



Backbone Food Farm  
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## Internship Description

We are looking for two interns to work with our team for a full growing season. By staying the entire season, you may form a realistic picture of farm workload expectations, and the farm cycle from beginning to end. Our season begins in mid-March, and ends mid-October. The main focus of the internship will be planting, growing, harvesting and marketing our 8 acres of bio-extensive gardens for our 50 member CSA and five farmers markets a week. Specific skills learned will include (but not be limited to) greenhouse management, greenhouse seeding, soil block making, variety selection, raised bed cultivation, high tunnel management, transplanting, proper weeding technique, scything, cover cropping, disease and pest management techniques, trellising, direct seeding, harvesting, processing and selecting quality produce, market sales and display. Other areas interns will be involved with include livestock care, mushroom cultivation and basic building projects. Barn chores, feeding and portable fence rotation for cows, horses and pigs will be part of the routine. Shiitake mushroom cultivation on logs will be learned, as well as opportunities to cultivate other varieties of gourmet mushrooms, and learn some wild edibles as well. Gain experience with small fruits and brambles in our small orchard- 100 blueberry bushes, and multiple raspberry patches.

The opportunity to learn the use of tractor and equipment exists on a limited basis for those interested. Experience with the draft horses is possible, but cannot be a strong focus of the internship.

## Internship Housing

Interns will be housed on the farm in one of several on farm accommodations, all basic, but functional. No electricity in housing, but available on the farm for phones, lap tops, etc. Wi-Fi accessible. We take a family style approach to our crew, eating meals together and supporting each other. All food provided when you are working- lunch and dinner usually prepared, fix your own breakfast and help with meal clean up. Good food! Meat from the farm or neighbors only, local eggs, milk and yogurt from the farm and plenty of veggies! You must cook for yourself on days off. Our family values its privacy on days off, we do not share our house those days, and need to find folks who can respect this.

## Compensation

Interns will receive \$100 per week and room and board

Who are we looking for?

No farm experience is necessary, but it is helpful. We appreciate people who are responsible, able to take initiative and follow directions, clean up after themselves, be creative and committed. We are looking for folks wanting to learn FARMING skills. We are generally easy going and flexible and have found that a good match tends to be the same. A general appreciation for children and family, and a sense of humor is a definite bonus! The ability to work a long, full week outside that involves heavy lifting and repetitive tasks is key. An interest in doing rewarding, meaningful work in a peaceful, beautiful, fun, safe environment IS required. A valid drivers license is very helpful, but not required. All applicants will be asked for a current resume and three references.

## What are you looking for?

If you are interested in learning the basics of seasonal small farm work including barn chore basics, greenhouse management, seeding, weeding, transplanting, harvesting, processing and marketing as well as the fundamentals of shiitake mushroom cultivation, consider Backbone for a great summer of work and learning.