Provide an overview of the organization/research project and a summary of your responsibilities, tasks, and/or projects.

Sequatchie Cove Farms is an organic farm deep in the Sequatchie valley, nestled at the base of the Cumberland Plateau. While many people have heard of the award-winning creamery on their property, the farm is just as impressive. My position was based around the garden and marketing their products. A normal day consisted of working in the garden, planting, harvesting, or weeding, then sorting vegetables for sale, and finally working with the owners to update their website, send out emails, and take pictures.

During your internship, what did you accomplish or how did you make a difference? In what ways did you grow in your professional and technical skills?

I have always been a tactile learner. Working on this farm, everything is done by hand or with assistance from small mechanical equipment. I believe I made a difference by contributing to the progress of the farm as a whole.

Describe a problem that you helped to solve at your internship. What skills or knowledge from your education at Sewanee helped you address the problem?

There are questions you have to ask yourself everyday on a farm. One day you're trying to figure out why blueberries are dying, the next you have to figure out how to braid garlic. At Sequatchie Cove, there was a day when I helped make a decision about the farmers market and how to sell a meat package. The skills and knowledge from my education at Sewanee helped me communicate my ideas in a clear way, and when the idea was accepted, I was able to walk everyone through the steps.
In what way were your teamwork skills strengthened?
   This was an individual internship, and I worked alone mostly. However, I learned to listen to conflict and help toward making decisions that would ultimate benefit the organization as a whole.

How did your internship affect your career plans?
   I feel like I can move forward full speed ahead with my career goals. When I began this internship I only had a vague, romantic idea of what I wanted to do with agriculture. Now I feel like I am able to make concrete decisions about what I want to with my life and with the land I will be cultivating.

In what ways did your internship cause you to encounter people of different backgrounds from your own? What steps did you take to communicate effectively with such persons? What did you learn from such persons' perspectives?
   I have grown up in different suburbs around the country, and have been fairly detached from my food until I began working on farms in the community around Sewanee. The people I interned for this summer live a very different lifestyle then I do. This experience taught me to listen and learn about how to make living off of the land while giving back to the land as well.

Words of advice for future interns (housing, transportation, etc.)?
   Be sure the lines of communication are wide open with the company for which you are interning.

Words of thanks to your internship funding donors:
   The gift I received for his internship was extremely generous. With the funding I received, I was able to learn what I'm passionate about without the stress of major financial decisions. The opportunity to help someone toward their personal goals with their career gives that the person validation that someone is confident that they will do great things in the future. I have confidence in my future in the field of sustainable agriculture.