City Sprouts Farm

Farm Practicum

Salary: $14.49 per hour, 24 hours/week for 10 weeks

Supervisor: Farm Owners, Annah Young and Ellie Duncan

Period of Employment: June 21, 2022 – August 26, 2022

**Overview**

City Sprouts Farm is an urban vegetable farm in the Birchwood neighborhood of Bellingham. Our farm is centered around food access, soil health, and community engagement. The Birchwood and Alderwood communities face significant food access challenges so it has been our goal to keep the food grown at City Sprouts as local and accessible as possible.

We use organic and regenerative practices to grow vegetables for our sliding-scale CSA as well as for Sea Mar Community Health Center, the Bellingham Food Bank, and the Birchwood and Twin Sisters Farmers Markets. We also donate produce on a weekly basis to local organizations and groups dedicated to increasing food access for community members impacted by living in a food apartheid area.

Our farm is located on a property owned by Kulshan Community Land Trust. When we came to the site in the winter of 2018, the property had not been occupied in years and was dominated by Himalayan Blackberry and other invasive weeds. Despite the feral and abandoned nature of the property, we believed that with time and effort the site could be ideal for small scale agriculture. City Sprouts is a restoration effort as much as it is a production farm, and each year since 2018 we have cleared ¼ to ½ an acre and increased our production, amounting to a total of 1 acre of organically grown vegetables present day.

**Responsibilities**

Interns will get experience working on a small-scale production farm during peak harvest season! The majority of the work will be harvest and weeding, but intern will take part in a wide variety of projects and tasks throughout the season. Tasks may include but are not limited to:

* Basic building and infrastructural projects: fencing, building tables, laying irrigation, etc.
* Weeding! (Using various tools and by hand)
* Soil and field management: mowing, moving tarps, moving compost, etc.
* Preparing vegetable beds and planting/seeding crops.
* Harvesting, washing, and packing produce.
* Preparing for CSA pick-up and greeting CSA members.
* Support food donation initiatives: organizing the distribution of produce and managing communication with local food access orgs (I.e. Birchwood Food Desert Fighters and SeaMar Community Health Center)
* Potential to work at the Birchwood Farmers Market; setting up, stocking produce and serving customers.

**Required Qualifications and Experience**

* Desire to learn all aspects of small-scale farm systems
* Access to reliable transportation to get to the farm (Bike or car)
* Ability to work outside for long days in inclement weather
* Experience working on farms or gardening is a plus, but not required.
* Reliable, punctual, and motivated
* Good communication skills
* Excellent work ethic and positive attitude
* Ability to work alone, or in a group setting
* Ability to lift 30 pounds repeatedly

**Educational/Professional Benefits**

* Work closely alongside farmers and founders of City Sprouts, gaining leadership skills in food access and ecological farming
* Gain understanding of how local and regenerative agriculture contributes to climate justice and climate change resilient communities
* Hands on experience with small scale production farming
* Understanding of and experience implementing organic and regenerative growing practices
* Experience working within local food systems serving a food apartheid area