

## Medicinal Herb 2024 Internships

We are a farm and learning center that runs a 60+ member Fresh Herb CSA in the growing season and Dry Winter CSA in the off-season. We offer classes on herbalism, foraging, and wildcrafting and host many retreat groups, school classes and volunteer organizations. We are seeking interns who are interested in becoming part of the seasonal dance we engage in, who are interested in learning from the plants and people here and who are willing to give of their knowledge and skills.

We offer two 4 month internship sessions with 5 open positions per session. Interns work on the farm two to three days per week. Some days are Field or Apothecary Days (Wednesdays and Fridays) and some days are Harvest Days and CSA Days (1st Fridays and 3rd Fridays during the CSA season).

### **What Past Interns Have Said:**

I desperately wanted a shift in pace and perspective. I was tired, bone tired. What kept me sane was finding solace in nature and plants, but I wanted more than just a nature walk in Brooklyn. I wanted all in! After speaking with Lacey, I knew that spending time on the farm was the shift I needed. So, I figured out how to make it work while balancing 2 jobs, which was TOTALLY worth it...Throughout the internship, I've thought deeply about my ancestral connection to the land. This wasn't my initial intent, but it's definitely the theme that manifested itself weekly. As the world continued to feel chaotic, my days at the farm kept me grounded. It gave me the space to think about what it means to reclaim my collective right to belong to the earth as a Black and Asian woman and regain a lost kinship with the plants around me. This has been a trying year, but through all of the pain and aches in 2020, plants have gifted me healing and remembrance. - Julianka

The internship at Foxhaven inspired me, challenged me, and taught me so much! It greatly influences the herbalist and human being I am today. With the skills and experience I gained at the Fox Haven internship, I now spend a lot of my time making medicine and herbal goods for my family & community, which brings me much joy and hopefully spreads joy out into the world too! My day job is farming and a lot of the skills and ideas I gained from the internship are integral to my work and extracurriculars/side hustles! - Rhiannon

I encourage future interns and CSA participants to be curious and ask questions. I believe you will find an abundance of wealth if you let yourself dig in the garden and be curious about what is there for you. Digging is actually part of the internship, literally and figuratively. Digging is messy, but I've uncovered a lot of treasure in this garden. I am feeling enriched with the wealth of experiences with other people and the tasks that have revealed to me my own capacities and preferences. I now leave the internship with full arms and heart. It will be a joy to polish some of these gems that I uncovered and an honor to return the treasure back to the garden to nourish others. - Natalie

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### **Spring Interns - March 15th through July 26th**

Things we'll do in the field: Harvest winter roots and spring/summer plants, seed starting, hardening off, transplanting, Spring garden prep and summer garden feeding, orchard tending and pruning

Things we'll do in the apothecary: Tea tasting to hone organoleptic skills, early spring foraging and recipe testing/building, Proper drying, garbling, record keeping and storage of herbs. In CSA class you'll learn tincturing, vinegar extraction, salve making and soda making.

Field and Apothecary Days: Wednesday and Friday 9am - 2pm each week (shifting to 8am-1pm in the hot months of June and July or as the group decides we are ready)

*A half hour lunch break will be built into the day*

*Harvest Days: May 3rd, May 17th, May 31st, June 14th, July 5th, July 19th*

Absences and Vacations: We ask that if you'll be taking vacations or planned days off during the internship that you give us advanced notice and schedule some makeup hours. These can be days you stay late on a Wednesday or Friday or coming different days of the week.

Please do not schedule things for the Harvest Days listed above.

We totally understand that things happen and sometimes absence for unscheduled reasons occurs. If you need to call out (letting us know less than 24 hours before) twice in a month we'll ask you to step back into the role of volunteering instead of interning. Stepping back into a volunteer role is always an option if your life changes or you feel the

need. You'll always be welcome, we just won't hold each other to a specific schedule or exchange once you step out of the internship role.

Full Moon and New Moon days: As a way to mark our time together we'll observe Full and New Moons each month. On the Full Moon I invite you to bring a treat to share and we'll also share kudos by congratulating each other on things we've noticed people accomplishing or things we feel proud of ourselves. On New Moons I'll send out journal prompts and encourage introspection about what has challenged you this month. This is also a designated time to offer feedback on things that could use improvement or change.

Interns are present for **all** harvest days and choose one or more class location per month to attend

Spring Interns will have access to:

- 4 months of in-field training, hands on practice and experience with herbs including planting, caring for, harvesting and processing plants as well as opportunities for communing with plants and herb people
- [Fresh Herb CSA](#) share from April to July with access to study guides, a two hour CSA class and four bundles of fresh herbs per month
- Organoleptic tea tasting sessions and mentoring on how to facilitate them
- Herbal harvests and take-homes outside of the CSA share when available
- 20% off of dried herbs purchased
- Access in perpetuity to the Winter Study sessions that run weekly in January and February. These are winter gatherings for all former interns to dive deep into energetics, recipe testing and class building ideas with me.
- One field trip to another regional herbal farm for a tour and working experience
- Access to Intern camping nights, seasonal potlucks and gatherings in perpetuity

- Invitation to become a teacher with Fox Haven upon completion of internship

### **Fall Interns - July 10th - November 8th**

Things we'll do in the field: Harvest flower, fruit, leaf and root crops, learn Summer and Fall wild plants, practice seed keeping, engage in Winter garden prep and pruning

Things we'll do in the apothecary: Tea tasting to hone organoleptic skills, Summer and Fall foraging and recipe testing/building, Proper drying, garbling, record keeping and storage of herbs. In CSA class you'll learn to make pastilles, syrup, fire cider and culinary dishes.

Field and Apothecary Days: Wednesdays and Fridays July - September  
8am - 1pm October - November 9am - 2pm  
*A half hour lunch break will be built into the day*

Harvest Days: July 19th, August 2nd, August 16th, September 6th, September 20th, October 4th, October 25th

Absences and Vacations: We ask that if you'll be taking vacations or planned days off during the internship that you give us advanced notice and schedule some makeup hours. These can be days you stay late on a Wednesday or Friday or coming different days of the week. Please do not schedule things for the Harvest Days listed above.

We totally understand that things happen and sometimes absence for unscheduled reasons occurs. If you need to call out (letting us know less than 24 hours before) twice in a month we'll ask you to step back into the role of volunteering instead of interning. Stepping back into a volunteer role is always an option if your life changes or you feel the need. You'll always be welcome, we just won't hold each other to a specific schedule or exchange once you step out of the internship role.

Full Moon and New Moon days: As a way to mark our time together we'll observe Full and New Moons each month. On the Full Moon I invite you to bring a treat to share and we'll also share kudos by congratulating each other on things we've noticed people accomplishing or things we feel proud of ourselves. On New Moons I'll send out journal

prompts and encourage introspection about what has challenged you this month. This is also a designated time to offer feedback on things that could use improvement or change.

Interns are present for **all** harvest days and choose one or more class location per month to attend

Fall Interns will have access to:

- 4 months of in-field training, hands on practice and experience with herbs including planting, caring for, harvesting and processing plants as well as opportunities for communing with plants and herb people
- [Fresh Herb CSA](#) share from July to November with access to study guides, a two hour CSA class and four bundles of fresh herbs per month
- Organoleptic tea tasting sessions and mentoring on how to facilitate them
- Herbal harvests and take-homes outside of the CSA share when available
- 20% off of dried herbs purchased
- Access in perpetuity to the Winter Study sessions that run weekly in January and February. These are winter gatherings for all former interns to dive deep into energetics, recipe testing and class building ideas with me.
- One field trip to another regional herbal farm for a tour and working experience
- Access to Intern camping nights, seasonal potlucks and gatherings in perpetuity (priceless!)
- Invitation to become a teacher with Fox Haven upon completion of internship

## **Responsibilities and Skills Interns May Gain:**

Seeding, Up-potting, Transplanting, Weeding, Trellis Building, Harvesting, Wild-Crafting, Rewilding, Plant-splitting, Propagation Cutting, Seed Keeping, Pruning, Testing and Packaging Herbs, Introduction to Bees, Orchardring, Grafting

Volunteer Management, Newsletter Building, Class Organization and Flow, Peer to Peer Teaching Style and Farm Based Education (through opportunities for interns to teach)

Aerobic Composting, Sheet Mulching, Hugelkultur, Vermicompost, Compost Tea Brewing and Spraying

Tincturing, Salve-Making, Tea Blending, Pastille Making, Herbal Vinegar Making, Fermenting, Bitters Making, Energetics of Herbs

Health Department Standards and Requirements, Drying Procedures and Documentation

## **What Fox Haven Receives:**

- - 45-50 hours a month of your participation, labor, human energy and focus on the process of learning about herbs and stewarding herbs as a business. These hours are 40 hours of Wednesday and Friday 5 hour shifts and 2-3 hours of helping me facilitate a CSA, per month.
- - Your offered skills, experience, knowledge, ingenuity, energy, conversation and companionship
- - Guaranteed help for CSA days and processing herbs
- - The potential for relationships and evolution together

## **Qualifications and Application:**

We encourage folks with herbal medicine knowledge and previous farm study or internship experience to apply but we do not require previous experience.

Compatible applicants must be able to engage in physical activity in the garden under diverse weather conditions and temperatures. We are seeking someone who is able to work as a team and also alone after receiving instruction, who has a strong work ethic and is self-motivated.

Qualified applicants will be people who find pleasure in nature and are willing to take time to observe the plants and habitat to learn how to interact with the herbs to ensure their resilience. This person will have strong focus and commitment.

Qualified applicants can commit to the 45 hours per month and see these 4 months together as a commitment we are making to each other, not a casual volunteer position. We view our role as building a curriculum for you to meet your education goals and valuing the exchange of time and labor we are both putting into this.

To apply please send a letter of interest including the session you are applying for (Spring or Fall) and answers to the following questions to [lacey@foxhavenfarm.org](mailto:lacey@foxhavenfarm.org)

1. What kind of physical labor have you done in the past? What techniques did you use to maintain contentment and health during that hard work?
2. Tell me a little about your interests like hobbies, organizations you are active with, subjects you study, sports, food, anything that paints a picture of what you enjoy doing with your time.
3. Are there any schedule or health concerns that might prevent you from fulfilling the entire session and if so are there ways we can work together through them?

4. What is drawing you to working with herbs specifically? Do you have any special herbs in your life currently?
  
5. What are you most interested to learn or experience through this internship? What is your main motivation?

