

FULL CIRCLE FARM

Internship Summary



Internship: Definition

An internship is an opportunity to gain supervised practical experience within a successful business on your chosen career path. It is a time to observe and listen, a time to actively experience and ask many questions, and most of all, a time to learn. Internships are hard work with long hours and little pay, but in return offer the invaluable benefit of observing the integral workings of a company in your chosen career. The experience and knowledge gained from an internship provides you with valuable tools needed to take that next step towards pursuing your goal and realizing your dream of becoming a commercial organic farmer.

At Full Circle Farm, our internship program is demanding, yet offers a very rewarding experience for those who are willing to fully engage and challenge themselves. It is not a passive opportunity, but rather a place where self-motivated individuals will thrive and enrich their farm experience, increase their agricultural knowledgebase and build a strong foundation for future opportunities.

What to Expect

As a Full Circle Farm Intern you can expect many things. You can expect hard work with long days in the field. You can expect to work on blazing hot days, rainy wet days, and cold dreary days. You can expect to spend numerous days seeding trays, transplanting seedlings, weeding and harvesting. You can expect to eat some of the most amazing organic produce your hands have ever touched. You can expect to learn about new fruits and vegetables, herbs and flowers. You can expect to drive tractors and forklifts. You can expect to do things that you never thought you would or could, watch your arms grow stronger, sleep to the steady throb of soreness that comes from a long day's work, have dirty fingernails and get a farmer's tan. Over time, you will learn to participate in the everyday functions it takes to operate an organic farm. You can expect fast-paced days, ever-changing days, and even some monotonous days. Upon completion, you can expect to walk away with a well-rounded experience from the various departments and individuals that make Full Circle Farm a living farm and successful business.

Farm Description

Full Circle Farm is a certified organic farm, cultivating over 300 varieties of specialty fruits, vegetables and herbs on over 400 acres in the picturesque Snoqualmie Valley; located about 30 miles east of Seattle, Washington. Still a family farm, which began in 1995 on 5 acres, Full Circle has over 100 employees who all contribute to growing some of the highest quality organic produce available. We sell our products to more than 50 restaurants and grocery stores, at 25 local farmers markets, and through our Farm-to-You box program of which we have about 5000 members. We also do some wholesaling of our excess and core items. We are committed to environmental stewardship and community engagement.

Intern Program

The focus of the internship is education through experience. Full Circle Farm is an ideal setting for learning how to operate a sizable organic farm. We are organized into several departments including greenhouse, field, harvest, processing, sales, warehouse, packing, delivery and customer service. You will have the chance to work in these areas while developing a knowledge base that will lead you on your way to become a productive produce grower.

The season runs from April through October, with a two week trial period to determine compatibility. It is extremely important that you commit to the entire season, as we will rely on you to fully learn all of the aspects of the farm that extend throughout the whole season, making us hesitant to accept individuals who are not able to do so. As an intern you become a member of our farm family and thus an integral part of tending the land and providing wholesome food to our community.

The typical schedule is five days a week, ten to twelve hours a day with one hour for lunch. One of these days is devoted to working at a local farmers market. The remaining four days will be spent doing the following activities.

- * **Greenhouse Operations: seeding, irrigation, pest control, cleaning, etc..**
- * **Field Work: harvesting, transplanting, weeding, planting, etc..**
- * **Tractor Work: bed preparation, seeding, cultivating, fertilizing, etc..**
- * **Packing Shed Operations: washing, sorting, processing, packing, picking orders.**
- * **Marketing and Sales Operations: delivering produce, working at farmers markets, packing boxes, etc..**

In addition to the hands-on education, the following forms of compensation are offered.

- * **Stipend - Minimum Wage \$8.55/hr.**
- * **Farm Grown Produce – You receive a box of our produce each week.**
- * **Education – We have an educational manual that we have put together of reading material relevant to organic food production.**
- * **Field Trips – There are several opportunities to visit other farms in the area as well as field days and farm walks.**
- * **Housing – We have private cabins on the farm that you can rent for \$300/month, with a common bath room and kitchen.**

Full Circle Farm is interested in providing a quality, practical education through an apprenticing method. Interns will be given responsibilities that will enhance their ability to think like a farmer in addition to the opportunity to learn about growing organic produce commercially. We are looking for candidates who are willing to work hard when required and enjoy the benefits of being an organic farmer.

Finding a match between our farm and its interns is of the utmost importance. Without a symbiotic relationship between the two, a drastic decrease in performance and overall satisfaction will occur for everyone. We are seeking self motivated, hard working individuals who are reliable and flexible. Full Circle Farm is a larger organic farm that is the size it is because we work for efficiency. It is a fast-paced farm with a lot of action everyday. We look for folks that have a sincere desire to own or operate a commercial farm in the near future. This is not a place to test your interest in agriculture or gardening, but instead it is a space for those ready to commit to farming as a lifestyle.

We try to give an accurate description of Full Circle Farm and present the internship in a straightforward manner. We ask that you be clear about presenting yourself to us. You need to realize what you expect to receive from your intern experience and determine whether Full Circle Farm will be the right place for you. The written application will be followed up with a telephone interview and if possible an on site visit.

Thank you for your interest in organic agriculture and our farm.