



Regenerative Farming Livestock Internship

Hidden Creek Farm (HCF) is a Humane-and-Organic-Certified regenerative conservation farm located 50 minutes from Washington, DC. We believe that soil is our prime asset. Our focus is to improve the nutrients, energy, and health of our soils and gardens. We believe that agricultural success depends on the specific local environment of any given location, and on our ability to adapt to changes in that environment as climates change. We use livestock and plant genetics well suited to our specific location and are committed to educating individuals and the community on how to create a knowledge-base they can adapt to their own particular location. Local ~ Wholesome ~ Good is our tagline, and we manage diligently to that goal. Regenerative Farming in Harmony with Nature is our passion and we hope to inspire others to carry this philosophy forward.

Goals:

This Internship is based on an Experiential Learning model which promotes Learning-through-Doing-and-Reflection. Experiential Learning is considered one of the most effective ways for adults to retain information and create meaning. The goal is to help you translate the “Theory” you read into “Practice” you can readily apply to your own path in the future. This Internship requires active field work and the ability to spend dedicated time outside in ever-changing weather. Farming is the constant stewardship of our ecosystem and does not follow a 9 – 5 schedule. The goal of this Internship is to give you a realistic appreciation and understanding of what it takes to bring products into the marketplace and put food on the table.

Regenerative Farming Livestock Internship Overview:

In addition to general and breed-specific livestock care, you will learn about the benefits and challenges of rotational grazing on Hidden Creek Farm managed pastures and silvopastures, how to select animals for commercial production and breeding operations, and how to optimization grazing and care for each ‘type of animal’ within a breed (for example cow/calf pasture needs, breeding needs, stocker needs). Regenerative livestock management is, in fact, about regenerative pasture management. You will work closely with Team members to ‘read’ pastures for optimal water cycle management and optimal grazing management across seasons.

HCF will offer four Internships during the 2023 season. There is some flexibility in terms of start and end times, but Interns must be willing to commit to at least a two month period in order to be considered for an Internship. And longer is better.



As a Regenerative Farming Livestock Intern you will:

- Feed, water, handle, and move animals
- Assist with general health care of animals such as hoof trims, vaccination schedules, and body condition score assessments, birthing, etc.
- Assist with record keeping and admin associated with livestock •

Daily egg collection and cleaning

- Participate in prepping for, and staffing, Farmers' Markets
- Participate in weekly Team meetings
- Log your experiences and observations, to be shared weekly with Team •

Submit an 'end of Internship' deliverable by the second-to-last week of the Internship. This deliverable can be in the form of a project, a new applied insight, a paper, or any other pre-approved format. HCF is happy to work with the Intern's learning institution to help Interns get credit for the work. ○ Provide all paperwork and contacts necessary for Hidden Creek Farm to send evaluation to your college or work if you are seeking credit for this Internship.

This Internship assumes a 6 day week that is typically 7am-4pm with some variation for markets. Field trips and approved classes 'off-farm' will be considered part of the internship and will require a writeup to share with Team. If you are staffing or assisting with a Farmer's Market which occurs in the evening, you will receive comp time during that specific week.

Limited housing is available. Interns residing on the farm will be paid \$100/week. Interns who commute will be paid \$150/week. All Interns will receive a weekly allotment of products from the farm valued at \$50/week. Interns meeting or exceeding expectations will receive an 'end-of-Internship' bonus based on their length of stay and performance. HCF is a smoke and substance free farm. Smoking, vaping, tobacco products, and drugs are not allowed. Any Intern found to be abusing these rules will be asked to leave within 24 hours.



2023 Internship Application

To apply for this Internship, please fill out the Internship Application below and email back to andrea@hiddencreekfarmllc.com or mail to Hidden Creek Farm, LLC, 2591 Triplett Turn, Delaplane, VA 20144. Internship award based on rolling application. www.hiddencreekfarmllc.com

Name: _____

Address: _____

DOB: _____ Cell #: _____ Email: _____

I ___ do/ ___ do not have housing needs.

I have not been convicted of any felony or misdemeanor. If the answer is 'yes, I have been convicted', please explain the circumstances below:

I ___ do/ ___ do not have a medical condition that could put me at risk using farm equipment.

I ___ do/ ___ do not have a valid driver's license.

I, _____, do hereby apply for an Internship position with Hidden Creek Farm in Delaplane, Virginia. I understand that farm work is often physically and emotionally challenging. I believe, in good faith, that I am a qualified candidate for this Internship and able to accept the challenges and opportunities that go with it.

_____ Signature Date

Printed Name

