

FEED U Farmer's Market

Roadie & Gardening Club

FREE FARMERS MARKET

Get paid to be a Roadie for summer up at Red Butte or Volunteer in our Urban Garden!

Feed U is sponsoring a free Farmer's Market for our community to support individuals and families in food crisis in the Salt Lake City area. Feed U Farmer's Market is also available to all University of Utah students and faculty. Feed U is launching Roadie & Gardening Club this summer.

University of Utah students have the opportunity to work as either as a roadie through Roadie U for the concerts at Red Butte Gardens and other sites this summer or volunteer at U Garden our urban garden to grow and harvest produce for Feed U's free Farmer's Market.

FEED U PROGRAM DESCRIPTION

Feed U is a University of Utah program formed to address student hunger through a campus food program which will offer students in food crisis a variety of prepared meals, fresh produce, breads and canned goods. . Feed U is located on the 1st Floor of the Student Union Building on campus, the dedicated space serves the dual purpose as a student food store and meal preparation site. The student food store will also give the student interns the opportunity to have a wellness check with the students as they are being processed through the storehouse.

Randall Curtis is founder of Stone Soup, a local organization that has fed over 20,000 women at the Road Home gourmet meals prepared from scratch with fresh produce, sauces and proteins. Stone Soup works as a vehicle for Feed U to get involved in the community. Randall Curtis will oversee all produce inventory. Student Nick Knight oversees the daily operations of the Feed U store and coordinates with student volunteers. Randall Curtis and Nick Knight oversee the operations of Roadie-U-Garden Program.

MISSION STATEMENT

Feed U at the University of Utah aims to minimize hunger among students and faculty by providing free, accessible, and nutritious food. To empower those in need and obtain food resources so they can focus on being healthy, happy and successful at the University of Utah without the barrier of fighting hunger.

GARDEN APPRENTICE JOB DESCRIPTION

Feed U is looking to expand the reach of our organization by creating a new 100% organic vegetable garden on a .25-acre plot in the Holladay area. We are looking for hard-working, vision-oriented students to get their hands dirty and help build and maintain this new garden space. Students will be assisting our Garden Manager with daily garden tasks to produce fresh and nutritious food for students, families, and individuals in need. Seasonally, these tasks will include but are not limited to:

Spring:

- Removal and storage of native topsoil on the plot
- Measuring, designing, and constructing 30 raised garden beds
- Establishing Hugelkultur gardening method
- Soil and compost mixing, bed preparation
- Seed/starts planting and germination

- General care for seedlings; watering, fertilizing, thinning, pest management
- Harvesting
- Feeding and managing our chickens and goats, and bees on the property
- Terracing and expanding our growing space on the property – all season

Summer:

- WATERING
- Harvesting and distributing produce
- Weeding
- Removing and composting our cold weather crops
- Planting and caring for summer seedlings
- Bi-weekly fertilization
- Building and moving shade structures for sensitive crops
- Building trellis for vining crops
- Integrated pest management
- Feeding and managing our chickens and goats on the property – all season
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Fall:

- HARVESTING
- Watering, weeding
- Removing and composting our summer crops
- Planting and caring for fall crops
- Planting cover crops
- Breaking down and winterizing/beautifying the property

Additional Responsibilities:

- In addition to organic farming, students will have the opportunity to learn about some of the ins and outs of running a non-profit organization.
- Students may be asked to help at our Farmer's Market stand, or in helping prepare meals for the homeless women & children at the V.O.A. among other potential service projects.

THE GARDEN

- Our garden is located at 1814 East 3900 South behind a residential property in Holladay. This site has been host to a casual garden club for friends of the property owner who is now opening it up to Feed U for our new mission. This beautiful greenspace is complete with bee hives, chicken coups, goats, and a perfect flat space for our garden beds. However, only a portion of the property has been worked and is ready for gardening, and there's tons of potential for expansion! So, in addition to building and maintaining our beds, students will gain experience in ground-up garden preparation as we terrace, till and develop the property to maximize our production potential.

This is a great opportunity for any student wanting to gain hands-on experience in ground-up organic gardening and market staffing while fulfilling volunteer/internship requirements and supporting a just cause. Our hours are flexible and we are willing to work around any other prior engagements students may have. Between the garden, the market, and the pantries, there is going to be plenty of work to fulfill

whatever requirements students may have. Plus, you will be working outside in a beautiful space surrounded by plants and animals all summer!

Contact Information:

Students are encouraged to email a resume and a brief description of their interest in the project to the Garden Manager, Mikey Dahlstrom, at mikey.dahlstrom33@gmail.com . He can also be reached via text at 801-599-4654

We hope to have you on board this summer!

FEED U STUDENT STOREHOUSE AND OTHER SERVICES

- The purpose of the Feed U Student StoreHouse is to provide healthy, balanced food options.
 - Non-perishable items
 - Non-perishable items will be sourced from the Utah Food Bank and LDS Welfare Services.
 - Fresh produce
 - Fresh produce will be provided weekly by Nicholas & Co, and Sysco
 - Prepared meals
 - Prepared meals and soups will be made on site from donated and purchased items, even homemade meal.
 - Kitchen Cleaning Items
 - Items such as soap, bleach and towels.
- The Student StoreHouse will be staffed with well trained student interns that will process and complete a student wellness/welfare check on each student.
- Feed U will be a leader in the community, donated food and money will have a short shelf life. Our goal is to step up for our community and show the power of service. Feed U will serve the women of the Road Home through a partnership with the Bennion Center.

FEED U OPERATIONAL OBJECTIVES

- Produce 15,000 meals per calendar school year, in addition to providing fresh produce, baked and canned goods in the Student StoreHouse. Our group will process the pallets of donated food combined with purchased ingredients such as proteins to get the most out of our dollars.
- Make leaders of our students thru Roadie & Gardening Club. Feed U's student interns will learn from the front lines and learn the skills to become an effective future leader in their community. Feed U is a program of impact, we expect our students to become the future leaders.

FEED U

Prepared for Sandi Pershing

Prepared by Randall Curtis and Nick Knight