

FARM INTERNSHIP

Part-time, volunteer internship for Project GROWS
60 hours minimum



Start and End Dates: Negotiable

Organization Overview: 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.

Position Overview: 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 Manager. 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

Applicant must possess a strong work ethic, be willing to learn, and be able to work efficiently following 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. The Farm Intern will report directly to the Farm Manager.

Interested applicants should please email resume, availability, and a brief introduction to

Laura Faircloth, PG Farm Manager, at laura@projectgrows.org.

Other Requirements:

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

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.

Compensation:

This is an unpaid internship, however, please state in your application if you are looking to receive course credit or service learning hours for this internship. As an education-based farm, Project GROWS is interested in teaching an intern the values and techniques required to run and sustain a small farm.

Commitment:

Hours will be arranged based on applicant's availability and/or desired credits, but a minimum commitment of 60 hours is required. This position may require occasional weekend and/or evening work.

Interested applicants should please email resume, availability, and a brief introduction to

Laura Faircloth, PG Farm Manager, at 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