



## Harvest Table Farm Internship

### **Internship opportunity in sustainable agriculture:**

**Description:** Harvest Table Farm in Meadowview, Virginia, is seeking an intern for the 2012 summer growing season to assist with all aspects of an integrated farm-to-table operation. This is a unique opportunity to experience and participate in the ecological farming movement through a program that connects sustainable and innovative production methods directly to The Harvest Table Restaurant, southwest Virginia's leading local foods establishment. The farm is also connected to our community through weekly attendance and sales at the Abingdon farmers' market, and through regularly scheduled tours and demonstrations we offer to our restaurant customers, school groups, and local volunteers.

The intern we seek is willing to assist in all regular and ongoing farm tasks as outlined below. We encourage interns to attend and help manage our booth at the farmers market, and help with public outreach and education activities. Because many of our regular farm tasks are physically demanding and are made more challenging by summer heat, we require that all interested applicants be able bodied and capable of sustained productivity throughout the workday. We do take breaks, we have fun, and we do our best to ensure that all who work on our farm have the opportunity for an enjoyable experience.

**Work Period:** Internship periods are flexible for the period between early May and mid-September. Preference will be given to interns willing to participate for a minimum of a 30-day period, and in compliance with the internship requirements of their respective program. During the internship, we expect a minimum of 25-30 hours/week of time commitment.

**Benefits:** On-site housing and a living stipend for meals (plus occasional meals from the restaurant) will be provided. We will work with the intern to develop knowledge and practical skills within their chosen areas of interest in sustainable agriculture and tailored to the credit requirements of the intern's college or university. The internship credit must be organized and approved between the intern and their university advisor.

**Knowledge, Skills, and Abilities:**

1. Good interpersonal skills, with ability to work in a team environment and willingness to interact with the public;
2. Basic knowledge of sustainable agriculture practices and interest in a role during the internship as a teacher and educator;
3. Capacity to perform physically demanding work projects – must be able bodied and capable of sustained productivity throughout the workday, in all weather conditions;
4. Ability to organize and conduct farm tours and demonstrations;
5. Willingness to share housing with other Harvest Table Farm staff and participate in household community including housekeeping chores;
6. Motivation to specialize in focus subject or certain aspect of the farm according to your interests.

**Responsibilities:** as a farm focused on the production of food for the Harvest Table Restaurant, intern position is fluid and physically demanding. Work areas include:

1. Various aspects of a farm-to-table organic vegetable production;
2. Ongoing farm tasks, including: plant cultivation, watering, weeding, harvesting, post-harvest processing and chicken care. Other aspects may include construction, greenhouse care, and lawn maintenance;
3. Prepare and help manage the farmer's market booth;
4. Help design and conduct farm tours and other community outreach activities.

**Background:** The Harvest Table Farm is located on 4.5 acres with some topography and free-flowing permanent water. Our planning and agricultural development of the land is done in accord with permaculture principles, respect for the land, and to push the limits of both our growing season and our growing zone. We are always creating new ideas for reinventing our growing procedures and approaches, and welcome creative individuals who are interested in expanding agroecological thinking. We continuously experiment with practices such as biological pest and disease management, cover cropping, crop rotation, on-site composting, permaculture and perennial production, orchard and berry plant care, and creating terraced planting beds to control erosion on sloped areas. We are located in the heart of the Virginia mountain region, a short drive to the highest mountains of Virginia, and within a few minutes of Abingdon, Virginia, home of the State Theatre of Virginia. Our region enjoys wonderful summer weather, excellent outdoor recreation opportunities, and a healthy local-food community.

Interested applicants should send a letter or e-letter of inquiry to:

Matt Sanders, farm manager  
Harvest Table Farm  
28413 Smyth Chapel Road  
Meadowview, VA 24361  
matt@meadowviewfarmersguild.com  
[www.meadowviewfarmersguild.com/Farm.html](http://www.meadowviewfarmersguild.com/Farm.html)