



# CARE FARMING TRAINING PROGRAM



Homesteads for Hope Community Farm in Rochester NY is offering (5) paid apprenticeships in our Care Farming Training Program, a 7-month residential experience learning sustainable agriculture while working alongside young adults with disabilities. This position offers hands-on training on an 8-acre vegetable farm, as well as opportunities in flower production, animal husbandry, and CSA logistics. Perks include on-site housing, community engagement, social recreation – and skills to last a lifetime!

## The Program Overview

The CFT Program offered at Homesteads for Hope is a seasonal, 7-month apprenticeship for (5) individuals to learn, work & live on a Care Farm.

- Start Date: +/-March 25, 2025
- End Date: +/-November 1, 2025
- \$15.50/ Hour Wage
- Housing Deduction:
  - \$200 / Week

### Application / Interviews

April 2024 – February 2025

### Farming Season

April 2025 – November 2025

## Housing Overview

The CFT Program offers each participant a beautiful individual bedroom, shared kitchen, shared living room, (2) large bathrooms and all necessary housing amenities.

- Includes unlimited freshly harvested food from the Farm. We are in close proximity to many grocery stores for other items.
- Includes access to Farm bikes, kayaks and activities.

## Hands-On Experience in Care Farming

### What is Care Farming?



As described by the Care Farming Network: Care Farming is the **therapeutic use of farming practices** for marginalized or vulnerable groups of people. This model is common in the **UK** and Europe and goes by varying names, including Care Farming, Social Farming, and Social Care Farming.

**The goal of the Care Farming Network is to have a Care Farm in every County in the U.S.**

### Skills & Knowledge Gained:

- Mission & Vision of Care Farming Across the US.
- Learning alongside people with disabilities as a new career opportunity
- Market Farming vs CSA Programs
- Growing Using Organic Methods
- Greenhouse Seeding, Watering
- Irrigation Installation
- Farm Machinery & Tools
- Cover cropping and crop rotation systems
- Harvest and post-harvest handling techniques



**Send cover letter, resume and 3 references to our Farm Manager:**

- Chris Krivanek
- Chris@HomesteadsforHope.org
- www.HomesteadsforHope.org

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## Frequently Asked Questions:

- **What if I've never farmed before?**
  - First and foremost we are seeking individuals interested in farming who have a demonstrated ability to do physically demanding work, such as landscaping, warehouse jobs, etc.
- **What if I've never worked with a diverse population?**
  - We find that when warmhearted people enter our community they discover a deep desire to connect and serve others here; cultivating each person's unique abilities, and supporting each of us as we aspire to a life of dignity, purpose and meaning.
- **What is the Weekly Schedule?**
  - The WORK: Monday through Friday, we start the day by +/- 8am with program participants and volunteers arriving by 9 am and staying until 3 pm. Work expectation is 8 hours/day.
  - The FUN: As an open-to-the-public farm model, we offer a lot of community events in which you will participate throughout the week. Our most popular is our weekly "Thursdays at the Farm" event from 5 to 8 pm.
  - Tuesday & Thursdays are the CSA Food Share Pick-up Days. CSA members pick up their shares from 3 to 6 pm.
    - There is an off-site CSA Pick-up this year offered in downtown Rochester NY on Tuesdays.
- **What does the Housing Option include?**
  - Homesteads for Hope has recently restored a 200 year old farm house which is now a newly renovated 6500SF community center. Inside is the Farmers Residence, a total of 5 bedrooms for the CFTP.
    - Individual bedrooms
    - Fully equipped kitchen
    - Shared living space and dining
    - (2) large bathrooms with walk-in showers

## Our Goals & Impact:



### Working with People with Disabilities in Nature's Classroom

We don't just want to say the word inclusion, we want to cultivate it! Homesteads for Hope seeks to enhance the development of future Direct Support Professionals and farmers to continue to provide innovative opportunities.



### Learning Sustainable Agricultural Practices

At Homesteads for Hope, our 8-acre farm will give you a hands-on experience, from starting seeds in our greenhouses to harvesting the abundance. You will learn the regenerative and organic methods needed for a bright future in sustainable agriculture.



### Memorable Experiences

Homesteads for Hope is an inclusive family which will offer memories to last a lifetime. Our Care Farmers will have the opportunity to be fully immersed in every aspect of our community through this 7-month program.