

# Lost Sierra Food Project High School Internship Application

We are excited to offer vocational internships for high school students wanting to gain experience in any of the following areas: Agricultural Support for Low-Income Families, Agricultural Entrepreneurship, and Farm Maintenance. We are looking for two exceptional candidates for a part-time paid summer internship on our Lost Sierra Food Project (LSFP) educational and production farm, Rugged Roots Farm. This experience can be used on future resumes and letters of recommendation for future jobs.



## **About Lost Sierra Food Project (LSFP):**

LSFP is a non-profit organization with a mission to increase access of local foods to Plumas County residents, specifically to low income populations, provide workforce development programs, and create educational food and farming opportunities. To learn more, visit us at [www.lostsierrafoodproject.org](http://www.lostsierrafoodproject.org).

## **Areas of Interest**

**Agricultural Support for Low-Income Families – Our Free and Reduced Farm Share**  
Help harvest and wash vegetables from our farm for our Free and Reduced Farm Share for low income members. You will learn about proper harvesting technique, seasonal vegetable production, post-harvest vegetable handling, and what it takes to run a small agricultural non-profit organization!

**Agricultural Entrepreneurship – Farm Stand**  
Help run our weekly Farm Stand during the summer at our farm. Hone your customer service skills as you sell fresh produce, balance the cash box, set up and break down the Farm Stand, and create beautiful displays to attract customers! You will learn what it takes to run an agricultural business!

## **Farm Maintenance**

Maintain the grounds of the LSFP Farm. This position requires getting your hands dirty while weeding, using tools, building, and other hands-on skills. Learn about ecological farming practices, plant propagation, irrigation, integrated pest management, composting, attracting pollinators, soil fertility management and gopher control!

## **Time Commitment**

June 20th – July 16th and July 23rd - August 15th (Monday, Tuesday, and Thursday 8am – 12pm) 12 hours per week. If you attend PCS, this will earn you 5 PCS credits and you will be compensated \$16.00 per hour. Please see your QHS or PUSD CTE Coordinator for credits earned through QHS.

LSFP requires signed permission from your parent/guardian as well as yourself (intern). We will provide a form for you to fill out if you are selected.

Rugged Roots farm is located on Highway 70 across from Gansner Airfields.

To apply, fill out this application and submit online before May, 15th 2024. You will be notified by May 31st. If you have any questions, please reach out to [programmanager@lostsierrafoodproject.org](mailto:programmanager@lostsierrafoodproject.org).

## Questionnaire:

Name:

Age:

Phone Number:

Email:

1. Are you committed to working on our farm for 8 weeks this summer, 12 hours per week?
2. Have you ever had experience working on a farm or growing food? Please describe.
3. Do you have reliable transportation to and from the farm?
4. Please list any other skills you have that would be applicable to this internship (i.e. customer service, horticulture, photography or videography skills, healthy cooking, working with tools, etc.)
5. Do you have any conditions that may impede your ability to wake up early, work long hours in the heat, and perform physical tasks?
6. Do you have any special needs or concerns we should know about?
7. Please describe why you would like to intern with the Lost Sierra Food Project and work on our farm. What do you hope to gain from this experience?

8. Can a parent or guardian give permission you to work as an intern at LSFP?