

Springhouse Farm Intern Testimonials

During my internship at the farm, 2016, I had an incredible experience that provided me with valuable knowledge and hands-on training in sustainable farming practices.

Amy is a dedicated and passionate farmer who consistently goes above and beyond to create a supportive and empowering environment for everyone on the farm. She not only focuses on the productivity and sustainability of the farm but also prioritizes the well-being of her team. Her leadership is inspiring, and she actively encourages growth and learning for those working with her. She took the time to mentor me during my internship, sharing her expertise and guiding me through various farming tasks with patience and clarity. This experience allowed me to develop practical skills and a deep appreciation for the farming profession.

Springhouse Farm is a shining example of the positive impact that female farmers can have on the agricultural industry and their local communities. I will forever hold this experience near and dear to my heart! ~Paige

Senior year 2019, I had the opportunity to intern at Springhouse Farm for my undergraduate degree in nutrition. For me, Springhouse Farm is a wonderful place that brings back fond memories. Springhouse Farm is a place that attracts beautiful energy and people from different walks of life who want to immerse themselves in sustainable agriculture. While working there I learned so much about growing things but also the local community as I got myself involved in the farmer's market, delivering produce, and talking with volunteers. As an intern at the farm, Amy was a mentor who taught me so many things and created a foundation for my career as a woman in agriculture. ~Diet Buijiang

Working at Springhouse was a wonderful way to learn about organic farming with a great group of inspirational female farmers. The internship taught me problem solving skills and the ability to get creative during challenging moments. Restorative aspects like yoga and wednesday potlucks were a great time to get to know each other and bond after the workday. Springhouse also inspired me to discover local food resources and get to know the watauga farming community that supports one another and supports the planets health! ~ Lauren

"My time at Springhouse farm was something I will always treasure. The experience was unlike any I'd had before because it was the first time I had worked on a farm. I was immediately asked to jump into the daily tasks and get to work getting my hands dirty. I appreciated Amy's work ethic and how we rarely wasted any time because there were always things that needed to be done around the farm. Running a business, delegating tasks, and managing other people required good leadership. I admired Amy's ability to be not only an amazing teacher and leader but at the same time a wonderful friend to all of the interns that worked alongside of her. I will forever be grateful for the lessons I learned on the farm and the deep appreciation that I gained for farming and growing food and flowers for the community to enjoy and benefit from. I wish I could go back and do my internship at Springhouse Farm all over again!" ~Sarah

My time spent at Springhouse in the summer of 2023 was one of the most impactful life experiences I've had to date.

Like many fresh college grads, my first few months after finishing school were filled with questioning what was next and trying to find meaningful, soul-filling work. I was on the lookout for something to fill that space, and Amy and Brooke at Springhouse offered me exactly that.

Amy and her mission at Springhouse is so special for not only those of us that get to be involved in the field work, but also for those in the community who's homes and restaurants the produce and flowers we grew together ended up. The care and love put into these plants and soil is felt in every farm-to-table community dinner, and fresh produce package sent to those who need it most. This woman owned and operated farm breaks cultural norms and stereotypes that this work isn't made for women, or can't be done by women alone. Amy and Brooke never once made me doubt or question what I was capable of, and I left feeling empowered in a way I genuinely had never felt before. I learned I could both operate heavy machinery and also delicately plant seedlings, and that women most definitely have a place on the farm!

I frequently find myself reflecting on my internship at Springhouse with so much gratitude. It's not easy to enter the farming world, it is under-supported from many avenues, but especially financially. It can be difficult to receive a paid internship as someone without much experience, and I was so lucky to have found Springhouse that could offer that for me. Having desire to learn and passion for the work is not always enough given the financial strains most farmers are under. Having sustainable farms and innovative people who offer the chance for beginners and younger generations to learn these skills is so vital to sustain our planet and future generations, and the value of these opportunities cannot be overstated. Amy and the Springhouse Farm provides this avenue for those curious and passionate about sustainable farming, and is an opportunity I would recommend to anyone looking to find meaning in their life and work. ~ Sarah S.

At Springhouse Organic Farm you're not simply an intern or a farm worker, you are family! Creating community is very important to Amy Fiedler, the owner. As you drive up to the farm you see the honor system farm stand and the many farm dogs to greet you. There are farm to table dinners, you pick flowers, countless workshops and farm tours that bring hundreds of people to the farm each season. The farm provides produce and flowers to local restaurants, local florists, and the local food shelter. Venture out to the Watauga County Farmers Market on a Saturday and you'll see Amy sitting with her interns proudly selling the fruits of their labor. Farming provides so much more than produce and flowers. Nature nurtures you as you work with it and around it to grow tiny seeds into beautiful plants. While you may spend only a season or two working at the farm, Springhouse Farm is a lifelong place to call home. ~ Sandi