

WWOOFING at Wellspring Farm

We host WWOOFers when we have ample housing and ample work; generally this is early June through September. We ask for a minimum stay of two weeks in order to benefit from orienting and training WWOOFers. Our farm is best for folks that are seriously interested in farming and CSA. We will expect hard work and serious engagement in what we are doing. Please be honest with yourself about what you are seeking. No drugs allowed. Following is some information to help you determine if we are a good fit for you, plus information on how to apply:

General info:

We are a 5 acre, 150-member CSA and production-oriented farm with a crew comprised of 1-2 apprentices who live on the farm, plus 3-5 part time workers who live locally that come and go throughout the work week. Lunch is often eaten as a group (with everyone providing their own lunch), but folks are on their own for breakfast and dinner. A car is necessary if you wish to get off the farm on a regular basis. Biking is possible if you are a tough biker (the main road is busy and has a narrow shoulder). Great hiking and swimming hole nearby. Vermont's largest state park is also near, and has camping, hiking and boating. The local community is friendly and laid-back; a mix of old Vermont families and back-to-the-land newcomers. Free weekly community spaghetti supper at our local library; excellent small food co-op for organic groceries; local pub and pizza joint in town. Rural and rustic with a hippie style flair.

WWOOFers receive:

- Instruction in basic farming techniques. Farmer will often work side by side with the crew, and thus there are many opportunities to discuss farming issues and production strategies.
- Rustic housing (possibly camping, depending on availability). Propane stove, but no electricity. Bathe in the river in the warm season.
- Farm veggies are available from July onwards. In June only, we provide a food stipend of \$20/week per person to compensate for the lack of produce. After June, there is no food allowance so please be prepared to cover that expense yourself. WWOOFers cook all meals for themselves.
- We provide one tank of propane which should last you 3 weeks with average use; also we provide basic kitchenware. Bedding, towels, toiletries, etc, you provide for yourself.

WWOOFers provide:

- 4-5 hours of work per day, Monday-Friday, generally 7am or 8am til noon. We work in all types of weather, and the work is hard physical labor.
- Appropriate work clothes, including rain gear and decent work boots.

If you are interested, please email Mimi Arnstein, the farmer, at mimi@wellspringcsa.com.

Include the following:

- Dates you are available and length of stay sought
- Why you are interested in WWOOFing at Wellspring Farm. What do you want to get out of your experience?
- Any past WWOOFing or farming experience
- Any physical limitations we should know about

Thank you for your interest!