

edible garden project

NORTH SHORE NEIGHBOURHOOD HOUSE

Urban Farm Volunteer Internship Opportunity

Position: Volunteer Farm Intern

Type: Part-time volunteer with learning opportunities and access to produce

Organization: North Shore Neighbourhood House - [Edible Garden Project](#)

Location: North Vancouver, B.C.

The North Shore Neighbourhood House (NSNH) is a charitable organization that has been operating on the North Shore of Vancouver for over 80 years. The Edible Garden Project (EGP) is a program of the NSNH that builds community through growing local food on the North Shore.

This volunteer position provides a season-long opportunity to assist in running a successful small-scale urban farm. Our Farm serves as a model of local sustainable food production and is a community hub, providing hands-on learning and volunteer opportunities to the community. Volunteer Interns will be leaders on the farm and gain hands-on experience in all aspects of enterprise, including farm management, volunteer coordination, community outreach and education with supervision and mentorship from our Farm Manager. We believe that the best way to learn about farming is by farming, and therefore the majority of the internship will involve working alongside our farmers and learning about the importance of planning, pace, efficiency and timing. We are more than happy to accommodate specific learning requests from dedicated interns.



We are not looking simply for labourers, but for people keen to learn as much as they can about running a successful urban farming operation. Our hope is that our volunteer interns will leave the program feeling confident that they have a solid base of understanding in how to run a small urban farm operation. Reference letters available upon completion of internship.

Internship Details:

- March - October 2026
- 3 hours a week, 9am-12pm
- Day is flexible, but must be Monday, Tuesday, Thursday or Friday (not Wednesday)
- Access to produce when available

Learning Opportunities:

- Field prep/planning: compost and soil management, season extension, crop rotation
- Seeding/propagation: direct seeding, seedling starting and maintenance, transplanting
- Crop maintenance: pruning, thinning, weed and pest management
- Harvesting and post-harvest preparation
- Marketing produce and managing a farm market
- Community outreach and events
- Flower harvest and arranging for market

"I would recommend this internship to others as a self-enriching commitment which simultaneously promotes environmental and social welfare. I learn something every time I spend time at the EGP. Most significant life lesson: that a healthy mind-body-spirit social enterprise can happen."

- Helena, Intern 2023-present

What We're Looking For:

- Self-motivated and passionate about growing food in the city
- Willingness to work outdoors in all weather conditions
- Good communication skills
- Attention to detail
- Respectful, compassionate and a team player
- Able to perform repetitive, physical labour

Assets:

- Experience working with diverse volunteers
- Basic horticultural or construction skills
- Physically fit and able to squat, bend and lift at least 40lbs

"It's a great physical activity, it provides social connections with people who share similar values, it feels good to make something with your hands and give back to the community a bit. I'm hoping to join for a fourth year - so that's my enthusiastic feedback."

- Maria, Intern 2023-present

How to Apply:

Please send a brief letter (max 500 words) outlining the following:

- Relevant experience
- Skills that you will bring to the team
- What you hope to gain from such an internship experience
- Specific interests or topics that you would like to learn more about

Send email to farmer@ediblegardenproject.com, with the subject line "Internship 2026".

Only shortlisted candidates will be contacted. All shortlisted candidates will be required to fulfill an interview and complete a Criminal Record Check.

To learn more about the Edible Garden Project and our social enterprise farms (Loutet Farm and Sutherland Schoolyard Market Garden), visit our website: www.ediblegardenproject.com

We look forward to your application!



"[The internship] provides a nice balance from my day job, gives me perspective, opens my eyes to other possible paths. It has been so enriching for me and I want to come back as many seasons as I can. Thank you so much for facilitating such a fun and amazing experience for us! I love being an intern!!"

- Rebecca, Intern 2024-present