

## UM Dietetics Internship at The Farm at St. Joe's, summer/fall 2018

In addition to daily participation in farm chores and activities, all UM Dietetics Interns must complete two assignments during their two-week internship at The Farm.

### 1. Healthy Recipes → *cards due at 5pm on Tuesdays; recipe sampling on Wednesdays*

- Interns must plan, prepare, and serve samples of two healthy recipes featuring in-season farm produce, as well as create accompanying recipe cards. You are responsible for all steps of this process, including acquiring additional ingredients as needed. You will be reimbursed for any purchases you make, but please keep in mind that we are aiming for inexpensive and simple recipes. A good resource is the Good and Cheap cookbook, available at The Farm.
- Samples will be served on Wednesdays. On one Wednesday, sampling will take place at our farmers market, located in the hospital main lobby from 11am to 1pm. On the other Wednesday, sampling will take place at our CSA distribution, located at The Farm from 3:30 to 6pm.
- Recipes should be made to serve 30-50 small samples.
- Recipe cards should use The Farm's recipe card template on [canva.com](https://www.canva.com).
- Cards should be saved as a PDF and uploaded on the appropriate veggie page on The Farm's blog (<https://stjoefarm.wordpress.com>).
- Please also email the pdf to Lauren by 5pm on Tuesdays. She will print them so that they can be distributed along with samples.

### 2. Veggie Pages → *due by 8:30am on last Friday (and please email Lauren to let her know which pages you did)*

- Background: We are developing a library of useful information about crops on our blog, under "Veggie Pages." We hope that this resource will be helpful for CSA members, farmers market shoppers, clinical partners and more. We eventually want to have pages for all of the vegetables and fruits grown on our farm and distributed through our CSA, following a common format, and including evidence-based information. We would like each page to contain the following:
  - Photo of fruit or vegetable
    - Try to use your own photo!
  - Nutrition Information
    - You'll notice that some of the already-existing pages have evidence-based, cited nutrition information. These have previously been updated by Dietetics interns. Some, however, contain little information and/or do not list citations. These must be updated.
  - Fun Facts
    - Please include a short paragraph about interesting research findings about this vegetable. Research can pertain to nutrition, agriculture, ecology, history, culture... anything!
  - Storage Tips
    - A good resource is from the Berkeley Farmers Market and Ecology Center.
  - Recipes
    - Please include links to Farm recipe card pdfs. If you add new recipes, first convert to recipe card pdf. This makes printing easy for our partners. Make sure they pop up in new window.
  - References
    - Include references for all nutrition information and research findings. Please use parentheses around numbers for in-text citations and a numbered list for references.
- A good resource is [https://www.canr.msu.edu/mi\\_fresh/michigan\\_fresh\\_vegetables](https://www.canr.msu.edu/mi_fresh/michigan_fresh_vegetables)
- Interns are responsible for updating or creating entries for at least TWO fruits or vegetables on The Farm's blog. If desired, this may be done in conjunction with recipe postings. Please use PLAIN language in all writing.