



Four week paid internships at Oakhill Food Justice Farm

The Sustain team at the Oakhill Food Justice Farm are delighted to offer four short-term internships at the Oakhill site in Tyler St, Preston, commencing Monday 30th May. These will run for four weeks, and involve 16 hours in total, consisting of eight two-hour sessions, two each week (Monday and Wednesday). Interns will receive an hourly stipend of \$25 (max 16 hours). They will work under the direct supervision of Jemma Stefanou, Oakhill Urban Farmer and Volunteer Supervisor, and creator of Feed You Farm.

These internships (there will be a second intake in July) are funded by the City of Darebin and Jack Brockhoff Foundation. The funding is intended to benefit young people (18-25) experiencing challenges and / or disadvantage in obtaining employment and / or accessing educational opportunities.

What can the interns expect?

This is a unique opportunity to work with an experienced urban farmer to learn how to turn lawn into an edible growing space. The interns will learn how to grow fast-growing veg from seed to harvest. They will collaborate on 16 meters square of lawn, on which they will be able to do a full makeover, using biointensive practices for growing seasonal healthy food. Farm interns will have the opportunity to harvest food from the Farm to take home and the food grown as part of the project will also be donated to food relief parcels at DIVRS. The emphasis will be on doing practical activities and elements, with the internship including:

- food justice, First Nations food sovereignty and decolonisation
- seed propagation and raising seedlings
- propagating herbs,
- soil work and bed preparation
- crop planning
- composting
- sowing, biointensive planting and growing
- crop protection methods and strategies
- harvesting, washing, packing and keeping produce as fresh as possible

What is the commitment expected of the interns?

At the commencement of the internships, all interns will contribute to a collaborative learning plan and create goals for the internship. Our expectation is that the interns attend every session where possible, participate fully and engage respectfully with their fellow interns and Jemma. Oakhill Food Justice Farm is an inclusive and welcoming space, committed to values of respect for difference and diversity for all people of all backgrounds and identities. We expect our interns similarly to commit to and respect these values.

Payment of the stipend will be made weekly following confirmation of attendance and participation.



Session by session outline

Week 1

Session 1

Welcome / introductions

Tour of the farm

Intention and goal setting

Method in which the space is planned – explanation of the method – some theory on sun patterns /orientation/ daylight hours / soil /water/winter growing conditions

Crop planning

Introduction to food justice – reading suggestions for book club

Session 2

Soil work

Biointensive growing – how can we get the most out of a small space – aiming for high turnover –

Bed preparation and using tools

Week 2

Session 3

Lay compost

Sow seed

Session 4

Learning about spacing

Planting seedlings

Crop protection methods and strategies

Week 3

Session 5

Seed raising and propagating



Session 6

Food justice / First Nations food sovereignty / decolonisation

Book club / reading – suggestion in week 1

Week 4

Session 7

Harvesting, washing, packing, delivering to DIVRS

Session 8

Farm work, shared meal, reflection and feedback

Where to from here – volunteer opportunities, work opportunities

To apply:

Please send an expression of interest with an email / letter with some information about yourself, whether you have any prior experience in edible gardening or food growing, why you are interested in this internship and what you would hope to get out of it.

Contact: Nick Rose, Executive Director, Sustain: The Australian Food Network

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