



HEALTHY FOODS LOCAL FARMERS

2016 Mill City Farmers Market 'Meet Your Vegetables' Internship

Project Background

Mill City Farmers Market (MCFM) is a non-profit organization based in Minneapolis, entering its twelfth season. MCFM brings together farmers, producers, food artisans, multi-cultural food traditions, celebrity chefs, authors, cooking demos, recipes, food samples, kids activities, farm animals, festivals, and live music to educate consumers about sustainable & organic agriculture and farmers in our region. MCFM builds connections and fosters relationships between farmers, entrepreneurs and customers in a fun and lively environment. It is much more than a market. It is an experience enjoyed by over 6,000 guests each market day. Furthermore, MCFM is actively involved in the community doing outreach to build a stronger, more sustainable regional food system.

Internship Objectives

1. Support MCFM's mission "to inspire and nurture a healthy community by building a local, sustainable, and organic food economy in a vibrant, educational marketplace."
2. Inspire MCFM customers to buy and consume more fresh fruits and vegetables.
3. Drive vendors' sales through educational food demonstration events in order to encourage shoppers to include MCFM as a part of their weekly grocery shopping routine.

Field Experience Details

"Meet Your Vegetables" Internship Responsibilities:

- Create a series of 9 simple, healthy vegetable recipes using market ingredients to demo at the *Meet Your Vegetables* booth for 9 Saturdays during the season
 - o Recipes to feature local, in-season and/or under-utilized vegetables in quick, simple 3-5 ingredient recipes
 - o Exact dates TBD June – September
- Purchase necessary ingredients (all expenses reimbursed) from MCFM vendors or from local co-ops for ingredients unavailable at Market
- Prepare recipes on site and provide samples to Market goers
- Staff the *Meet Your Vegetables* booth and educate Market goers on sourcing and preparation techniques and nutritional information
- Distribute recipes and engage with Market goers at 9 Saturday markets and additional promotional dates TBD
- Attend at least six of the 'Meet Your Vegetables' demo weeks. Dates TBD June – September
- Partner with Allina Health (program sponsor) staff and practitioners and incorporate their programming into market booth. (Great networking opportunity working with Allina physicians!)

Additional Responsibilities:

- Write nutritional blog posts to be used on MCFM website and as articles that could be submitted to the *Downtown Journal*
- Staff the annual Benefit Dinner on the Market site on 9/10/17.
- TBD projects according to interns' interests, internship requirements and qualifications
- Other community engagement opportunities depending on time and interest



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Required Skills / Qualifications:

- Culinary experience (including cooking at home!)
- Nutrition knowledge of local fruits and vegetables
- Interest in sustainable agriculture and local food
- Outgoing personality
- Excellent communication skills
- Ability to lift 30 pounds or heavier
- Independently motivated

Preferred Skills / Qualifications:

- Nutrition or Public Health student
- Experience working with volunteers
- Experience in local agriculture
- Recipe creation experience
- Detail oriented
- Organized

Total MYV Field Experience = 60 hours with the opportunity for additional projects

Compensation:

This field experience is unpaid but interns will receive a small stipend for parking. Interns will be reimbursed for all pre-approved expenses.

To apply, please send a cover letter and resume to jenny@millcityfarmersmarket.org by Monday, February 13th, 2017. Candidates will be interviewed in the end of February.

[Click here](#) to read more about the internship and view past recipes on our website