

## Soil Born Farm Urban Agriculture Project Work Trade Program

Soil Born Farms is a certified organic farm and educational center. Our 55 acre ranch is located along the American River Parkway in Rancho Cordova surrounded by urban development. We produce organic vegetables to provide to our CSA members, an onsite farm stand, and a variety of restaurant accounts, local grocers, and donation distribution sites. We are looking for hard-working, responsible, dependable people to help with farm duties in our work trade program.

### **What is the compensation?**

For each four hour shift you will receive a box of produce to take home with you. The vegetables included in the box will vary week to week depending on what is in season and available. The box you will receive will be comparable to our CSA box, which is worth approximately \$24.

### **What type of work will you be doing?**

Field Work Traders' tasks are dependant on the season and farm needs. As a work trader you can expect to be spending your time helping with a variety of tasks such as harvesting, cultivating, transplanting, general site maintenance, and event prep. You will be working alongside farm staff and volunteers as well as independently at times.

### **What is the commitment?**

We are looking for individuals to fill one regular shift per week (the same day every week). The work trade shifts will be 7:30am – 11:30am (possibly earlier during the summer). Only individuals who can work during these regular shifts will be considered for the work trade program. If you are interested in working other times it would be considered on a volunteer basis.

### **What type of person are we looking for?**

We are looking for people that will enjoy being outdoors doing physical work. We expect individuals to be consistent, punctual, dependable, and hard-working while retaining a sense of humor and fun.

### **What should I wear / bring to work trade days?**

Work traders are required to wear long pants and closed toed shoes. For comfort while working in the field, we recommend wearing a long sleeve shirt and hat for sun protection. Other things you may find useful are: sunscreen, water bottle, gloves (though we do provide some) and snacks. Mornings can be cold and afternoons can be warm. Wear layers that you do not mind getting dirty.

### **How can you become a part of the work trade program?**

If you are interested in getting involved in our work trade program, please first participate in a volunteer session during [Saturday Field Days](#) at the farm. They occur every Saturday during the farm stand season (April-November) from 9:30am-12:45pm. It is a great opportunity to meet the farm crew and for the farm crew to meet you! If, after volunteering on a Saturday Field day, you are still interested in work trading, you can contact the Farm Manager, [Tyler Stowers >>](#)