



Grow Pittsburgh Pre-Apprenticeship Instructions and Application

What is the Pre-Apprenticeship at Braddock Farms?

- The pre-apprenticeship is a program in partnership with Pasa Sustainable Agriculture for those who have little or no growing experience but are interested in exploring a farming career. Completing this pre-apprenticeship will give you the required experience to participate in [Pasa's Diversified Vegetable Apprenticeship](#), which provides paid intensive farmer training by pairing participants with farms with a proven track record and a farmer-led, expert-designed curriculum.
- The curriculum is based on the core duties and skills for Pasa's vegetable farming apprenticeship program such as plant propagation, soil fertility, crop planning, harvest and post-harvest handling, and more. More details on the pre-apprenticeship can be found here: <https://pasafarming.org/soil-institute/farmer-training-development/diversified-vegetable-pre-apprenticeship/>
- Participants commit to at least 4 hours a week from April 7 - Nov 3, 2025. There are two categories of positions: Field work and Harvest. The idea is to switch in the second year to gain exposure to all aspects of the farm. This may involve helping with: preparing fields, plantings, cultivation, harvesting and packaging crops to be distributed in the communities surrounding our farms at farm stands.
- To graduate from the program, a pre-apprentice must complete **225 hours** of on-the-job training and **25 hours of related technical instruction**. Please note that this is a two year program. In order to complete the hours required for a pre-apprenticeship participants will need to complete a second season with Grow Pittsburgh.

Benefits

- Participants receive a **weekly CSA share** of our produce in exchange for 4 hours of help.
- **Membership to Grow Pittsburgh.** Membership includes: free admission to relevant Grow Pittsburgh, membership to our [Garden Resource Center](#), and a free t-shirt.
- **Free admission to:** Pasa workshops and the annual PASA conference in Lancaster, PA
- Participants gain valuable experience working side by side with Grow Pittsburgh farmers.



Requirements?

- Volunteers must be prepared to work outside in all types of weather including heat and rain, where you'll be on your feet and moving for hours at a time.
- Requires bending, kneeling, squatting, or lifting loads up to 40 lbs.
- Pre-apprenticeship opportunities are limited in number and require a contract to be signed in advance.
- Must commit to the whole season.

Schedule - Shifts available:

Indicate on a scale of 1 - 5 your interest in a shift. 1 means first choice, 5 means not available	Braddock Farms 1000 Braddock Ave, Braddock PA 15104
	<u>Field Work - Tuesday</u> 9am to 1pm (<i>starts April 8</i>)
	<u>Field Work - Thursday</u> 9am to 1pm (<i>starts April 10</i>)
	<u>Harvest - Wednesday</u> 9am to 1pm (<i>starts May 7</i>)
	<u>Harvest - Friday</u> 9am to 1pm (<i>starts May 9</i>)

What's Next?

- Complete and submit the application below to megan@growpittsburgh.org or mail to:
Grow Pittsburgh
ATTN: Megan Gallagher
6587 Hamilton Ave #2W
Pittsburgh, PA 15206
- Once your application is received, Grow Pittsburgh will contact you for a short interview to talk more about logistics and answer any questions you may have.
- Please send in applications before March 24th. **Questions?**

Questions? Contact Megan Gallagher, Braddock Farms Manager, at megan@growpittsburgh.org



Grow Pittsburgh Workshare Application

Name: _____

Date: _____

Address (Street, City, Zip Code):

Email: _____

Phone: _____

Why are you interested in a pre-apprenticeship at Grow Pittsburgh?

Do you plan on going on vacation this summer? (It's ok, we just want a heads up about your plans. Please indicate approximate times you'll be unavailable.)

My signature confirms that I am committed to volunteering for a 4 hour shift each week during the 2025 season (April 7, 2025 to November 3, 2025)

Signature: _____