

Sustainable Farming Assistant Name: _____

Start Date: _____

Finish Date: _____

You will be put in an environment that will give you access to the full range of considerations necessary for a small scale farming enterprise. Sutton Community Farm will have 3.5 acres of active mixed vegetable production. The farm includes a wide variety of vegetable types.

We would like to use our time on the farm to help you become familiar with all aspects of production and become proficient in the core activities.

You will be taught through practical side-by-side learning. The emphasis is on practical skills.

As you spend time at the farm we would like you to work through this list of activities and as you become proficient at each we can tick them off together.

General

Gain a good understanding of:

	Greenhorn	Amateur	Extraordinaire
Plant life cycle			
Plant management			
Crop rotation			
Crop planning			
Record keeping			
General farm management			

Core Skills

Sowing Seeds

	Greenhorn	Amateur	Extraordinaire
Sowing in modules			
Sowing in seed trays			
Sowing direct			
Broadcast sowing			

Potting Up

	Greenhorn	Amateur	Extraordinaire
Potting on from modules			
Potting on from seed trays			
Potting on from pots			
Transplanting / planting out			

Reaping the Rewards

	Greenhorn	Amateur	Extraordinaire
Harvesting			
Preparing produce for market			

How and Where to use What Tool**Broader Themes**

	Greenhorn	Amateur	Extraordinaire
Plant maintenance			
Plant training			
Basic plant identification			
Proficient weeding			
Disease identification			
Disease control			
Pest identification			
Pest control			

Soil

	Greenhorn	Amateur	Extraordinaire
Bed management			
Preparing beds			
Soil maintenance			
Water management			
Weeds management			
Nutrient management			
Composting			
Green manure			

Knowledge

	Greenhorn	Amateur	Extraordinaire
Passing on knowledge			
Training / teaching those around you			

During your time on the farm we will be interacting with over 150 varieties of vegetables. It may not be possible for everybody to sow, plant, tend and harvest every one. However, here are the basics of our seed order to whet the appetite.

Cucurbits

- Courgettes
- Winter squash

Brassica

- Sprouting broccoli
- Summer broccoli
- Cabbage
- Brussels sprouts
- Turnips
- Kale/ borecole

Roots

- Leaf beet
- Bulls blood
- Beetroot
- Carrots
- Celeriac
- Fennel

Beans

- Broad beans
- French beans
- Climbing beans
- Borlotti

Alliums

- Leeks
- Shallots
- Florence long
- Spring onion

Protected

- Tomatoes
- Peppers
- Cucumber

Salad Brassica

- Salad rocket
- Wild rocket
- Kale
- Namenia
- Mizuna
- Cress
- Mustard
- Tat soi
- Nasturtium

Asteraceae

- Early lettuce
- Lettuce
- Hearting lettuce
- Winter lettuce
- Endive
- Chicory
- Goosefoots & other
- Bulls blood
- Chard
- Chard
- Red Orache

Herbs

- Sorrel
- Parsley
- Coriander
- Leaf celery
- Dill
- Chervil
- Borage