



HEALTHY FOODS LOCAL FARMERS

2019 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 14th season. MCFM brings together farmers, food makers, chef-led cooking demos, healthy food samplings and online content to educate its visitors about sustainable and 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 5,000 guests each market day. Furthermore, MCFM is actively involved in the community doing outreach to build a stronger, more sustainable and more inclusive 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 local fresh fruits and vegetables
3. Drive vendors' sales through educational food demonstrations that encourage market visitors to include MCFM as a part of their weekly grocery shopping routine
4. Discover how to effectively communicate with the general public about nutrition and eating well through one-on-one conversations at the market, nutrition and cooking articles and other projects
5. Connect with sustainable food and health professionals to learn more about potential careers in the industry

Field Experience Details

"Meet Your Vegetables" Internship Responsibilities:

- As a team of 4-5 interns, create a series of 9 simple, healthy vegetable recipes using market ingredients to demo at the "Meet Your Vegetables" booth for 9 Saturdays
 - o Recipes feature local, seasonal and/or under-utilized vegetables in simple 3-6 ingredient recipes
 - o Exact dates TBD, June through August
- Purchase necessary ingredients (all expenses reimbursed) from MCFM vendors and prepare recipes on-site to sample to market visitors
- Educate market visitors on sourcing, preparation techniques and nutritional information
- Attend at least six of the Meet Your Vegetables demo dates (7:30 a.m. – 1:30 p.m., June thru August)
- Staff our Power of Produce kids veggie tasting table at approximately 4 to 5 markets (7:45 a.m. – 1:15p.m., May thru October)
- Assist professional chefs with our Mill City Cooks kitchen demos at markets (10:00 a.m. – 12:00 p.m., May thru October)
- Partner with Allina Health (program sponsor) staff and practitioners and incorporate their programming into market booth. (Great networking opportunity working with Allina physicians!)
- Connect and network with chefs, farmers, food entrepreneurs, registered nutritionists and other health care professionals to learn about opportunities and potential careers in the industry



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Additional Responsibilities/Opportunities:

- Write nutritional articles to be used on MCFM website and that could be submitted to the *Southwest Journal* and *Mill City Times* neighborhood newspapers
- Create video and social media content promoting 'healthy food, local farmers'
- Staff the annual Benefit Dinner fundraiser in September
- Other projects according to interns' interests, internship requirements and qualifications

Required Skills / Qualifications:

- Culinary experience (including cooking at home!)
- Basic nutrition knowledge of fruits and vegetables
- Interest in sustainable agriculture and local food
- Excellent communication skills
- Ability to lift 30 pounds or heavier
- Independently motivated
- Detail oriented
- Organized
- Available most Saturdays May through October

Preferred Skills / Qualifications:

- Nutrition or Public Health student
- Experience in local agriculture (farm-to-table restaurants, farmers markets, non-profits, farms, etc.)
- Recipe creation experience

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

Estimated Hourly Breakdown:

- + 48 hours at market, sampling and educating customers
- + 8 hours recipe development and testing
- + 4 hours training and networking events
- + Up to 60 hours working on additional projects and helping at events, if desired—**please note if your internship has an hourly requirement in your application email or cover letter.** Additional hours MUST be pre-approved with MCFM staff.

Compensation:

This internship is unpaid. Interns will be reimbursed for all pre-approved expenses, including parking.

To apply, please send a cover letter and resume to jenny@millcityfarmersmarket.org. Candidates will be interviewed in late February/early March.

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