

**Chantae Shor | Grassroots Farmers Founder, Owner and Young Farmer**

**[info@grassrootsfarmers@gmail.com](mailto:info@grassrootsfarmers@gmail.com)**

**[www.grassrootsfarmers.org](http://www.grassrootsfarmers.org)**

**Instagram: @UrbanFarming101**

**Backyard Farming Current Locations:**

**3224 South Newton Street & 2880 South Hobart Way**

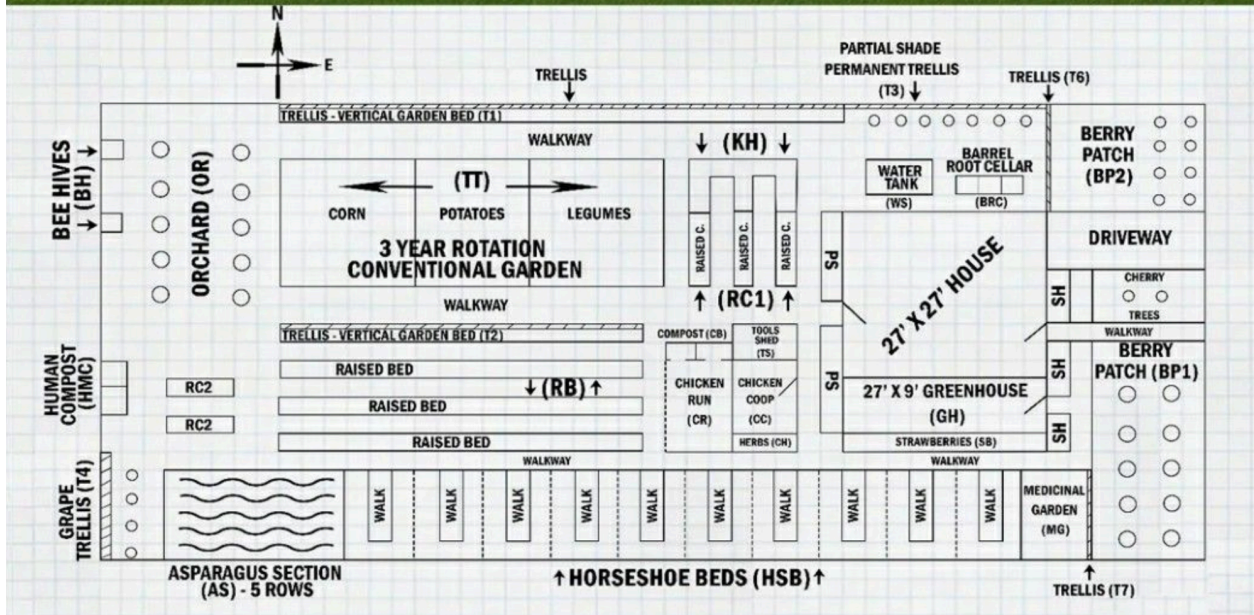
**919-210-2589**

**American National Biological Female Marine Military lineage.**

## **Tell us about your long-term farm goals (5-10 years)**

**1). Please describe your long-term farm business concept. What type of farm do you plant to have? Tell us where it would be located, what crops or animals you would raise, and how the farm would operate. What products do you plan to sell? Share your dream farm with us.**

**My dream farm house is a tight nit system of native flowers, bush berries, vining fruits, fruit trees perennials with seasonal rotational crops, herbs and flowers that support my future homestead homeschool family, sustain all my livestock's needs, contributes to my community's food source needs all on a 5-7 acre food forest with veggie production. It is located on a 35 acre (or larger) agricultural land with multiple wells for an in-ground geothermal greenhouse, field crops, orchard, hoop houses, my home, and my livestock's needs. There is a lake and pond on-site for the ducks to enjoy their best lives and we are surrounded by woodlands and grasslands of my neighbors. We provide on-site living for farm incubators and farmers as they live in our adobe cob and pallet earthships for seasonal and long-term educational programs. We teach classes, hold events for our communities and share the abundance of the Earth with everyone. High nutritious organic real whole food is a sacred God given right for all of creation. I aim to become that sanctuary for the next generation of farmers and beyond.**



Here's an example of how I would build out the infrastructure for my dream farm. These schematics do not include the geothermal greenhouse for citrus and tropical all-season growing and the hoop houses to extend the growing season for Colorado, which would be a part of phase two for *Grassroots Farmers*.

# Tell us about your plan if you are selected to join the farm incubator

## 2). What is your three-year plan for the farm incubator?

*As Grassroots Farmers, we see ourselves contributing to a better future through creating and delivering robust educational programming on regenerative agriculture in the field and increasing access to fresh local foods. We will accomplish this by striving to meet the following goals:*

**Year 1 Goal 1:** Maintain eight committed work trade Community Supported Agriculture (CSA) shares throughout one growing season with encouragement to return the next season and beyond.

### 1. Actions needed to accomplish task:

1. Provide an enriching learning environment through farm mentorship:
  1. Onboarding materials: Farm Mission, our WHY and values, breakdown of farm tools, sharing knowledge of crop plans and crop sheets
  2. Teaching of farm production skills, such as bed prep, sowing, seedling care, transplanting, harvesting, organic practices, plant care, organic pest and dis-ease management, compost making, seed saving, companion planting, wash pack compliance, etc.
  3. Farm standard operating procedures
  4. Using sustainable labor practices to preserve our farmers' minds, bodies and souls through:
    1. Proper farm tools for the job
    2. Body Mindfulness through proper stretching and Egoscue Method
    3. Mindfulness through Neuro-linguistic Programming (NLP) techniques
    4. Soul Mindfulness through honoring indigenous culture and how we all contribute to our communities' tribes
  5. Apiary care (bee yard/hive care)
  6. Community gatherings through educational classes, events and workshops to further expand knowledge
  7. Hire part time farmhands, college apprentices as first employees

**Year 1 Goal 2:** Grow enough food for 15 Community Supported Agriculture (CSA) Shares. Surplus goes to Highland Ranch Market tabling with *Lost Greens* and *Joy's Kitchen* as food bank donations - records kept as whole sale pricing.

### 1. Actions needed to accomplish task:

1. Well-developed and implementation of a successful crop plan
2. Calculation of how many 50' foot x 30" inch beds fit into 1/16th of an acre
3. Measured projections using *Johnny Seed's* field yield calculator
4. Weigh out each crop, recording weight per harvest, per crop, per bed
  1. Keep a detailed Harvest Log including date, by crop name and crop weight

5. Successful Harvests, distribute as needed to market
  1. Harvest organic vegetables at their peak for best quality, taste and nutrient levels
  2. Store properly to preserve freshness, distribute as needed to market

**Year 1 Goal 3:** Measure in weight (pounds) how much food is grown to market for communities.

1. Actions needed to accomplish task:
  1. Weigh harvest produce after CSA shares have been distributed
  2. Bring scales to market
  3. *Lost Greens* partnership consignment
    1. Harvest produce Saturday morning
    2. Drive to *Lost Greens*' coolbot storage
    3. *Lost Greens* stores, brings food to market
    4. 10% of profits goes to market fees, 20% to *Lost Greens* for consignment program, and 70% goes to *Grassroots Farmers*. Projections of \$600 income per Sunday Market starting May 1st - October 30th.

**Year 1 Goal 4:** Measure in weight how much food is grown for food justice and food banks by:

1. Actions needed to accomplish task:
  1. Weigh out each crop weight per harvest
  2. Keep a detailed Harvest Log including date, by crop name and crop weight
  3. Successful Harvests
    1. Harvest organic vegetables at their peak for best quality, taste and nutrient levels
  4. Store properly to preserve freshness, distribute as needed

**Year 1 Goal 5:** Measure how many people are influenced by our small start up urban farm:

1. Actions needed to accomplish task:
  1. Keep a Volunteer Log
    1. Details shall include volunteer dates, number of people signed up, number of people who show up
  2. Count how many people are being fed through our CSA programs
  3. Count how many people purchase our organic farm fresh produce at market
  4. Follow up with food justice organizations and food banks - how many people they serve per week? How our produce weight measuring up to feeding how many people per week?
    1. Keep a detailed Harvest Log including date of harvest crops and weight of harvest crop donated by crop name
  5. Keep an Educational Events Log of special educational themed events, workshops, tours, and classes
    1. Record how many people sign up



## 2. Record how many people show up/attend

**Year 1 Goal:** Currently we are growing in two small Lakewood backyards. Grassroots Farmers desire to begin site prep for the 2025 expansion of all our programs into larger acreage like *Everitt Farm's* land access opportunity.

**Year 2 Goals:** Evaluate first year accomplishments. What went well? What can be improved? How can we expand? Continue Year 1 Goals.

1. Grow on larger acreage to begin peony flower farm offerings, grow our 15 CSA count to 50 CSA, grow our rabbit, quail, duck and chicken egg offerings.
2. Farm is paying for itself meaning running the non-profit as a business to be a profitable non-profit. The farm sustains it's costs and expense season through season ending in the green. Animals are sustaining themselves meaning their animal produces pays for feed costs. Farm pays equitable wages for all employees.

### Year 3 Goals:

1. Continue Year 1 Goals. Evaluate second year accomplishments. What went well? What can be improved? How can we expand? What needs to be cut back? Continue Year 1 Goals.
2. Do we need more growing space? Hire more part-time farmhand for next season, a marketing apprentice employees?

### 3). What skills do you hope to acquire to meet your three-year plan's goals?

The Farmstead 100% provides for all expenses, including equity wages for all employees. I will have learned how to run a successful, lucrative non-profit community farm. I will have learned more agricultural skills and knowledge of the trade, expanding my knowledge of livestock care, starting with rabbits, ducks and chickens. I will need the business skills to buy agricultural land to expand operations, and I will need to gain the specialized skills to begin a fruit orchard, bee colonies, rabbit ranch, quail, duck and chicken animal products and operate a geothermal greenhouse and hoop houses, and to start a flock of sheep.

### 4). What kind of infrastructure and equipment will you need to meet your three-year plan?

By the Grace of God's Opulence and Abundance, we have been so fortunate to have been gifted many tools, soil, amendments, seeds and seedlings to get us started. Through our partnership with *Grow Food For People Coalition*, we receive 7 flats of 32 cell tray seedling starters grown on our behalf per season. Our detailed list of infrastructure is outlined in our business plan which includes building a coolbot, wash pack station, irrigation, specialized farm tools such as wire weeders, scuffle hoes, wheel hoe, broadforks etc. Building supplies for animal expansion providing livestock are allowed on-site. We get a lot of building materials donated to us. It just boils down to needing the space to expand. We'd be happy to co-share the space with other farmers. We see needing only twelve 100ft rows for our first year.

## Tell us how you plant to sell your products

5). How will you sell your product? Who will be your typical customers or target markets? And where will you sell your products? Be as specific as possible. (Potential use of on-site market?)

We pre-sell our CSA and food offerings online, in-person and at farmer's markets. We also plan to make food bank donations as part of our zero-waste model.

Some potential vending locations are: Bear Valley Community, Highlands Ranch Farmer's Market with *Lost Greens*, *Joy's Kitchen*.

We have verbal / written agreements with these vendors and more.

We would love to use the on-site farmer's market to serve the community of *Everitt Farms* and expand our reach!

Typical customers are those who are already interested in local food and are seeking an organic source of it for their families. We will promote our CSA-shares and organic produce using social media demographic markets and hashtags like #growyourownfood #UrbanFarming101 #urbanfarmer #urbanfarming #urbanfarmingrevolution

Our website is updated to have easy check out for CSA shares.

6). Describe how you plan to market to your customers. How will they learn about your product or service? Are you proficient in social media marketing?

Yes, we are successful at social media marketing and have seen a steady increase of 37.9% profile views growth in 2023 on our social media per metrics found on meta suite. In less than a month we have gained 65 followers on our @UrbanFarming101 instagram reading over 400 accounts. Our rumble educational vlog Farming ProTips has 115 subscribers. Our TikTok @WaySh0wer has over 7.2k unique viewers, over 8.2k video views in a span of a week. We have been in the spotlight of public media features on Rocky Mountain PBS and KGNU Radio Station that can be listened to and watched on our website here:

<https://www.grassrootsfarmers.org/home>

We plan to reach people through our six different programs:

**Program 1:** We have our work share trade, intensive immersive program, is filled for the 2024 season. Our work share trade program consists committing 3 hours per week as a farmhand in exchange for farm mentorship. *Grassroots Farmers* provides weekly farm education based off our crop plan and weekly tasks from transplanting, organic methods for bug and disease management, pruning, harvesting, wash pack, etc.

**Program 2:** Traditional Community Supported Agricultural Shares (CSA). Patrons pickup on farm site location 16-18 weeks during the growing season. Their contributions funnel into and the funds directly support farm operations, seeds, and seedlings.

**Program 3:** Highlands Ranch Farmers Market with *Lost Greens*. We have established strategic partnerships across the Denver Metro area within our fortified farming community. This will expose us to a greater niche market and brand our farm for the coming seasons.

**Program 4:** Produce Donations to *Joy's Kitchen*. We have cultivated food bank connections across the Denver Metro and Front Range area to share the abundance we will be growing. Nothing goes to waste!

**Program 5:** Volunteering. Through out partner *Uproot Colorado* we bring in new patrons through our farm's efforts of deepening our impact and connection throughout our communities.

**Program 6:** Canvassing in the neighborhoods we serve. We hang up flyers and talk to our neighbors, inviting them to join the CSA. We will be promoting the abundance of food we grow with our communities, inviting them to volunteer and attend our community events.

**7). How will your farm business be different from your competition? Businesses that are distinctly different from others can have advantage over others - what makes your business unique?**

Our CSA shares will have high-quality local organic protein options in addition to traditional seasonal vegetables. We will offer local Colorado grass-fed beef and meat options, chicken eggs, duck eggs, quail eggs, rabbit bean (rabbit poop) organic natural fertilizer packets, herbs, and an array of pristine harvested veggie crops. Soon our fruit trees will be producing fruit, allowing us to include a local Front Range fruit share option add on. Once our hives are established we will be offering local honey products as well. We aim to provide a variety of nutrition needs within our CSA-box.

We are including Electroculture into our organic, no till, sustainable permaculture methods. Read more about the proven successes on our website here: <https://www.grassrootsfarmers.org/electroculture-for-beginners>  
We even have Kentucky farmers reaching out to us about how to implement electroculture onto their three acre garlic farm!

We did an Earth Day speech that can be viewed on our Farming ProTips video channel: <https://rumble.com/v3ultuo-2023-earth-day-speak-earth-is-abundant.html>

No one is farming like we are at *Grassroots Farmers*. We take the whole ecosystem into account - not just the microbes and microscopic level, but also considering the big picture with issues like worker sustainability, how animals contribute to soil quality, and overall vitality of crops including the energy that surrounds us everyday even in an urban or suburban setting. We bring the power of intentionality to our

local food system work and fill the gaps identified in our region. This unique approach also sets us apart from our competitors.

#### ***Grassroots Farmers' Mission, Values***

#### **CONNECT. GROW. NOURISH. RESTORE.**

*Grassroots Farmers* is a communal urban farm, inspired by our ancestors' traditional values. We work to build community, provide experiential and environmental education, and grow sustainably produced fruits and vegetables, expanding access to those in need of dense nutritious locally-grown food by their community farmers.

-----

As a start-up, non-profit, small, urban farm, *Grassroots Farmers* aim for heart-based leadership service as a focal point for Denver community to come together around issues of real food security, environmentalism and urban farming. *Grassroots Farmers* has been integral in providing new ways for communities to connect to their local grassroots food movements while simultaneously assisting in restoring our food sovereignty.

-----

*Grassroots Farmers* connects people to community, and community to the Earth. We grow sustainably produced animal products, fruits and vegetables so that all who are hungry can come and eat. We nourish body, heart, mind and spirit on an urban farm in Denver, Colorado that serves as a commons on which to restore the food system, and the environment. Rooted in the traditions of our ancestors vision of honoring and taking care of our Earth home, connecting to our inner-sovereignty, and spiritually-connected world, we believe these values and these tasks are a GRASSROOTS movement. We start by healing ourselves when we gather together and work with the Earth's abundance, we heal our communities, thus healing the soils of the Earth and it's Earth inhabitants.

## **It always comes down to finances**

8). How much money to you believe you will need to borrow or personally invest to start and operate your business in the first 1 to 3 years? What will the money specifically be used for?

For the 2023 year owner and founder, Chantae Shor, has personally invested \$2,167.75 which includes the follow expenses: technology software, phone and web subscriptions, farm supplies, seeds, and livestock/livestock feed.

We are at the point of reimbursing the owner and founder, Chantae Shor for her initial investment this 2024 season with our food to community programs along with completely sustaining all farm expenses with ending the year in the green for the 2025 season.



All money the non-profit small urban farm makes goes directly into farm operations, livestock feed, farm supplies and tools, irrigation supplies, seeds, seedlings, paying for building materials like the coolbot, wash pack, and animal enclosures and water and electric monthly bills. All mileage and car maintenance is tracked.

9). What sources of money do you plan to use (or look for) for the start-up of your business?

We have received large sums of generous donations from our communities of gardening supplies and materials. We have applied for several grants for the 2024 season and will continue to apply for applicable grants. We have a local business sponsor program, CSA program, and market program.

10). How much money do you envision making the first few years of farming? How much money would you like to make per year from farming once you complete your tenure at the Farm Incubator?

Projections for the 2024 growing season - we are estimating \$22,500 profits, with \$11,000 in startup expenses - this includes our 15 CSA program, 8 work share trade program, Market program and donation food bank program. Majority of these expense are one time buys of farm tools, coolbot, wash pack build out and irrigation. Some are reoccurring, such as web and tech services, seeds and seedlings, replacing parts as needed, water and electrical bills.

Second-Third Year Goal: Harvest 15 peony stems from each 4,000 plants and sell them \$4 each for \$240k a year at Highlands Ranch Farmers Market with *Lost Greens* and at our CSA pickups.

11). Do you have a business plan? If you have, please send a copy of the business plan as an attachment to this email.

Yes, our business plan has been thoroughly demonstrated through answering your application questions. We will not be sending one via email in a separate format.

**Tell us about you**

**\*\*Farm Resume is attached to the end of this application\*\***

12). Tell us your “why.” Why do you want to become a farmer?

*We're Bringing It Back*

*Grassroots Farmers'* focus is on creating and distributing a blueprint where anyone can take our sustainable, better-than-organic permaculture practices\* of Earth care and people care for fair share, sharing the food surplus and bounty of the Earth with the people of the Earth. The Earth is abundant!

If we each grow a large crop of different food, we could all trade with each other and eat for practically free.

*Grassroots Farmers* makes gardening and backyard urban farming great again. The average backyard produces up to 750 lbs. of fresh produce. That is enough to feed an entire family of 5-6 for an entire year with food preservation, canning, dehydration and freezing plus feeding several neighbors. That's unbeatable!

The average acre produces 10,000 lbs. of produce. Farming for two seasons on an acre and a quarter that has been building up the soil composition for over a decade, we proved that 25,000 lbs. can be produced with no till, sustainable better than organic permaculture practices and strong community bonds. It does take a village to raise a chard. According to American Hunger Relief, the average person consumes 1.5 lbs. per day. In one growing season we provided local ingredients for as many as 16,666 meals in our communities.

Each season adds a new layer of compost, new seeds planted and a bountiful harvest of over 20,000 lbs. of food per season and farming memories to carry through The generations. We have been building up our soil composition for over 12 years organically and sustainably. We are a no till practice farm meaning we disturb the soil minimally by using human-powered collaboration with our communities. We broad fork instead of tractor till. We practice tight weed management and cultivation practices like the stale-bed method to give our sowed seeds the best possible growing conditions.

We create microclimates wherever we grow. Look at all this diverse vegetation! One of our partners, Wild Ones : <https://frontrange.wildones.org/> , has living examples of how native plants to Colorado demonstrate a solution to water conservation, restoring the soils of our land and supporting local biodiversity. We have one demonstration garden at our backyard farm sites and will be cultivating another one at our next backyard farm site during the 2024 season.

Native plants can be beautiful in your front lawn too, once a week watering schedule and extra bonus of drawing in our native wild friends, 950+ pollinator species and other native insect populations that support our native song bird populations.

Everything is connected to the microbes in the soil. We restore the soil's health here at *Grassroots Farmers* while serving our communities. We are proving that in our crop yields doubling to tripling that of a 100ft bed with 45-70ft beds per Johnny Seeds Crop Yield Calculator. It's amazing! For example, in zone 3, bed 8, we were pulling over

227.87 lbs. of Yukon Gold potatoes from our 70ft beds when normally a 100ft bed would produce 200 lbs. We were growing over a 30% increase.

We attribute our massive harvests to liquid kelp and fish emulsion we run through our fertigator, no tilling, nematodes, organic cultivation practices such as collecting leaf litter from our neighbors and making our own on-site compost to our strengthen community connections.

We heal our soils, we heal our communities. Urban in-ground farming and transforming lawns into a native plant living landscape are just a couple solutions to food sovereignty and empowerment.

*Grassroots Farmers* Founder and Farm Manager, Chantae Shor is taking her expertise and successes in the field from seasons past and starting on a new plot of 1/16th of an acre in Bear Valley. "I am thrilled to see how much food we can grow in a tiny space, maximizing our growing potential in an urban setting. We build bridges throughout our communities by gifting our proven sustainability, better-than-organic, permaculture methods as blueprints to be shared with all and creating neighborly connections. As we collectively heal and restore the soils together as Earth people, we become the success stories for generations to come," Chantae's enthusiasm radiants with this purpose.

**\*What is a practice?**

As an intransitive verb, it means 1). To do or perform habitually or customarily; make a habit of, 2). To do or perform (something) repeatedly in order to acquire or polish a skill. 3). To give lessons or repeated instructions to; drill. 4). To work at, especially as a profession. 5). To carry out in action; observe. 6). To do something repeatedly in order to acquire or polish a skill. 7). To work at a profession. 8). To do or perform something habitually or repeatedly.

As a noun, it means, 1). A habitual or customary action or way of doing something. 2). Repeated performance of an activity in order to learn or perfect a skill. 3). A session of preparation or performance undertaken to acquire or polish a skill. 4). The skill so learned or perfected. 5). The condition of being skilled through repeated exercise. 6). The act or process of doing something; performance or action. 7). Exercise of an occupation or profession. 8). The business of a professional person. 9). A habitual or customary action or act.

This write up is being published into *Nourish Your Light Body* by Nanette Sharper Chapter 12, a Permaculture Chapter as a step in co-creating New Earth. Available soon on Amazon!

13). Describe what experience(s)/education you bring to the incubator farm that will help you be successful in your farm business. This may include farming or gardening experience, marketing or business experience, courses taken, past employment, or even a very challenging physical/mental experience you have had. Farming requires hard work and flexible outlook, so let us know why you think farming is a good fit for you.

My farm resume will bring enlightenment to my farming background in more detail as well as our [www.grassrootsfarmers.org](http://www.grassrootsfarmers.org) website page "Farmer Chantae." I have

completed Colorado State University Extension Course Beginner Market Farming through Denver Botanical Gardens in 2022. I've lead multiple seed saving events in my community including inspiring Mile High Farmers Education Committee to develop our own local seed bank. I am partnered with Native Seeds SEARCH. I've attended all Mile High Farmers annual retreats since 2021 joining. I've attended the 2021 Slow Food Seed Summit. Grassroots Farmers won \$750 from the 2023 Pueblo Food Project Ag Water Sun Soil Summit where we presented our business plan. I've been farming sustainably no till better than organic methods for four Colorado seasons. Colorado is deemed "one of the hardest places to grow food." I love the challenge to learn in what others consider the harshest conditions to prove that sustainable food system can be implemented on a hyper-localized community-based level.

A very challenging physical/mental experience would be how I healed myself naturally through the power of my own mind and acupuncture after a five roll over highway car accident in 2013 without any opioids or pharmaceutical drugs.

A van ran me off the road, instincts kicked in to correct the car from plummeting into a ditch, though in the height of the moment, I overcorrected the wheel. Loud tire squeals pierced my ear drums.

Smash. I think to myself, *This is it.*

Smash. *I'm going to die.*

Smash. *I lived a good life.*

Smash. *I'm okay with dying.*

Smash. *Thank you for everything God.*

Darkness. I had blacked out.

Little did I know at the time that God had larger plans for me. My entire Honda Accord was smashed in... all except the driver's side. A true blessing no one was in the car with me... they would not have survived. The car landed with all four wheels on the ground. Me - practically physically unscratched.

Shaking from shock I managed to take the keys out and walk away. I'll spare the other details other than doctors ran a bunch of cat scans and MRI scans to find "nothing" wrong with me.

They prescribe narcotic opioids - to a 20 year old college student. I took one pill, instantly did not feel like myself so I burned the rest. I was not going to be responsible for some silly student mixing it with alcohol and dying. People tried to buy them from me. I said no. No one should be taking these!

I sat in my pain. I sat with my pain. I had whip lash from tensing up during the flipping. I went to spine specialists for them all to tell me I would be taking pain pills and be in physical pain all my life. *At 20 years old?!?! No way.* I thought. *I AM going to heal myself!*

Thus began my physical healing journey - after being a life long college athlete to being bed ridden with intense pain to the slightest movement. It was mentally difficult wrenching in pain from even with just sitting in bed. I was used to moving my body actively everyday. I had to learn *patience with my body*. Boy was this a tough one! This experience trained me to be emotionally prepared with an unlimited mental endurance throughout my life no matter what perceived obstacle may appear before me. *I will persevere.*

I found chiropractic who aligned my spine. Than I dug deeper into 5 Elemental Acupuncture - a life changing appointment one afternoon. I walked into that appointment and came out an entirely different person. Allopath medicine failed me. Ancient Chinese medicine saved me.

Between doctors visits I was copping with the loss of memory due to what doctors enjoyed labeling as a “traumatic brain injury.” It took years of rebuilding new neural pathways and letting go of lost memories of my childhood.

And now here I AM. I AM stronger, wiser and more resilient than I have ever been and only become infinitely more so day by day. God Bless. God Bless you. God Bless me. God Bless this application. God Bless this farm incubator.

14). Where will you live?

I live less than 15 minutes away from *Everitt Farms taking care of an elder grandparent.*

15). Are you able to commit to the time necessary to have a successful season?

After four years of Colorado growing seasons under my belt, yes I am well aware of the physical and mental endurance needed to complete a successful season.

16). What else do you want us to know about you? What non-farming skills do you bring to the incubator? What experiences led you to decide to be a farmer?

I am a Published Author Artist of three children's books and a screenplay. I am a Licensed Practical Homeopathic and Herbalist. I run my own business - I do everything from accounting, data tracking, sales, social media marketing, fundraising, grant writing, animal husbandry, website management, event tabling and conferences, public speaks, volunteer coordination, vendor and partner relationships and much more.

2020 was the call from God to play my role in my communities - showing them the way - that yes, we can heal our soils, heal our communities and thus heal the Earth together! One backyard garden at a time. One seed planted at a time. Developing one passionate faithful young female farmer at a time. Learn more about my farming journey through my media page on our farm's website:

<https://www.grassrootsfarmers.org/home>



# Farm Resume

## **Grassroots Farmers - January 2023 - Current**

### **Startup small farm business:**

Collective of farmers and farm organizations farming for better than organic sustainable solutions

- Rabbit Hatchery, Aviary, Chicken & Duck care, livestock rotational grazing
- Crop production
- Orchard maintenance
- Educational classes
- Volunteer management
- Fundraising

## **Tasty Acres Farm - April 2023 - October 2023**

### **Farm Hand:**

Responsible for all aspects of farm management, including:

- Crop data collection and analyst, soil analyst, bed prep, broadforking, sowing seeds, harvest, post harvest, weed and pest management

## **2010 - Current**

### **Other Skills, Knowledge:**

Background trade includes:

- Animal Husbandry: rabbitry, aviary, chicken and duck care, livestock goats, donkeys, sheep, domesticated fish, large mammal predators, predatory birds, reptiles and amphibians
- Farming: crop production and management, orchard maintenance, educational classes, volunteer coordination and management, fundraising
- New Media: IT, computer science, website design, coding, video filming, video production and video editing
- Amazon Influencer
- Published Author Artist of three children's books and a screenplay
- Camp Director
- Girl Scout Bronze, Silver and Gold Award, Life Time Member

## **Ekar Farm - April 7th 2021 - October 2022**

### **Farm Manager July 1st - October 2022:**

Responsible for all aspects of educational farm management, including:

- Adapting and executing Crop Plan to growing, harvesting and distributing over 23,000 pounds of produce from 1.25 acres under low-till, organic style cultivation for seed starting, direct sowing, transplanting, seedling hardening off, organic weed and pest management (companion planting and stale seed bed techniques), human-scale tool use (BCS, broadfork, wheel-hoe) irrigation, amendments, trellising, bed building, cover crops, fruit tree care
- Staff and volunteer recruitment, scheduling, training and management
- Maintain current and develop new partnerships, vendors and coalitions
- Soil building with low/no till utilizing organic, permaculture, integrated pest management methods including on site composting
- Hoop house set up, irrigation, seeding, seedling maintenance
- Harvest and Distribution management including: wash pack management, existing and new vendor, coalitions and partnership management, yield and distribution data collection and entry, solar powered coolbot maintenance
- Site management including maintenance, landscaping
- Farm budget management, supply ordering, inventory management (using Lean Farming approach)
- Data collection and entry from distribution coordinator and management
- Public facing role included running educational programs and events on site

### **Associate Farm Manager February 14th 2022 - July 1st 2022:**

Participated in all aspects of farm operations while obtaining CSU/DBG Certification of Urban Farming: wash pack management

- Executing crop plan including Lean Farmer inventory management and processes, organic and sustainable cultivation practices including companion planting, stale seed bed prep, organic style IPM, no/low till soil building and composting, hoop house operations, irrigation setup, direct sowing, seedling starting, transplanting including hardening off, organic amendments, fruit tree care, trellising, human-scale tool use including BCS, broadfork, wheel hoe

- Maintaining current vendors and partnerships relationships as distribution coordinator, record keeping and data entry for harvest and distribution, post-harvest plan creation, solar coolbot season prep
- Aiding in programs and events
- Led data collection and entry, research for cultivation and building soil composition and health with low/no till organic sustainable permaculture methods, on-site composting
- Site maintenance, landscaping, ordering supplies

*Wash Pack Manager July 1st 2021 - February 14th 2022:*

While serving for the season as Farm crew hand, managed post-harvest operations:

- distribution coordination, data collection and entry, vendor relations
- Participated in building soil composition and health with low/no till organic sustainable permaculture methods, composting, site maintenance, landscaping, organic and sustainable cultivation practices, hoop house operations, irrigation setup, direct sowing, transplanting, seedling starting, hardening off, organic amendments, organic pest and disease control management, stale bed method, organic weed management, harvesting, fruit tree care and trellising.

*Crew Farm Hand April 7th 2021 - July 1st 2021:*

While serving as Farm crew hand, participated in building soil composition and health with low/no till organic sustainable permaculture methods, composting, site maintenance, landscaping, organic and sustainable cultivation practices, hoop house operations, irrigation setup, direct sowing, transplanting, seedling starting, hardening off, organic amendments, organic pest and disease control management, stale bed method, organic weed management, harvesting, wash pack, coolbot, fruit tree care and trellising.

***Sprout City Farms - 2020 Growing Season***

*Apprenticeship:* Over 550 hours spent on farm site at Mountair Park Community Farm. Weed and compost management, low/no tilling and prepping beds, trellising, seed planting, transplanting, planting fruit trees, harvesting over 10,000 lbs. of food for the season, 75 customer service during CSA distribution, farm stands at Eiber Elementary

School and Mountair Park concession stand, organic pest control management, mulching, watering, planting, pruning, deadheading and seed collection, putting beds to rest for fall and winter.

### **References:**

John Bauman - 2016 - 2020 *Sprout City Farms* Farm Manager

Phone: 720.275.9841

Email: [johnbauman1965@yahoo.com](mailto:johnbauman1965@yahoo.com)

Sue Salinger - *Ekar Farm* Executive Director

Phone: 720.434.0470

Email: [salinger.sue36@gmail.com](mailto:salinger.sue36@gmail.com)

Eliana Rusk - *Ekar Farm* Education Coordinator Manager

Phone: 720.234.8100

Email: [eliana.rusk@gmail.com](mailto:eliana.rusk@gmail.com)

Emma Alanis - *Ekar Farm* Program and Education Manager

Phone: 708.668.5040

Email: [emma\\_0416@yahoo.com](mailto:emma_0416@yahoo.com)

Christin Mihon - Owner/Farmer, *Tasty Acres* Colorado

Phone: 303.880.4027

Email: [tastyacresco@gmail.com](mailto:tastyacresco@gmail.com)