

HEN SCHOOL TO FARM PROGRAM

FARM PROFILE

- **Farm name: Prairie Horizons Farm**

- Contact name: *Mary Jo Forbord, MS, RD*

- Phone, email, and/or Web site address: *29731 302 Street, Starbuck, MN 56381*

Sustainablefarming@hcinet.net; 320-239-4054(home phone, leave a message if no one answers.)

www.localfoods.umn.edu/prairiehorizons

- Location (address and description of land) *480 acres in Western Minnesota, certified organic pastures, fruits and vegetables, 55 acres of certified organic row crops.*

- A brief description of activities (crops, projects, goals, etc.) *We have a young and growing orchard that always needs care--pruning, clipping harvesting. Berries need to be picked, marketed and sold. Our main enterprise is grass-fed, rotationally grazed beef.*

- Suggested length of stay for volunteers: *2 weeks*

- When volunteers are needed: *The last two weeks of June for strawberry season. We sell strawberries to two local food co-ops, and are experimenting with a roadside stand and pick-your-own strawberries.*

- Accommodations (number and type): *a spacious farmhouse for "on your own" living (up to 3 people) or bedrooms available in our home.*

- Non-farming activities (alternative construction, restoration projects, green energy, etc.)

Mary Jo coordinates Morris Healthy Eating under a contract with the University of Minnesota. We have worked to build the farmers market, the student organic garden, Native American garden, and participated in many other projects to build a healthier food environment.

- Expectations of work for volunteers: *Open-minded, respectful, curious, willing to work and follow rules.*

- Nearby area sights and fun things to do: *Glacial Lakes State Park, Lake Minnewaska, the University of Minnesota, Morris*

- Is transportation available to your farm? *Air to Minneapolis/St. Paul or Fargo, ND then 3 hours by car.*

- Languages spoken: *English*
- Are children or pets accepted? *No pets. We have 2 large German Shepherds and livestock.*
- Special diets accommodated? *People seeking experiences in food grown and eaten at home with minimal packaging and processing are preferred. Cooking facilities are available, or we can collaborate on cooking. Please keep in mind that our main enterprise is grassfed, rotationally grazed beef and we try to keep waste to a minimum, recycling everything we can.*
- Any other farm or area specifics, i.e. focus on sustainability, local markets, organic agriculture, farmers markets, etc. *All of the above*