



**Stipend-based Volunteer Opportunities at Santropol Roulant:
We are seeking 4 work-trades at our peri-urban farm site in Senneville**

Internship Description

Santropol Roulant (SR) is seeking 4 motivated and energetic individuals to join our team of farmers and get their hands dirty as part of our project *Entre grange et gratte-ciel*: the Urban-Rural Farm Exchange, during the 2014 growing season.

The *Entre grange et gratte-ciel* Project has allowed Santropol Roulant to augment its work in food security and urban agriculture by cultivating a small piece of land in Montreal's West Island. Over and above the primary goal of producing fresh vegetables for the Roulant's meals-on-wheels and associated programs, the project also features a strong public educational stream. Most notably, the Exchange reconnects urbanites with the source of their food and increases public awareness of the importance of protecting the last remaining pieces of peri-urban farm land on the Island.

This year, our peri-urban farm site and 2 urban gardens will provide fresh local and organic vegetables for our meals-on-wheels service, weekly Fresh Basket, partner restos, and seasonal markets in select outreach communities. The 4 chosen work-trades will assist SR's peri-urban farmers to help ensure that our gardens are well-maintained and productive. They will have the opportunity to gain skills in areas such as small-scale intensive farming, horticulture, vegetable marketing, food security, and volunteer coordination.

Primary responsibilities include:

- Being committed to work at SR's peri-urban farm site in Senneville for the entirety of work-trade period

The Work-Trades' tasks will vary depending on the farm's needs and in relation with the seasons, as outlined by the Farm Co-Managers. They include all possible activities required to run Santropol Roulant's peri-urban farm, for example:

- Field and greenhouse bed preparation
- Seedlings, transplantation and direct seeding
- Assuring proper crop maintenance (weeding, pest control, staking, pruning, thinning, etc.)
- Harvesting and vegetable preparation
- Delivering farm produce to SR's downtown location
- Assisting SR's urban agriculture team with distribution and marketing of farm produce
- Any other tasks needed to run SR's the peri-urban farm

We are looking for candidates with the following interests, skills and experience:

- Horticulture and gardening experience
- Experience working on a farm
- An interest in working with a team
- Ability to work independently and take initiative
- Attention to detail
- Capacity for physical labour
- A valid driver's license is an asset

Skill development Santropol Roulant can offer:

Under the supervision of an experienced farm management team, these work-trades are an opportunity to acquire practical experience in all aspects of small-scale intensive farming,

while participating in promoting local food production and increasing its accessibility in the Montreal community. Santropol Roulant's peri-urban farm includes a two acre field and single greenhouse row. The work-trade experience also involves an introduction to urban agriculture and is designed to provide the volunteer with a solid understanding of these two distinct, yet related worlds.

Skill development may include:

- Hands-on training in small-scale intensive farming
- Introduction to organic growing methods
- Experience participating in an organization committed to sustainable development

We ask that our work-trades commit to working with us for one day per week (approx. 8 hours of work per week plus travel time to and from farm) for a minimum of 16 weeks between the beginning of May and the end of September. Work-trades may choose to work on Mondays, Tuesdays or Wednesdays or Thursdays. A summer schedule will be established once the entire farm work team is in place. Note to Montreal based applicants: the farm is accessible by train (short bike ride from Ste-Anne-de-Bellevue station). Car pooling may also be an option. We are offering a stipend of \$500 for work-trades who complete a minimum of 128 hours with us (approx. 8 hours a week for 16 weeks – plus travel time to and from farm). Work-trades will also receive a vegetable basket for every week they work at the farm.

To apply, please drop off or email your CV and a short letter of intent to Tim Murphy (tim@santropolroulant.org) by March 24th at 9am. You will be contacted if we would like to meet with you. For more information, contact Tim at 514.284.9335, or write to tim@santropolroulant.org.