

PROJECT GROWS
FARM INTERN
SUPERVISOR: FARM MANAGER



Project GROWS (PG) is a 501(c)3 nonprofit educational farm with a mission to improve the overall health of children and youth in Staunton, Waynesboro, and Augusta County, Virginia. We cultivate health by connecting children to nutritious food through 1) hands-on, garden-based education and 2) access to healthy local food.

Project GROWS cultivates 4 acres of mixed vegetables and perennial fruit on our farm in Augusta County, Virginia where we grow 15,000 pounds of food each year. Our produce is donated or used in educational programs, and the remaining is sold to Community Supported Agriculture members, at farmer's markets, and wholesale to public schools and restaurants in order to sustain our programming. Project GROWS manages a 25-member Community Supported Agriculture (CSA) program and two local farmers markets (North Augusta and Waynesboro farmers markets). Both of our markets accept SNAP benefits (Supplemental Nutrition Assistance Program) and offer double dollars programs for families using their SNAP at market. We hold a Youth-Run Farm Stand in partnership with the Boys & Girls Club, and a farmer's market at the Staunton Augusta Health Department serving families participating in the WIC program (women and infant children). We serve over 3,000 local youth each year with gardening, nutrition, and cooking education, and partner with 22 local agencies on food programs including field trips, summer camps, and Farm to School tastings.

General Statement of Responsibilities

The Farm Intern will work closely with the members of the PG team including the Farm Manager, Assistant Farm Manager, Education Manager, and Food Access Coordinator. The Farm Intern will directly assist the Farm Manager and Assistant Manager with all aspects of fruit and vegetable production at the farm including: farm maintenance, greenhouse work, planting, harvesting, weeding, pest management, irrigation, post-harvest handling, and leading volunteer groups.

In addition to on-farm production responsibilities, the Farm Intern may participate in

- hands-on garden, nutrition, and cooking education (field trips, summer camps, in-school lessons, farm-to-school events)
- special events
- volunteer management
- administrative tasks as needed

Applicants must possess a strong work ethic, be willing to learn and be able to work efficiently and follow direction. Applicant must be able to lift 40+ pounds regularly and be comfortable working outside including during hot, cold, and inclement weather. Experience with tools and experience gardening or working on a vegetable farm are helpful, but a willingness to work hard and try new things is most important. Must possess strong interpersonal skills.

Other Requirements:

- Cell phone communication
- Reliable transportation
- A valid driver's license
- Criminal background checks will be required for final applicants

Compensation:

This is a part-time, semester-long 10 hours per week position and we are looking for a candidate who can make a

120 hour total commitment for either the spring or fall semester. Salary is \$12 per hour. This position may require occasional weekend and/or evening work. Project GROWS is an education-based farm. We are interested in teaching an intern the values and techniques required to run and sustain a small farm.

Educational Goals of Farm Intern:

- To share the skills and knowledge involved in sustainable farming.
- To offer intern an example of a successful organic farm so that they can learn the cycles of the growing season, crop rotation, succession/companion planting, and market farming.
- To give intern first hand working knowledge with specific crops, so that they can have a solid foundation of farming experience.
- To support the hands-on learning that comes through hard work in the fields with educational resources and leadership opportunities.
- To gain experience working with and facilitating youth groups and volunteers at the farm.
- To gain confidence and leadership skills.

HOW TO APPLY:

Please email laura@projectgrows.org with a brief introduction, resume, and completed intern application.

For more information about Project GROWS visit www.projectgrows.org.

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Fall 2019 Farm Internship Application

Contact Information

Name: _____

Address: _____

Phone number: _____

Email address: _____

University or College Name: _____

Graduation date (past or planned): _____ Major(s): _____



Skills and Interests

1. Why are you interested in this position?

2. Please describe your experience gardening and/or farming if applicable.

3. What relevant knowledge or skills do you bring to this position? (We're specifically curious about any gardening, farming, outdoor, equipment maintenance, tools, or leadership experience you might have, but feel free to share more broadly!)

4. Please write the blocks of time each day of the week that you would be available to work at the Project GROWS farm during the 2019 spring semester.:

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays

5. The approximate start date for the internship will be mid September. Based on your academic calendar and personal schedule, what do you see as your **approximate end date**, if hired? Keep in mind that interns must work 120 total hours for the semester. _____

PLEASE SEND COMPLETED APPLICATIONS TO LAURA@PROJECTGROWS.ORG

Project GROWS | www.projectgrows.org | Mailing address: P.O. Box 781, Staunton, VA 24402
Farm address: 608 Berry Farm Road, Verona, VA 24482