My Summer at Seminary Hill Farm

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Responsibilities at the Farm

I spent my summer at Seminary Hill Farm (SHF) in Delaware, OH after finding the opportunity on the OEFFA website. Some of my duties included:

• Harvesting for the weekly CSA
• Planting seeds and transplants
• Watering or setting up irrigation
• Cultivating the soil and managing weeds
• My final week was spent managing CSA pickup myself

Reflection of My Experience

Takeaways:

• I love growing things! However, it’s a lot of work and can be discouraging because as in nature sometimes things don’t go as planned
• Farm work can be very chaotic and all over the place, so if you enjoy change and spontaneity this is for you
• I sought an internship that paid because I have bills of my own, and farm work is hard work which everyone deserves to be paid fairly for it
• This was a great way to build meaningful connections with some amazing people

Regenerative Agriculture and Agroecology

SHF integrates traditional and Indigenous knowledge to build an agricultural ecosystem that will continue to grow more regenerative and integrated with the surrounding ecosystem. Some examples of this include:

• Using mulch from organic matter on the property
• Following organic farming practices
• Growing year round and rotating crops, including cover crops
• Housing pollinators onsite and growing flowers as well as vegetables
• Working to limit tilling and moving towards seed saving
• Practices such as intercropping to limit fertilizer use

Future Career Plans

Going forwards, I am certain I want to work in agriculture especially that which follows many of the methods picked up by Seminary Hill Farm. I want to gain more wisdom in areas such as urban farming, aquaculture, integrating livestock, Indigenous practices such as food forests, and more. I am particularly inspired by True Love Seeds of Philadelphia, whom I came across via Laura-Ann at SHF. They sell culturally important seeds and seek to promote food sovereignty, seed saving, and agroecology.

I would like to one day be part of a collaborative group of growers and others that seek to create community resiliency through these sorts of practices that encourage food sovereignty and create a more harmonious system of growing good food for people which also goes back and feeds the earth as well.

Acknowledgements

Thanks to everyone at SHF, especially Laura-Ann and Nate! I had such a lovely time this summer, I learned so much and grew to be so inspired. I will surely be back to visit and will remember the summer and the things I learned my whole life.