



FARM & FOOD FELLOWSHIP

Allegheny Mountain Institute believes in the power of food to build vibrant, healthy communities. That's why AMI sponsors, trains and empowers Fellows to transform the food system.

What is the AMI Fellowship?



FARM WORK & TRAINING



YEAR OF SERVICE

AMI Fellows gain hands-on experience and training in regenerative farming, homesteading skills and food systems. Then, Fellows apply their training and share these skills with others during a year of non-profit work in Highland and Augusta Counties, VA.





PHASE I

May 13 - October 30, 2019

- Study regenerative farming, nutrition and wellness, and community development through expert guest instructors, field trips, and educational sessions.
- Gain hands-on experience in sustainable fruit and vegetable production, small animal husbandry, beekeeping, and more!
- Room and board and personal days provided.
- \$1,000 stipend upon signature and commitment to the Phase II contract.

PHASE II

January 6 - December 18, 2020

- Work with AMI and partner non-profit organizations to help build healthy communities.
- Create local food system infrastructure, manage school gardens, work on institutional farms, develop site-based curriculum, and increase food access.
- Build farm and leadership skills through monthly professional development sessions and mentorship.
- Earn \$10 per hour (less payroll taxes), with paid time off and health leave.



**GROW
FOOD**



**BUILD
COMMUNITY**



**PREPARE
TO LEAD**



**PRACTICE
WELLNESS**

**FELLOWSHIP
GOALS**



**CONNECT
TO NATURE**

A WEEK IN PHASE I

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------|--------------|------------------------|----------------|---------------------------------|
| WEEKLY MEETING | GARDEN | WORKSHOP OR FIELD TRIP | DIGGING DEEPER | GARDEN |
| GARDEN | LUNCH | LUNCH | GARDEN | LUNCH |
| LUNCH | TUESDAY TALK | WORKSHOP OR FIELD TRIP | LUNCH | GARDEN |
| GARDEN | GARDEN | | GARDEN | FARMERS MARKET OR SCHOOL GARDEN |

Does not include farm and cleaning chores or cooking rotations.

WHAT WILL YOU LEARN?

- Full Season Organic Gardening
- Cooking, Preserving and Fermenting
- Food Systems and Food Access
- Nutrition and Wellness
- Small Animal Husbandry
- Beekeeping
- Community Development
- Herbalism... and much more!

Did you know?

Phase II Fellows continue to meet several times a month for education and shared work days.

AMI's Fellowship creates strong leaders who successfully work to build more cohesive community food systems.

Meet some of our alumni

ANNA



2015-2016 Fellow
CSA Manager
Cultivating Community
Portland, ME

PAUL



2013-2014 Fellow
Incubator Farm Coordinator
Windy City Harvest
Chicago, IL

JENNA



2012-2013 Fellow
Executive Director
Project Grows
Staunton, VA

NICK



2014-2015 Fellow
Farm Production Manager
Sharondale Farm
Cismont, VA

Interested?

LEARN MORE

www.alleghenymountaininstitute.org
540-886-0160

Applications due by February 1, 2019. Apply today at

www.alleghenymountaininstitute.org



AMI admits participants without regard to race, color, religion, gender, sexual orientation, gender identity, national origin, age, disability, genetic information, marital status, amnesty or status as a covered veteran in accordance with applicable Federal, State and local laws.