



2024 Volunteer Manual



info@lostsierrafoodproject.org

www.lostsierrafoodproject.org

Follow Us @



lostsierrafoodproject



Lost Sierra Food Project

RUGGED ROOTS

LOST SIERRA FOOD PROJECT

2024 VOLUNTEER MANUAL

Table of Contents

Who We Are	pg. 2
Objectives	pg. 3
Meet the Team	pg. 3
Frequently Asked Questions	pg. 4 - 8

RUGGED ROOTS

LOST SIERRA FOOD PROJECT

2024 VOLUNTEER MANUAL

Thank you for your interest in volunteering with the Lost Sierra Food Project! This manual is meant to orient you with our organization, staff, & farm site and to help you prepare and know what to expect when you show up to volunteer with us.



Who We Are

Lost Sierra Food Project is a 501(c)(3) non-profit organization that seeks to support our local food system and community in the Lost Sierra region. Our **mission** is to increase access to local foods for Plumas County residents, prioritizing underserved populations, provide workforce development programs, and create educational food and farming opportunities. The organization is led by a Director and, during our 2024 farm season, we'll be relying on the support of our LSFP Board of Directors, and various employees/interns/apprentices/fellows AND volunteers like you!

We operate **Rugged Roots Farm**, a 2-acre production and education farm based on regenerative agriculture farming techniques. The model of regenerative agriculture allows us to build topsoil, trap CO₂ from the air, and store it in the soil. In addition, our farming practices emphasize biodiversity. By creating an ecosystem that nurtures food production, we are able to grow a large variety of vegetables, fruits, herbs, and flowers. In creating healthy systems that allow for self-regulation, we do not use or need to rely on chemical fertilizers or pesticides for our productions.

You can reach us by email (info@lostsierrafoodproject.org) and follow us on Facebook or Instagram @lostsierrafoodproject to stay updated on LSFP events, news, and more!

RUGGED ROOTS

LOST SIERRA FOOD PROJECT

Objectives

1. Increase local food production and revive our local food system.
2. Enhance education in ecological farming and wellness through community workshops, trainings, and school programs.
3. Empower people through experiential and skill-based workforce development on the farm.

MEET THE TEAM

We could not be more proud of our staff and core volunteers. It is their creativity, experience, passion and vision that make Lost Sierra Food Project who we are.



From Left to Right-

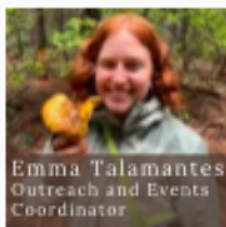
Row 1: Kari O'Reilly, Natasha Holland, Abby Cohen
Row 2: Sydney Pastore, Daniel Perry
Row 3: Nance Reed, Sienna Marley, Emma Talamantes, Emily Chambers, Jessie Mazar



Natasha Holland
Farm Manager



Kari O'Reilly
Farm Educator



Emma Talamantes
Outreach and Events
Coordinator



Vanessa Vasquez
Org. Development and
Communication
Consultant



Daniel Perry
2023-24 Grizzly Corps
Fellow

RUGGED ROOTS

LOST SIERRA FOOD PROJECT

Frequently Asked Questions

1. What will I do as a volunteer?

On some volunteer days, we will have specific tasks that we are hoping to accomplish with our volunteers. However, we want to utilize YOUR skills, so if you are interested in a particular task please let us know ahead of time. These are some of the areas in which we could use your support:

- **FARMING** - Help with all aspects of farm maintenance including but not limited to: planting seeds, transplanting, weeding, harvesting, turning compost, etc.
- **GLEANING** - Help pick fruit that we donate to community members facing food insecurity.
- **CARPENTRY** - Help with carpentry projects on our educational farm.
- **WORKSHOPS/EVENTS** - Assist with aspects prior, during, and/or post events held on the farm.
- **WORKSHOP LEADER** - Host a workshop of your choice at the farm related to food, nutrition, and/or ecological farming.
- **CHEF or NUTRITION EDUCATOR** - Be a guest chef or educator at one of our free Farm Share cooking classes, teach healthy eating cooking classes for Plumas Unified School District or Plumas Charter School students, and/or provide food tastings for workshop/event/Farm Stand attendees.
- **FARM STAND** - Help sell farm produce at our weekly summer farm stand held on Tuesdays 5 - 7 pm running June 13 through October 3. All proceeds support the Lost Sierra Food Project.
- **FARM TO SCHOOL** - Help harvest produce from the farm that goes directly into the cafeterias of Plumas Unified School District schools.
- **PHOTOGRAPHY/VIDEOGRAPHY** - Take excellent photos to be used for PR/Marketing of Lost Sierra Food Project, our website, newsletter, etc.
- **AMBASSADOR** - Spread the word about Lost Sierra Food Project by inviting guests to our farm tours, fundraising events, workshops, and weekly summer farm stand.
- **POSTERING** - Poster for events all over the community to spread the word.

RUGGED ROOTS

LOST SIERRA FOOD PROJECT

- **TABLING** - Share our work with the public at fun community events.



2. Who will I be working with?

In most instances, LSFP Volunteers' key contact person will be Emma, the Events and Outreach Coordinator. Volunteers may also work with other employees, Board Members, Fellows, Feather River College Apprentices, or Plumas Charter School Interns. You may work alone or as part of a group.

3. What should I bring?

- Water, lunch, and/or snacks (Please stay hydrated!)
- Sunscreen
- Bug spray (DEET free, please!)
- Gloves (If you have them)
- Camera / smartphone (Send us pictures, post to Facebook or Instagram, and tag us! Share your experience!)

NOTE: If you do not have work gloves, we will provide you with some during your shift. Please consider how much water and/or food you may need during the duration of your shift and please pack accordingly.

4. What should I wear?

- Close-toed shoes (No sandals or flip-flops, please!)
- Clothes you don't mind getting dirty
- Clothes appropriate for the weather

5. Will drinking water be available?

Yes, drinking water will be available on site! Please bring your own water bottle or container to fill up.

RUGGED ROOTS

LOST SIERRA FOOD PROJECT

6. Is there a bathroom on site?

There is a single porta potty on site. We do not have changing or locker/storage rooms.

7. Do I need to have farming and/or volunteer experience?

No, you don't need prior experience in either farming or volunteering! All we ask is that you bring an enthusiasm and ability to help with a variety of farm related tasks (see FAQ #1 for specific tasks you may assist with).

8. Will a minimum time commitment be required of me?

No, there is no minimum weekly/monthly/other time commitment! If you can only give an hour every 2 months, that's absolutely okay. If you'd like to make this a regular weekly commitment, that also works! Regardless of your availability, we appreciate your volunteer support.

9. What days and times can I volunteer?

In 2024, we will be hosting specific on-farm volunteer days. You will be able to volunteer on **Thursday mornings (from 8 am to 11am)** the **first Wednesday evening of each month including a potluck (from 5pm to 7:30pm)** and the **second Saturday morning of each month (from 9 am to 11 am) with childcare provided**. We will be accepting volunteers **Thursday, May 9 through Thursday, October 3, 2024**.

NOTE: Check our social media and website calendar for changes and more opportunities!

10. When and how will I have volunteer orientation?

We do not have formally designated volunteer orientation dates. Instead, each day we have on-farm volunteers, we start with a short orientation and safety meeting to get to know you and discuss the day's goals.

As a volunteer, we would like you to be familiar with this **2024 Volunteer Manual**. Please refer to this document for answering frequently asked questions, but as always please email events@lostsierrafoodproject.org if you have further questions!

RUGGED ROOTS

LOST SIERRA FOOD PROJECT

11. Do I need to complete an application or other form?

While there is no application to complete, you must complete our **Volunteer Assumption of Risk and Release of All Claims Form** acknowledging you agree to our volunteer terms and conditions.

12. When can I start?

We will be having volunteers out on the farm **Thursday, May 9 through Thursday, October 3, 2024.**

13. Where will we meet?

Our Rugged Roots Farm is located in American Valley, just outside of downtown Quincy, **on Hwy 70 across from Gansner Airfield**. Our physical address is 501 Crescent Street. [Google Maps often gives inaccurate directions to our location](#), so please use the directions below as backup.

IF YOU'RE COMING FROM DOWNTOWN / HEADING NORTH OUT OF QUINCY

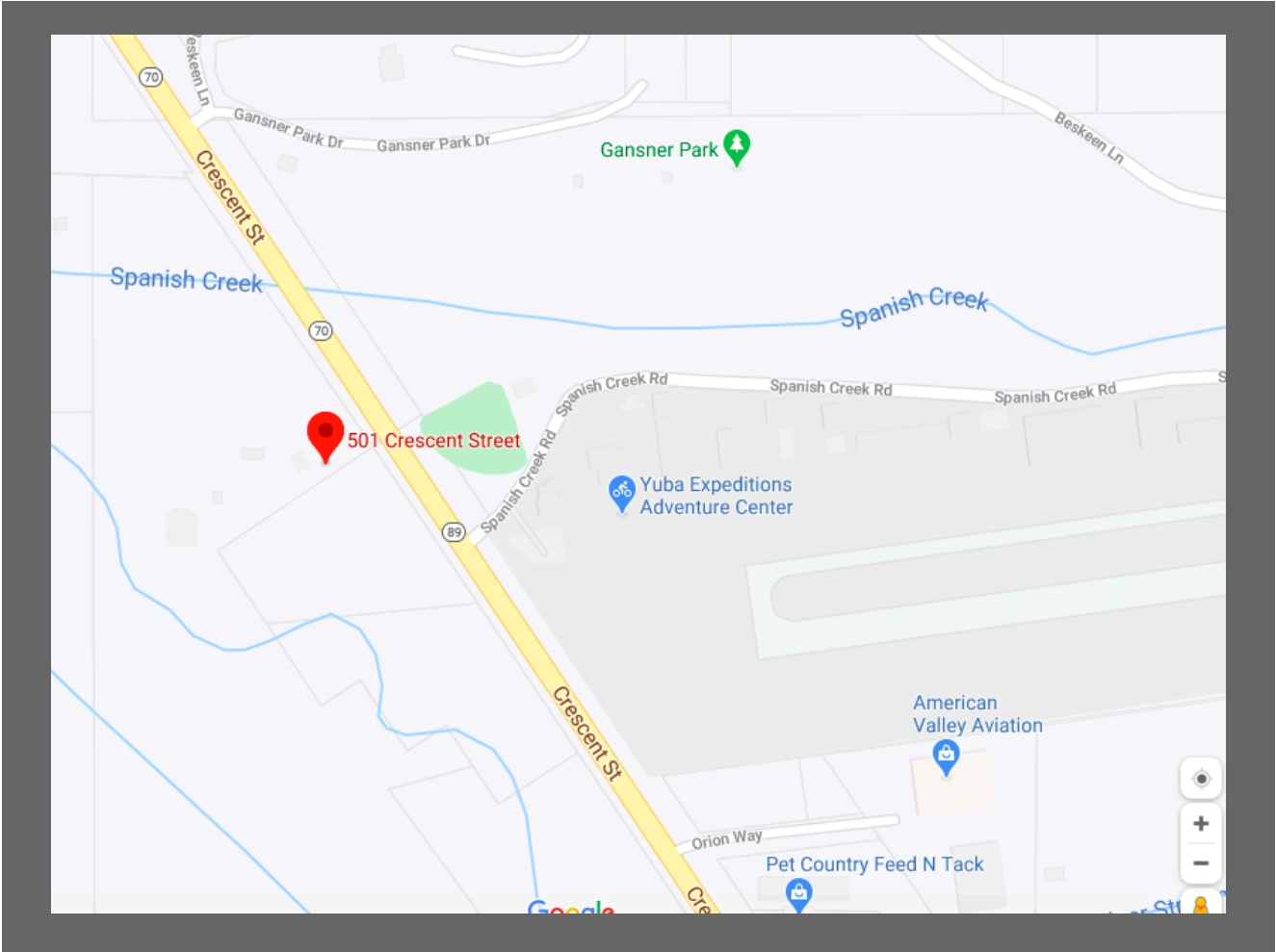
Heading North on Crescent St/Hwy 70, pass the motels and make like you're heading out of town. Directly across Hwy 70 from Gansner Airfield, look for a big barn with a beautiful barn quilt on to your left (west). Take a left into the driveway. (If you cross the bridge over Gansner Creek you've gone too far.) Stay right on the driveway, and head toward the farm (look for hoop houses and our little outbuildings). Park in the farm parking area, on the right side of the driveway. Please do not park at our neighbor's house or by the barn.

IF YOU'RE COMING FROM FEATHER RIVER COLLEGE / HEADING SOUTH INTO QUINCY

Heading South on Crescent St/Hwy 70, you'll pass Gansner Park on your left, and then you'll cross the bridge over Gansner Creek. Take the next driveway to your right. Stay right on the driveway, and head toward the farm (look for hoop houses and our little outbuildings). Park in the farm parking area, on the right side of the driveway. Please do not park at our neighbor's house or by the barn.

RUGGED ROOTS

LOST SIERRA FOOD PROJECT



RUGGED ROOTS

LOST SIERRA FOOD PROJECT

SEE YOU ON THE FARM!



**This document was last updated on April 24, 2024.*