



## Open Arms of Minnesota Internship Description: Open Farms Internship

### Organizational Summary:

**Open Arms of Minnesota (OAM)** is a nonprofit that prepares and delivers healthy, nutritious food to people living with life-threatening illnesses. Our mission is to nourish body, mind and soul. In our state-of-the-art kitchen, OAM staff members and more than 7,500 volunteers create meals specifically designed for our clients' nutritional needs. We use fresh and, whenever possible, organic ingredients, including produce from our own Open Farms gardens. Volunteers deliver the meals throughout the Twin Cities metro area to approximately 1,100 clients, caregivers and dependents each week, providing nourishment and hope for families dealing with life-threatening illnesses. There are no fees for any of Open Arms' services. Open Arms is a volunteer-driven organization and is culturally unique in our high commitment to an excellent volunteer experience.

To learn more, visit [www.openarmsmn.org](http://www.openarmsmn.org)

**Open Date:** 01/09/2019

**Closing Date:** Open until filled

### Internship Overview:

The Open Farms Intern will work side by side with the Farm Program Coordinator and the farm team to complete many tasks over the course of the growing season. Internship activities may include, but are not limited to, bed preparation, seedling production and transplanting, direct seeding, vegetable production, weeding/cultivation, harvesting, and post-harvest handling which includes washing, packing, and distribution. Whenever possible, time will also be allotted to facilitate projects related to the intern's specific area of interest.

A commitment of 10-20 hours a week for 2-6 months for a total of 240 hours is required. This is an unpaid internship and reports directly to the Farm Program Coordinator.

### Requirements:

- Passion for the mission of Open Arms.
- Strong communication skills and outstanding ability to maintain and foster relationships to ensure success working with a diverse base of volunteers.
- Ability to be part of a team and to maintain effective communication with other interns and staff members.
- Flexibility to work weekday mornings and afternoons as well as occasional evenings and some Saturdays.
- Interest in organic farming, gardening, food justice and local food systems.
- Previous farm experience preferred.
- Must have a positive attitude, an ability to receive constructive criticism and a strong work ethic.
- Comfortable working alone at times and be able to follow both written and verbal directions.

- Able to identify basic vegetable plants and differentiate from basic weeds.
- Must have excellent attention to detail.
- Must be reliable, responsible and hard working.
- Must be willing and comfortable working with large groups.
- Must have reliable transportation.

**Physical Requirements:**

- Experience using various garden tools including but not limited to garden shovels, soil rakes, hoes, broadforks, pitchforks, trowels, etc.
- Amenable to getting dirty, sweaty and wet; interns will be working in all types of weather
- Ability to navigate steps on uneven ground.
- Able to work on feet for long periods of time.
- Able to lift up to 50 pounds.
- Able to stand, crouch, lean, sit, walk, bend, stoop and twist. Requires full range of motion, manual dexterity and eye-hand coordination.

**Reports To:** Farm Program Coordinator

**Location:**

Urban Farm Locations:

- 2645 14th Ave S, Minneapolis, MN 55404
- 668 Victoria Street S, Saint Paul, MN 55103
- 860 Otto Ave, Saint Paul, MN 55103

Peri-Urban Farm Locations:

- 2167 Oakgreen Ave, Afton, MN 55001

Open Arms Headquarters: 2500 Bloomington Avenue S, Minneapolis, MN 55404

**To Apply:**

Please send resume and cover letter detailing pertinent experience to:

Kelly Wilson, Farm Program Coordinator

- Email: [kellyw@openarmsmn.org](mailto:kellyw@openarmsmn.org)
- Fax: 612.872.0866
- Mail: 2500 Bloomington Avenue S, Minneapolis MN 55404
- NO CALLS PLEASE