



Frequently Asked Questions (FAQs)

What happens if certain vegetables do not agree with me or I am allergic to?

Please let us know if this is the case and we will do our best to accommodate you.

Will we get the same vegetables every single week?

No. Our intention is to make it as varied as is possible but we are also restricted by the weather and time of year too. We will have certain staples like carrots, salad, spinach, potatoes, garlic and onions throughout most of the season, but as per above we intend to have a high diversity of varieties so you the customer have always something in the box that is interesting.

Can I swap vegetables?

Yes, we will have a limited "swap box" system whereby we will have a small selection of veg where you can trade like for like. We cannot give multiples of everything but we will try to accommodate everyone as much as possible.

Is everything organic?

Although many of my growing principles are based on organic practices, there are still chemicals that are approved for Organic use. I prefer to use natural methods and inputs.

Korean Natural Farming's methodology is probably the most advanced methodology available at present.

We produce all our own fertilisers (which are **entirely edible**) and rather than use chemical pesticides we use natural plant extracts as pest deterrents. The whole concept of Korean Natural Farming is to bring balance to the soil food web. This includes what is seen and unseen (above and below the ground). In fact, our main focus is on what happens below in the soil.

In Spring, a compost that is inoculated with a very broad spectrum of fungi and bacteria is applied to colonise the soil (these are captured locally with a carbohydrate source then cultured). These microbes provide fertility to plants which in turn allow the plants to grow healthily.



From there we apply foliar sprays which have particular micro and macro nutrients (which we make on-site from medicinal plants/weeds). We select these plants as they have adapted to their environment perfectly over many millions of years. Their make-up is high in indigenous microbes and growth enzymes. Meaning they can grow in all weather types and conditions. We harness these properties and use them on our plants.

Moreover, we carefully monitor what growth stage the plant is in and give it what it requires. No more. Plants as they grow require different nutrients and minerals. We make our own N, P & K for particular applications. Again, all are made from natural sources found on site or locally sourced in Limerick or County Clare. We use a very diluted form of sea water which has all trace minerals.

We do not use animal manures or animal products, except for egg shells and some fish waste.

The fish waste is a source of amino acids for the plants. Again, a few kilos of fish waste can produce up to several years of fertiliser needs which would have been thrown away otherwise.