



# Sacred Earth Foundation

*Ekone Ranch... a place for children of all ages*

## **Ekone Ranch Kitchen Internship**

*Kitchen interns are the backbone of the Yummy Tummy magic at Ekone, and we'd love for you to join us! Come laugh, learn, and ladle with Chris, Liz, and all the Ekone cooks this spring/summer/fall!*

**Kitchen interns** will have an immersive experience in all things related to nourishing the bodies and souls of Ekone campers, guests, staff, and volunteers on a daily basis, helping to cook 3 meals a day for 20-50 people from scratch using wholesome ingredients. There will be a lot of chopping, a bunch of stirring, a fair amount of baking, and there will be acres and acres of dishes, as well as a metric ton of laughter!

Kitchen interns will also participate in weekly meal planning, recipe development, preserving food (canning, freezing, drying, fermenting, etc.), harvesting fresh produce from the garden, and will get to lead some meals according to their comfort level. The Yummy Tummy kitchen runs on collaboration and curiosity, and all our meal-making and meal-planning seeks to bring the largest possible amount of joy and inspiration to the food we serve; kitchen interns will be integrated into the whole process from planning to execution, learning and making important contributions to the whole.

This is an excellent opportunity to build valuable skills—this internship is perfect for anyone who has interest in working in the restaurant kitchen or food world, as well as for anyone who just wants to gain skills and comfortability in cooking for a crowd.

### **Additional Ranch Duties May Include:**

*This could be 40-50% of your time, depending on seasonal fluctuations, ranch needs, and your interest in learning other things and taking breaks from the kitchen!*

- Feeding animals
- Cleaning, organizing, laundry
- Garden & landscape projects
- Construction & facilities projects
- Hosting & program support
- Forestry, invasive species management, land projects

### **Volunteer Expectations & Benefits:**

- Hours per week: Varies widely based on time of year, emergent needs, and ranch priorities. In the spring and fall, interns can typically expect to work 25-40 hours per week. In the summer, working at Ekone is an especially immersive experience. We work long days when there are campers here!
- 2-month minimum commitment, ideally starting in April, May, or June
- Room and board provided
- Housing consists of a private room in the community lodge, trailer, bus, or tent.
- Abide by Ekone Volunteer Handbook and Ekone Community policies and agreements
- Expect a fabulously rewarding and challenging experience!

### **Application Process:**

- For information and application materials, email [michelle@ekone.org](mailto:michelle@ekone.org)
- Learn more about Ekone Ranch by checking out our website [www.ekone.org](http://www.ekone.org)