Mentoring Student Interns in Farm-to-Fork Opportunities
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Situation
- Local food movement is growing in Utah, especially community supported agriculture & farmers’ markets
- Many consumers lack knowledge of where food is grown & how to prepare it
- Most Americans don’t consume recommended amount of vegetables & fruits

How Internship Worked
- Partnership among three organizations:
  - Utah State University Student Organic Farm
  - Food $ense
  - Cache Valley Gardeners’ Market
- Offered internships through Utah Campus Compact AmeriCorps Program, focusing on gardening outreach and food literacy

Intern Activities
Food literacy interns worked at the Food $ense booth at the Cache Valley Gardeners’ Market, offering food samples, recipes, and produce information to attendees every week from May to October

Food literacy, gardening outreach & farm interns:
- Grew, harvested and sold produce at on-campus stand every week from July to October
  - Educated public with recipes & produce growing cards
- Designed and printed weekly newsletter for the Student Organic Farm’s community supported agriculture program shareholders
  - Veggie feature
  - Cooking tips
  - Preservation instructions
  - Recipes
  - On farm news

Gardening outreach interns completed several projects:
- Created produce growing cards that are posted on the USU Student Organic Farm blog and distributed at the Cache Valley Gardeners’ Market
- Redesigned Student Organic Farm website
- Delivered 8 summer day camp lessons to elementary aged children to learn about planting, weeding, watering, and harvesting of plants at Student Organic Farm
- Learned importance of pollinating plants by bees
- Tasted snacks prepared from produce or honey featured in the lessons

Outcomes
- Interns gained knowledge of organic agriculture & educated consumers about sustainable agriculture and healthy eating
- Cache Valley residents gained knowledge of how to grow, select, store, & prepare healthy food

Future Plans
- Offer sustainable agriculture internships for 2013-2014 with Utah Campus Compact AmeriCorps Program
- Create more cross-disciplinary opportunities that link practical experience of growing & harvesting food with food preparation, nutrition, health, community outreach, & marketing