



The Möllekulla-manual

Welcome to Möllekulla Länsmansgård!

We would like to welcome you to our farm and our way of living here. We have put together some information that we think you can need and what we want you to know during your time here. You can reach us by sending a messenger och via WhatsApp (only Johanna now). You find our phone numbers on the wall in the kitchen.

The service building “Magasinet” is the place where you will find the guest kitchen, bathroom, washing machine and space for volunteers to hang out during free time.

Our cabins (and sometimes our guest trailer) is where you will sleep. Please note that we can not always make arrangements so that you can have a separate room and that you might have to share the sleeping space with another volunteer.

Our WiFi-connection is found inside and around the house Magasinet. It will be turned on during 6.00 am and 10.00 pm. If you need internet access outside this time let us know and we can open it up during the time you need. You find the access code on the wall next to the dining table.

We expect you:

- Come on time and follow the daily schedule.
- Well rested and getting enough sleep.
- Listen and follow the instructions you get.
- Communicating with us if you feel that something is wrong or is broken.
- Always do your best when you perform the task you are given.

We run a farm store that is open every week, opening hours are shifting depending on time of season. We also run a self-service where customers can come and buy vegetables, drinks, ice cream and other types of food all days in the week 9.00 am to 20.00 pm. As a volunteer at our farm you have 10% off when you buy things in our store.

Please download the apps Bring! and Todoist. You find the information about this on the refrigerator in the Magasinet. Bring! is used for shopping lists and Todoist is used for tasks and the work we do.

1. Download the apps
2. Send your email to Johanna via WhatsApp.
3. You will then get invited to join us in this apps.

The routines we have:

- Daily schedule, working hours 8.00 am - 15.00 pm, lunch 12.00 - 13.00 pm.
- Ducks are feeded, let out and taken in by a volunteer every day. We prefer that only one person do this and also do it during the whole stay. The person who is doing it will get some information and help to get started.
- Lunch is made by one person every workday. Normally 1-1,5 hours is needed to cook for the gang that is at the farm. The lunch should be ready at 12.00 pm. On the refrigerator you will find the lunch schedule and you put your name on the day you want to cook. We as hosts are cooking when it fits our work.
- Food is bought by us hosts and we normally do this once a week. Note that you have to plan meals on the fore-hand and that we cannot always get the items that you would like to have. We will provide what is available
- Cleaning is done weekly on Tuesday afternoons 15.00-16.00 pm. The volunteers that are at the farm divide the areas between themselves and everyone is helping out and do their part. Read more about this in the section about weekly cleaning.

-Food provided for volunteers

All food is organic. We will not buy food that we cannot find organic. We use what we have available at the farm to cut down food waste. We usually have food from the store that has gone out of date, which we cannot sell but are perfectly fine to eat.

We will provide:

- Vegetables in season, mostly from our own production. You will find the vegetables that you can use in the woofer-refrigerator in the bee-room. If you want to harvest vegetables, please ask us for guidance before you do it.
- Potatoes, we always have potatoes so eat as much as you can.
- Grains like rice, quinoa, whole oats, oats.
- Pasta (gluten free if needed)
- Nuts and seeds like pumpkin seeds, sunflower seeds, flaxseeds. chia seeds, hazelnut, walnut, almond.
- Dried fruits like raisins, figs, and apricots.
- Bread like hard bread (knäckebröd) and soft bread.
- Milk products like cheese, cow milk, feta cheese, and natural yogurt.
- Vegan products like plant based milk, plant based butter and plant based natural yogurt.
- White sugar
- Cacao
- All kinds of spices
- Coffee
- Tea
- Flower like rye, wheat, dinkel, buckwheat
- Legumes like kidney beans, chickpeas, our own yellow peas, lentils, white beans and black beans.
- Coconut flakes
- Muesli
- Jam
- Oils like olive oil, rapeseed oil and coconut oil.

We will not provide:

Candy, chocolate, soda, cookies, juice, processed products, ice cream, crisps or any low nutrient “food”.

-Weekly cleaning

Cleaning is done weekly on Tuesday afternoons 15.00-16.00 pm. The volunteers that are at the farm divide the areas between themselves and everyone is helping out and do their part.

Bathroom

Kitchen

Refrigerator, in the Magasinet and in the Bee-room

Backside area

Cabins

Flors

Laundry

For the floors: Use the vacuum cleaner and if needed the mop with lukewarm water and a little “såpa”. Please vacuum clean under furnitures, beds and behind the washing machine. For the toilet: use the brush and toilet detergent. Use the toilet cloth and toilet paper to clean.

For the mirror: use the spray for windows (Swedish: glasspray).

For other surfaces: use damp cloths. Use water and if necessary a little “såpa”.

-How to wash you clothes and to use the washing machine

The washing machine is simple to use. Wash light colors and dark colors separate.

Shake your clothes/bed linen before you put them in the machine. If your working clothes is soily, please rinse

them off before putting them in the machine.

Put the laundry into the machine. Leave 20% empty space so that the machine can do its job.

Close the hatch.

Put the washing detergent in compartment number 2. One scoop of detergent is usually enough.

Move the big wheel to the program you want to use. For normal program use “Bomull vit/kulör”.

Press the temperature button. 60°C for towels and cloths, 40°C for clothes and bed linen.

Select speed of centrifuge, 1200 is a good number.

Press start!

Have patients and wait for it to be ready.

You can hang your laundry outside on days with no rain and use the drying rack for days when the weather is bad.

About beds and sheets :

Change every other week. Always have a white pillowcase on the pillow under the covering pillowcase to keep the pillow clean. Make sure to use the right size of bed sheet for the mattress. There are two bigger dark blue sheets for the 140cm bed in one of the cabins so make sure that there always is a clean one in the cupboard. There are plenty of sheets for the 90-105 cm beds. The quilt cover is the same for all quilts. Do not wash work clothes together with sheets. We also expect you to shower after a workday and keep the bed you are sleeping in nice and clean. Don't let hairs or dust get stuck on and in the bed and on the mattress and always use the mattress cover to protect the mattress. If you are sweating a lot, please wash the cover every week.

About recycling trash and waste products:

We recycle most of the waste and you will find it easy to do. In Sweden we recycle most of all the household waste and the majority of the waste is sorted here at the farm. You will find the containers for carrying out the waste in one of the cupboards under the sink.

We leave and sort all waste (except food waste) in our bins by the gravel road (in front of Mattias bus). We recycle in the bins:

Glas, transparent and colored (Swedish: “glas” and “färgat glas”)

Plastic, hard and soft (put the soft plastic in the harder plastic containers) (Swedish: plast)

Newspapers (Swedish: tidningar)

Metal (Swedish: metall)

Paper packaging (Swedish: pappersförpackningar)

The rest of the waste (Swedish: restavfall)

We recycle all our food waste (a great resource) in our big green bins inside the biggest greenhouse. Make sure to put it in the bin that is “active” and not “resting”. We ask you to only put organic food waste in our bins since this is going into our composts and our production.

Our vegetable operation:

Around the big greenhouse you will find our vegetable garden. You will get an introduction by us and during your time here you will get more and more information. Here is some things that can be good to know before you step out into our production:

No-dig beds:

Our vegetable beds are no-dig beds. We don't turn around the material in the beds, we only put on new compost in a 5 cm layer on top every autumn. Learn more about the method by watching this film:

<https://www.youtube.com/watch?v=NE6aVGnBDYs>

Composting:

Composting is a central thing for us and we have a system that can be explained by “making a cake” with green and brown material in layers. We compost all kinds of materials and we have lots of it here.

<https://www.youtube.com/watch?v=MCftXbye1AA&t=50s>

As you already have read about, we have a separate system for food scraps and all organic material from the kitchens. In our biggest greenhouse you will find our food-composts where you can put all the organic material from the kitchen. There is always one active that is being filled and one that rests. Make sure to ask us which one is being filled at the moment. After the food waste has rested we put it in our composts as a green layer. This gives the finished compost some input and new nutrients from the rest of the world.

You will be introduced to our way of harvesting and packing vegetable during your time at our farm. We harvest something every week and we want to always have something to sell in our self-service.

Please feel free to ask us if you are wondering something more!

