

For 6 weeks this past summer, I had the privilege of interning for an urban farm located in the heart of North Carolina's capital, appropriately named Raleigh City Farm. Raleigh City Farm is a non-profit that has been in existence for 2 years. The mission of Raleigh City Farm is to grow the local food movement in and around Raleigh. Raleigh City Farm currently provides land for 4 talented entrepreneurial farmers to grow sustainable, pesticide-free fruits and vegetables that are healthy for both humans and the environment. As their summer intern, my responsibilities ranged from assisting the farmers in the garden, to recording sales of all produce, to running the farm stand 3 times a week and interacting one-on-one with customers. I also helped market Raleigh City Farm via social networking, and was responsible for the upkeep of Twitter, Facebook, and Instagram.

Many businesses and individuals are involved with the vision of a "Raleigh Food Corridor" which would link diverse communities around downtown Raleigh through the growing, serving, and consumption of local food. There are far-reaching economic, social, and ecological benefits to growing and consuming local food. As an environmental studies major, business minor, and lover of all types of food, this "Raleigh Food Corridor" idea excited me. In my time at Raleigh City Farm, a new farmers market was formed to create another hub of local food along this food corridor. Since I was the only intern with Raleigh City Farm this summer, I had the privilege of being a part of this new Raleigh City Farmers' Market. I worked directly with the CEO and our PR volunteer to get the word out about this upcoming market. Raleigh City Farm was located at the

cobblestone hall in downtown Raleigh's historic City Market. For our soft opening, we started with about 15 local vendors, ranging from hydroponic lettuce growers, to free-range cattle and chicken vendors, to heirloom-grain bakers. Every Wednesday evening from 4-7, each vendor had their own table to sell their goods, dole out delicious samples, and tell customers about the story behind their food. Although rain paid a visit to our outdoor market almost every Wednesday, I loved being involved with the market for the last 4 weeks of my internship.

Wednesdays quickly became my favorite day of working, and preparations for the market usually began around 9:30am. One Wednesday, I started in the garden, and picked 360 fresh blackberries. Then, I met with Kara, the events coordinator of the City Market, as she handed over 30 dozen mini cupcakes. I topped each one with a blackberry and paired each box with flyers that gave information about the Raleigh City Farmers' Market that evening. We delivered these cupcakes to various office buildings around downtown and asked them to come check out our market that evening. Although cupcakes were not a specialty of ours at the farm, Kara got them for free as a business favor and informed me that you never want to show up empty handed when trying to promote a new business. Although I was only in Raleigh for 6 weeks, I learned my way around downtown very quickly, as I was out promoting the market every Wednesday morning. I would usually have a "market lunch" with the CEO of Raleigh City Farm, his business partner, and the events coordinator of City Market on Wednesday afternoons. We would eat at various restaurants around downtown Raleigh, choosing places that

bought some of their produce from Raleigh City Farm for their dishes. I would then of course promote that restaurant, and our produce on some type of social media.

After our "market lunch," we would head down to City Market to start setting up the market for that evening. I would help various vendors with the unloading of their cars, packed to the brim with fresh and local foods. My favorite part of Wednesdays was talking to different farmers and bakers, and hearing about their background story, their business plans, and their various treats they brought to sell that day. We would then have the market from 4-7pm, and I would answer any questions customers had about the market, the vendors, or just what exactly "sustainable and local agriculture" means anyway.

One of the best parts of my internship with Raleigh City Farm was how involved I could be since the company was only made up of a few employees. I also loved interacting with customers as often as I did; I do not think I could have a career that has little human interaction. I also really enjoyed being outside everyday for my internship (yes, even in the 95 degree Carolina heat, racing around downtown, and posting flyers for the market for hours). One downfall of the internship was when the general manager of Raleigh City Farm, whom I had grown close to, retired from her post at the farm to pursue another career option with a higher salary. I learned that this is one of the unavoidable realities of working for a non-profit; it cannot always pay the bills. I am so grateful for my time spent in Raleigh, learning more about the local food movement and the "Raleigh Food Corridor," meeting entrepreneurial farmers, and experiencing both the

ups and downs of working for a non-profit.