



Kitsap County

WASHINGTON STATE UNIVERSITY
EXTENSION

Kitsap Farm Internship Program Curriculum April - October 2018

Program Introduction

The goal of the Kitsap Farm Internship program is to collectively provide instruction and hands-on learning in small farm agricultural practices while celebrating Kitsap County as a farming community.

Educational Activities:

On-going Activities

- Orientation session with farmer-mentors to develop individual learning plans that will focus attention on the intern's interests.
- Hands-on applied practice on the host-farm including daily participation in all aspects of production, maintenance, and development of farm infrastructure.

Focused Topics Addressed through Multiple Avenues

- Focused instructional days consisting of 1-2 hours of instruction (explanation, discussion, demonstration, reading assignment) and 1-2 hours of application of the topic at the farm where the instruction took place. Everyone is expected to attend each session unless they are ill or have an emergency.
- Occasional readings on the topics will provide an in-depth view and may present differing perspectives or approaches.
- Interns are also engaged in diverse practicum activities on a daily basis on their host farm that results in at least 35-40 hour per week



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learning experience, unless otherwise noted.

Attendance Expectations for Educational Activities and CEUs:

As a part of the Kitsap Farm Intern Program, each intern earns Continuing Education Units from WSU. Each intern will earn 1 CEUs for 10 hours of educational workshops and activities.

2018 Curriculum Units

Crop Production

- Growing Flowers
- Winter Crops
- Season Planning
- What does it mean to be Organic?
- Summer Orchard Care and Bud Grafting (optional)

Integrated Pest Management

- Integrated Pest and Disease Management

Farm Business

- Community Food Systems
- Crop Enterprise Budgets
- Record Keeping

Animal Systems

- Sheep & Dye for Fiber Production
- Working with Draft Horses

Greenhouse Operations

- Season Extension

Soil Science

- Advanced Soils, Cover Crops, and Optimizing Nitrogen
- Soil Science, Putting it all Together

Body Mechanics

- Body Mechanics for Farm Work



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Date	Unit	Topic/s	Instructor	WSU Staff	Details
Wednesday April 11 3-5pm	Body Mechanics	Body Mechanics for Farm Work	Lynn Schorn New Motion Physical Therapy Laughing Crow Farm 8997 NE Day Rd Bainbridge Island	Laura	Class Objectives: Learn techniques to keep your body safe and healthy while doing physical work. Instructional Focus: Some lecture and hands on demonstration.
Tuesday April 17 1-7pm	Farm Business & Crop Production	Community Food Systems & Season Extension Welcome Potluck	Jon Garfunkel EduCulture Brian MacWhorter Butler Green Farms 8862 Lovgreen Rd Bainbridge Island Welcome Potluck Bainbridge Vineyards 8989 NE Day Rd Bainbridge Island	Laura	Class Objectives: Learn about season extension techniques and the greenhouse production of vegetables in the Pacific Northwest. Instructional Focus: Get acquainted with various season extension techniques from simple remay covers to heated greenhouse growing. Discussion of when to start seedlings for crop succession in the propagation greenhouse and then how to create the ideal growing environment needed to extent vegetable production for the whole year. This first potluck brings together all farmer mentors and interns together to meet each other, share some food, and learn about the program.
Tuesday April 24 6-8pm	Farm Business	Crop Enterprise Budgets	Diane Fish Fish Farms Kitsap Conservation District 10332 Central Valley Rd Poulsbo	Not available	Class Objectives: Learn how these budgets are used to estimate the costs and returns from producing a certain type of crop. Instructional Focus: A presentation on this tool will provide an overview and explanation on how to create one.



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Tuesday May 8 3-6pm	Soil Science	WSU Class Advanced Soils, Cover Crops, and Optimizing Nitrogen	Doug Collins WSU Classroom 345 6 th St Bremerton Suite 406	Kellie	Class Objectives: Learn how to take soil samples, soil types, composition, structure and texture, soil food chain, energy cycling mineralization and immobilization, and nutrient cycling. Instructional Focus: Lecture and demonstration will be used to explore soil types and composition.
Tuesday May 15 3-6pm <i>*Dana might have a van available to drive all interns</i>	Animal Systems	Sheep & Dye for Fiber Production Potluck	Emily Tzeng 10806 159 th Ave E Puyallup, WA	Not available	Class Objectives: Learn about raising sheep for meat and fiber on the small farm and other aspects of fiber farming in western Washington. Instructional Focus: Discussion of how to incorporating sheep in your farm plan, the shepherd's year, and special considerations for raising a wool breed. We will also have a demonstration on dyeing fibers with natural dyes and discuss what dye crops are suitable for the northwest. Lastly, we will discuss how the processing chain works in US and how to market locally grown fibers, locally and beyond.
Tuesday May 29 2-6pm	Animal Systems	Working with Draft Horses	Betsey Wittick & Jon Laughing Crow Farm 8997 NE Day Rd Bainbridge Island	Laura	Class Objectives: Overview of using draft horses on a small-scale vegetable farm and vineyard Instructional Focus: Discussion of why uses horses, caring for and working around horses, implements for small farms, where to get more information. We will demonstrate harnessing the horse and interns will have the opportunity to try driving a single horse as well as operating the handles on a walking cultivator.



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<p>Tuesday June 19 5-7pm</p>	<p>Crop Production</p>	<p>What Does it Mean to be Organic? Pizza Potluck</p>	<p>Marilyn Holt Abundantly Green Farm <i>1146 NE Madison Rd Poulsbo</i></p>	<p>Not available</p>	<p>Class Objectives: Overview of organic certification, WSDA Organic Program and NOP, introduction to forms, and record keeping. Instructional Focus: How to follow the rules, what “approved materials” means, what is expected, how to buy seed, materials, feed, and supplements, why we chose to be certified organic.</p>
<p>Tuesday July 17 2-6</p>	<p>Integrated Pest Management</p>	<p>WSU Class Integrated Pest and Disease Management</p>	<p>Jenny Glass, Plant Pathologist Richard Lewis Entomologist <i>345 6th St Room 406 Bremerton</i></p>	<p>Kellie</p>	<p>Class Objectives: With Jenny Glass from the WSU Puyallup Plant and Insect Diagnostic Laboratory, farmers will learn diagnostic techniques and strategies for troubleshooting plant and pest problems.</p>
<p>Thursday August 9 9-5pm *Optional class*</p>	<p>Crop Production</p>	<p>WSU Class Summer Orchard Care and Bud Grafting</p>	<p>TBD</p>	<p>Kellie</p>	<p>Class Objectives: Participants will learn orchard management and care, including pruning, disease, pest control and more for the summer months.</p>
<p>Wednesday September 12 8-11am</p>	<p>Crop Production</p>	<p>Growing Flowers</p>	<p>Rebecca Slattery Persephone Farm <i>9828 NE Midway Ave, Indianola</i></p>	<p>Not available</p>	<p>Class Objectives: Learn how to add cut flowers to a small scale vegetable operation Instructional Focus: Discussion of the cultural demands of growing cut flowers including seeding and planting techniques, growing on, crop rotation, irrigation, harvesting and post-harvest handling. We will also talk about variety selection, seed sources and marketing. When the morning's harvest is complete, the farmer will teach a class in market-style bouquet making. We will introduce color theory and basic principles of floral design</p>



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Tuesday September 25 2-5pm	Soil Science	Soil Science, Putting it all Together	Brian MacWhorter Butler Green Farms <i>8862 Lovgreen Rd Bainbridge Island</i>	Laura	Class objectives: Examining the importance of energy flows that balance organic matter and mineral nutrient uptake in order to produce the ideal soil for healthy plant growth Instructional Focus: Reviewing and observing the "Soil Food Web", carbon based organic life, soil Cation Exchange Capacity (CEC) and a discussion of energy flows (and a possible existence of a life force that might explain everything).
Tuesday October 9 1-5pm	Crop Production	Winter Crops	Dana Steege-Jackson, Around the Table Farm <i>20322 Pugh Rd NE Poulsbo</i>	Laura	Class Objectives: Learn about what crops work well for fall/winter/early spring sales and how to grow them. Instructional Focus: We will discuss the planting calendar and successions for the fall/winter/spring. We will talk about storage versus fresh crops and the value of a good mix. We will discuss hoop house versus field plantings.
Tuesday October 23 3-5pm class 5-6:30pm graduation	Crop Production & Farm Business	Season Planning & Record-keeping Graduation & Potluck @ Full Tilth Farm	Becky Warner Full Tilth Farm <i>5237 NE Falcon Ridge Ln Poulsbo</i>	Laura	Class Objectives: Learn about ways to plan out your farm season and track your results using spreadsheets. Instructional Focus: What to plant, how much, where, and when? Create a vision and a plan for crop planting, harvest, and sales. Learn some options around record-keeping and analysis to determine if a crop is worth your time to grow, or how you might make it worthwhile. Improve your crop-growing efficiency and effectiveness by developing your own suite of spreadsheets to add ease to your yearly routine. Succession planning, field mapping, propagation/transplant plans, sales tracking, and metrics for crop comparison will be covered.



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					<p>Recommended Reading: The Organic Farmer's Business Handbook by Richard Wiswall & Spreadsheets from Josh Volk http://www.joshvolk.com/Q%26A/spreadsheetsforc.html</p>
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