**Grow Pittsburgh Work Trade Instructions and Application**

**What is work trade at Braddock Farms?**

- Grow Pittsburgh Work Trade provides fresh, farm-grown produce in exchange for your time working with our Braddock Farms team.

- Volunteers commit to a 4 hour work shift every week from May - November 4. Work may include: weeding fields, plantings, cultivation, working farm stand, and harvesting and packaging crops to be distributed in the communities surrounding our farms at farm stands. (see description in listing)

- Volunteers receive a weekly box of our produce in exchange for a 4 hours work shift.

- Participants gain valuable experience working side by side with Grow Pittsburgh Farmers

**Requirements?**

- Must be 18 years or older (we have other opportunities for younger people)

- 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.

- Work trade 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. 5 means not available. | Braddock Farms  
1000 Braddock Ave, Braddock PA 15104 |
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<tr>
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<td>Fridays - Farm Stand 3pm to 7pm</td>
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<td>Saturday- Farm Stand 8am to 12pm</td>
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What’s Next?

- Complete and submit the application below to Nick@growpittsburgh.org or mail to:
  Grow Pittsburgh
  ATTN: Nick Lubecki
  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 April 5th, 2024. *Please note that workshares are popular and fill up fast!*

Questions?

Contact Nick Lubecki, Braddock Farms Manager, at Nick@growpittsburgh.org

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Grow Pittsburgh Work Trade Application

Name: ___________________________ Date: ___________________________

Address (Street, City, Zip Code):

______________________________________________________________

Email: ___________________________ Phone: ________________________

Why are you interested in a workshare 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 2024 season (Start Date to November 4, 2024)

Signature: ________________________________