**Internship Host Descriptions**

**Prairie Heritage Farm**

**Conrad, Montana**

***“A diversified organic farm in central Montana…where the mountains meet the prairie. Loyal to local.”***

**Overview of Organization:**

Prairie Heritage Farm seeks to honor the heritage of the native prairie, Montana’s agriculture, and natural diversity of both animal breeds and plant varieties. The farm is run and managed by the husband-and-wife team of Jacob and Courtney Cowgill, two native Montanans returning to their central Montana roots. Currently (summer 2009) the farm consists of 15 acres of field crops (wheat varieties and lentils), ¾ acre of vegetable production, 5-acre turkey pasture catering to 86 heritage turkeys.

**Possible Intern Projects at Prairie Heritage Farm:**

If you intern at Prairie Heritage Farm, you will be expected to help out with the basic production tasks on the farm and will also be leading a “special project” that will be determined based upon your expressed interest. Some possibilities for such special projects include:

* New crop production
* Marketing (vegetable CSA, small grain CSA, Thanksgiving (turkey) CSA, Farmers Market)
* Irrigation - rainwater harvesting project?
* Monitor progress of experimental grains
* Many other possibilities – you name it!

**Internship Logistics:**

Room and Board: rentals available in town of Conrad

Stipend: not available through Prairie Heritage Farm

Minimum Age Requirement: none

Other Requirements: Non-smoking, required on-site safety training on farm equipment, could bring dog – but must get along with Lydia, queen canine on the farm.

**Contact Information:**

Name: Jacob and Courtney Cowgill

Phone: (406) 696-1261

Email: [jacobmontana@yahoo.com](mailto:jacobmontana@yahoo.com)

Website: [www.PrairieHeritageFarm.com](http://www.PrairieHeritageFarm.com)

Address: PO Box 914  
Conrad, MT 59425

**Purple Frog Gardens**

**Whitefish, Montana**

***“Growing food is what you’ll do, growing community is what you’ll learn, growing yourself is what is unleashed.”***

**-Pam Gerwe, Purple Frog Gardens**

**Overview of Organization:**

Purple Frog Gardens is a small sustainable market farm, located in Whitefish, Montana. The garden sells at farmer’s markets as well as to local grocers and restaurants. They raise about 400 laying hens and compost leaves and grass clippings from many sources in their area. One of the annual highlights at Purple Frog Gardens is “Salsa Day” which takes place on the Sunday after Labor Day. They grow and gather all of the salsa fixings and over 200 people come to chop, mix, dance, eat and socialize.

**Possible Intern Projects at Purple Frog Gardens:**

If you intern at Purple Frog Gardens, you are expected to work on the farm for 15 hours/week in exchange for room and board. However, your experience will be customized to create an internship that is personalized to your interests. Some ideas for projects include:

* Organize volunteer days at Purple Frog Gardens
* Work with youth education project, such as a local summer theater camp promoting local foods
* Explore Food storage/preservation projects
* Help to transform the fledgling orchard into an orchard of opulence
* Work on a bee project
* Be a communications guru to get the word out to media on projects at Purple Frog Gardens or about other local food projects
* Gain experience on agriculture communications and economic development issues while working on a legislative campaign
* Help to initiate a small scale grain production project at Purple Frog Gardens
* Develop an on-site sustainable chicken food program at Purple Frog Gardens
* Work with local non-profits, Farmhands or Nourishing the Flathead on local food efforts/projects.

**Internship Logistics:**

Room and Board:

For 15 hours of work per week, interns at Purple Frog Gardens will receive room and board. Accommodations consist of a private cabin and communal kitchen.

Stipend:

There is no stipend available over and above room and board.

Minimum Age Requirement:

Interns must be 21 years of age or older.

Preferred Length of Internship:

Would like interns to be onsite for 8-10 weeks.

Other Requirements:

Interns are required to attend weekly meetings. Purple Frog Gardens is non-smoking throughout the whole farm.

**Contact Information:**

Name: Pam Gerwe

Phone: (406) 862-0621

Email: [pandora@cyberport.net](mailto:pandora@cyberport.net)

Address: 170 Blanchard Lake Drive

Whitefish, Montana 59937

**Vilicus Farm**

**Havre, Montana**

***“Quote”***

**Overview of Organization:**

Vilicus Farm…

**Possible Intern Projects at Prairie Heritage Farm:**

If you intern at Vilicus Farm, … Some possibilities for projects include:

* Research on manure as a fertility source in an organic dryland rotation
* Investigate the Vilicus Farm “Energy Budget” - what are the total energy inputs/outputs.
* Comparison of productivity in an organic vs. non-organic dryland cropping system
* Develop a comprehensive list of soil quality indicators and then conduct a soil mapping study - beyond N,P,K.
* Project: Is “no-till” really the best? Compare no-till to alternate methods including rotation, crop diversification and carefully timed tillage.
* Compare certain soil quality parameters in a system that is new to organic vs. a well-established organic operation.
* How to make oilseed production for fuel “worth it” financially.
* Research biobased options for grease and hydraulic oil
* What is needed to transition farm equipment to biolubricants
* Investigate cover-crop “cocktail” mixes
* Develop a checklist for farmers to measure ecological principles on the farm.
* Design/build sustainable living quarters on farm

**Internship Logistics:**

Room and Board:

Stipend: not available through Vilicus Farm

Minimum Age Requirement: none

Other Requirements: Non-smoking, required on-site safety training on farm equipment

**Contact Information:**

Name: Doug Crabtree and Anna Jones-Crabtree

Phone: (406)

Email:

Website:

Address:

**B-Bar Ranch**

**Big Timber, Montana**

**Quote:**

*“We want to be a good model for what we think the world should be – sustainable – and we want students to understand the great potential in small scale agriculture.”*

**Overview of Organization:**

B-Bar Ranch is an organic sustainable beef operation that markets primarily in the state of MT. The cattle ranch focuses on the preservation and protection of the White Park Cattle Breed. [More here]

**Possible Intern Projects at B-Bar Ranch:**

If you intern at B-Bar Ranch, you are expected to serve as an assistant rancher, helping with the sorting of cattle and taking the cattle to market.

* Workload is somewhat weather dependent, and varies by the seasons.
  + Spring – Fencing, tagging, moving cows, prep irrigation, calving in June
  + Fall – Harvest of hay, barley, rye, and peas,work cow herd, vaccinate cattle
  + Winter – Feeding cattle, fencing, planning and budgeting

Additional projects for interns may include:

* Nutrition Profiles of Beef
* Marketing
* GIS Mapping

**Internship Logistics:**

* Room and Board: Not available. Commuting may be the best option for interns.
* Stipend: Not available at this time through B-Bar Ranch, but you are allowed a part-time job outside of internship if desired
* Minimum Age Requirement:
* Preferred Length of Internship:
* Other Requirements: Must bring gloves and warm clothes that you don’t mind getting muddy

**Contact Information:**

* Name: Wes Henthorne
* Phone: (406) 932-4197 or (406) 930-4197 (cell)
* Email: wes@bbarbt.com
* Address: 1273 Otter Creek Rd. Big Timber, MT 59011

**Farms for Families (FFF)**

**Livingston, MT**

“Local food for local people.”

**Overview of Organization:** Farms for Families is a nonprofit organization dedicated to promoting the consumption of locally-grown food, preserving farmland in urban growth areas, and providing resources and training for farmers interested in market gardening. The farm produces over 60,000 pounds of vegetables and 2,000 pounds of chickens annually. Farms for Families has established a number of projects related to local-food including the Incubator Farm Program, the Park County Community Food Assessment, Edible Schoolyards, and the Community Kitchen.

**Possible Intern Projects at Farms for Families:** If you intern at FFF, you will be expected to help out with general farm labor duties, as well as additional projects suited to your interests and dependent upon the season.

* Production: April through Oct. Assist with greenhouse work/seeding in the spring, cultivation in the summer, and harvest in the fall. Could also work with a specific incubator client and help the client with their unique growing needs.
* Food System Non-profit Management: January through March. Primary focus would be on grant writing and fundraising. Also gain knowledge of how a non-profit organization operates by observing and participating in board meetings, strategic planning, marketing, and business plan development. Update organizational brochures and the website.
* Community outreach and advocacy work at the Food Bank, Farmers Market, and area restaurants. May include cooking and nutrition classes for lower income audiences.
* Farm Based Research: Set up and conduct a research project based on the knowledge needs of the farm.

**Internship Logistics:**

* Room and Board: [Maybe in a bus]
* Stipend: Grant dependent.
* Minimum Age Requirement: None
* Preferred Length of Internship: Not specified
* Other Requirements: Must be able to lift 50 pounds and have a personal vehicle.

**Contact Information:**

* Name: Mark Rehder
* Phone: (406) 222-0201
* Email: info@farmsforfamilies.org
* Address: 315 S. 8th St. Livingston, MT 59047

**Alternative Energy Resources Organization (AERO)**

**Quote:**

**Overview of Organization:** AERO is a grassroots nonprofit organization dedicated to promoting individual and community self reliance through programs that support sustainable agriculture, renewable energy, and environmental quality. Examples of AERO projects include the Buy Fresh, Buy Local campaign, publication of the Abundant Montana directory, and Farm and Ranch tours throughout the state. AERO is also a partner in the Grow Montana policy coalition.

**Possible Intern Projects at AERO:** As an intern with AERO, you will become familiar with how a non-profit organization operates. In addition, you will be working on a specific project designed to develop and enhance your leadership skills. Examples include:

* Fund development: Help with grant writing and fundraising.
* Annual board meeting organization
* Work with one of AERO’s many collaborative partners such as GrowMT or NCAT (National Center for Appropriate Technology)
* Assist with Farm Tours
* Write a press release
* Participate as a staff member – attend staff meetings, task force meetings, other meetings related to intern’s specific project.

**Internship Logistics:**

* Room and Board: Housing can be arranged with a member of AERO. Meals are not included.
* Stipend: AERO will pay work-study for students who qualify
* Minimum Age Requirement: None
* Preferred Length of Internship: 16 days
* Other Requirements: Personal laptop/computer is preferred, but not required.

**Contact Information:**

* Name: Jonda Crosby
* Phone: (406) 443-7272
* Email: aero@aeromt.org
* Address: 423 Last Chance Gulch, Helena, MT 59601

**Department of Agriculture**

**Helena, MT**

**Quote: “To protect producers and consumers, and to enhance and develop agriculture and allied industries.”**

**Overview of Organization:** The Montana Department of Agriculture is the state agency responsible for more than 30 programs related to farming, ranching, food entrepreneurship, consumers, the environment, and agricultural business marketing and practices in Montana.

**Possible Intern Projects at the MT Department of Agriculture:** As an intern with the MT Department of Agriculture, you will gain knowledge and experience of state government practices and protocol. You will also work on a specific project that will be determined based upon your expressed interest. Possible projects include:

* Background research on a topic of interest – Research the current laws pertaining to this topic, discover what other states are doing in terms of regulation, and provide a cohesive summary of the topic to serve as a reference for department employees.
* Facilitation – Organize and lead group discussions regarding food system issues.
* Marketing projects – Work with the Farmers Market Association. Gain exposure to electronic benefits transfer (EBT) systems and issues facing local farmers markets.
* Observe and participate in weekly marketing division staff meetingsas well as GTA grant presentations, the Ag. Development Council, and collaborative meetings involving the Montana Food Security Council and other agencies.
* Legislation – If you are interested in policy work, you may have the option to intern during the state legislative session.
* Propose your own project. Student proposed projects are welcome and encouraged.

**Internship Logistics:**

* Room and Board: Responsibility of intern.
* Stipend: Possibly
* Other Requirements: Must be able to lift 50 lbs

**Contact Information:**

* Name: Nancy Matheson or Perri Walborn
* Phone: (406) 444-2402
* Email: [nmatheson@mt.gov](mailto:nmatheson@mt.gov) or [PWalborn@mt.gov](mailto:PWalborn@mt.gov)
* Address: 303 N. Roberts Helena, MT 59601

**Mission Mountain Food Enterprise Center (MMFEC)**

**Ronan, MT**

**“Taking the recipe to reality.”**

**Overview of Organization:** Mission Mountain Food Enterprise Center (MMFEC) is a full-scale, shared use, food processing facility that is utilized by many emerging food businesses. The goal of the MMFEC is to keep agricultural food dollars in Montana, and to achieve this goal, MMFEC provides the infrastructure for specialty food entrepreneurs and value added agricultural producers using grown-in-Montana products. The facility consists of a commercial kitchen, production room, dry fill room, packaging room, harvest wash area, USDA meat room, cooler freezers, lab and test equipment, milling room, and warehouse for dry and perishable agricultural goods.

**Possible Intern Projects at MMFEC:** If you intern at MMFEC, you will experience key phases of food business development, with a focus on local food and local food systems. You will be partnered with clients who use the MMFC, and you will learn critical steps/components of developing a food business. Additionally, you will work on a unique project suited to meet your individual interests and goals such as:

* Development work: Act as an assistant/liaison to a food business client. Learn the stages of development that a new food business must take in order to be successful.
* Regulatory project: Write a HACCP plan for a food business client. Learn what a HACCP plan is, why a HACCP plan is necessary, and how the plan is implemented.
* Processing project: Help an incubator client run through production of their food product
* Business plan project
* Create a Label project: Use your creativity to create a new label for a food business client. Learn about food label regulations.
* Farm to Cafeteria project: Help MMFEC develop their own product lines for the Farm to Cafeteria program.
* Activities/Events coordinator: Help MMFEC develop and strengthen community connections through the planning and coordinating of community-wide events.
* Specific Client Projects: Content will vary depending on client. For example, you may work with the Western MT Growers Co-op, assisting the Co-op with the development of a product to be processed at MMFEC and included in their CSA share boxes.

**Internship Logistics:**

* Room and Board: No
* Stipend: Possible grant-funded stipend totaling an estimated $1000
* Minimum Age Requirement: None
* Preferred Length of Internship: Not specified
* Other Requirements: Must be able to lift 50 lbs and have your own vehicle.

**Contact Information:**

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* Phone: (406) 676-5901
* Email: jt@ronan.net
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