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About Me

I am 28 years old and I have spent the majority of my adult life being seriously involved within numerous aspects of regenerative small-scale agriculture. I have dedicated my life to growing highly nutritious food, cooking with that fresh food, and creating community through kindness, open communication, and mutual understanding with agriculture at the center. These pursuits are based in my belief that we all deserve to live our healthiest and happiest lives with plenty of opportunity for intentional personal growth and creating mutually beneficial relationships. I aspire to create a space for others to come together and celebrate the beauty of life and food through education, exposure, and novel experiences. I have a strong work ethic and work efficiently within and/or leading a group as well as independently. I excel at critically thinking in a farm setting, especially when analyzing farm systems for improvement and planning. The farm environment that I enjoy engaging in is one that pursues financial stability, employee welfare, and regenerative and loving farm practices. I would describe my personality as being dependable, confident, friendly, and communicative.

Formal Training

- **Graduation (2019) from the Farm Beginnings Program through Organic Growers School in Asheville, NC.** This year-long program included winter classes on business planning, farm logistical planning, financial planning, and marketing strategies, numerous farming conferences and workshops, and an experienced farmer mentorship. This is a nationwide program that is recognized through numerous organizations based in sustainable agriculture.
- **Two Years of experience in live-on farm Apprenticeships (2017-2018).** This included knowledge and experience gained across several different farms on regenerative vegetable, herb, meat, and egg production through hands-on doing and learning.
- **Graduation (2017) from the University of North Carolina at Asheville with an undergraduate degree in Biology and Environmental Sciences.** I chose to focus my senior year on classes and self-directed examinations of agricultural concepts and issues to broaden my own understanding.

Recent Farm Experience

- **Minka Farm.** Efland, NC. Sept. 2022 – Present. Manager of Vegetable/Herb/Flower production, Farm Store Operation, and General Farm Hand.
 - o The farm is a 100+ acre for-profit business focused on producing a wide array of agricultural products, including grassfed beef, lamb/goat for meat, chicken and duck eggs, broiler chickens, hogs, vegetables, culinary herbs, orchard fruit and nuts, and Airbnb farm stays and experiences.

- The majority of the animal products are Animal Welfare Approved and pastured while the plant products are based on organic practices but not certified.
 - I am responsible for managing the ½ acre vegetable/herb/flower production for sale at the on-site farm store as well as through retail outlets. I provide daily support for animal tasks such as chores, egg washing/packaging, pasture rotation, orchard harvest/maintenance, etc as well as operation of the farm store and Airbnb cabin.
- **Floating Leaf Farm.** Mars Hill, NC. Dec. 2020 – April 2022. Manager of Gardens, Grounds and Greenhouse.
 - The farm is a permaculture-based agritourism project focused on providing fresh produce, education, and exposure to healthy living practices to the surrounding community and guests through a yurt vacation rental and work-trade CSA.
 - I was responsible for managing 1/5 acre of field crops and perennials, small fruit/nut tree and shrub maintenance, general landscaping, and a 30'x60' tropical greenhouse growing bananas, papayas, passionflower, and other tropical/subtropical species. I also guided the CSA crew as well as maintain the yurt and surrounding landscaping.
- **Small Bean Farmstead.** Marshall, NC. 2019 – April 2022. Co-owner and Operator with my partner.
 - The farmstead was a 1/5 acre farm business situated at 3500' that we operated to supply ourselves and our local community with nutritious farm products such as vegetables, herbs, flowers, and pastured poultry.
 - Half of the operation was in year-round operation through permanent raised beds with a 50' hoop house, all for producing intensive vegetables, herbs, flowers, and medicinals through regenerative cropping methods.
 - The other half of the operation was for the production of pasture-raised poultry meat that we were responsible for slaughtering, butchering, and packaging ourselves. We raised 200 chickens, 15 turkeys, and 15 ducks during our tenure.
- **New Roots Market Garden.** Marshall, NC. 2020-2021. Part-Time Farmhand.
 - The farm was a 2-3 acre market garden focusing on intensive vegetable, herb, and fruit production and selling through numerous Asheville farmers markets, box-style CSA, and retail outlets.
 - I was hired on as harvest help in 2020 and general farm hand in 2021, helping with tasks such as washing, packing, trellising, planting, bed prep, cultivating, weedeating, and various other farm tasks.
- **East Fork Farm.** Marshall, NC. 2017 as apprentices. 2018-2021 as farmhand.
 - The farm was a 40 acre pasture-based livestock and agritourism operation raising sheep, hogs, chicken, turkeys, ducks, trout, rabbit and cattle for meat and eggs.
 - Marketing was to the local Asheville community through an on-site farm store and farmers market booth. Three rental cottages supported the farm income and allowed guests exposure to small-scale livestock agriculture.
 - All poultry, rabbit, and trout were processed on-site.

Farm/Agricultural Skills

- **Sheep:** 6 years of experience in both wool and meat breeds, lambing, pasture management, flock health, and parasite prevention. Profitable scale. Grass-fed rotational model.
- **Meat Poultry:** 6 years of experience in all aspects from raising chicks to processing and packaging; chickens, ducks, and turkeys. Profitable scale. Organic and pastured model.
- **Goats:** 2 years of experience of mixed dairy and meat breeds, parasite prevention, dietary needs, herd health, and pasture management.
- **Hogs:** 2 years of experience in raising for meat. Pastured and forest model. Homestead scale.
- **Llamas and Alpacas:** 2 years of experience in fiber production. Homestead scale.
- **Rabbits:** 4 years of experience in meat production and processing. Homestead scale.
- **Chicken Eggs:** 5 years of experience in both mobile and stationary coops, flock health, chick raising, parasite prevention, pasture management, and overwintering. Profitable scale. Organic and pastured model.
- **Duck Eggs:** 3 years of experience in stationary coops, water management, flock health, duckling raising, pasture management, and overwintering. Profitable scale. Organic and pastured model.
- **Freshwater Pond Trout:** 2 years of experience in catching, processing, and packaging. Profitable scale.
- **Diversified Vegetables:** 7 years of experience with over 50 varieties of cool season, warm season, and tropical vegetables, profitable scale @ ½ to 1 acre, organic/no-till model, able to scale production based on availability of hand tools, BCS, and four-wheeled tractors, and ability to grow year round without a greenhouse.
- **Culinary and Medicinal Herbs:** 5 years of experience with numerous types of domesticated herbs, profitable scale, beyond-organic/no-till model, ability to grow year round without a greenhouse.
- **Cut and Edible Flowers:** 2 years of experience growing over a dozen varieties for personal use and market sales. Organic model. Homestead scale.
- **Greenhouse Experience:** 4 years of experience growing vegetables, herbs, and flowers in caterpillar tunnels, propagation houses, heated high tunnels, and a tropical climate-controlled greenhouse.
- **Raspberries/Blackberries/Strawberries/Blueberries:** 4 years of experience in propagation, planting, pruning, fertilizing, mulching, and efficient harvesting. Organic model. Profitable scale.
- **Fruit Trees:** 3 years of experience in propagation, planting, pruning, fertilizing, and mulching. Organic model. Homestead scale.
- **Turmeric/Ginger:** 1 year of experience growing to maturity in a tropical greenhouse. Profitable scale. Organic model.
- **Farmhand Management:** 3 years of experience managing/overseeing small groups of three to ten farmhands primarily through educational work-trade initiatives within both animal and plant based agriculture.

- **Farm Machinery Operation:** 11 years of experience operating two-wheeled tractors, four-wheeled tractors, trucks, trailers, mowers, skidsteers, UTV's, etc. for the purpose of livestock maintenance, vegetable production, and landscape management.
- **Small Engine Operation:** 11 years of experience operating and maintaining small engine based tools such as weed eaters, chainsaws, mowers, etc.
- **Basic Carpentry and Power Tool Operation:** 7 years of experience utilizing power tools and non-mechanical tools for farm-based carpentry projects, primarily for livestock shelters, vegetable season extension, and livestock fence erection and repair.

Farm Business Experience and Skills

- **Farmers Market:** 4 years of experience selling meat, vegetables, herbs, and eggs. Knowledge on all aspects including applying, setting up a farm stand, attractive presentation, pricing, market draw, customer interactions, record keeping and inventory, financial potential, adding value to products for customers, etc.
- **Retail Outlets:** 2 years of experience selling vegetables through cafes, co-ops, and grocery stores. Knowledge on communicating and coordinating invoices, pickup times, and preferred products.
- **Financial Expertise:** 4 years of experience, meticulous financial and production record keeping and analysis from both a personal and business perspective, ability to create appropriate budgets, yearly financial outlooks, and production goals for both crop and livestock operations.
- **Farm-Business and Management Experience:** 4 years of experience, managing my own small farm and other business selling vegetables, meat, and eggs through farmers markets, retail outlets, CSA's, neighbors, and friends.
- **Value-Added Farm Products:** 4 years of experience, creating products such as jams, sausage, ground meats, individual meat cuts, cornbread mixes, Kim-Chi, sauerkraut, kombucha, and jun.
- **Farm Store:** 4 years of experience, managing, restocking, and inventorying of on-site farm stores as well as assessing customer demand and access.
- **Agritourism:** 5 years of experience, maintaining and cleaning AirBnb farm stay cabins/cottages as well as providing tours, workshops, and work-trades for guests.