Sprout City Farms Seasonal Intern Job Description

Sprout City Farms (SCF) is looking for an individual able to play an integral role in helping realize its mission and vision: to cultivate educational urban farms that engage and strengthen communities, and establish a network of accessible farms throughout the city that nourish, and are nourished by, their surrounding community.

About Sprout City Farms: SCF is an urban agriculture nonprofit, founded in 2010 in response to growing interest in utilizing social and physical resources to create healthier, more resilient local food communities. Since then, SCF has successfully transformed 3.5 acres of underutilized urban land into fertile ground that produces 14 tons of healthy food annually and nourishes thousands of people in the metro-Denver community.

So far, we have built:

- the Denver Green School (DGS) Community Farm, a 1-acre organic vegetable farm on the grounds of the Denver Green School, built in partnership with Denver Public Schools in 2011,

- the Mountair Park (MAP) Community Farm, a 1.5-acre organic vegetable farm on the grounds of Mountair Park, built in partnership with the City of Lakewood in 2014,

- the Dahlia Campus Community Farm, a 1-acre organic vegetable farm at the Dahlia Campus for Health and Well-Being, built in partnership with the Mental Health Center of Denver from 2015-17; this site is now managed by MHCD as of fall 2018.

About Mountair Park Community Farm: MAP is located at the corner of 13th & Depew St. in NE Lakewood. The farm produced more than 5 tons of food in its 6th year (2019) and continues to grow in size. Food is distributed through a 60-share CSA program, weekly donation-based Farm Stands, and donations to local food relief partners.

About Denver Green School Community Farm: DGS is located in the SE corner of the schoolyard at 6700 E. Virginia Ave. in SE Denver. The farm, now in its 10th year, produces an average of 4-5 tons of food each season, which is distributed through a Farm to Cafeteria program, on-site youth-run farm stand, 60-share CSA program, and donations to the school and local food pantries.

Educational and community programs at both sites include internships and apprenticeships, volunteer days, farm to classroom, field trips, tours, workshops, cooking demonstrations, and various social events throughout the year.
In 2020, we are seeking interns to help implement operations and programs at MAP and DGS (4 interns per site) under the direction of each site’s Farm Manager. This is a great opportunity for individuals interested in learning about sustainable farming and local food production and being more involved in their community.

Internships can be tailored to fit specific needs (including course credit) and interests. In addition to help with general farm maintenance and programs, we are particularly interested in internships focused on nutrition and cooking demonstrations, health and well-being (farm yoga!), and youth education (farm camp!).

**Desired skills and qualifications:**

1. Experience or interest in managing volunteers and working with children, and comfortable teaching and speaking in front of people.
2. Ability to physically work within a variety of conditions (i.e. endurance to work long days, in diverse weather conditions), and ability to lift at least 40 pounds.
3. Ability to work as a team player, with people from diverse backgrounds including students/youth, people of different cultures, etc.
4. Willingness to take initiative and follow-through on tasks. Pragmatic and outcome-driven, yet positive and forward thinking.
5. Punctuality and flexible availability including working some weekends and nights.
6. Passion for helping develop a more sustainable and just local food system.
7. Preference will go to local residents rooted in the metro-Denver community.

**Duties and Responsibilities:**

1. Assist in planting, cultivating, maintaining, and harvesting crops, and with general farm maintenance.
2. Assist with farm distribution programs such as CSA, Farm Stand, Farm to Cafeteria, Donations, other food distribution programs, and community service programs & events.
3. Help ensure that the farm and its programs are staying true to SCF’s Mission, Vision and Core Values.
4. Adhere to SCF training in employee manual and food safety plan, and meet all necessary volunteer requirements of SCF (including background checks: see Volunteer Packet).
5. Assist in developing and maintaining farm-based educational and volunteer programs such as volunteer days, workshops, tours, farm camp, and other programs and events.
6. Assist with recordkeeping, data entry and recording.
Time Commitment

15-20 hours per week including some nights and weekends throughout the growing season (April 1 – November 1, but may begin as early as mid-March and end as late as mid-November). We prefer **Full-Season Interns** dedicated for the entire growing season, but **Summer and Fall Internship** opportunities are also available at each site (contact us for more info). Interns must be committed to working on harvest days (Wednesdays, June-October). Please submit requests for time off as soon as possible so that we can coordinate schedules accordingly.

This is a volunteer (unpaid) position, but interns receive a weekly share in the CSA program valued at $500+, hands-on experience in small-scale sustainable urban farm management, and knowledge and skills tailored to the intern’s specific interests and goals.

Contact:

We will review applications on a rolling basis until February 21, 2020, or until all positions are filled. To apply, please submit a completed Intern Application (found on our website at [www.sproutcityfarms.org/programs/community-education/internships](http://www.sproutcityfarms.org/programs/community-education/internships)) to:

Meg Caley, Sprout City Farms Co-Founder and Executive Director

Email: apply@sproutcityfarms.org

Mail: P.O. Box 7536 Denver, CO 80207

*Sprout City Farms follows an equal opportunity employment policy and employs personnel without regard to race, creed, color, ethnicity, national origin, religion, sex, sexual orientation, gender expression, age, physical or mental ability, veteran status, military obligations, marital status, transgender status, gender identity, ancestry, gender, political service, affiliation or disability.

This policy applies to all Sprout City Farms employees, volunteers, members, clients, and contractors. This policy also applies to internal promotions, training, opportunities for advancement, terminations, outside vendors, members and customers, service clients, use of contractors and consultants, and dealings with the general public.*