



The Mountain Retreat & Learning Center, Inc. Internship: Many Hands PEACE Farm

The Mountain Retreat & Learning Center, Inc. is offering an exciting internship for a young adult age 18-32 interested in furthering knowledge and practicing skills in Sustainable Agriculture. The Many Hands PEACE Farm is a new initiative at The Mountain and requires a minimum of one full-time intern to assist with all aspects of the development and implementation of this educational farm that includes a 1-acre organic vegetable plot, high hoop house, and a flock of chickens. This internship is a great opportunity for a young adult to experience:

- Hands-on involvement in starting a brand new operation
- A unique location in the southernmost Blue Ridge mountains
- Good food and interesting people
- Working with and learning from a young farmer with multiple years of small scale organic farming experience
- Meeting and working with other Interns, Resident participants, staff, volunteers and Mountain Program guests
- Learning facilitation and volunteer management skills

Farm name: Many Hands PEACE Farm

Farm Intern Supervisor: Brian Gifford; 828-526-5838 ext 253;
brian.gifford@mountaincenters.org; www.mountaincenters.org

Location: The Mountain Retreat & Learning Center, Inc.
P.O. Box 1299 (3872 Dillard Road)
Highlands, North Carolina 28741

Length of Internship: 3 to 10 Months

Dates Available: January to November

Overview of Many Hands PEACE Farm (MHPF) Internship:

Work exclusively on the MHPF Initiative, including (but not limited to):

- High Hoop Greenhouse
- Chicken coop construction and chicken flock maintenance
- Assisting with old well house upgrade and establishing water lines to the greenhouse and the acre
- Drip Irrigation set-up
- Landscape duties around farm area
- Organizing and maintaining equipment
- Field cultivation, seeding, weeding, harvesting, post-harvest prep
- Overseeing farm work with volunteers, residents, campers, and retreat groups
- Facilitating some farm-based educational experiences

Qualifications:

- Fluent in English
- Ability to lift and carry 25 pounds
- Ability to handle garden tools
- Good mobility (walking, bending, kneeling)
- Ability to tolerate sun
- Ability to tolerate temperature extremes
- Organic gardening experience helpful
- Willingness to use power tools

Responsibilities:

- Planting/seeding
- Harvesting
- Weeding
- Post-Harvest prep
- Preparing and spreading soil amendments
- Spraying (organic pest deterrents, foliar sprays, etc.)
- General landscaping duties
- Watering
- Compost pile maintenance
- Light carpentry (will train)
- Collecting and washing eggs
- Chicken flock care
- Cleaning

Accommodations: *Room and board are provided.* Housing may be shared with other Interns and/or Work Study participants on The Mountain's property. Meals are shared in the common Dining Hall with other Residents, staff, volunteers and Mountain program participants.

Non-farming activities:

Based upon experience and interest, interns have the opportunity to:

- Lead workshops
- Supervise Residents, Volunteers and Mountain Program participants in farm work
- Attend and/or offer some evening programs with other Residency Participants
- Attend some Mountain-designed programs as schedule allows
- Participate in occasional off-mountain community service projects with other Interns and/or Residents

Other Information:

Transportation: If necessary, The Mountain can provide transportation from and to Asheville, NC Airport. However, it is recommended that interns have their own vehicle in this isolated area.

Food: The Mountain serves healthy meals in a common dining hall, with meat and vegetarian options. The Mountain staff will do all they can to meet your needs (accommodating food allergies, as possible, as well as vegan, low salt, low/no sugar options, etc) but if individual needs are beyond our capacity, options can be discussed (such as individuals providing their own food items).

Nearby area sights and fun things to do: Visit <http://www.highlandschamber.org> website

To Apply: Contact Brian Gifford at brian.gifford@mountaincenters.org or cal (828) 526-5838 ext. 253