



Internship Opportunity 2012 Season

Unlike most commercial growing ventures, our project is centered on the holistic well-being of people and planet. We try not to separate the physical, mental and spiritual. Everything is connected to everything else. Good Earth reaches out as an educational resource for folk who wish to learn how to provide healthy food and lifestyles for

themselves and others. We believe that nature has created the perfect design, so we are employing and experimenting with natural farming techniques, like those promoted by Masanobu Fukuoka as well as the philosophy of Michio Kushi who taught that health could lead to peace.



Who are we?

We grow produce, herbs and flowers on a leased acre of land at Talking Horse Farm, a beautiful 160 acre working farm on San Juan Island. Everything is done by hand as we transition to no-tillage. Produce is sold locally and although the emphasis is not on commercial growing we obviously need to distribute our foods and to recognize the reality of sustaining the project financially.

Gary Miller has been growing produce organically since he was in his early 20s and has a great deal of knowledge and experience. He is our primary educator and has a natural gift for teaching. Gary studied with Mishio Kuchi and has a fantastic understanding and passion for natural, healing foods and cooking as well as body work. He is also a highly skilled sustainable building constructor, has practiced yoga for 40 years and writes beautiful poems.

A single step away from the source can only lead one astray.
Masanobu Fukuoka



Amy Plant has a long background as a community-based artist/activist, playfully bringing people together on common goals, creating space for sharing many voices, ideas and skills. She is inspired by Gandhian ideals, alternative education and the philosophy of deep ecology. She loves to work with people and co-operatives and although she still considers herself a greenhorn, is totally smitten with natural gardening.

We are a recently married couple who met each other at Navdanya (www.navdanya.org) in the hills of northern India 2009, fell in love and were inspired to create Good Earth, expanding on Gary's five year operation at Talking Horse Farm. We are motivated as educators, believing the nurturing of self-awareness to be even more valuable than all those practical skills.

For the 2012 season we will be experimenting with and documenting no-till methods for direct seeding, creating a seed saving plan, introducing chickens as part of the family, constructing our farm stand and reaching out to the local community. We are excited to announce that in the summer, we will be hosting a workshop by Larry Korn, editor of the One Straw Revolution.

What will I learn?

If you come with an open and focused mind the learning opportunities are endless. You will fully participate in every aspect of running of a small-scale organic vegetable farm. Your work will include the whole range of tasks from planning to harvest, as well as marketing and sales.

Throughout the internship you will learn about the soil and how to improve it naturally, without tillage. How to work with your body and hand tools safely. How to plan, grow and preserve vegetables and herbs from seed to seed and nurture them with natural fertilizers. How to market a small scale produce farm and keep track of the finances.

In addition to 32 hours of farm work we will support you in spending time on a related personal study of your choice. This can take the form of reading and practical work followed by a presentation.

Yoga and meditation classes take place twice a week, either in our small cabin, or outside if the sun is shining. These will be tailored to your personal experience and needs. Occasionally we will organise a cooking session with our produce, such as kim chi making or collectively wizz up a wild dandelion brew. We love to prepare and share gourmet meals!

The work, study, yoga practice and communal living are all catalysts for ways to learn about yourself, your strengths and weaknesses, how you deal with challenges, how you communicate and how you generally increase your sense of well-being.



How does it work?

You will do 32 hours of practical farm work per week, working closely with your fellow intern, with guidance from us.

Each week will begin with a 'business' meeting where we discuss tasks and delegate. Instruction and learning is hands-on and generally takes place in the field, but we also create spaces for sharing related books or films and discussing the wider issues of agriculture at lunch or occasionally in the evenings, after a communal dinner or round a bonfire.

Time outside of the 32 hours is managed by yourself, including your personal study and yoga classes. If you need to find work on the island this is very possible and there are many part time seasonal jobs here. However we have found that interns who work more than one day a week often feel fatigued and their well-being is impacted. We provide a \$200 per month stipend after the first month and basic foods will be provided as well as your pick of veggies from the farm. If you have other expenses that the stipend won't cover, (mobile phone, car, debts etc) please think carefully about your budget.

The program is open for two people and runs from April to the end of October 2012. The internship will start with a trial period of one month as it's crucial that we all feel comfortable together and for you to discover if this is the right program for you. If you are interested we highly recommend a site visit this winter - you would be very welcome!





What is it like on San Juan Island?

The island is a place of fantastic natural beauty, and wonderful for hiking, kyaking and whale watching. Friday Harbor, a small town, is in cycling distance and has good amenities including a regular farmer's market and a volunteer-run food co-op.

You will have the opportunity to make connections with other farms in the community and if you are interested in livestock, there is potential to assist Rob Waldron at Talking Horse Farm who manages cattle and sheep.



What about the facilities?

We provide a trailer and a tent platform at our property, a 15 minute cycle ride from Talking Horse Farm. (we have bikes!) The trailer has a small kitchen and sleeps one. There is a compost toilet, solar showers and bathhouse. We will share lunch out at the farm together each working day.

There is wireless internet access at the property, but mobile phone connections can be sketchy.

We have a small library of books on gardening, herbs, ecology, soil, yoga and natural cooking that you are welcome to browse.

As in any communal living situation you will need to be responsible, and mindfull of others, sharing chores such as cooking, food shopping and cleaning.

Occassional short visits from friends or family are fine on scheduled days off, but you must inform us well in advance and make all the arrangements yourself.

What are we looking for?

For 2012 we are only accepting people who have at least one season of experience on an organic farm. You must be full of energy and prepared for the hard, physical work.

A willingness to learn and receive guidance is most important, alongside the desire to cultivate personal development through working and communicating with others on a common goal. We wish to work with and support people who are focused and committed to getting the most from this learning opportunity.



If you would like to apply, please answer the following questions being as specific as you can.

- What is your age?
- Where do you live?
- Tell us more about your previous gardening/farming experience?
- What do you hope to gain from the internship?
- What do you think would be your personal area of study and why?
- What other practical skills do you have: computer, car maintenance etc
- What skills or faculties would you like to learn / improve?
- Why choose Good Earth over the other opportunities?
- What do you feel you can bring to the project?
- What do you consider to be your strengths and weaknesses?
- How do you respond to receiving feedback and instruction?
- What kind of learning environment do you thrive in?
- What challenges do you predict and how do you see yourself handling them?
- How do you function working in a team?
- Do you have any experience of communal living?
- Are you OK with living in a 'camping' situation for the summer?
- Can you tell us more about your interest in yoga and meditation?
- Please tell us more about your interest in natural foods and cooking?
- Can you tell us about your future plans?
- Do you have any health issues, dietary requirements or disabilities we should be aware of?
- What would be your start and finish dates?
- Please tell us about any other personal goals/commitments this season, such as a need to earn money elsewhere, etc.
- Are you able to come out for a visit? And if so when?

And do also include a couple of people we can contact for references.



Email your answers to: goodearthcentre@gmail.com

We look forward to hearing from you!

Peace
Amy & Gary

