harvested each week to order, making it extra fresh and nutritious.
- 4. Supporting local enterprises:** Buying our veg supports local jobs and skills development. Independent research found that £1 spent on our farm produce generates 84% more for the local economy than a supermarket.
- 5. Low carbon:** By buying local we're slashing food miles. We grow using organic and permaculture principles.

“ Sutton Farm You rock! I love my weekly veg bag. This week had my favourite veggies!

Hayley Jayne

## How it works

You find 10+ employees up for buying a weekly VegBag. Then we provide everything else. Deliveries are weekly on a Friday.

## Costs

Minimum orders of £8 per customer. Our website has options to suit all types of customer.

## Affordable

We do regular price checks to make sure our produce is competitive with other box schemes.



Red Kuri Squash, grown on our farm.  
Each bag comes with suggested cooking instructions.

# Getting in touch

Please feel free to contact us:

**Farm Phone.** 077 2215 6097

**Email.** [hello@suttoncommunityfarm.org.uk](mailto:hello@suttoncommunityfarm.org.uk)

# On the web

**Web.** [www.suttoncommunityfarm.org.uk](http://www.suttoncommunityfarm.org.uk)

**Twitter.** @suttonfarm

**Facebook.** [facebook.com/suttonfarm](https://facebook.com/suttonfarm)

# Getting to the Farm

The Farm is a short bus ride or 15 minutes walk from Wallington Station, that has regular connections from central London. Please visit our website for detailed instructions and a map.

# Our supporters

Sutton Community Farm was set up by entrepreneurial charity BioRegional ([bioregional.com](http://bioregional.com)), and is proud to have support from the Big Lottery Fund.

