

## **The Good Food Project**

2018 Summer Farm Internship Program

### **The Good Food Project Background**

The Good Food Project is community development project that started in 2014 by The Farmer's Market, Earth Mountain Education Farm, and The Trinidad Community Food Co-op. It is located at The Good Food Farm in Jansen off of hwy 12 on the Lopez ditch. The community was given use of this farm for the purpose to grow local organic produce, youth development, and community building.

We're a 3 acre tract farmed voluntarily by the community, "Farming together for each other". We are excited to offer the Summer Farm Internship Program to local youth this year. We expect this program to be a great success and will give the students hands-on experience and practical life skills.

### **Program Overview**

Ages 14-18

2 days a week: 6 hours Tuesday, 4 hours Friday, for a total 10 hours each week.

Stipend paid weekly: \$50 per student

8 week commitment: June 5 - July 27

End of Season Recreational Trip: West Peak Hike and Earth Mountain Dinner, July 29

Farm to Table Dinner: August 5, Parent/Intern Meeting July 31 at 6pm at Comida

Students will have opportunity to work towards earning money throughout summer for end of summer Recreational trip via fundraising activities through the season.

### **Duties and Responsibilities of Interns:**

- Management and implementation of Community Supported Agriculture(CSA) Program
- Assist with planning and design of farm
- Various building projects
- Planting, weeding, harvesting
- Education, farm tours
- Knowledge of flood watering system
- Sales and Marketing of produce
- Manning Farmer's Market booth

### **Skills gained through Farm Internship Program:**

- Management and business
- Marketing and promotion
- Planning and designing skills
- Accounting, bookkeeping
- Professionalism
- Team building
- Leadership
- Knowledge of all aspects of sustainable agriculture
- Gain understanding of food from its source and nutrition education