

Hope Farms
Farm Intern Position Description



Position Title: Farm Intern

HOPE FARMS BACKGROUND:

Hope Farms is a 7-acre urban farm dedicated to improving community health by providing direct access to healthy and affordable fresh fruits and vegetables. Located in the Sunnyside neighborhood of Houston, Texas, the farm will serve as a valuable resource for local residents and the city at large by providing access to fresh produce, nutrition education programs and job training for military veterans.

In operation since the fall of 2016, Hope Farms serves as a complementary and critical layer to expand Recipe for Success Foundation's mission and address community health in a powerful and new way. The farm uses intensive, organic methods to generate significant food crops in the midst of one of Houston's recognized food deserts. Incorporating the Rolling Green Market and the Veteran Farmer Training program, Hope Farms is the foundation of the future Hope Farms Co-op that will facilitate, promote and support a network of small urban growers to serve the broader market.

OVERVIEW OF FARM INTERN:

The Hope Farm Internship is a unique position that offers the dynamic opportunity to gain deep experience and diverse skills in the realm of sustainable agriculture. Working directly with the Chief Agricultural Officer and Farm Manager, the intern will be involved in all aspects of the farm, including: planting and maintenance of sustainable and organic vegetable production; community engagement and education; direct marketing and sales; and helping to establish a farming model for long-term success.

A more detailed look at key training objectives and responsibilities (which include but are not limited to):

Food Production:

- + Hope Farms seeks to utilize small scale, intensive organic growing methods to maximize and optimize production of fruits and vegetables on the urban farm. Houston's year round growing season offers the opportunity to grow a large array of diverse crops utilizing a variety of growing methods.
- + Active support of a year round diversified vegetable farm, including planting; cultivation; pest, disease and weed management; irrigation; compost systems; harvest and post-harvest handling; quality control; sales and distribution.
- + Active support of the on-site farm stand, CSA program, restaurant and farmers' market sales and deliveries, in addition to community markets utilizing the mobile Rolling Green Market.
- + Active support in raising poultry for egg production and managing bee hives for honey production, in addition to general ecosystem benefits.



Health, Food Access and Community Building:

+ A passion and fundamental belief in the importance of food access and consumption of fresh fruits and vegetables as a critical part of a healthy diet. Obesity and other diet-related illnesses are ravaging communities and impact not only overall quality of life but also the vitality and health of the social and economic systems. Access to affordable produce can play a critical role in transforming the health and well being of children, adults and society at large.

+ A deep belief and understanding in the power of food and community as the tenets to physical, emotional and spiritual health.

Other Qualities:

+ Be guided by the vision and mission of the Recipe for Success Foundation and work directly with the Chief Agricultural Officer and Farm Manager, in addition to other members of the Recipe for Success team.

+ A commitment and desire to serve others and do positive work in the world. Additionally, being a kind and compassionate human with the personal characteristics and qualities of patience, openness, strong communication, understanding of oneself, and ability to truly listen to others.

+ A strong, self-motivated work ethic with the ability and desire to work independently as well in close physical, mental and emotional proximity with others.

+ A dedication, understanding and appreciation of Quality.

+ The ability to work long hours in all weather conditions (including the summer heat of Texas); lift, carry and move 50 pounds; ability to crawl, crouch and bend for long periods of time; in addition to the other physical demands associated with intensive, small-scale agriculture.

COMPENSATION

At the current time, this is an unpaid internship but we can customize the position to receive school credit and the position's hours are flexible to accommodate diverse schedules.

TO APPLY

Please send a resume with a letter of interest to Justin Myers, Chief Agricultural Officer:

Email: Justin@Recipe4Success.org

Phone: 713/520/0443