



# *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:**

<b>Indicate on a scale of 1 - 5 your interest in a shift. 5 means not available.</b>	<b>Braddock Farms 1000 Braddock Ave, Braddock PA 15104</b>
	<u>Monday- Harvest Work &amp; Field Work</u> 9am to 1pm
	<u>Wednesday - Harvest Work</u> 9am to 1pm



	<u>Wednesday - Farm Stand</u> 3pm to 7pm
	<u>Fridays - Farm Stand</u> 3pm to 7pm

### What's Next?

- Complete and submit the application below to [Nick@growpittsburgh.org](mailto: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](mailto:Nick@growpittsburgh.org)

### 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:** \_\_\_\_\_