

## **2023 Springhouse Farm Internship Application**

Thank you so much for taking the time to apply for an internship. I'd like to briefly introduce the farm and tell you a little bit about us. We are a female-owned, diverse 8 acre farm. We are entering our 15th year of production. We focus on using sustainable growing methods to produce our vegetables and flowers, and we connect with our local community through different farm events such as Farm to Table dinners, You-Pick flowers, field trips and farm tours. Our primary markets include 2 workplace CSA's, Watauga County Farmers Market, local restaurants, the High Country Food Hub, our honor based produce stand located on the farm, and EarthFare.

Every year on the farm brings new successes and failures, new challenges and rewards. Flexibility is key to success on our farm. This might be the perfect internship for you if you like working outside, meeting new people, and of course if you like to get your hands dirty. Farming is a learning experience for everyone involved. We ask you for your openness and willingness to learn, commitment, and communication. In exchange, we will give you the opportunity to learn how to grow food and flowers, run a successful small farm business, and interact with amazing people in a beautiful outdoor setting. Springhouse Farm is a really special place and we look forward to sharing it with you.

The following list is a broad array of things you might be expected to help with on the farm. You will be given instruction in all areas. We try to give everyone experience in as many areas as possible, but we also promote the benefits of doing repetitive tasks in order to become comfortable with them.

### ***Farm Duties***

- Planting - direct seeding or transplanting, working in the greenhouse
- Caretaking - weeding and feeding crops, deadheading flowers
- Holistic pest and disease management
- Harvest - vegetables and flowers, includes proper post-harvest protocol
- Maintenance and use of tools and other farm implements
- Delivery of vegetables and flowers to above-mentioned markets
- Helping at our Saturday farmers market booth and farm events on a rotational basis

### ***A Day on the Farm***

In the height of the season, the farm runs from 8am - 4pm (depending on the weather), Monday - Friday with Saturday spent at the farmers market and Sunday our day off. Each individual intern's schedule will be different. There is a shelf in the barn to put your belongings and a sign-in book. In the morning, we gather in the barn and go over what we need to do for the day (written on a large dry erase board). Duties will be checked off upon completion. We gather for lunch from 12-1pm and every Wednesday we share a potluck lunch. We have a communal kitchen and bathroom available for your use. You are responsible for bringing water, SPF/hat, and lunch and also for taking breaks as needed. I encourage feedback and communication, so we will both complete an evaluation at least once during your internship.

**Personal**

Name:

Date of Birth:

Address:

Telephone:

Email:

**Education**

College:

Graduation Date:

Area/Major:

**Internship Details** Both PT and FT interns will receive minimum wage, \$7.50/hr, plus fresh vegetables and flowers when available. School credit is also an option for some. Limited on-farm housing available for FT interns.

Date you would like to start Internship:

Date you would like to end Internship:

Are you applying for PT or FT Internship?

**Academic Credit** Any Interns requesting academic credit must get pre-authorization from their home institution and Springhouse Farm.

**Goals & Objectives**

What are your goals/objectives for an Internship at Springhouse? Note any specific areas of interest.

Please tell us something interesting about yourself (hobbies, accomplishments, ambitions, recent work experience). What strengths can you contribute to the farm?

**References**

List two references that we may contact. At least one of these references should be people you have worked for within a non-academic setting.

Name:

Phone #:

Name:

Phone #:

Thank you for your application to Springhouse Farm!