



Garden PROGRAMS Volunteer Description

Our Garden PROGRAMS Volunteer position is open to individuals interested in volunteering in the garden on a regular basis, working directly with our programs (Special Needs High School, Transition, and Adult Day classes). These volunteers will work closely with Sunflower Hill's Garden Teacher and Farmer assisting small groups of Ranchers in the field to complete important garden tasks. We welcome volunteers who are new to working in a garden setting and with neuro-diverse populations. A desire to help others, kindness and patience, as well as an interest in learning are valuable attributes of a Garden Program Volunteer.

When:

9:00am - 12:30pm Tuesdays, Thursdays, or Fridays

Please **commit to one, two, or even three days a week. Consistency is important as it informs our Rancher:Staff/Volunteer ratio and determines what tasks we can accomplish on a given day.

What:

- Assist in set up/clean up of garden tasks for the special needs programs
- General garden work- After coaching from Farmer/Teacher, lead and assist ranchers (students) and aides/teachers in general garden work such as weeding, planting, harvesting, composting, etc. We aim for a ratio of 2:1- 4:2 depending on rancher skill level
- Engage in meaningful conversation and, as needed physical assistance of ranchers, to complete the assigned task.
- Special event help - occasionally assist staff in preparing for family days and other special projects.

Desirable Skills (but not necessary)

- Experience working with the special needs community
- Experience working in a garden or farm setting
- Experience working with hand tools
- Comfortable working outdoors in hot/cold/wet weather
- Capable of traversing uneven terrain, lift up to 25 lbs, and able to position self in the field/work benches to complete farm tasks
- Able to identify, or quickly learn, and distinguish several different mature plant species

If you are interesting in regularly volunteering with us, please email Sarah Renton, at info@sunflowerhill.org.