



**Job Posting:** Urban Farm/Greenhouse Part Time Assistant for Frog Bench Farms

- Valid until June 2020

**Hours:** Shifts available Monday through Sunday year round, 15-20 hours per week. One year commitment.

**Wages:** Hourly, Commensurate with experience.

**Frog Bench Farms (FBF)** is an organic Urban Farm located at the bottom of the Wasatch foothills in Salt Lake City growing 1.5 acres of high quality organic veggies, herbs, fruits, nuts and edible flowers since 2012. The greenhouse is 2875 square feet of raised planters and racks. If possible all plants are started from seed. The greenhouse and farm are on automated irrigation systems. Cold frames, low/high hoop houses are used to extend seasons. Sales are primarily to local restaurants, caterers and food trucks.

**Typical week would be:**

- Monday-Wednesday shifts: harvesting, washing, packaging, and clean-up.
- Thursday-Sunday shifts: watering, weeding, kitchen/greenhouse clean-up, pruning and projects.

**Applicant must have the ability to:**

- Follow directions and comply with all BMP (Best Management Practices) or ask further questions.
- Be a proactive self-starter and work without close supervision.
- Use a shovel, rake or cultivator or other typical farming tools.
- Water crops and understand irrigation.
- Must have a current, valid driver's license.

**Typical Physical Demands and Working Conditions:**

- This position requires typical physical demands for farm labor, such as walking, standing, reaching, stooping, squatting, lifting up to 50 lbs.
- Work indoors and outdoors in cold, hot or wet conditions on uneven surfaces.

**Essential Job Duties and Responsibilities:**

- Be receptive to learning new methods of farming and sharing existing knowledge.
- Sanitize floors, windows, tables, sinks and high surfaces according to UDAF (Utah Department of Agriculture and Food) standards.

- Maintain all farming related equipment including electric utility vehicle and ATV, tools, and supplies. Making sure to write down or notify management of any low supplies.
- Develop competency of the farm practices and complete all tasks established for the correct shift.
- Notify Manager of irrigation system issues for farm and greenhouse.
- Assist in planting and maintaining a variety of heirloom vegetables, herbs, and fruits following recognized organic growing practices.
- Assist in harvesting, washing and storing produce according to our current standards.
- Care, cleaning, feeding and providing water to chickens.
- Taking stewardship of the land, plants and environment by making a commitment to the sustainability and well-being of the farm and the people involved.
- Develop and discuss alternative and innovative strategies for farm planting and maintenance which applies to intensive small-acreage farming.

#### **Health and Safety:**

- Ensure quality standards and health safety of all farm and greenhouse cultivation and harvesting practices, storage of chemicals, maintenance of farm
- Accepting responsibility and personal ownership for actions, results and risks.
- Keep accurate records of all matters relating to the operation of the greenhouse and farm including but not limited to:
  - o IPM methods and implementation, seeding and harvesting schedule, planting history, management history, pest and disease history of each farm area, and harvesting history

#### **Necessary Experience:**

- 2 or more years in a farming or greenhouse environment growing high yield organic herbs and vegetables.
- General knowledgeable on soil science, plant nutrient needs, weed/pest management, planting procedures, transplanting, seeding, harvest and post-harvest management.
- Proficiency with a variety of farm equipment, machinery and hand tools.
- Microgreen growing knowledge is a plus.

**Please send a cover letter outlining all aspects of applicable experience along with resume. Only those with one year or two full seasons experience need apply. Send requested information to: [info@frogbenchfarms.com](mailto:info@frogbenchfarms.com)**