



Open Arms of Minnesota Internship Description: Seasonal Farm Apprenticeship

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: by providing food as medicine, we nourish our clients and build community. In our two state-of-the-art kitchens, OAM staff members and more than 6,500 volunteers create meals specifically designed for our client's nutritional needs. We use fresh and, whenever possible, organic ingredients, including produce from our own 5 Open Farms urban garden locations. Volunteers deliver meals throughout the Twin Cities metro area to approximately 3,687 clients, caregivers, and dependents annually, providing nourishment and hope for families dealing with life-threatening illnesses. In addition, families in need throughout Minnesota receive meals shipped to them weekly. 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

Open Date: March 3rd, 2026

Closing Date: Open until filled

Apprenticeship Overview:

This seasonal apprenticeship contributes to the fulfillment of Open Arms' mission by supporting Open Arms' urban farm operations, including the CSA program. The Seasonal Farm Apprenticeship is a program that provides hands-on training and learning opportunities about organic farming practices, agricultural techniques, and volunteer management. Participants work directly on different farms, gaining practical experience in tasks such as planting, harvesting, and the CSA program.

Requirements:

- Passion for the mission of Open Arms.
- Sensitivity and commitment to diversity and ability to work respectfully with a wide array of members of the community.
- 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 apprentices 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: Open Farms Manager

Pay rate: \$16.37 per hour

Location:

Urban Farm Locations:

- 2645 14th Ave S, Minneapolis, MN 55404
- 508 Morgan Ave N, Minneapolis, MN 55405
- 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

Hours: We anticipate that the apprenticeship will require a commitment of 20 hours a week for 20 weeks.

To Apply:

Please send a resume and cover letter to:

OAM HR

- Email: jobs@openarmsmn.org
- Fax: 1-866-499-1630
- Mail: 2500 Bloomington Ave, Minneapolis, MN 55404

Open Arms of Minnesota is committed to hiring and fostering a diverse and inclusive workforce that leverages the skills and talents of all employees in our organization, regardless of race, gender, national origin, age, religion, sexual orientation, gender identity, familial status, disability, or socioeconomic status. We encourage all individuals with direct or transferable experience to apply for our open positions.

Equal Opportunity Employer