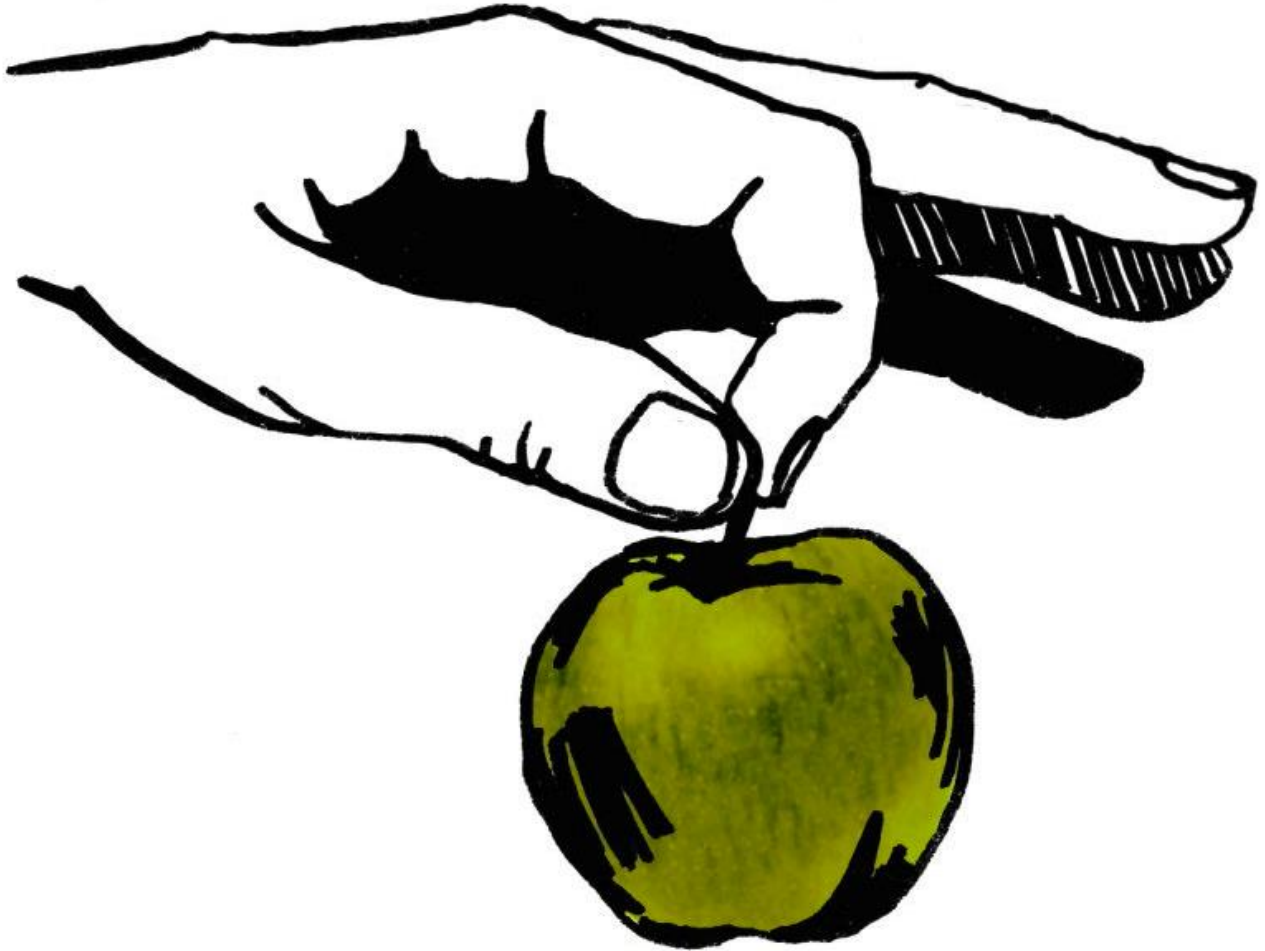


Les Fruits Défendus



Harvest Guide

June 2019 version

Pickleleaders represent the values of the collective and therefore we ask that your actions reflect the values of the project.



Les Fruits Défendus, 2019

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*Annex #4 has been removed to protect private information. Please find information about equipment points in Annex B on Saskatoon.

A) Retrieve equipment and bring it to the pick site

On the day of the harvest, your first step will be to retrieve the necessary equipment at an equipment storage site. You should have already indicated on Saskatoon from which site you plan to borrow equipment and ensured that no other pickleleaders are already planning to borrow the same equipment at the same time.

Please consult Annex B for a list of our equipment storage sites for this season. In addition, there are specific guidelines for retrieving equipment at each of the sites. These instructions can also be found in Annex B. Since it contains private information, this annex is not available to the public. It can be found in Saskatoon.

You may print a copy of the checklist below to use for each harvest, in order to verify that you have all the equipment you need.

Equipment to bring to a harvest:

- ☐ Les Fruits Défendus Bike
- ☐ Les Fruits Défendus Trailer
- ☐ Foldable Ladder
- ☐ Operations Binder: with waivers, flyers, bike path map, etc.
- ☐ Wooden Crate or Cloth bags for fruit transport
- ☐ Case containing:
 - ➔ Pens
 - ➔ Bike Hitch (if not using Fruits Défendus' bike)
 - ➔ Scissors (for harvesting Saskatoon berries and grapes)
 - ➔ Scale (2)
 - ➔ Tools: socket wrench (8, 9, 10mm), hose clamps, flat head screwdriver [tools used to attach the hitch to your bike]
- ☐ Gloves, Plastic Bags and Wipes for cleanup
- ☐ First Aid Kit
- ☐ Fruit picking tools, depending on fruit
 - ☐ fixed-length red poles with cloth basket
 - ☐ extendable-length silver poles with cloth basket
 - ☐ fruit baskets on poles (wooden handles)
- ☐ Plastic fruit-picking buckets with strings (to hang around picker's neck to keep hands free)
- ☐ "Les Fruits Défendus" folding sidewalk sign
- ☐ Bags and containers with handles for collecting, weighing and transporting fruit

Optional items to bring:

- ☐ Bike repair kit
- ☐ Lock and lights for the bike

See Annex #1 for instructions on how to attach the bike hitch to your own bike (not necessary if you take one of Santropol Roulant's bikes, as they already have the hitch attached). Information on safe biking practices can also be found in Annex #1.

Once all this equipment is safely secured in the bike trailer (if you're using it), and you've successfully attached the trailer to your bike, you're ready to take off to the pick site!

A few things to keep in mind before leaving:

Plan your route in advance, and allow yourself extra time to arrive-- you never know what could happen along the way!

Plan to arrive at the pick site 15-20 minutes in advance, such that you're the first to arrive and you'll have enough time to speak to the tree owner(s) and prepare the area for the pick. As the supervisor of the pick, it is very important that you arrive before the volunteer pickers!

Finally, be prepared for any potential weather conditions-- bring sunscreen, rain jacket, etc.

Tips on biking with a bike trailer:

Before trying to pull the trailer, make sure the pin is fully inserted and that the hitch is securely attached to your bike frame (see Annex #1 for visual reference).

Be more cautious than usual when biking with the trailer. Be aware of the size of the trailer you're pulling-- you'll take up much more space than a bike alone! Also take into consideration how much time it will take you to stop with this behind you.

Expect that pulling the trailer will significantly increase (probably double) the duration of your trip to and from the pick site.

B) Prepare for the pick

The majority of Les Fruits Défendus' picks take place on private, residential property. It's therefore very important to treat the properties with the utmost respect.

When you arrive at the pick site, knock on the door and introduce yourself. Even if no one's expected to be home, it's always a good idea to knock. If the tree owners are at home, you can ask them for small garbage bags or a compost bin for the fallen/spoiled fruits, as well as a container for their portion of the fruit, and a ladder or step stool, if required.

Take time to talk to the tree owner(s) and answer their questions about the collective. Be polite and positive! You represent Les Fruits Défendus, so be sure to put your best foot forward!

Additional steps to prepare for the pick:

- Inspect the pick site for potential hazards during the pick.
- Unload the equipment from the bike trailer.
- Prepare the garbage bags used to collect fruit that falls during the pick (freshly fallen fruit). **Please review the table below to familiarize yourself with our policies regarding fallen fruit.**

Fallen fruit

In the interest of health and sanitation, Les Fruits Défendus does not donate fruit that has come in contact with the ground. This rule also applies to the fruit given to the tree owner. Please consult the following table for procedures regarding fallen fruit and the corresponding rationale.

	Fruit that already fell before the harvest begins	Fruit that falls during the harvest
What we call it:	Lost fruit	Freshly fallen fruit
Risks:	Could be contaminated with E. coli bacteria, plus we don't know how long it has been on the ground.	Could be contaminated with E. coli bacteria.
What we do with it:	We compost it if possible, or throw it in the garbage.	We may offer it to the volunteer pickers or we can just compost or throw it away.
Where we put it:	In the backyard composter, brown food scraps bin, or the garbage can.	In the bag specifically labeled for fallen fruit.
Do we weigh it or not?	We do not count its weight in the final tally.	If the volunteer pickers decide to take it, we note its weight in the harvest total.

C) Welcoming the volunteer pickers

As the pickleader, it is absolutely necessary that you arrive at the pick site before anyone else so that you can receive and manage the volunteer pickers. Please do not be late!

A fruit pick is a fun, social activity, and a large part of your role as pick leader consists of ensuring that everyone enjoys themselves. To facilitate this, please welcome the volunteer pickers with a smile, encourage introductions to one another, and initiate conversation if you're comfortable doing so (if you're more introverted, don't worry! -- generally, volunteer pickers get to work right away and often end up chatting a lot amongst one another).

Let the volunteer pickers know that the pick won't start until everyone has arrived. That being said, don't wait too long to start (max. 10-15 minutes after scheduled meeting time), as occasionally volunteers simply don't show up.

If volunteers who arrive early or on time are impatient to get started, ask them to help you with preparatory tasks such as picking up fruit already on the ground (to be discarded or composted). Volunteer pickers should wait for the green light from you before starting the pick.

Ensure that each volunteer picker (or parent/guardian of a minor picker) signs a liability discharge waiver before starting the pick.

Take note of any no-show volunteers; this information needs to be recorded in the database.

Once all the volunteer pickers have arrived, and before you start the pick, you must convey the following important information to them:

- “Thank you all for being here to save fruit with Les Fruits Défendus today!”
- “We will begin by cleaning up all the “lost fruit” that's already on the ground (fruit that fell before we arrived) and then surveying the pick area to make sure it is safe for us to work. We won't begin the pick until the area is clean and safe.”
 - ➔ Offer gloves and distribute trash bags for collection of the fruit on the ground.
- “The fruit we harvest today will be divided into thirds: 1/3 for the tree owner (if applicable), 1/3 for a beneficiary organization, and 1/3 for us to share.”
- “Be aware that we are on private property, so it's very important to take extra precaution to not damage anything during the pick. Please be respectful! Also be aware of...”

- ➔ Point out any potential hazards at the pick site, including plants/foliage to avoid contact with, uneven terrain, electrical/phone lines, etc.
- “It's also very important not to damage the tree that we'll be harvesting. Most importantly, do not shake the tree!!, as this can damage its roots and inhibit fruit production in future seasons. If you're going to climb the tree, be careful not to scrape the trunk with your shoes or break the branches.”
 - ➔ Ensure beforehand if the tree owner approves of pickers climbing the tree
- “Your safety is our top priority. We'll do our best to harvest as much fruit as possible, but it's not worth it to put yourself in danger in an effort to collect more fruit. Be mindful of your own physical limits. We will likely not be able to harvest the whole tree, and it's not the end of the world! Finally, please do not climb on any structures on the property (e.g. roof of garage, picnic table or other lawn furniture) unless we have permission from the tree owner to do so.”
 - ➔ Review with the volunteers, our safe practices for ladder use (Annex 2): always have a spotter, never stand on the top step, always have three points of contact on the ladder at all times.
- “In case of an accident, we have a first aid kit.”
 - ➔ Show them where it is located.
- “We will be composting or disposing of all the fruit that's already on the ground. The fruit that falls during the pick (“freshly fallen fruit”) will be collected but kept separate from the fruit that hasn't touched the ground. Freshly fallen fruit cannot be given to tree owners or beneficiary organizations, as it might be contaminated with E. coli bacteria. We (the volunteer pickers) can keep this fruit, but we should be sure to wash it before eating/using it.”
- “Picking techniques vary depending on the fruit. I'll show you the best way to pick the fruit we're working with today.”
 - ➔ Demonstrate how to pick the fruit, and verbally explain best practices
- Answer any questions volunteer pickers might have
- **REMEMBER: Have each volunteer picker sign a liability waiver form**

Once you've given all the instructions, answered any questions posed, cleaned up all the fruit on the ground, and securely installed the ladder... you can invite the volunteers to start picking!

D) How to harvest and store fruit

Most fruit grows each year on the same parts of the branch (at the "spur"; see **Fig 1**). If you destroy the spur while picking the fruit, you may compromise future harvests. Moreover, how fruit is picked can influence its conservation once stored.

Keep in mind that you have less chance of damaging the tree when you pick the fruit correctly and at the right time.

Follow these **general harvesting tips** to ensure the protection of the tree and its fruit:

- Fruit should be picked with the stem, but without the spur.
- Never cut the stem of the fruit.
- Try to not pull down a fruit; it is always better to lift it.
- Do not do anything which damages the bark of the tree. It is its circulatory system!
- NEVER CUT THE BRANCHES OF FRUIT TREES DURING THE SUMMER! Even if the owner requests this, be aware that we are not qualified to provide such services; therefore, we must decline any such requests.
- When using a picking bucket (hung around the neck) to pick fruit, don't allow the bucket get too full, because the fruit will inevitably spill!

Below are some **specific harvesting tips** for different kinds of fruit:

Apples

Fig 2.

Apples must be picked with a "rotation gesture" accompanied by a slight lift. If the fruit does not come off easily, then it is not mature.

- By hand: Turn the apple while slightly raising and pull gently. **Do not pull down on the fruit.**
- With fruit picking tool: position the metal part around the apple, lift slightly and rotate (see **Fig 2**). **Do not pull down on the fruit.**

Cherries

Cherries should be picked with the stem intact, if possible—otherwise, they will spoil quickly!

- By hand: Grasp the knot at the top of the stem. Either twist or gently push sideways or



Fig. 1.



upwards, until the knot of the stem comes apart from the spur. **Do not pull down on the stem.**
Do not use scissors to cut the stem.

Plums

Plums can be picked like apples. A ripe plum is easily removed from the tree.

- By hand: Turn the fruit gently upward. **Do not pull down on the fruit.**
- With fruit picking tool: Position the metal part around the plum, lift slightly and rotate. **Do not pull down on the fruit.**

Pears

Pears can be picked like apples (see section above)– but remember that they must be picked before they are completely ripe, so removing them from the tree can be slightly more tricky. Therefore, when harvesting pears, take extra care not pull on the fruit and damage the spurs!

Saskatoon berries

- By hand: Cut off berries using a pair of scissors or pruning shears.

Grapes

- By hand: Cut off each bunch of grapes using a pair of scissors or pruning shears.

Storage:

At Santropol Roulant, all fruits except apples can be put in the walk-in fridge in the basement of the building (a.k.a. cold room, cold storage). Apples can be put on the Fruits Défendus shelf unless they are in danger of rotting. Please don't place containers on the floor of the walk-in fridge.

- Soft fruits (cherries, Saskatoon berries, plums, grapes) should be stored in a way where they do not get crushed under their own weight. Therefore, use small bags and try not to pile the bags on top of each other. If you can, we recommend using recyclable plastic produce containers (rigid packaging used for selling mixed greens, cherry tomatoes, strawberries, etc.) to transport and store soft fruit. Wooden boxes used to sell clementines can also be used for this.

- Pears must be stored in a space where the temperature is around 0 ° C, e.g. a cool room, otherwise they will continue to mature. Pears stored at room temperature will mature quickly and can only be eaten for a few days after picking. If you store un-ripe pears at a cold temperature, you can pile them on top of each other without a problem.

E) Supervise the harvest

Your main concern during the pick is your volunteers-- make sure they are comfortable and safe!

We encourage cooperation among volunteers. Rotate roles for everyone involved (holding the ladder, picking the fruit, weighing the fruit, clean-up, etc.).

Do not forget the most important step: make the most of picking and enjoy the experience!

Some other things to keep in mind when supervising a pick:

- Each harvest is different. Sometimes the trees are full of fruit, but it can also happen that a gust of wind made everything fall overnight. One can never know. Keep your head up and focus on how to remediate the situation. Help the volunteers keep their spirits up and stay optimistic.
- Each group of volunteer pickers is different. The dynamics vary greatly from one group to another. If volunteers are reluctant to take initiative, you can suggest that they climb or hold the ladder, pick up fallen fruit during harvesting, sort fruit, etc.
- If you have a camera, we encourage you to take photos of the harvest and send them to us (info@lesfruitsdéfendus.org), or to post them and tag us on Facebook (Les Fruits Défendus Montréal) or tag us on Instagram (FruitsDefendus) #lesfruitsdef. However, **please make sure that all volunteers give their approval before you start photographing.**
- See **Annex 3** for more information on health and safety when picking.

Picks generally lasts two hours. Sometimes it takes less time to harvest the fruit, and sometimes two hours is not enough time to collect all the fruit. We do our best to harvest as much as we can in the timeframe we allow, but we can't always save all the fruit! For this reason, after two hours of harvesting, the material must be packed up and volunteers must be ready to part ways.

When two hours is not enough to collect all the fruit, it is sometimes possible to continue the harvest if the following conditions are met:

- 1) You must be absolutely certain that there are no other harvests scheduled in the same area after your pick, and that the equipment you are using isn't scheduled to be used by another pickleader after your harvest.

- 2) You must be certain that the beneficiary organization will still be open at the time you arrive with the fruit.
- 3) You must be certain that the equipment point will still be open at the time you will be returning the equipment.
- 4) You must be certain that the volunteers want to continue beyond the two hours scheduled. They should not feel obligated to stay!
- 5) You must be certain that you are welcome to stay longer than agreed time on the tree property – i.e., you must have permission from the tree owner to stay longer.

It's a good idea to announce the end of the pick in an encouraging manner, once you see that the rhythm is beginning to slow down (ex.: "Just so you know, we can pick for 10 more minutes and then we need to start packing up.").

Once the fruit has been picked, ask a few volunteers to help weigh the fruit. Include the weight of freshly dropped fruit, but keep this fruit in a separate bag to avoid mixing it with the fruit picked from the branches. Once weighed, ask volunteers to help divide the fruit into three equal parts (excluding the freshly dropped fruit): one third for the beneficiary organization, one third for the tree owner, and one third for all of the volunteer pickers. Further divide the volunteer pickers' share among all volunteers (including you, the pickleader). Portions don't have to be precisely equal, but please do try to be fair to everyone.

Record the total weight and the weights of the divided portions of fruit on the post-harvest form found in the pick binder. You will use this to update the information in our Saskatoon database.

Deliver the fruit reserved for the owner, or leave it for them at the agreed upon place.

Offer to divide the freshly dropped fruit between volunteers emphasizing the precautions. Ensure that everyone is aware of the contamination risks which they can incur.

Ask for help putting ladders and other equipment into the trailer and make one last overview to make sure everything is clean and tidy. The site should be as clean, if not cleaner, than when you first arrived!

Thank the volunteers, and let them depart happily with their bounty. :)

F) What to do in difficult situations?

It may be that not everything goes exactly as planned (ex. stormy weather, grumpy volunteers, unhappy neighbors, flat tire, etc.). If you find yourself in a difficult situation, and you don't know what to do, our recommendations are:

1. Consult the pickleader guides.

If you are still not sure ...

2. Look at the annexes!

If you are still not sure...

3. Use your problem-solving skills.

If you encounter a non-urgent issue that requires follow-up, please contact us at info@lesfruitsdefendus.org or leave a voice message at our phone number: 514-360-8566. Please understand that we will not be able to respond immediately. You may also try contacting your fruit buddy or another pickleader for advice.

In case of emergency involving personal safety during a pick, call 911 immediately.

In case you must cancel or re-schedule a harvest

If you need to cancel a harvest for any reason, you must advise the volunteer pickers, the owner of the tree and the beneficiary organization as soon as possible. You may consider re-scheduling the harvest rather than cancelling, if this is an option for you, keeping in mind that in this case, you will still need to follow up with the volunteer pickers, the owner of the tree and the beneficiary organization as soon as possible. Contact your fruit buddy if you need support re-scheduling a pick.

In case of lightning

We do often pick fruit in the rain (although the rain can make the tree's branches and ladders slippery), but we do not pick in thunderstorms. It's important to remember that both trees and metal ladders can attract lightning.

For this reason, it's very important that you remain aware of the weather forecast for your harvest date. That being said, since the weather forecasts in the Montreal area are often quite unpredictable, it can be difficult to judge in advance whether or not to proceed with a pick.

For this reason, unless the forecast calls for a very high probability of thunderstorms during your scheduled harvest time, it may be better just to proceed with the harvest. In this situation, we recommend advising the tree owner and volunteer pickers that you may have to cancel (or re-schedule) the harvest upon very short notice.

If, upon arrival at the site, you find that the pick cannot be conducted safely, you can choose to cancel the harvest immediately. However, we ask that you remain on site – under shelter of a building, if possible – until all of the volunteers have arrived or at least 15 minutes after the agreed upon time of harvest.

In case of disruption or damage to the tree or property

Of course, we hope that this never happens, but should the tree or property be disrupted or damaged in some way, it is important that you let the tree owner and your fruit buddy know as soon as possible. We understand that unexpected accidents can occur, but please remember that tree owners put their trust in us, and therefore it's important for us to communicate openly and help them understand the situation.

After having communicated the situation to the tree owner, you may direct him or her to contact the collective's core (by email: info@lesfruitsdefendus.org), if any further discussion needs to take place. The core will follow up, if necessary.

G) Deliver the fruit to the beneficiary organization

You have packed up your harvesting materials, and the volunteer pickers have gone home. Now it is the time to deliver one third of the fruit to the beneficiary organization that you have chosen previously.

When interacting with beneficiary organizations, please be sure to do the following:

- Introduce yourself and be sure that you are in the right place.
- Be courteous and patient. Some staff members may not be aware of the existing partnership with Les Fruits Défendus. Don't forget that you are representing the collective!
- When parking the bicycle and trailer, remember to park it securely either by locking it or asking someone to keep an eye on it, or bring it inside.

H) Return the equipment to the storage site and store it as you found it

When returning from a harvest, make sure that you return all of the equipment to its proper storage location.

Check the list of equipment on the "checklist" sheet (see pg. 5) to be sure that nothing is lost or forgotten.

If any material is lost or damaged during your pick, please notify your Fruit Buddy so that they can make arrangements to have it fixed or replaced in time for future picks.

I) Record your pick data in Saskatoon

Congratulations and thank you! You've successfully completed a harvest!

Now it's time to enter the data for your harvest into our Saskatoon database, letting the rest of us know about the work that you have contributed to Les Fruits Défendus! This also allows us to track in real-time how much fruit has been harvested by the collective overall. Information that you add to the system can also help us adapt our practices and make life easier for pickleaders in the future.

Check out our Statistics page to see how we're doing! It shows us how many harvests our pickleaders have led for each fruit type and in various neighbourhoods, as well as which beneficiary organizations have received our fruit. Fruit statistics can be filtered for the current year, or for any year or all years since 2016. Enter in your information so we can see your contribution!

In order to help keep the data in Saskatoon up-to-date, we ask that you record the data for your pick within 24 hours of the harvest.

If after reviewing this guide, you have any questions about entering data into Saskatoon, or if you need assistance, please consult your Fruit Buddy.

To begin entering information about the type and quantity of fruit harvested, distributed and donated:

1. Log in to Saskatoon at <http://saskatoon.lesfruitsdefendus.org/>
2. Open the corresponding Harvest page for your harvest, either: a.) via the Calendar; b.) by entering the harvest ID# in the search field; or c.) by locating it in the list of harvests on the Harvests page.

[For more info on logging in to Saskatoon and locating the Harvest page for your harvest, please consult the Pre-Pick guide.]

3. Scroll down to the section near the bottom of the Harvest page called “Distribution of fruit”. Click on the “+” button at the upper right of this section (**Fig 3**)

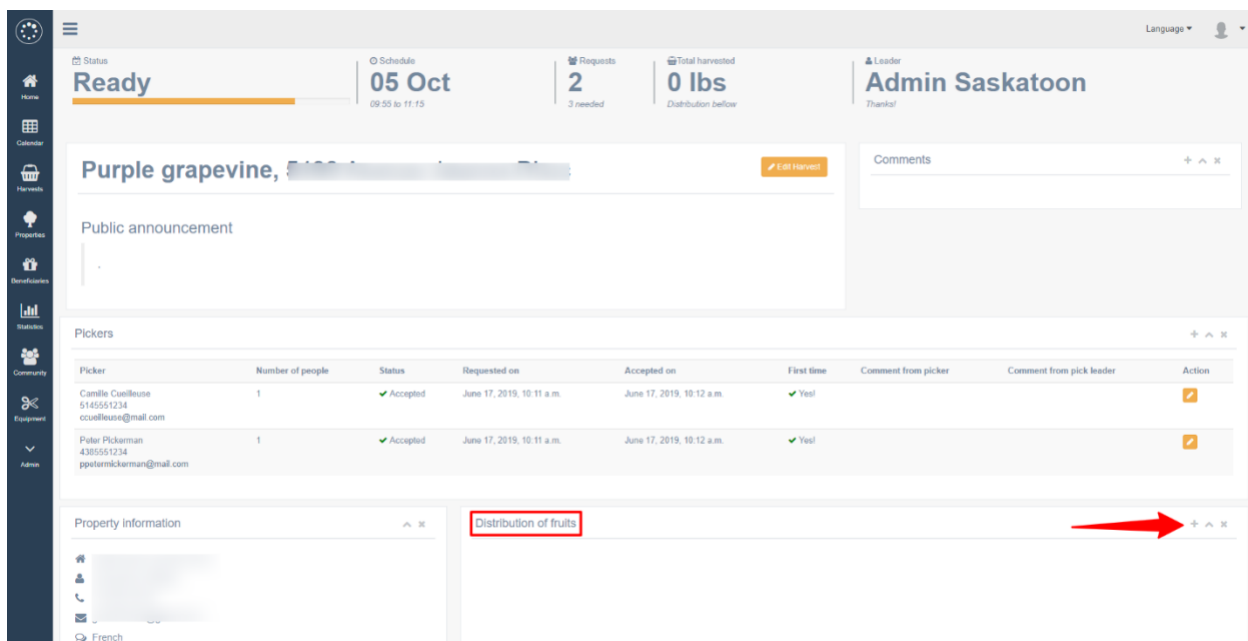


Fig. 3.

4. Using the drop-down menu, choose the fruit type under “Tree” (**Fig 4**).

The screenshot shows a web application interface for adding a new recipient. On the left is a dark sidebar with icons for Home, Calendar, Harvests, Properties, Beneficiaries, Statistics, Community, Equipment, and Admin. The main content area is titled 'New recipient'. It contains four input fields: 'Date' (highlighted with a red box), 'Weight (kg)', 'Weight (lb)', and 'Recipient' (a dropdown menu). A red arrow points to the 'Date' field. Below the fields are two buttons: a blue 'Submit' button and a red 'Reset' button. At the bottom right of the page, small text reads 'SIMPLTON - Based on Template by Colorlib'.

Fig. 4.

5. Type in the quantity of fruit (in pounds) donated to the beneficiary organization.
6. Using the drop-down menu, choose the name of the beneficiary organization under “Recipient”.
7. Be sure to click on the blue button labelled “Submit” to save all of the data you’ve just entered for this recipient in Saskatoon.
8. Repeat these steps to record the amount of fruit distributed to each recipient, including the tree owner (if applicable), yourself and all volunteer pickers who participated.

Once you have completed all of these entries, the total weight shown at the bottom of the “Distribution of fruit” section should correspond to the total weight you recorded on-site at the end of your harvest (**Fig 8**).

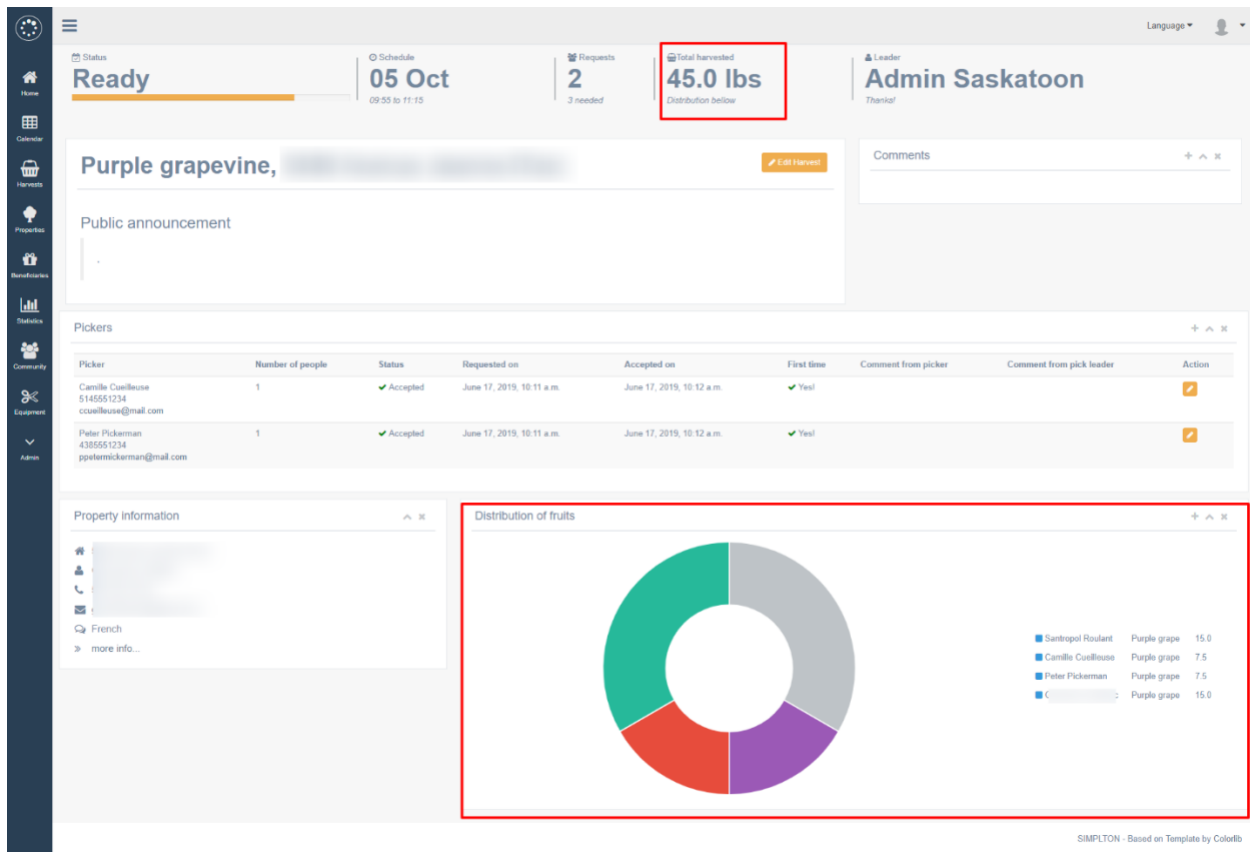


Fig. 8.

- Next, please update information about volunteer picker attendance and add any comments about the harvest or the property that may be useful for future harvests in future seasons. For each volunteer picker listed in the “Pickers” section of the Harvest page, click on the yellow-orange square-shaped button under the Actions column (**Fig 9**).

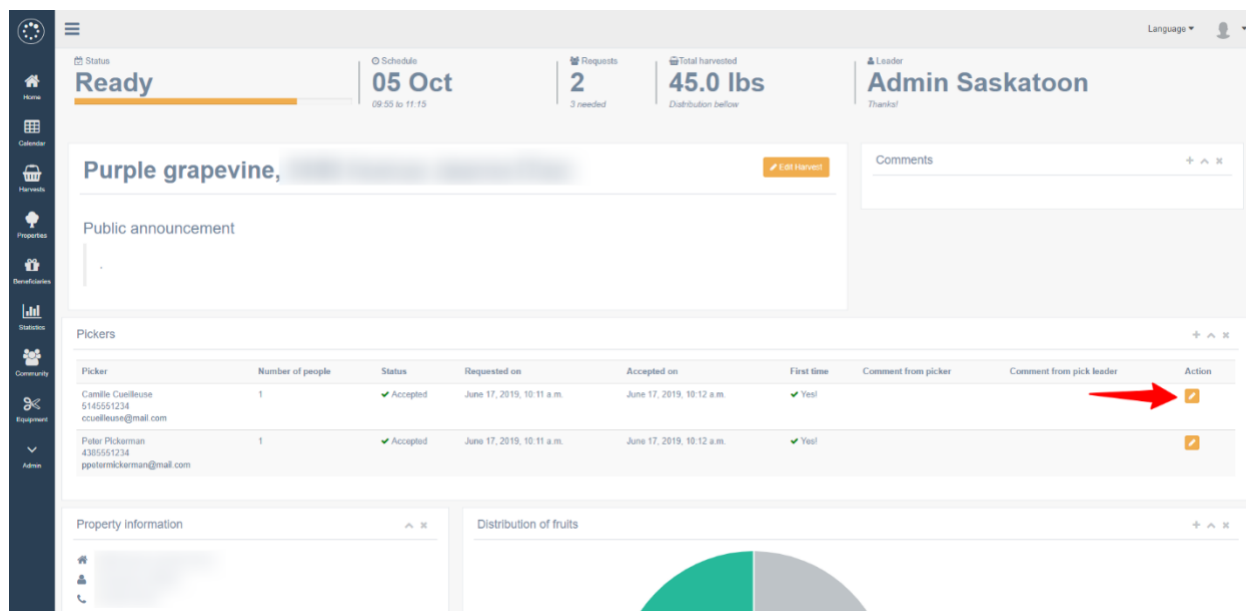


Fig. 9.

10. Under the section labelled, “Manage request”, please click on the bubble which corresponds to that picker’s participation (**Fig 10, item 1**). If you have additional notes which you think would be helpful for future picks [e.g. “Very energetic and helpful picker!” or “Picker never showed up, and never contacted me before or after the harvest to let me know.”], please add it here (**Fig 10, item 2**). Please try to remain constructive in your comments, however.

11. Be sure to click on the blue “Save” button to save your data in Saskatoon and return to the Harvest page.

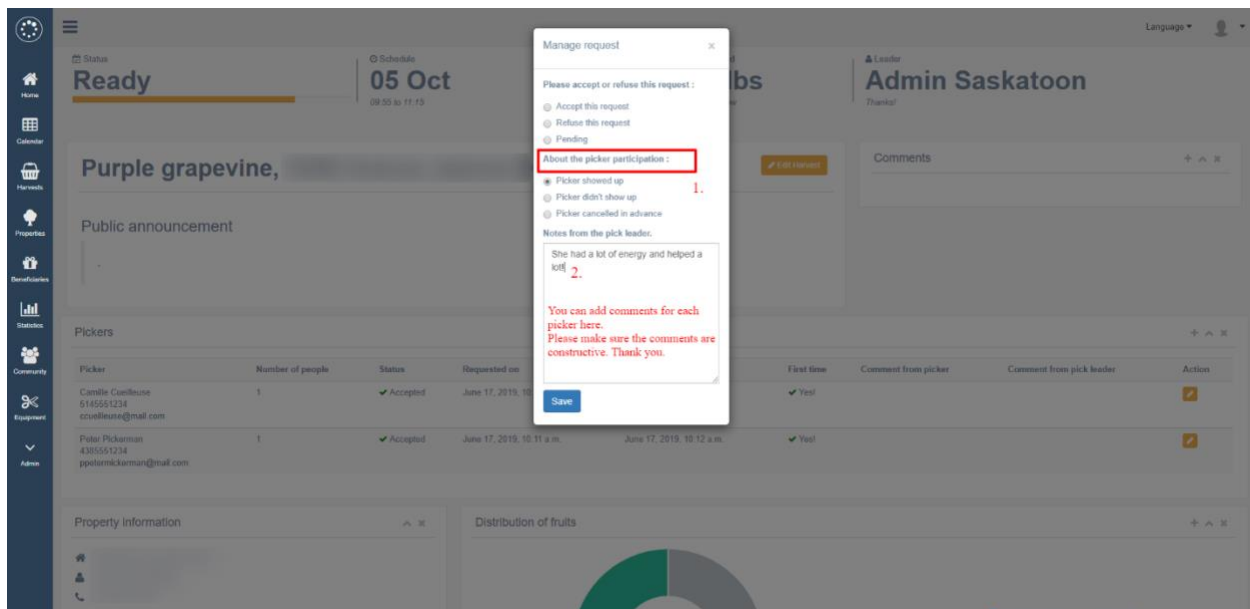


Fig. 10.

Now, for the last step, you are ready to change the status of the Harvest.

12. In the upper-right corner of the Harvest page, click on the yellow-orange button named “Edit Harvest” (Fig 11).

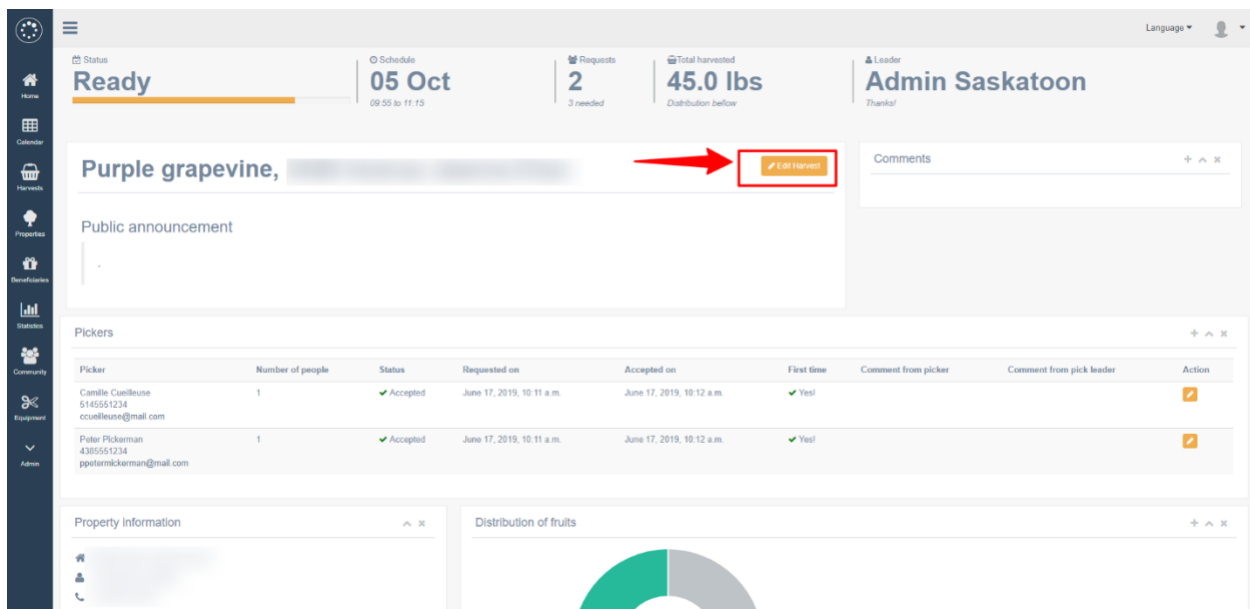


Fig. 11.

13. In the drop-down menu under “Harvest Status”, change the status to “Succeeded” 😊 (Fig 12).

New Harvest

Harvest status *
Ready

Property

Fruit trees *
x Purple grapesvine

☐ Owner wants to be present
☐ Owner wants to participate
☐ Owner wants his share of fruits

Pick leader
Admin Saskatoon

Start date *
2019-10-05 09:55

End date *
2019-10-05 11:15

Number of required pickers *
3

Styles | Format | B I U S | [Rich Text Editor Icons]

Fig. 12.

If you need to make changes to any other data, such as the number of required pickers, please go ahead. However, please don't delete or modify any information that you may have been previously provided about the harvest in the box under "Public announcement". This information may end up being useful for future harvests/seasons. If you want to add additional information about how the harvest went, we encourage you to do that under the Comments section (see **steps 15-16/Figs 13-14** below).

14. Click the blue "Submit" button to save data and to return to the Harvests page.
15. Back on the Harvests page, be sure to add any pertinent details about the fruit harvesting event under the Comments section by clicking on the "+" (**Fig 13**).

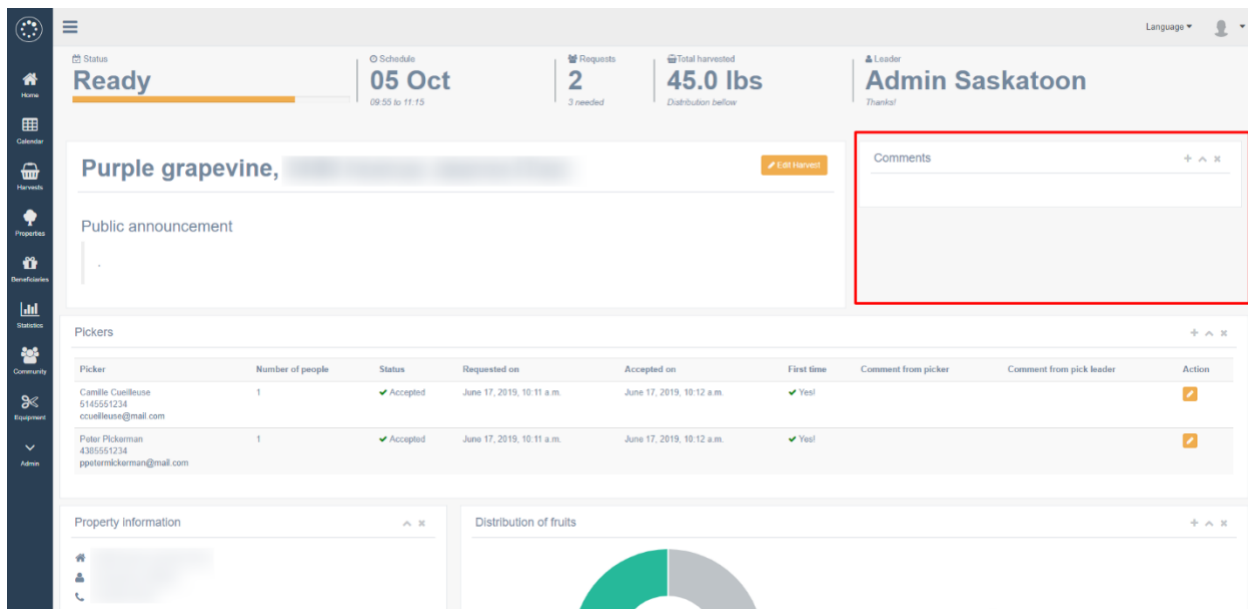


Fig. 13.

16. Type your comments in the box and click on the blue “Save” button (Fig 14).

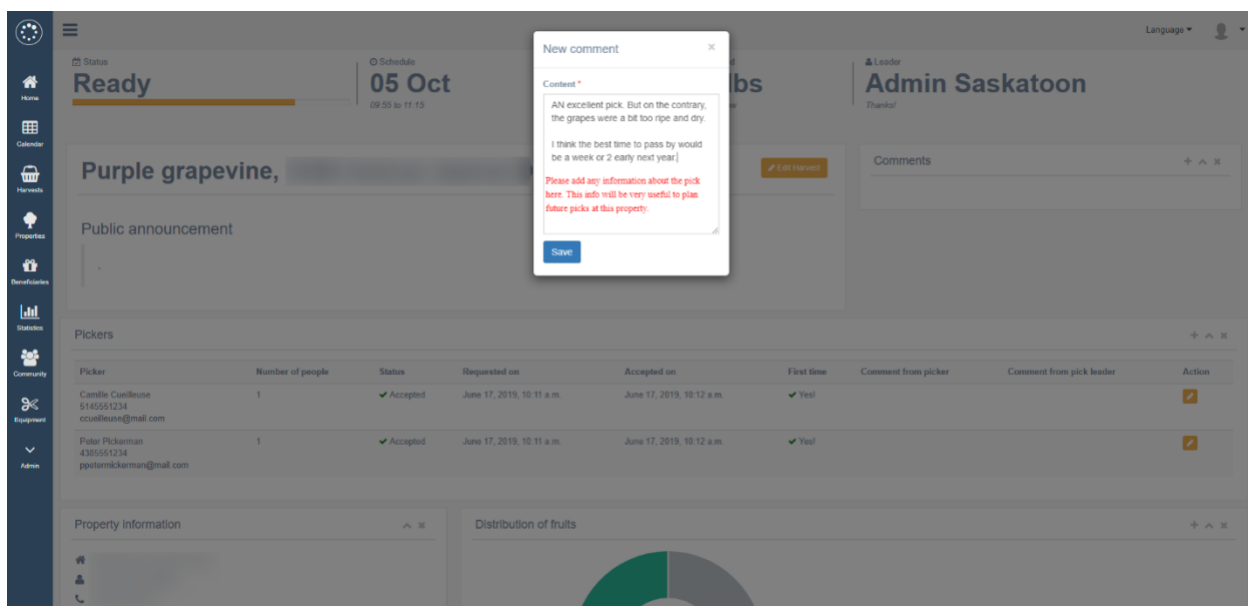


Fig. 14.

If you have useful information to add or update about the property or the tree/vine itself (information that isn't likely to change too much from one year to the next), you can add it to Saskatoon by opening the Property page, and clicking on the yellow-orange “Edit Property” button. Any comments about the property or the tree/vine may be added in the “Additional information” section. [Refer to Fig. 16. & Fig. 17. in the Pre-Pick guide.]

If you have any photos of the property, we encourage you to upload them to Saskatoon by clicking on the “+ Add an Image” button at the upper left side of the Property page (**Fig 15**).

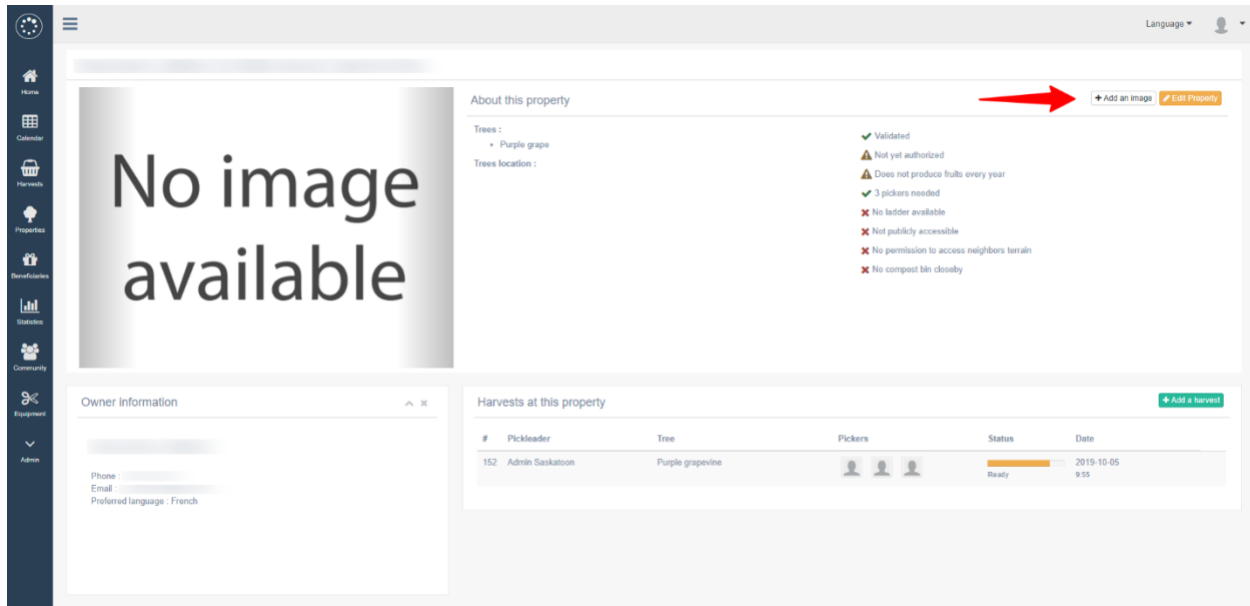


Fig. 15.

Click on “Choose File” and navigate to the location of the image file(s) on your computer or device. Select the file(s) and click “Open”. Then click the blue “Save” button. [NOTE: This feature is a work in progress and may not yet be fully functional.]

I) What's next?

Enjoy the fruits of your labour!! ☺

Whether you consume your fruit freshly-picked, as part of a recipe, or in homemade preserves, we hope you'll appreciate it all the more, knowing that it came from a shared picking experience that you made possible!

If you have any questions or comments about your experience leading a pick, please feel free to contact us. We also hope to conduct a survey at the end of the season during mid-autumn – this is another opportunity for us to hear your valuable feedback.

If you have stories or photos related to your harvest that you'd like to share, please send them to us and we can publish them on our social media!

And finally, once you're ready for another opportunity to adopt and plan a harvest, please remember that you're always welcome to browse our harvest calendar!

Thank you for being an integral part of Les Fruits Défendus! Its because of YOU that Les Fruits Défendus' mission becomes a reality!

Annex #1: Information on bike safety and the trailer

We know well that Montreal cyclists do not always follow the Highway Code to the letter, but when pulling a trailer, you should be extremely prudent. Be more than vigilant!

- Plan your route well in advance using bike path maps available to you in our binder or available online here: <http://www.velo.qc.ca/fr/publication.php?id=5112010>
- Remember that you will travel slower with a trailer and remember that turning requires extra attention.
- Look around you, be visible and predictable
- Bike upright
- We suggest that you wear a helmet
- Always signal your intention to turn
- Do not ride on the sidewalk
- Do not bike in a prohibited direction
- Use your bell
- Do not forget to lock your bike
- Turn on your lights when necessary (nightfall, rain)



How to attach the trailer:

If you use your own bike, follow steps 1 and 2. If you use the Les Fruits Défendus bike then begin at step 2.

1) Attach the hitch to your bike:

- Place the protective hose over the seatstay and chainstay tubes (Fig 1)-- this will protect the paint and frame of the bike. The longer piece of hose should be placed on the chainstay and the shorter hose on the the seatstay.
- Set the hitch on the protective hose on the chainstay near the junction of the seatstay and chainstay (Fig. 2).
- Wrap a band clamp around each end of the angle and chainstay so the excess end of the clamps points up and inward (Fig 3.). Tighten loosely. Put the remaining band clamp around both the vertical rod and seatstay. Tighten all band clamps securely.

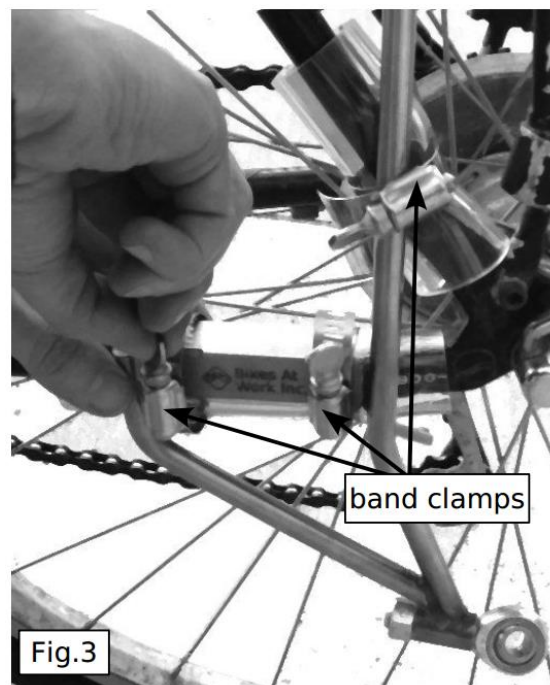
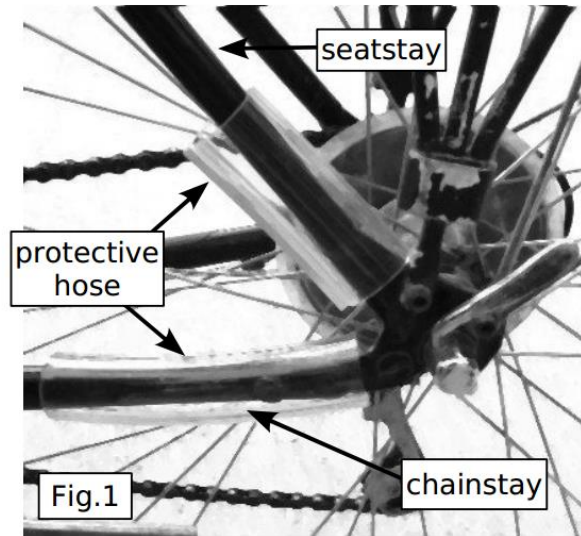


Fig. 4.

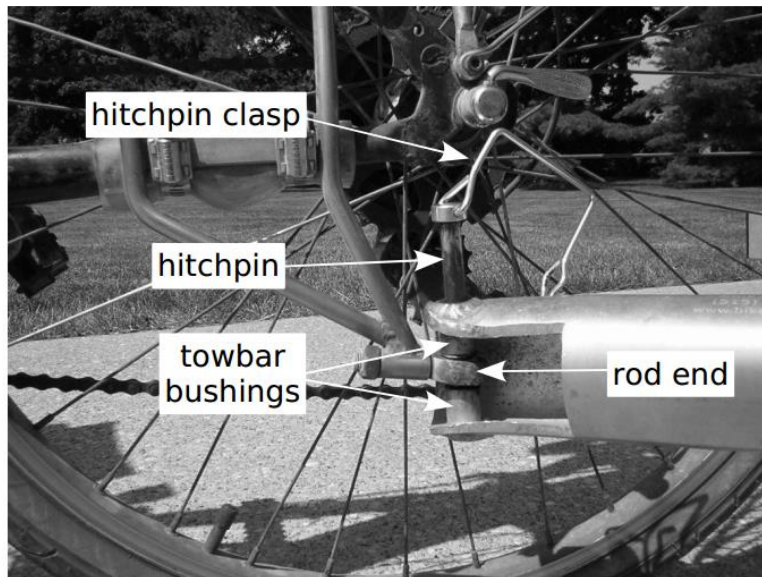


Fig. 5.



2. Attach the trailer to the tow hook:

Place the towbar bushings on both sides of the ball of the rod end. Line up the holes so the hitchpin can fit down through the bushings and rod end (Fig.4.). Take the hitchpin clip and swing it around behind the solid part of the towbar and stretch the clasp so it goes around the bottom end of the pin (Fig.5.).

You are now ready to use your trailer.

Annex #2: Ladder Security

Our ladders are all very similar, with three hinges so that they can be configured at least three ways: collapsed like the letter “W” for transport, folded like an upside-down “V” for a free-standing position, or opened straight like the letter “I” for a leaning position. Please consult the instructions on the side of the ladder. (Our “Featherlite Combi 3316” model of stepladders, which have three screw-type hinges, can be used in eight different ways.)

For fruit picks, we find that the most useful setups are the 6-ft folded stepladder (upside-down “V” position) and the 12-foot straight ladder (“I” position).



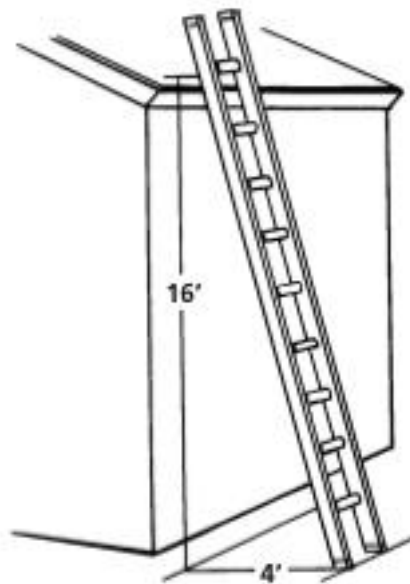
Be sure to give instructions on safe ladder use at the beginning of every pick to help ensure everyone is using the ladder safely.

Inspection

- Always visually inspect the ladder before installing it and using it for a pick.
- During your visual inspection, keep an eye out for cracks and deterioration. Check that the rungs/steps and side rails are in good condition. Moreover, make sure the hinges are secure and tight before climbing.

Installation

- When moving the ladder, ask for assistance if necessary.
- If you are using the ladder as a **straight ladder**, make sure to prop it against a flat surface, e.g. a wall or a stable horizontal branch, if available. Do not lean it on a tree trunk. If there is any doubt about the ladder's stability, tie down the top of the ladder to something secure to prevent sliding up and down and side-to-side.
- When propping a **straight ladder** against a flat, vertical surface, it should be positioned at a 75° angle relative to that surface. In other words, the feet of the ladder should be positioned at a distance of $\frac{1}{4}$ of the extended length away from the wall.



- The feet of the ladder, or rubber stoppers, need to be on the ground, not on a stone or a bench.
- To adjust the ladder, adjust the hinges and fold the ladder into place on the ground. Once the hinges are secured at the proper angle, lift the ladder. **Assure that all the hinges are secure (all screw hinges tightened, if applicable) before letting volunteers climb the ladder.**
- Always check that the ladder is stable before allowing volunteers to climb it.

Usage

- We always require that someone secure the ladder and keep it stable with both hands by standing at the bottom and facing the ladder.
- The person climbing the ladder always needs to be in contact with **three points** at all times, e.g. the ladder's side rail, two feet on the rungs/steps and/or hand on the tree. No extending oneself to reach fruits, branches or anything else. We do not want anyone getting hurt trying to get that last cherry.
- Always make sure the person climbing the ladder is facing the ladder as well as the person securing the ladder.
- Climb and descend equipment facing the ladder (and not on the side) and wait until the person is on the ladder and climbed on/or off completely before passing objects and equipment to them.
- Be extra careful when it is wet as the rungs may be slippery.
- One person per ladder. The only exception is when using our Featherlite 3316 in the wide and low stepladder configuration (see Fig.1 above), where one person can stand on the third step of each side.

Annex #3: Complementary information - Health and security

Arrive on the site prepared:

- Bring water to stay hydrated, a hat, and sunscreen

- Waterproof clothes (if necessary)

- Closed toed shoes are ideal for everyone

Environment: Get to know the field before starting the pick.

- Locate possible dangers on the ground or up high. E.g. uneven soil, paving stones, cars below the tree, fences, electrical/phone cables, etc.

- Remove elements that could be in the way or that the pickers could trip on

- Clear the way: keep the equipment at a good distance from the ladder

Climbing on trees: Evaluate the tree before letting anyone climb it. Climb the tree only if the tree owner explicitly gave you permission.

- Locate damaged branches or weaknesses on the trunk.

- Encourage the volunteer pickers to distribute his/her weight equally on the ladder

- Always have 3-point stable support on the tree while climbing it (Two feet + one hand / One hand while sitting on the branch)

- Do not climb on a branch that bends under the weight of your body.

Lifting and moving equipment:

- Bend the knees, do not use your back!

- Let the others help you.

- No need to rush - take your time.

Annex #5: Contacting other members of the collective

Les Fruits Défendus is a project created and led entirely by a group of volunteers, and is supported by Santropol Roulant.

New pick-leaders are paired with a member of the core, called a “fruit buddy.” He or she is your primary contact person for questions related to organizing and leading picks.

We also ask our community of pickleaders to help support each other by sharing questions and expertise through LFD’s closed Facebook group for pickleaders:

<https://www.facebook.com/groups/1915569122052107/>.

For those not using Facebook, we encourage pickleaders to exchange contacts (phone and/or email).

If you need to reach the core for general questions, please write to info@lesfruitsdefendus.org.

For urgent, significant technical issues regarding Saskatoon, please contact tech@lesfruitsdefendus.org. We’ll do our best to respond to your inquiries as soon as possible.

In case of emergency involving personal safety during a pick, please call 911.