



Introduction to Community Farming Apprenticeship

Contents

[2022 Curriculum Overview](#)

[Introduction:](#)

[Overview:](#)

[Outreach:](#)

[Impact:](#)

[2022 Schedule](#)

[Introduction to Community Farming Pre/Post-Assessment](#)

[Outcomes:](#)

[2021 Reflection Question Example](#)

[2021 Meal Plans and Notes](#)



This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under agreement number 3002-11032-00085683 through the North Central Region SARE program under project number YENC21-158. USDA is an equal opportunity employer and service provider. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.

2022 Curriculum Overview

Introduction:

The Apprentice will join a team of urban farmers and learn to cultivate fruits and vegetables through sustainable urban agriculture on 12 scattered lots across 1.5 acres in the center of Franklinton. Together, we will sow seeds for community health, enjoyment, resilience, and food security! They will gain experience supporting the social enterprise and food access programs of the Farms through a weekly neighborhood produce delivery program (our version of a CSA), weekly farmers' market, the Franklinton Farmstand at our Learning Garden, and produce donations to local organizations/pantries. Apprentices will be an integral part of our nonprofit's mission, and gain invaluable insight on the operation of an organic urban farm and educational entity. They will have the opportunity to use their creativity, strengths, and interest to support spreading the word about growing, cooking, and sharing food.

Overview:

Dates: May 11th - June 15th

Number of Apprentices: 3-5

Wage: \$10/hr

Schedule: Monday, Tuesday, Wednesday 8:30-12:30

Timeframe: 5 weeks (hours)

Abstract -

This program pays youth to participate in an intensive apprenticeship highlighting the sustainable urban agriculture practices of Franklinton Farms (FF), including hard sustainable agriculture skills in the areas of production, marketing, and distribution. Additionally, the program will be responsive to the needs of teens in our community by integrating soft skills of mindfulness, self-expression, collaboration, professional development, career-readiness and other life skills. The project will culminate in a self-articulated community engagement project or research project in the spring of 2022 at the FF Learning Garden, in their school, or at their home.

Objectives

1. To work with Urban youth to develop life skills (resume building, interview experience, etc.) and to gain job experience.
2. To increase specific skills (technical and soft skills) for Urban Sustainable Ag
3. To introduce youth to ways of growing, managing, and harvesting local produce.
4. To coordinate student-led projects for community outreach/research and allow students to shape FF marketing and community engagement.

Sprout takes place as a program within Franklinton Farms (Farms). The Farms' mission is to grow and share food, create beauty, and build community. A nonprofit urban farm operating in a USDA classified food desert on the near west side of downtown Columbus, Ohio, the Farms is highly motivated by Franklinton's current challenges of generational poverty, substance abuse, property dereliction, and food instability. The Farms' grows year-round on 12 gardens scattered around the neighborhood and distribute food via a neighborhood and nearby Farmers Markets, through an online store/pick up, and through a neighborhood harvest pack delivery program through all four seasons. In addition to food production, the Farms also builds pollinator gardens throughout the year with the help of hundreds of volunteers, supporting an improved ecological system and beautifying a struggling neighborhood. Our programs are built upon an understanding of the challenges facing our neighbors and we are highly motivated by Franklinton's experiences of generational poverty, substance abuse, property dereliction, poor health, and food instability. The organization hosts various education programs including classroom-based, curriculum supportive garden education in local schools; mindfulness and restorative gardening experiences for children and adults in a large Learning Garden (LG); and a Home Victory Gardening program providing raised garden beds, materials, supplies, and support for new gardeners in the neighborhood.

Sustainable Concept and Practices:

Sprout utilizes compost, cover crops, integrated pest management, pollinator habitat development, rain collection, drip irrigation, hand tools, community improvement, permaculture design, mindfulness training, and direct marketing.

Outreach:

We are passionate about connecting with other urban farmers who are growing produce for the sake of their low-income neighborhoods here in Columbus, Ohio. We will leverage our networks such as the Buckeye ISA program (a group of urban growers building home gardens for families with children ages 8 and under who are supported by Ohio State University's InFACT), the Greater Columbus Growing Coalition, the

Franklin Park Conservatory, the Franklin County Local Food Council, the Food Board, and OEFFA to share the experiences of the Sprout Apprenticeship. We consistently share experiences with Highland Youth Garden, a small garden education organization in a nearby neighborhood. It is from their apprenticeship program that we are modeling our own.

We will also work with youth to write or make videos to share via our social media and digital communications platforms such as our website and forthcoming blog. FF has 2,500+ Instagram followers, 5100+ Facebook followers and an email listserv of 1000+ with higher than average open rates.

Impact:

This program provides opportunities for young people to fall in love with growing food, helps them consider farming as a viable professional option, and prioritizes the stewardship of natural resources in their future. Our well-rounded approach cultivates positive foodscape dynamics, increases urban ag awareness and skills, transfers soft skills to youth, and advances food system equity. Not only will this benefit the youth directly, but their insight and experiences will improve FF cultural relevancy. We anticipate 80% of youth will demonstrate increased sustainable agricultural knowledge and/or skills, 75% will demonstrate improved soft skills (self-awareness, punctuality, communication, etc.) We believe this program and our public sharing of lessons learned, will improve overall urban ag opportunities in Columbus, Ohio.

We will use pre/post-self-evaluation forms of apprentices, interviews with participants and supervisors, and supervisor reflections and evaluations to document their changes in agricultural knowledge, belief in themselves, workforce behaviors, and soft skill development throughout the grant period/apprenticeship. This will help us continually strive to improve this program.

2022 Schedule

Date	What are we doing?	Who are we with?
Week 1: Monday, May 16th	Working with the Vegetable Team	Morgan
Week 1: Tuesday, May 17th	Paperwork and Learning Garden Plant Identification	Rachel and Brett
Week 1: Wednesday, May 18th	Working with the Vegetable Team	Brett and Michelle
Week 2: Monday May 23rd	Conflict Class (9-10am) and Working with the Farming Staff	Morgan and Michelle
Week 2: Tuesday May 24th	Franklinton Cycle Works and Bike Tour	Teddy and Rachel
Week 2: Wednesday May 25th	Working with the Vegetable Team	Brett and Michelle
Week 3: Monday, May 30th	Working with the Vegetable Team	Morgan and Michelle
Week 3: Tuesday, May 31st	Career Readiness and Resume Building	Rachel and Brett
Week 3: Wednesday, June 1st	Working with the Vegetable Team	Brett and Michelle
Week 4: Monday, June 6th	Working with the Vegetable Team	Morgan and Michelle
Week 4: Tuesday, June 7th	Working in the Learning Garden	Rachel and Brett
Week 4: Wednesday, June 8th	Working with the Vegetable Team	Brett and Michelle

Week 5: Monday, June 13th	Working with the Vegetable Team	Morgan and Michelle
Week 5: Tuesday, June 14th	Touring Stratford Ecological Center (Secret)	Rachel and Brett
Week 5: Wednesday, June 15th	Working with the Vegetable Team	Brett and Michelle

Monday and Wednesday Schedule Overview

Mondays // Wednesdays

8:30am Picked up by Brett or Morgan from Franklinton Prep Highschool.

9:00am-11:45am Work with Veg Team (production -- propagation, transplanting, thinning, harvesting, washing, packing, direct-to-consumer distribution; integrated pest management (IPM), composting)

11:45-12:30 Lunch and closing out activity

Weekly Schedule Overview

Week One

Monday:

8:30 pick up at FPHS

9:00 Morning Mindfulness

9:30 Connect with Veg Team (Pea Picking and Spinach Clearing)

11:00 Start Cooking Lunch/ Eating (Pizza)

12:00 Clean up/ Closing Circle

12:30 Students back at FPHS

Tuesday:

8:30 Pick up

9:00am-10:30am Meeting with Brett, Rachel and Teddy to complete work related paperwork and pre-assessments.

10:30am-11:45am Learning garden tour, plant ID practice, and general maintenance.

11:45am-12:30pm Lunch, (Squash Burritos)

Wednesday:

8:30 pick up at FPHS
9:00 Morning Mindfulness
9:30 Connect with Veg Team
11:00 Start Cooking Lunch/ Eating: Burritos
12:00 Clean up/ Closing Circle
12:30 Students back at FPHS

Week Two**Monday:**

8:30 pick up at FPHS
9:00 Conflict Class with Becca
11:00 Start Cooking Lunch/ Eating: Sandwich bar
12:00 Clean up/ Closing Circle
12:30 Students back at FPHS

Tuesday:

8:30 Pick up
9:00am-11:45am Meeting with Teddy and Brett before heading to Franklinton Bicycle Works for a bike tour. While on bike tour students are engaging in plant identification scavenger hunt in the city.
9:30am - arrive at Franklinton Cycle works for shop tour
10:00am- Bicycle maintenance and repair class, possibly a more in depth bike building class if the Apprentices are into it
11:00am Bike tour with Teddy
11:45 Start Lunches/ Eating: Pasta, making pasta sauce
12:00 Clean up/ Closing Circle
12:30 Students back at FPHS

**tour did not work out so they did a scavenger hunt for

Wednesday:

8:30 pick up at FPHS
9:00 Morning Mindfulness
9:30 Connect with Veg Team
11:00 Start Cooking Lunch/ Eating:
12:00 Clean up/ Closing Circle

12:30 Students back at FPHS

Week Three

Monday:

8:30 pick up at FPHS

9:00 Morning Mindfulness

9:30 Connect with Veg Team

11:00 Start Cooking Lunch/ Eating (Pizza)

12:00 Clean up/ Closing Circle

12:30 Students back at FPHS

Tuesday:

8:30 Pick up

9:00am-11:00am Resume Building at the Columbus Metropolitan Library: Hilltop Branch

11:00 Start Cooking Lunch (MEAL)

12:00 Clean Up/ Closing Circle

12:30 Students back at FPHS

Wednesday:

8:30 pick up at FPHS

9:00 Morning Mindfulness

9:30 Connect with Veg Team

11:00 Start Cooking Lunch/ Eating (Sweet Potato Burgers)

12:00 Clean up/ Closing Circle

12:30 Students back at FPHS

Week Four

Monday:

8:30 pick up at FPHS

9:00 Morning Mindfulness

9:30 Connect with Veg Team

11:00 Start Cooking Lunch/ Eating (MEAL)

12:00 Clean up/ Closing Circle

12:30 Students back at FPHS

Tuesday:

8:30 Pick up

9:00am-11:00am Learning Garden Studies, Medicine Making with Herbs, Sun Infusions

11:00 Start Cooking Lunch (MEAL)

12:00 Clean Up/ Closing Circle

12:30 Students back at FPHS

Wednesday:

8:30 pick up at FPHS

9:00 Morning Mindfulness

9:30 Connect with Veg Team

11:00 Start Cooking Lunch/ Eating (MEAL)

12:00 Clean up/ Closing Circle

12:30 Students back at FPHS

Week Five

Monday:

8:30 pick up at FPHS

9:00 Morning Mindfulness

9:30 Connect with Veg Team

11:00 Start Cooking Lunch/ Eating (MEAL)

12:00 Clean up/ Closing Circle

12:30 Students back at FPHS

Tuesday:

8:30 Pick up

9:00am-11:00am Touring and shadowing with Jeff and Emily at Stratford ecological center.

11:00 Celebration Lunch at Blue and Fig

12:00 Clean Up/ Closing Circle

12:30 Students back at FPHS

Wednesday:

8:30 pick up at FPHS
9:00 Morning Mindfulness
9:30 Connect with Veg Team
11:00 Start Cooking Lunch/ Eating (MEAL)
12:00 Clean up/ Closing Circle
12:30 Students back at FPHS

Introduction to Community Farming Pre/Post-Assessment

First Name: _____

Last Name: _____

Pronouns: _____

Age: _____

Address: _____

Race/Ethnicity: _____

Gender: _____

Directions:

For the following questions, circle the number that best describes your experience. Answers may range from:

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5

Feel free to write more for each answer. However, this is not required.

1. I know how to grow my own food.

1	2	3	4	5
---	---	---	---	---

Additional thoughts: _____

2. I am confident in writing a resume for job applications.

1	2	3	4	5
---	---	---	---	---

Additional thoughts: _____

3. I understand how different seasons affect plant growth.

1	2	3	4	5
---	---	---	---	---

Additional thoughts: _____

4. I have a basic understanding of how a greenhouse works

1	2	3	4	5
---	---	---	---	---

Additional thoughts: _____

5. I know how to prepare and cook vegetables .

1	2	3	4	5
---	---	---	---	---

Additional thoughts: _____

6. I feel confident I could speak about myself as a good candidate in a job interview.

1	2	3	4	5
---	---	---	---	---

Additional thoughts: _____

7. I like eating vegetables.

1	2	3	4	5
---	---	---	---	---

Additional thoughts: _____

8. I can identify different plants and I know what is edible.

1	2	3	4	5
---	---	---	---	---

Additional thoughts: _____

9. I could care for a garden if asked

1	2	3	4	5
---	---	---	---	---

Additional thoughts: _____

10. I am confident in my ability to grow food.

1	2	3	4	5
---	---	---	---	---

Additional thoughts: _____

11. I feel supported in my life.

1	2	3	4	5
---	---	---	---	---

Additional thoughts: _____

12. I have strong interview skills that would allow me to feel confident in an interview.

1	2	3	4	5
---	---	---	---	---

Additional thoughts: _____

13. I eat Vegetables

Never	Once a week	Several times a week	A whole bunch
-------	-------------	----------------------	---------------

Additional thoughts: _____

14. I eat a lot of healthy foods.

1	2	3	4	5
---	---	---	---	---

Additional thoughts: _____

15. When I disagree with someone, I know how to handle the situation in a peaceful way".

1	2	3	4	5
---	---	---	---	---

Additional thoughts: _____

16. I am confident in my ability to make healthy meals.

1	2	3	4	5
---	---	---	---	---

Additional thoughts: _____

17. I understand what plants need to grow.

1	2	3	4	5
---	---	---	---	---

Additional thoughts: _____

18. I would feel comfortable trying a new fruit or vegetable.

1	2	3	4	5
---	---	---	---	---

Additional thoughts: _____

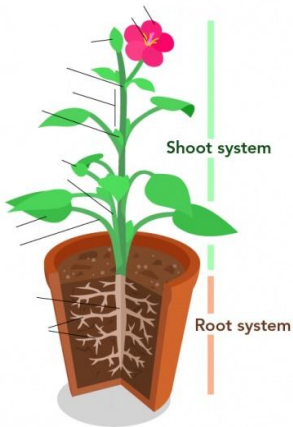
19. I can communicate my feelings to others.

1	2	3	4	5
---	---	---	---	---

Additional thoughts: _____

20. How would you define sustainable agriculture?

21. Identify as many different parts of this plant as you can.



Is there anything else you think we should know:

Outcomes:

Connection to Food (F)

- 1F. I have an understanding of how to grow my own food.
- 5F. I am confident in my ability to grow food.
- 9F. I know the nutritional value the food I eat has.
- 13F. I am content with my current nutritional intake.
- 18F. I am confident in my ability to make nutritional meals.

Connection to Others (O)

- 2O. I feel connected to those in this group.
- 6O. I have people in my life who support me.
- 10O. I feel connected to the neighborhood of Franklinton.
- 14O. I feel connected to the city of Columbus.
- 17O. I care about plants and animals.
- 20O. I care about other human beings.

Emotional Connection (E)

- 3E. I know what emotions I am feeling on a daily basis.
- 7E. I know how to express my emotions in a positive way.
- 11E. I can communicate what I am feeling to others.
- 15E. I know how to control my emotions.

Independent Living Skills (IL)

- 4IL. I am confident in writing a resume to send to potential employers.
- 8IL. I have strong interview skills that would allow me to feel confident in an interview.
- 12IL. I can budget my money in order to pay for all my expenses on a monthly basis.
- 16IL. The work I do to earn money is fulfilling and enjoyable for me.
- 19IL. I can arrive on time to work for every shift I am scheduled.

Question Order

- 1F. I have an understanding of how to grow my own food.
- 2O. I feel connected to those in this group.
- 3E. I know what emotions I am feeling on a daily basis.
- 4IL. I am confident in writing a resume to send to potential employers.
- 5F. I am confident in my ability to grow food.
- 6O. I have people in my life who support me.
- 7E. I know how to express my emotions in a positive way.
- 8IL. I have strong interview skills that would allow me to feel confident in an interview.
- 9F. I know the nutritional value the food I eat has.
- 10O. I feel connected to the neighborhood of Franklinton.
- 11E. I can communicate what I am feeling to others.

- 12IL. I can budget my money in order to pay for all my expenses on a monthly basis.
- 13F. I am content with my current nutritional intake.
- 14O. I feel connected to the city of Columbus.
- 15E. I know how to control my emotions.
- 16IL. The work I do to earn money is fulfilling and enjoyable for me.
- 17O. I care about plants and animals.
- 18F. I am confident in my ability to make nutritional meals.
- 19IL. I can arrive on time to work for every shift I am scheduled.
- 20O. I care about other human beings.

Increase understanding of gardening/farming/environmental stewardship (70%)

22. I have an understanding of how to grow my own food.
23. I have a basic understanding of how a greenhouse works.
24. I could care for a garden if asked.

Demonstrate improvement in skills for growing food (80%)

25. I am confident in my ability to grow food.
26. I understand what plants need to grow.
27. I am able to identify different plants and know what is edible.

Demonstrate increased affinity for eating fruits and vegetables (80%)

28. I enjoy eating vegetables.
29. I would feel comfortable trying a new fruit or vegetable.

Demonstrate increased capacity to prepare fresh foods (80%)

30. I know how to prepare and cook vegetables .
31. I am confident in my ability to make nutritional meals.
32. I am content with my current nutritional intake.

Demonstrate increased capacity to practice mindfulness and/or reflection (75%)

33. I can communicate my feelings to others.
34. I handle conflict well.
35. I feel supported in my life.

Demonstrate increased workforce readiness skills (80%)

36. I am confident in writing a resume to send to potential employers.
37. I have strong interview skills that would allow me to feel confident in an interview.
38. I feel confident I could speak about myself and represent myself as a good candidate to hire.

Demonstrate improvement in STEM areas, with a strong focus on Science (60%)

39. I can identify the different parts of a plant (have a picture of a plant that they can label the parts of.)
40. I understand how different seasons affect plant growth.
41. Define sustainable agriculture?

2021 Reflection Question Example

(please return on Tuesday 10/5)

Name: _____

Week One Reflection Questions:

What is something you learned this week?

Define urban agriculture.

What has been interesting to you this week?

What has been challenging for you this week?

What beauty have you witnessed?

What is something you learned at the Hispanic Heritage Lunch?

What ideas do you have for lunches you would like to make during our time together? Anything you've never tried to make before that you're curious about?

2021 Meal Plans and Notes

WEEK ONE				
	Meal	Ingredients	Costs?	Notes
Tuesday	Lentils//Rice//Veggie Bowls	Lentils, Rice, Chard, Tomatoes, Peppers, Basil		Moderately enjoyed
Wednesday	Quesadillas	Beans, Rice, Homemade Corn Tortillas, Tomatoes, Onions, Guacamole (Avocado, Garlic), Cilantro, Jalapenos, Cheese		Big hit!
Thursday	At FPHS -- Hispanic Heritage Day Buffet			Review reflection responses

WEEK TWO				
Tuesday	Taco // Quesadilla Tuesdays	Beans, Rice, Homemade Corn Tortillas, Tomatoes, Onions, Guacamole (Avocado, Garlic), Cilantro, Jalapenos, Cheese		By popular demand!
Wednesday	BYO Sandwiches	Bread, tomatoes, lettuce/spinach, cheese, mustard, mayonnaise, lunch meat; homemade pickles		
Thursday	Pizza!	Dough, Cheese, Roasted Veggies (Sweet Potatoes, Carrots, Chard, Peppers, Tomatoes); Sauce (Basil, Oregano, Thyme)		Group Inquiry: What do we want to make for meals next week??
WEEK THREE				
Tuesday	BYO Sandwiches	Bread, tomatoes, lettuce/spinach, cheese, mustard, mayonnaise, lunch meat; homemade pickles, saurkraut		
Wednesday	Hot Dogs	Dough, Cheese, Roasted Veggies (Sweet Potatoes, Carrots, Chard, Peppers, Tomatoes); Sauce (Basil, Oregano, Thyme)		Group Inquiry: What do we want to make for meals next week??

Thursday	10/14 Apprentice Day Off			
WEEK FOUR				
Tuesday	BYO Sandwiches + Salad	Bread, tomatoes, lettuce/spinach, cheese, mustard, mayonnaise, lunch meat; homemade pickles, saurkraut		positive feedback on the salad
Wednesday	Sweet Potato Burgers			Big Hit!
Thursday	Carrot Slaw (+ Sandwiches)			
WEEK FIVE				
Tuesday	BYO Sandwiches + Salad	Bread, tomatoes, lettuce/spinach, cheese, mustard, mayonnaise, lunch meat; homemade pickles, saurkraut		
Wednesday	Kale Chips and Quesadillas			Group Inquiry: What do we want to make for meals next week??
Thursday	Red Door BBQ			
WEEK SIX				
Tuesday	Simple Carrot // Leek Soup (+Sandwiches)	Carrots, Leeks, Celeriac, Herbs, Creme Fraiche,		

Wednesday	Roasted Vegetable Soup + bagels	Roasted Squash, Lentils & Rice, Greens, Peppers, Tomatoes, Roasted Radish?		
Thursday	Apprentice Choice (picnic)			
WEEK SEVEN				
Tuesday	Winter Squash Soup + Sandwiches	Winter Squash, Onion, Apple, Carrot, Cream/Oat Milk		
Wednesday	Apprentices Off			
Thursday	Burritos	Lentils, Beans, Cheese, Salsa Fresca (Tomatoes, Peppers, Garlic, etc.) Greens, Guacamole, Creme Fraiche,		
WEEK EIGHT				
Tuesday	TBD			
Wednesday	Pancakes	Pancake Mix, Eggs, Bacon, Carrots, Apples, etc.		
Thursday	Apprentices Cook for Team Lunch (BYO Taco bar)			