



AGRICULTURAL PROGRAMS AT CAMP HILL VILLAGE KIMBERTON HILLS

Camp Hill Village Kimberton Hills is a 432-acre agricultural and craft community that includes a 200 member CSA, a grass fed dairy, herb garden, orchards, woodlands, a large estate workshop, and an apiary. Kimberton Hills offers the opportunity to gain experience in biodynamic, organic, and sustainable methods of agriculture and land stewardship in a social therapeutic setting together with adults with developmentally disabilities (also called "villagers"). At Kimberton Hills we believe that the health of land and people are deeply interdependent. In that spirit, we practice biodynamic agriculture, which begins with the best organic practices and incorporates a view of the land as a living organism. Currently we offer a few different agricultural positions: a two-year garden apprenticeship, one-year dairy internship, one-year service volunteer position in agriculture, and 1-3 month summer internships.

TWO-YEAR APPRENTICESHIPS: Apprentices receive a strong "hands on" training by working alongside experienced mentor farmers. In addition they receive a solid theoretical foundation in biodynamic and organic agriculture through weekly tutorials and planning meetings from November to March, weekly farm tours and seminars offered from May through October, and ongoing agrarian and anthroposophical study groups throughout the year. In their second year, apprentices attend the monthly Biodynamic Training Course offered through the Pfeiffer Center in NY.

ONE-YEAR DAIRY INTERNSHIPS: Dairy interns work along experienced mentor farmers and gain "on the job" training in all aspects of running a biodynamic grass fed dairy operation. Interns partake in some of the weekly study groups and mentoring sessions as well as some of the summer farm tours and seminars.

ONE-YEAR AGRICULTURAL SERVICE VOLUNTEER POSITIONS: This one-year position involves working a half-day in one of our land workshops (orchard, dairy, CSA garden, herb garden, or estate) and a half-day in one of our life-sharing households. Service volunteers partake in some of the training sessions and study groups.

1-3 MONTH INTERNS: Individuals wishing to come for 1-3 months in the summer can work as interns in any of the various land operations. Short stay Interns may be able to partake in some of the training activities.

LAND INITIATIVES IN KIMBERTON HILLS

CSA GARDEN

Our biodynamic Demeter certified 15-acre garden operates as a 200 member CSA. In the garden we grow a diverse seasonal mix of vegetables, flowers, herbs, fruit and also tend a small livestock herd. Our head gardener Sebastian and his wife Lael oversee this enterprise with a crew of over 10 gardeners (including villagers, apprentices, service volunteers, and interns). We are deeply committed to the use of biodynamic methods, which allows us to strengthen our fragile ecosystem as well as provide food of the highest quality to our local community. Activities in the CSA include plant propagation, greenhouse management, pruning, crop cultivation, harvesting, tractor and equipment operation and maintenance, irrigation, livestock management, composting, making and using the biodynamic preparations. Apprentices also participate in many administrative aspects of preparing, planning, and running the CSA operation.

Dairy Farm

Our biodynamic dairy farm is comprised of 250 acres of mixed pasture, hay and arable land. Our crew of up to 10 farmers includes villagers, coworkers, and service volunteers. We have a herd of 40 milk cows, the majority of which are Brown Swiss and Milking Short Horn. We also have 50 head of young stock ranging from calves to yearlings. We also tend a flock of 100 laying hens. The farm is committed to rotational grazing as a management tool and feel it is a truly holistic and sustainable approach to land and livestock care. The cows and young stock are out on pasture from April until November. Most are housed during the winter and fed silage with supplemental grain and soybeans in the barn. We bottle and direct market our milk to a local whole foods store, a local organic yogurt company, as well as to two nearby Camphill communities. We also provide organic beef to the community.

Herb Garden

In the herb garden we grow a variety of culinary and medicinal herbs, using the biodynamic preparations. Our small crew spends the season planting, weeding, harvesting and drying herbs for the village and for marketing. While working, we experience the interaction of Nature's realms—learning to observe and share our findings.

Orchard

The orchard provides the village with apples, pears, peaches, grapes and small fruits. Villagers and coworkers share in the varied tasks that maintain the health of the orchard. In the spring we weed around the grapes and apply biodynamic compost and

tree paste. In the summer we begin harvesting black currants and berries, we thin apples and monitor the insects. We spray non-toxic, biodynamic preparations on the plants. We remove bad fruit from the peach trees and grapevines. In the autumn we harvest and process most of the fruit. In the winter we prune all of the fruit trees and vines to allow light and air to penetrate the trees.

Land Stewardship

Our 432-acre community includes woodlands, gardens, and meadows that are managed by an estate crew who use sound ecological principles and innovative design to maintain the pastoral beauty of the village. Our team of villagers and coworkers engage in a wide range of landscaping and maintenance activities in our estate workshop.

Bee-keeping

The Apiary provides pollination for the gardens and orchard while producing honey for our village and for some outside sales. We maintain several hives here in the village and on farms in the neighboring countryside.

WHO WE ARE AND WHAT WE DO

Pottery

POPULATION

Our community includes:

Villagers	40
Long Term Coworkers	30
Coworkers' children	20
Service Volunteers	20

We care for:

A herd of dairy cows, chickens, goats, sheep, donkeys, honeybees, a dog, and a host of house and barn cats

LAND AND BUILDINGS

Our land includes:

432 acres of pastures, fields, woodlands, gardens, lawns, wooded paths and trails, an orchard and a vineyard

Our building/structures include:

17 residences
Dairy, garden, and storage barns
2 greenhouses
Rosehall, our community center
Community Health Center (CHC)
Maintenance shop
Bakery and coffee shop
Woodwork and craft workshops
A swimming pool

CRAFT AND WORK ACTIVITIES

We pursue a variety of occupations:

Biodynamic gardening, farming, orchard and estate work
Running a bakery and coffee shop
Housekeeping and meal preparation
Weaving, spinning, dyeing, knitting, felting
Woodworking

KIMBERTON HILLS PRODUCTS

Our work produces:

Organic breads and cookies
Hand-woven rugs, placemats, and scarves
Naturally dyed silk scarves
Hand-spun and naturally dyed yarn
Picnic tables, wooden toys, bird feeders, bat boxes, spoons, and salad bowl
Pottery crafts
Biodynamic vegetables, milk, meats, fruits, herbs, flowers, and honey
The *Stella Natura* Biodynamic Calendar

THERAPIES AND SUPPORT SERVICES

Available to our villagers include:

Relationship Group
Living Well Group
Individual Counseling
Birthday Meetings
Curative Eurythmy
Music Therapy
Art Therapy
Therapeutic Massage

SOCIAL AND CULTURAL LIFE

Our rich community life includes:

Orchestra
Hand bell, speech, and singing choirs, Concerts, plays and other cultural events
Eurythmy and folkdancing
The Dry Cow Café
Holiday and seasonal celebrations
Visits to the YMCA
Special Olympics, sports

Camping and hiking trips
10/09



PO Box 1045, Kimberton, PA, 19442 Phone: 610-935-3963

Email: information@camphillkimberton.org

Sankanac CSA Garden Apprenticeship 2010

Sebastian Kretschmer, master gardener

PROFILE OF THE OPERATION

- ❖ 15 acres of river bottom land
- ❖ 2 large greenhouses
- ❖ 3 tractors and a broad spectrum of tillage and cultivation implements
- ❖ Drip and sprinkler irrigation out of the creek
- ❖ Raised bed system
- ❖ Small scale livestock operation (pigs, sheep, goats, chickens)
- ❖ Fertility management through crop rotation, cover cropping and "on farm" compost production
- ❖ 10 -15 member garden crew (apprentices, villagers, interns)

AREAS OF WORK

- ❖ Involvement in all aspects of planning and running a 15-acre biodynamic 200-member CSA
- ❖ Raising, planting, cultivating, harvesting, processing, displaying, and storing over 40 species of vegetables, fruit, herbs, and flowers
- ❖ Compost preparation and management using different animal manures and organic ingredients
- ❖ Making seed earth and potting mixes
- ❖ Greenhouse management and plant propagation
- ❖ Soil preparation, soil cultivation, crop rotation
- ❖ Weed and pest control and management
- ❖ Making, preparing, and applying all of the biodynamic preparations

- ❖ Insights into administrative planning and record keeping
- ❖ Seed saving
- ❖ Tractor and equipment operation and maintenance
- ❖ Working "shoulder to shoulder" with adults who have developmental disabilities.
- ❖ Small scale diverse livestock management and animal husbandry

TRAINING OPPORTUNITIES

- ❖ Practical training component involves working along side experienced mentor farmers
- ❖ November-March: Theoretical training component consists of weekly tutorials that include garden planning meetings and agricultural study sessions
- ❖ March-November: Theoretical training component includes farm tours and seminars on agrarian science organized by the SE Pennsylvania Sustainable Agricultural Training Alliance (SAITA)
- ❖ In their second year apprentices attend the monthly Biodynamic Training Course at the Pfeiffer Center in New York State from September through June. See www.pfeiffercenter.org for more information
- ❖ Ongoing study groups in agriculture and anthroposophy are offered throughout the year

RESIDENCY

- ❖ Room and board is provided,
- ❖ After two months apprentices are eligible to use community vehicles
- ❖ Health insurance is offered after three months
- ❖ Stipend of \$130/month in first year \$150/month plus vacation money in second year
- ❖ Qualified applicants can participate in our Americorp Program and receive \$ 4725 as an educational award each year for a total of two terms

10/09



P.O. Box 1045, Kimberton, PA, 19442 Phone/Fax: 610-935-3963

Email: information@camphillkimberton.org

Apprenticeship Application for Sankanac CSA 2010

Date of Application:

Name:

Date of Birth:

Age:

M / F (Please circle)

Address:

Phone:

Email:

SS #:

Proposed dates of stay?

Marital Status:

Children?

Are you a licensed driver?

If yes, for how long?

Can you drive manual vehicles?

EDUCATION

Location

Graduated

Degree

High School:

University:

University:

Other:

EMPLOYMENT HISTORY

Please list positions held beginning with the most current

Employer _____ *Your Position* _____ *Dates of Employment* _____ *Reason for Leaving* _____

GENERAL INFORMATION

How did you hear of Sankanac CSA or Kimberton Hills?

What motivates you to do an apprenticeship in biodynamic agriculture at this time in your life?

What experience have you had that relates to this position?

What do you feel would be particularly challenging for you?

What do you want to learn during your apprenticeship?

How do you feel about working in hot, wet, cold conditions doing manual labor for long hours?

Do you currently have financial obligations? If so, can you manage them while living in our community? Would you be interested in participating in the Americorp program?

Sankanac CSA is a part of Camphill Village Kimberton Hills, an intentional community that includes adults with developmental disabilities. What experience have you had with people who have developmental disabilities?

What particular strengths or skills would you bring to community life, working with people with special needs, housework, land work, or crafts?

What do you now see as your future vocation or future goals?

REFERENCES

Please list three references. At least two should be work or school related references. Please do not include relatives as references.

	<i>Name</i>	<i>telephone</i>	<i>email address</i>	<i>relationship to you</i>
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____

HEALTH AND MEDICAL INFORMATION

Our work at Kimberton Hills is both rewarding and challenging ~ physically, mentally, and emotionally. In order to have an enjoyable and successful experience as an apprentice it is essential to be in good physical and emotional health. To verify the state of your health, past and present, we require that your doctor fill out the medical form, which we are including in this application packet.

Please describe your past and present state of health (physical, mental, emotional).

Do you have a special diet? If so, please describe briefly:

Please describe your current and past relationship to alcohol and illegal substances (drugs) including marijuana.

Please include a one-page autobiographical statement to describe who you are and to tell us important information that has not been sufficiently addressed in this application.

*I certify that all statements made in this application are accurate.
I authorize Camphill Village Kimberton Hills to verify my references. I understand that as part of the application process, a medical form to verify the state of my health, current treatments, and past medical history must be completed by my physician and sent to Kimberton Hills. Additionally my dentist must provide a certificate indicating my current dental condition. I further understand that I am responsible for any dental work that may be required in the future.*

Signature of Applicant

Date



PHYSICIAN'S REPORT

Authorization for Release of Medical Information

I authorize my physician or clinic to release any medical information that may be pertinent to my application to be a volunteer co-worker at **Camp Hill Village Kimberton Hills**.

Signature of Applicant

Date

To the Examining Physician

In order to provide good care to the residents of Camp Hill Village Kimberton Hills, the good health of our volunteer staff is essential.

Please complete the questions below

1. How long has the above named person been under your care?
2. Date of last examination:
3. Date of last tetanus injection:
4. Does this person have a history or present evidence of a serious operation, injury, or physical or mental illness? If so, please explain.
5. Does this person have any communicable diseases?
6. Is this person taking any medications? If so, which ones? For which conditions?
7. Does this person have any allergies? Please explain

8. Does this person have a history or present evidence of chemical abuse or dependency?
Please explain?

9. Is there a physician with whom we should consult before making a decision about this person's application? If Yes please give the name and phone number of the physician.

10. In your opinion, is his/her health suitable to participate in our apprenticeship?

<i>Signature of Examining Physician</i>	<i>Date</i>	<i>Phone</i>
---	-------------	--------------

Physician's Address

<i>City</i>	<i>State</i>	<i>Postal code/Zip Code</i>	<i>Country</i>
-------------	--------------	-----------------------------	----------------

Please provide official Physical Seal or Praxis Stamp Here:

10/09