

## Maplewood Organics Internship Details

*Start March-May through October-January (possibility for longer stay for the right individual)*

### Typical work schedule:

**Sunday** – harvest, processing and sorting for hospital CSA, field work including weeding and transplanting.

**Monday** – harvest, processing and sorting for hospital CSA, field work including weeding and transplanting.

**Tuesday** - field work including weeding and transplanting. Some harvesting for deliveries to Burlington.

**Wednesday** - harvest, processing and sorting for on-farm CSA and St. Albans delivery site.

**Thursday** - finish harvesting for CSA, wash and sort produce, and distribute CSA on the farm and in St. Albans. Thursday is by far our longest day as CSA distribution finishes around 7:30pm.

**Friday** - field work including weeding and transplanting.

**Saturday** – OFF most weeks

### The type of work interns will be doing:

Field work: includes seeding, transplanting, weeding, thinning, trellising, harvesting, fertilizing, and pest control.

Greenhouse: seeding, weeding, transplanting, watering, and pest control.

Wash Station: washing, sorting all crops

Working with animals:

Animal care: letting chickens out at sunrise, feeding, watering, collecting eggs and putting in at sun down.

Beef herd and boarding heifers: help with animal moves, set up water tubs, tag newborn calves, learn low-stress animal handling techniques

### Internship details:

Interns work full-time (up to 65 hours a week) with our staff. The typical schedule is ten hours a day, 6 am (8am depending on the day) to 4- 6 pm, with a one hour lunch break around noon, Sunday through Friday. Some days are longer than others.

\$25 per week stipend provided. Free housing on farm, in our home. Private room with shared bath and kitchen or shared camper. All meals provided including days off. All organic.

Education: Each month we will have at least one opportunity for a field trip to another farm, a lecture or a discussion. Interns have access to our farm library including several periodicals. Interns have the opportunity to attend the NOFA Summer Conference in Amherst, Massachusetts with all expenses paid. Interns also have the opportunity to learn Holistic Management practices and innovative soil building techniques.

Social opportunities abound in close-by Burlington and Montreal.

We have WiFi capability on the farm. You could use your laptop around the house and the farm.

We have a bicycle for interns to use to go into town (3.5 miles) and on day trips.

**\*Winter responsibilities would be quite different. More animal care. Some harvesting and distribution through January. There would be time for at least a part-time job off the farm if desired.**