



Volunteer Opportunity Description

VOLUNTEER OPPORTUNITY: Farms & Gardens Volunteer Internship

PROGRAM: Dahlia Campus Farms & Gardens

TEAM #: 470

OPPORTUNITY LOCATION: Dahlia Campus for Health & Well-Being

PURPOSE: To support the Dahlia Campus in its efforts to support the health of the Northeast Park Hill neighbors, community members, and those engaged in services by growing and distributing naturally-grown produce. The site features a hub of services and programs, and our goal is to offer a welcoming place where families, and people of all ages can engage in activities that will help them feel good. Interns would learn about developing a local food system, farm management, food equity, health, and nutrition. Upon completion of this internship, individuals will have the skills and knowledge to work full-time on a small-scale farm. This is a great opportunity for people interested in community engagement and urban agriculture.

KEY RESPONSIBILITIES:

- Assist in seeding, planting, cultivating, harvesting, and composting, as well as with general farm/greenhouse maintenance.
- Meet all necessary volunteer requirements of the Mental Health Center of Denver (MHCD).
- Prepare for and attend Dahlia Campus Farmers Market which occurs every Wednesday afternoon/evening from late June to mid-October.
- Assist with farm distribution programs such as CSA, Farmers Market, Food Boxes, donations, deliveries to restaurants and retail outlets, and other community events.

QUALIFICATIONS:

- Ability to work as a team player.
 - Willingness to take initiative and follow-through on tasks.
 - Ability to work with people from diverse backgrounds, including students/youth, people of different cultures, etc.
 - Preference will go to local residents with reliable transportation.
 - Punctuality, dependability, and a flexible schedule to include working some weekends and evenings.
 - Ability to take direction well with a strong attentiveness to detail, as well as a self-motivated drive to complete tasks quickly and efficiently at a high-quality standard.
 - Independent interest in learning specifically about sustainable urban agriculture and its methods of food production.
 - Can lift 40 lbs. and are willing to engage in strenuous, physically demanding tasks within a variety of conditions (i.e. endurance to work long days, in diverse weather conditions).
- We take health and safety very seriously, and have strict Food Safety and Biosecurity policies. Since this volunteer position involves direct contact with food items, we require that volunteer adhere to the following rules:
- No illness within the past 48 hours prior to volunteering
 - No smokers (this relates to Tobacco Mosaic Virus which can put our crops at risk)
 - Always wear clean clothes, no dangling jewelry, and expect to tie your hair back
 - Please don't wear antiperspirant (this has to do with the aluminum content and potential cross-contamination)

SCHEDULE/TIME COMMITMENT:

10-15 hours per week for a minimum of 12 weeks including some nights and weekends throughout the growing season

**Seasonal interns gain the most benefit from being dedicated for the entire growing season, although we do have a few shorter-season opportunities available (such as for college students during summer break).*

PREFERRED VOLUNTEER START DATE: Immediately
EXPECTED VOLUNTEER END DATE: November 2, 2018