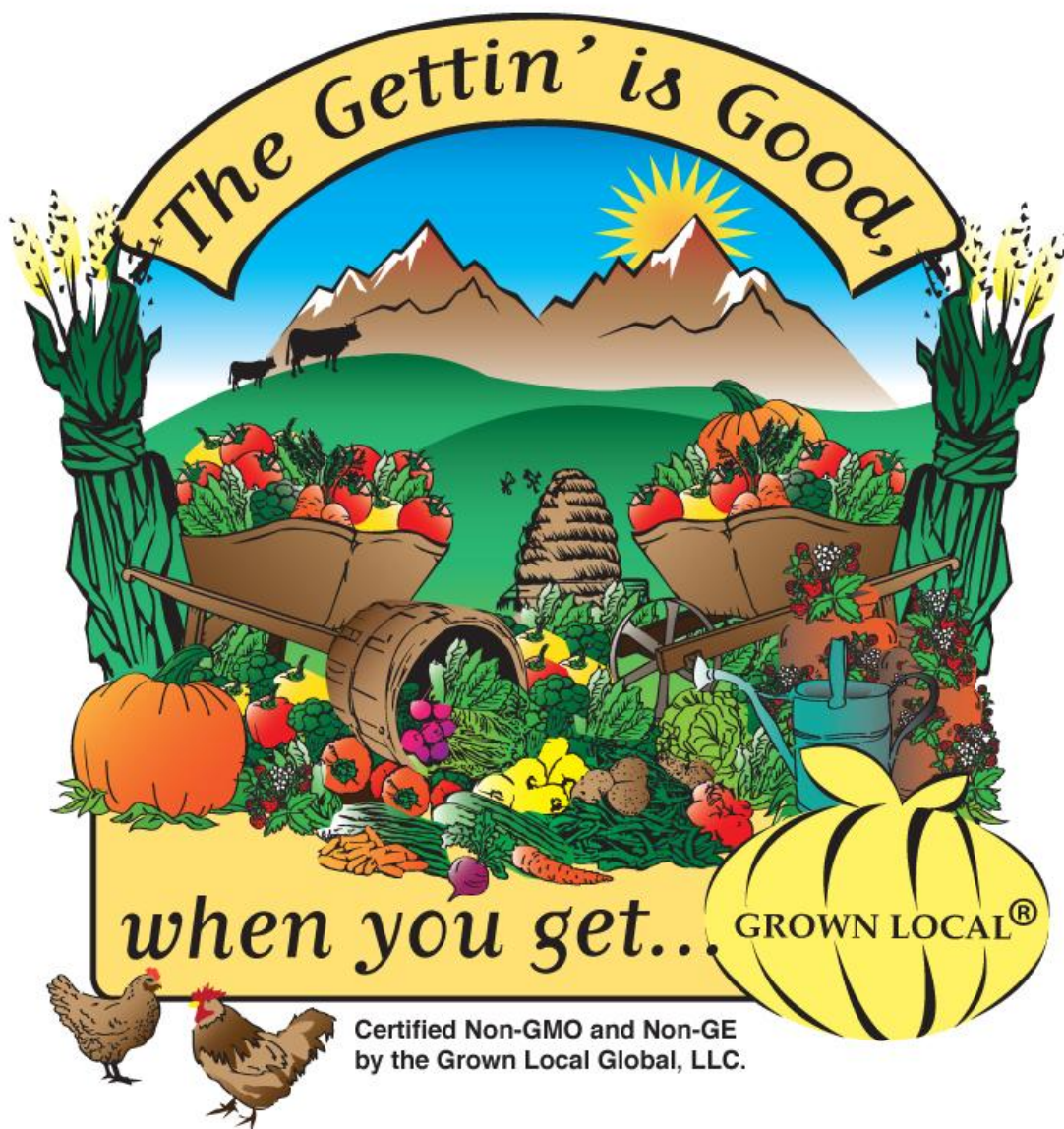


Farm Internship Program 2016

“Holistic Homesteading and Sustainable Agriculture”

Quarterly and Full Course Training to Become a Sustainable Farmer



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Choose any Internship option per Quarter and receive a Certificate of Completion. Sign up for the Full-Course Training, Use up to 1-acre, give a Final Presentation, and receive a Diploma. This Internship program may be used in conjunction with an Independent Study, such as at Fairhaven College. Students will be granted rights to use the Grown Local Label for two years. Book List, Itinerary, & Meetings are announced upon signing up for your course training. Local students will meet frequently. Winter Quarter is available online with video time.

Winter Quarter

(Online Course is designed for Students in any location. January, February, and March.)

1. Introduction

- a. Sustainable Living and Eco-Villages.
- b. Biodynamic Calendar, Compost Teas, and Planting with Cosmos.
- c. Holistic Approach to Gardening and the Ayurvedic Philosophy.

2. Seeds and Soil

- a. Origin of Heirloom, Open Pollinated, and Hybrid Seed Breeding and Saving.
- b. Discussion on Genetically Modified Organisms and Genetic Engineering.
- c. Soil Food Web and the “Secret Life of Plants and Soil.”
- d. Soil Preparations, Cover Crops, Green Manure, Animal Manure, Soil Amendments, and No Till Method.

3. Permaculture and Production Farming Methods

- a. Annual Crops and Perennial Plants.
- b. Companion Planting, Stacking Method, and Forest Gardens.
- c. Crop Rotation, Beneficial Insects, Disease and Pest Management.
- d. Field Management and Weed Control
- e. Learning to keep field records necessary to become Certified Organic and/or Certified Grown Local-Non-GMO.

Spring Quarter

(Students will be given a ¼ Acre experimental plot for hands on training. We will meet once a week to practice hands on training. Students may continue to use the plot for their Summer Quarter with the option of use for Full Course Training.)

1. Planning and Design

- a. Sketch the Design for your garden plot for Spring Production. (For Summer Quarter Students, plan for crop rotation and long term harvest period.)
- b. Yield per row foot. Plan how much to grow for desired outcome. (A ¼ acre plot is a large space to plant annuals and perennials and can be used for your final project and presentation during Fall Quarter.)
- c. Buy seed for crops with an early day to maturity. Seed list will be provided.
- d. Breaking ground and making beds. The tractor and tillers are available.
- e. Irrigation and drip lines can be used for watering.
- f. Tools. Students will be responsible for bringing hand tools.

2. Personal Use, or Marketing and Setting Up Accounts

- a. For Personal Use, students decide how they will process their products. This can be for herbal tinctures, teas, salves, or for storage food crops, etc.
- b. For Marketing and Setting Up Accounts, students decide how to sell items. Sell to a CSA farm, create your own CSA, become a vender at a Farmers Market or a Farm Stand, or choose the option to use Grown Local Alliance Distribution Service and sell to other wholesale outlets.

3. Greenhouse, Cold Frames, and High Tunnel Construction

- a. Choose a style of greenhouse structure and gather materials.
- b. Building heated seed tables with grow cables.
- c. Mixing soil, starting seeds, and keeping a seed log.
- d. Early greenhouse crops.
- e. Harvesting and processing methods.
- f. Using or selling your final product.

Summer Quarter

(Students will be given a ¼ Acre experimental plot for hands on training. We will meet once a week to practice hands on training. Students may continue to use their plot from the Spring Quarter. For those beginning in Summer Quarter, students may continue using their plot for Fall Quarter. The Mentor is available for private meetings throughout the course of each session.)

1. Design and Planning

- a. Sketch the design for Summer Production.
- b. Yield per row foot for crops and companion planting.
- c. Choosing seeds and understanding Days to Maturity.
- d. Mixing soil, sowing seeds, keeping a seed log, and succession planting.
- e. Ground prep with tractor and tillers, or choose no till method.
- f. Watering with irrigation or drip lines
- g. Students are responsible for bringing their own hand tools and gloves.

2. Field Management

- a. Training to become a Professional Field Manager
- b. How to drive a tractor and use implements.
- c. Moving irrigation pipes, using the pump, and watering.
- d. Field mapping and course of action to stay on schedule.
- e. Planting, weeding, and controlling pest and disease.
- f. Proper use of hands and other tools.
- g. Managing the field crew.
- h. Planning for Fall and Overwintering Crops.

3. Harvest and Market Management

- a. Training to become a Professional Harvest and Market Manager.
- b. How to take crop inventory and making a harvest list.
- c. Pulling in the Harvest for late summer crops.
- d. Harvesting, Washing, and Packing techniques for wholesale and retail.
- e. Farmers Market training and hands on experience selling directly to customers. Introduction to selling to wholesale outlets.

Fall Quarter

(We will meet the last week of September and once a week throughout the month of October. Final Project and Presentations will be held in November. Holiday Wreath making workshop will be the first week of December. Students may continue to use their plot from any previous Quarter. The Mentor is available for private meetings throughout the course of each session.)

1. Saving Seeds and Sunflower Sprout Workshop(Optional Short Course Training, \$35)

- a. The Art of Saving and processing seeds.
- b. Sprouting and harvesting sunflower seeds.

2. Fall Crops and Overwintering Preparations

- a. Cover crops and composting.
- b. Harvesting Potatoes, Winter Squash, and Pumpkins.
- c. Greenhouse clean up and prep for planting cold hardy crops.
- d. Planting Garlic and other overwintering crops.

3. Food Storage and Value Added Processing

- a. Dry room and Walk-in Cooler Food Storage.
- b. Dehydrating a variety of farm foods and spices.
- c. Freezing a variety of farm foods.

4. Final Projects and Presentations

- a. **All Full Course Training Students will give a Final Project and Presentation. Each student will receive a Diploma. Can be used in conjunction with any Independent Study Program, such as Fairhaven College for example.**
- b. **All Short Course Students are invited to attend these final presentations and will receive a Certificate of Completion for the course(s) completed.**

5. Holiday Wreath Making Workshop (Optional Short Course Training, \$35)

- a. Collecting evergreens, cones, and holly berries.
- b. Building fun holiday wreaths, car/bike/doorknob hangers, and garland.

6. Further Book List and Research Suggestions for Future Business Planning.

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To Sign Up, Please Complete the Following Information:

Name: _____

Email: _____

Phone #: _____

Address: _____

Please Write the Amount Paid Next the Option of Your Choice.

Full Course Training, \$2000 for All Four Quarters: _____

Winter Quarter, \$500 for January, February, March: _____

Spring Quarter, \$500 for April, May, and June: _____

Summer Quarter, \$500 for July, August, September: _____

Fall Quarter, \$500 for October, November, December: _____

Sunflower Seed & Sprouting Workshop, \$35 per day: _____

Holiday Wreath Making Workshop, \$35 per day: _____



Return with Payment

To the Following Address:

(Use Paypal at www.holistichomestead.net)

**Holistic Homestead
Grown Local
5709 Putnam Rd
Everson, WA 98247**