

HER HARVEST

DELICIOUS ORGANIC VEGETABLES



The HER HARVEST way

The HER HARVEST way of regenerative farming

Central to the way we farm is replenishing our soils – feeding the soil and microbiome with beneficial biological organisms, compost, vermicompost, mulch, organic fertilizers and soil conditioners.

The soil is teeming with millions of different organisms all living in an interconnected web and these organisms play an intricate part in plant health; making nutrients available, protecting, and boosting the plants immune system.

We feed our soils weekly with a nutritious mix of beneficial organisms, fulvates and humates, and organic fertilizers.

We also spray weekly with a similar mix of nutrients and biologicals to feed the plants through their leaves – this is especially important during winter when the soil is less active.



We compost (with farm made compost) and mulch regularly to feed the soil and protect the soil surface.

Crop rotation and replenishing our soils after heavy feeding crops is very important in our system.

We have a great respect and appreciation for the power of water and it's central role in all of life. The structure of water also plays an important role in the soil matrix.

We enhance the quality of our water by structuring our water. This makes it more available for uptake by the plants, and also makes the nutrients dissolved in the water more available.

In this way, we are rebuilding the structure and integrity of the soils.

We manage the 'pests' and 'diseases' using organic insecticides and fungicides and central to this is the use of beneficial organisms (fungi, bacteria and beneficial insects).

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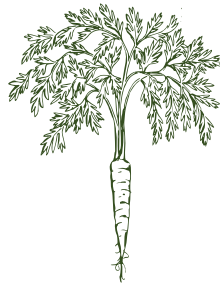
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We create a welcoming environment for beneficial insects too, through planting flowers and herbs.

Being in a valley that is the perfect home for snails and slugs, we manage them with our team of Indian runner ducks.

From sowing the seeds, to planting the seedlings, weeding, and harvesting we do everything with nurturing love.

This is the Her Harvest way.



CAULIFLOWER

SEASON : ALL YEAR ROUND

HEADS PER KG



GREEN CABBAGE

SEASON : ALL YEAR ROUND

DIFFERENT SIZES AVAILABLE



RED CABBAGE

SEASON : ALL YEAR ROUND

DIFFERENT SIZES AVAILABLE



CARROTS

SEASON : ALL YEAR ROUND

800G BUNCH



RADDISH

SEASON : ALL YEAR ROUND

BUNCH



BEETRTOOT

SEASON : ALL YEAR ROUND

800G BUNCH



RED SWISS CHARD

SEASON : ALL YEAR ROUND

250G BUNCH



YELLOW SWISS CHARD

SEASON : ALL YEAR ROUND

250G BUNCH



TOMATOES

SEASON : NOV - APRIL

800G PACK



CAULIFLOWER

SEASON : OCT - APRIL

320G PER PACK



BABY MARROWS

SEASON : ALL YEAR ROUND

SEASON : OCTOBER - APRIL



SPRING ONIONS

SEASON : ALL YEAR ROUND

110G BUNCH



BASIL

SEASON : OCT - APRIL

40G / 80G PACKED



CORIANDER

SEASON : ALL YEAR ROUND

40G / 80G PACKED



MIXED LETTUCE

SEASON : ALL YEAR ROUND

150G PACKED



BABY GEM LETTUCE
SEASON : ALL YEAR ROUND
150G PACKED



TATSOI
SEASON : APRIL - SEPT
150G PACKED



PAKCHOI
SEASON : APRIL - SEPT
150G PACKED