

## ***Full Table CSA – 2024 Internship Program***

The Full Table CSA team is excited to host up to 3 interns from April until the end of November. The exact start date in April can be flexible. Individuals or couples can apply!

This internship will be a comprehensive educational experience in growing veggies on a small-scale diversified market garden. There will be other opportunities for learnings in permaculture, biodynamics, seed saving, food preservation, non-violent communication, sociocracy, and other aspects of sustainable homesteading + intentional community living. While the education will center around on-farm production, we hope this program can also include substantial intern directed learning.

### ***Who you will be learning from + teaming up with:***

- Doug Jones (he/him) → A farmer with over 50 years of experience growing veggies organically. Doug was the 2009 Carolina Farm Stewardship Association farmer of the year! He has devoted his life to farming & building intentional community. He has taught hundreds of students + interns.
- Caleb Buchbinder (he/him) → A perennial social activist turned veggie farm MVP. Caleb helped Doug move his farm operations to Common Ground in 2020 and has steadily grown as a skillful farmer, especially in the planning and business operations side of things.
- Lucas Babinec (he/him) → An avid permaculturalist who interned for Full Table CSA in 2023. He is still learning heaps and is sometimes referred to as an ‘advanced intern’. In 2022, Lucas completed a year-long permaculture + farm to table apprenticeship at Rancho Mastatal in Costa Rica.

### ***Time Commitment Expectations:***

- 32hrs/week of farm work + education
  - Expect 4-8 of these hours to be on either Saturday or Sunday
- up to 8hrs/week of Common Ground community work
  - This may entail event setup, general cleaning, maintenance, and/or getting involved in our community’s decision making circles + taskgroups

### ***Benefits + Compensation:***

- Housing, surplus veggies, and a stipend beginning at \$500/month

### ***An amazing intern will:***

- Be honest, authentic, and true to themselves throughout the experience
- Listen to their body and take responsibility for their own health + wellbeing
- Maintain healthy boundaries and practice compassionate communication as best as they can
- Communicate their needs & expectations proactively
- Be open to receiving constructive feedback
- Keep their commitments and be someone we can trust and count on as a team member
- Be patient and kind to themselves during the process of learning
- Be tidy and mindful of leaving spaces better than they found them
- Be respectful to all beings on the land
- Find joy and reverence and gratitude in the process of growing the healthiest food possible in ways that also grow justice and local food sovereignty

***More about us ~ Full Table CSA*** is a farm business providing over 60 CSA members (CSA = ‘community supported agriculture’) with fresh produce year round. We do this on about 1 acre of cultivated land. Our farm is on the land at Common Ground Ecovillage where we are exploring how to be a model for new social futures that emerge in deep collaboration with living systems. It is our mission to practice small-scale ecological farming that is productive, accessible, and part of a larger shift in our food system so that we can create happy and healthy communities from the soil up! Send an email to [lucas.babinec@posteo.net](mailto:lucas.babinec@posteo.net) to tell us why you’re interested in this internship opportunity.

