Spring is here!!! At the Urban Farming Institute, we spend most of our winter “plotting and planting” in preparation for another season of fresh, locally grown vegetables, educational workshops and fun events. Each year we are also excited to offer a variety of volunteering opportunities for community members, organizations, individuals and businesses. The success of our farms could only be possible because of our volunteers. Whether one person wants to offer their help at an event, or a dedicated group of youth volunteers work with us throughout the season, volunteers make a huge difference on each of our farms. Thank you for choosing to spend your time with us!

Volunteer Opportunity: Making Seed Balls
Come learn about this ancient technique that has been used for centuries to propagate plants without cultivating the soil.

A fun activity for the entire family. Throw the ‘seed balls’ into an open field, the seeds lie dormant until conditions are favorable for their growth. #throw&grow

2019 Volunteer Outlook
- Increase volunteers to 800 in 2019
- Rural Farm Visits
- Ramp up individual volunteer participation

Volunteer Opportunities
- Farmer for A Day
- Corporate Volunteer Team Building Days
- Sign up your school sports team
- Come make seed balls
- Harvest veggies to help feed the community

For Info, email jferguson.ufi@gmail.com

In 2018 UFI invited 746 volunteers to our farms. That’s 2300 hours! Our goal for 2019 is to increase volunteer opportunities, expand on the farm experience, check out rural farms, activate new urban farms and to explore farm work as a form of exercise that anyone can do.