



## The Four Month Internship – An overview

The internship offered at Les Jardins Carya (LJC) is a primarily educational and hands-on learning opportunity offered Firstly, through the McGill Internship Office as a practical component of an Agriculturally (or similarly)-focused curriculum, and Secondly, as a learning opportunity for aspiring farmers already finished with schooling, in need of a first look at how a small-scale organic farm works.

The intern will join the team 5 days a week, Tuesday to Saturday with the following schedule:

Tuesday: 7am – 5pm – Harvest day  
Wednesday: 8am – 5pm – Basket delivery, Farm stand and Ile Perrot Market day, Field Work  
Thursday: 8am – 5pm – Field work, Store delivery  
Friday: 7am – 5pm – Harvest day  
Saturday: 8am – 3pm – Ste-Anne Market day

### Expectations, Responsibilities, Tasks

#### LJC Intern must have's:

- Punctuality, showing up 10 minutes before the start of the day to get changed (rain gear, boots etc.) and get in the right frame of mind to begin the daily tasks
- Asking lots of questions and understanding what is expected of the task, why we are doing what we're doing, the bigger picture, details
- Ability and willingness to accept and provide feedback
- Strong interest in marketing local food to a growing client base
- Reviewing and understanding our planting, seeding and harvest schedules weekly
- Self-teaching / at-home reading – complementary reading to the practical learning acquired at the farm
- Honesty - if you make a mistake, no matter how big or how small you think it may be, let us know, because we may know how to remedy it, and we can all learn how to troubleshoot problems together
- Speaking your mind and maintaining open lines of communication at all times
- Completing farm tasks promptly, keeping up with the team's pace, and understanding the time-sensitivity of tasks

- Be a great observer – look around at how everyone is doing what you’re doing, because there are many ways to become more comfortable and better at doing something
- Be comfortable working both independently and working alongside a motivated team
- Coming to work with a positive attitude, and a willingness to absorb as much as you can in 4 months
- Interest in marketing local food
- Bilingualism an asset

### What we expect you to learn and what we will teach:

- Handling and caring for hand-held cultivating tools
  - Harvesting, packaging and marketing strategies of 35 different vegetables
  - CSA management strategies and organization
  - Greenhouse/High tunnel cell-tray seeding and schedule overview
  - Greenhouse/High tunnel early, mid-season crop management strategies
  - Field - vegetable seeding planting bed preparation
  - Protecting crops from pests, insects
  - Weed management techniques
  - Irrigation techniques
  - Seeding demonstration – how to direct seed certain field crops
  - Sunflower and microgreen growing – seed to market
  - Field transplanting, fertilizing techniques
  - Tractor demonstration – how to operate, maintain, and attach/remove implements
- Extra:
- Knowledge and equipment sharing with 3 neighboring, varied scale farms
  - Visits to 2 other farms – dates vary year-to-year

### LJCs commitment towards interns:

- Providing an honest, clean, organized, safe, and exciting work environment
- Weekly field walks, to get a farmer’s view of what needs to be done, priorities, and thought processes
- Open-mindedness, we are always looking for new and more efficient ways of accomplishing a task, we are always learning
- Providing a well-rounded introduction to organic vegetable farming
- Providing the physical and knowledge base for a self-run project (must be approved by LJC)