



## **Food Project Farm Internship** **March 4 – May 31, 2019**

Growing Gardens' mission is to enrich the lives of our community through sustainable urban agriculture. We envision people experiencing a direct and deep connection with plants, the land and each other. Growing Gardens unites the Boulder County community through urban agriculture projects, such as: The Cultiva Youth Project (Ages 12 – 19), The Children's Peace Garden (Ages 3 – 11), Community Classes, the Community Gardens, the Growing Gardens Food Project, and the Longmont Food Project Farm (a joint project with the YMCA Boulder Valley).

The focus of this internship will be to support production and programming on the Food Project Farm, a one-acre garden and educational site located in Longmont. Situated in the middle of a USDA food desert, produce from the farm is principally donated to local food banks and distributed to low income families in the community. It is also the goal of the Food Project Farm to educate local youth about garden ecology and sustainable food growing practices through farm-based environmental educational programming.

The Food Project Farm Internship requires a great deal of hard work, focus, and care. It is also deeply rewarding.

### **Intern Duties**

Assist the Farmer in all aspects of farm operation:

- Greenhouse management
- Seeding, transplanting, thinning, and fertilizing seedlings
- Cultivation and weeding techniques
- Organic pest and disease management
- Soil sampling and fertility management
- Assist, teach, and oversee volunteers and groups of volunteers with greenhouse and field-related tasks
- Assist in farm-based programming to teen service-learning groups and after-school programming
- Assist with produce donations to community partners.
- Infrastructure development and site maintenance
- Maintenance of fruit trees and perennials
- Operation and maintenance of tools and equipment
- Installation and operation of irrigation systems
- Harvesting, washing, and packing of crops for donation
- Assist with tracking and logging produce weights for donation program.
- Lead community groups on experiential tours of the farm site.
- Positively interact with the public during community events.

### **Knowledge and Skills the Intern May Acquire:**

- Small scale organic vegetable production techniques
- Greenhouse management and season extension techniques
- Experience operating and maintaining tools and equipment
- Ability to lead diverse populations of volunteers in hands-on activities

- Exposure to the operations of a non-profit, community-based organization.

### **Structure of Internship**

- Internship duration is March 4 - May 31, 2019. Possible to apply for summer position to extend season.
- Intern position is 20 hours per week.
- \*Note: hours may vary between weeks; however the average number of hours per week will be 20 hours.
- Intern will attend a mandatory internship orientation meeting on March 4.
- Weekly weekend watering shifts in the greenhouse are required
- Intern will work closely with a mentor from Growing Gardens' staff who will oversee daily activities.
- Interns will have the opportunity to shadow Growing Gardens' staff to learn about the operation of the non-profit organization.

### **Benefits of Interning with Growing Gardens**

- Experience working on, and managing, a diversified vegetable operation.
- Hands-on experience making a positive impact in the lives of children, teens, and adults.
- Community connections and networking within the burgeoning local food movement.
- Friendly, relaxed environment.
- Develop marketable leadership and management skills.
- Classroom training offered through Growing Gardens classes.
- Access to a wide variety of organic seeds and plant starts.
- Opportunity to garden in our intern raised bed at the Food Project Farm.
- Fresh vegetables from the garden as the season permits.
- \$550 stipend upon completion of the internship.

### **Qualifications**

We are looking for individuals who are passionate about learning how to grow food and develop community. Applicants must be CPR and First Aid certified by March 4, 2019. Growing Gardens depends on the plants and food produced in the greenhouse and fields to sustain our programs. The Farm Intern must be responsible, dedicated and organized. Spanish language skills are a plus. While some growing experience is desired, it is not required for this position. This experience is a great opportunity for someone interested in a job in horticulture, farming, or community organizing.

**To apply:**

**Applications are due January 5, 2019 but will remain open until filled.**

**Email your application, cover letter, and resume to [Lex@growinggardens.org](mailto:Lex@growinggardens.org) with your name and "FPF Internship" in the subject.**