Building Sustainable Food Communities: Theory & Practice

Selecting an Internship Site in the Hudson Valley

May 2018
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Introduction

This document provides a starting point as you begin your search for an internship site. It is not meant as a definitive list of organizations but rather a smorgasbord to give you a taste of the possibilities in our local area. You can, and should, expand your research beyond the organizations listed here. The document is organized under subject categories that describe the primary focus of the organizations. Some organizations have narrowly defined missions, while others are quite broad in terms of mission scope. Organizations with multiple foci may be listed under more than one category.

Securing an internship is similar in many ways to applying for fulltime employment. Always ensure you engage in the search process in a professional manner. You should have an up to date resume ready, send follow-up thank you cards after interviews, etc. The earlier you start the search process the greater the likelihood you will be successful in securing an internship in an organization engaged in the work you want to pursue. Keep in mind that many internships in the Hudson Valley are competitive. Before contacting an organization take a look at its website, the information on its site will allow you to determine whether the organization is engaged in the type of work you’re interested in learning more about. You might also do a simple Google search to look for media stories on the organization to provide additional background.

Another factor to consider is travel distance. If you have a car this is less of an issue, but if you are carless you should probably focus your search on organizations that are commutable by using the local bus system or by taking a taxi service. You are responsible for all transportation costs so you should take that into consideration when selecting a site. Most of the organizations listed in this document are quite local but a few are 90 minutes away in places like Albany. You might also consider one of the many food organizations in New York City, easily commutable using Metro-North.

If you have any questions regarding the search process please contact me to arrange a meeting.
Internship Secured

Your internship will provide a wonderful opportunity to learn about organizations impacting the food environment. It should also allow you to grow both professionally and personally. Once you have an offer of an internship position from an organization you need to complete the “Internship Learning Contract.” The contract has three parts: Part A to be completed by the internship supervisor; Part B to be completed by the student; and Part C to be completed by the course instructor.

You are required to complete a minimum of 120 hours at the internship site during the fifteen-week semester. Please keep track of your hours.

Some internship site supervisors are very hands-on and will provide detailed instructions as regards their expectations of you as an intern. Others can be more hands-off, supplying you with broad guidelines with the expectation that you are a self-starter and will find a project within the organization that you are passionate about.

It's important that you meet with me individually during office hours to discuss the progress of your internship. This is particularly important if you are feeling lost at the site, or if you are encountering any other challenges.
**Food Service (food insecurity)**

Food Bank of the Hudson Valley  
195 Hudson Street, Cornwall-on-Hudson, NY 12520  
845 534-5344  
Troy Martin (Volunteer Coordinator)  
Carrie Ross (Food Sourcing Coordinator)  
[http://foodbankofhudsonvalley.org](http://foodbankofhudsonvalley.org)

Dutchess Outreach  
29 N Hamilton Street, Suite 202, Poughkeepsie, NY 12601  
Sarah Salem, Development Associate  
[http://www.dutchessoutreach.org](http://www.dutchessoutreach.org)

Hudson Valley Regional Council  
3 Washington Center #2, Newburgh, NY 12550  
(845) 564-4075  
Rich Schiafo, Deputy Executive Director  
[http://hudsonvalleyregionalcouncil.org/](http://hudsonvalleyregionalcouncil.org/)

Family of Woodstock  
Michael Berg (Executive Director)  
166 Albany Avenue, P.O. Box 3516  
Kingston, NY 12401  
(845) 331-7080  
[https://www.familyofwoodstockinc.org](https://www.familyofwoodstockinc.org)

Food Bank of the Northeast  
985 Albany Shaker Road, Latham, NY 12110  
(518) 786-3691  
[https://regionalfoodbank.net](https://regionalfoodbank.net)

Meals on Wheels, Poughkeepsie  
Judy Lombardi (Kitchen Manager)

Poughkeepsie Plenty  
[http://poughkeepsieplenty.org](http://poughkeepsieplenty.org)
Farming (agriculture)

Hudson Valley Food Hub
P.O. Box 237, Hurley, NY 12443
(845) 331-1187
http://hvfarmhub.org

Poughkeepsie Farm Project
(845) 516-1100
Jamie Levato (Education Director)
http://www.farmproject.org

Cornell Cooperative Extension Duchess County
a. Dutchess County Farm & Home Center
2715 Route 44
Millbrook, New York 12545-5566
(845) 677-8223

b. 23 West Center Street
Beacon, New York 12508
(845) 831-4294

c. 29 North Hamilton Street
Poughkeepsie, New York 12601
(845) 454-7140
http://ccedutchess.org

Cornell Cooperative Extension Ulster County
232 Plaza Road, Kingston, NY 12401
(845) 340-3990
http://ulster.cce.cornell.edu

Sweet Freedom Farm
Jalal Sabur
2407 Mount Hope Road, Middletown, NY 10940
(845) 386-8117
Food justice/Food education/Farming
http://sweetfreedomny.com/about/contact-us/
Hudson Valley Farm Link Network
http://hudsonvalleyfarmlandfinder.org/about

Glynwood
P.O. Box 157, Cold Spring, NY 10516
(845) 265-3338
501c3 nonprofit Food education/Farming
https://www.glynwood.org

Northeast Organic Farming Association of New York
http://www.nofany.org

Stone Barns Center
https://www.stonebarnscenter.org

Hawthorne Valley Farm
327 County Route 21C, Ghent, NY 12075
(518) 672-7500
Biodynamic, organic farm - agriculture
http://hawthornevalleyfarm.org

Hudson Valley Garden Association
PO Box 191, Gardiner, NY 12525
845 418-3640
Volunteer community organization
http://www.hvga.org

National Young Farmers Coalition
228 Warren, 2nd Floor, Hudson, NY 12534
845 616-9221
Leanne Mulvihill (Operations Manger)
Farmer Advocacy
leanna@youngfarmers.org
http://www.youngfarmers.org

Farm On! Foundation
556 Empire Road, Copake, NY 12516
(518) 329-6276
Tessa Edick (Founder)
501c3 nonprofit Farm education/New farmers
http://farmonfoundation.org
Common Ground Farm
Ben Giardullo (Chairman)
Common Ground Farm
PO Box 148
Beacon, NY 12508
(845) 231-4424

Wappinger Falls, NY
501c3 nonprofit Food education/Food justice
http://www.commongroundfarm.org

Hudson Valley Fresh
47 South Hamilton Street
Poughkeepsie, NY 12601
(845) 264-2372
fax: (845) 483-9412
info@hudsonvalleyfresh.com
Dairy farmer partnership/co-operative
http://www.hudsonvalleyfresh.com

Rise and Root Farm
Chester, NY
Food education/Food justice
http://www.riseandrootfarm.com

Lucky Dog Farm
35796 State Highway 10, Hamden, NY 13782
(607) 746-8383
luckydogorganic@gmail.com
https://www.luckydogorganic.com/farm

Lucky Dog Food Hub
33195 State Highway, Walton, NY 13856
(607) 865-7790
https://www.nycwatershed.org/economic-viability/initiatives/lucky-dog-food-hub/

Kingston YMCA Farm Project
507 Broadway, Kingston, NY 12401
(845) 332-2917
kaycee@kingstonymcafarmproject.org
http://www.kingstonymcafarmproject.org/
Rondout Valley Growers
Mailing address: P.O. Box 867, Stone Ridge, NY 12484
Office: 1915 Lucas Avenue, Cottekill, NY 12419
(845) 626-1531
http://www.rondoutvalleygrowers.org/

Phillies Bridge Farm
45 Phillies Bridge Road, New Paltz, NY 12561
(845) 256-9108
info@philliesbridge.org
http://philliesbridge.org

Sprout Creek Farm
34 Lauer Road, Poughkeepsie, NY 12603
(845) 485-8438
info@sproutcreekfarm.org
https://sproutcreekfarm.org

Center for Agricultural Development and Entrepreneurship (CADE)
5 Elm Street, Oneonta, NY 13820
(607) 433-2545
http://www.cadefarms.org

Van Lamprou Dairy
Redhook, NY
Food Education

Hudson Valley Farm to School
http://www.hvfs.org

Poughkeepsie Farm Project
(845) 516-1100
Jamie Levato (Education Director)
http://www.farmproject.org

Children’s Environmental Literacy Foundation
Alan Cass (Director of Education)

Hudson Valley Seed
P.O. Box 223, Beacon, NY 12508
http://hudsonvalleyseed.org

Rise and Root Farm
Chester, NY
Food education/Food justice
http://www.riseandrootfarm.com

Cornell Cooperative Extension Duchess County
a. Dutchess County Farm & Home Center
2715 Route 44
Millbrook, New York 12545-5566
(845) 677-8223

b. 23 West Center Street
Beacon, New York 12508
(845) 831-4294

c. 29 North Hamilton Street
Poughkeepsie, New York 12601
(845) 454-7140
http://ccedutchess.org

Cornell Cooperative Extension Ulster County
232 Plaza Road, Kingston, NY 12401
(845) 340-3990
http://ulster.cce.cornell.edu
Sweet Freedom Farm
Jalal Sabur
2407 Mount Hope Road, Middletown, NY 10940
(845) 386-8117
Food justice/Food education/Farming
http://sweetfreedomny.com/about/contact-us/

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507 Broadway, Kingston, NY 12401
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kaycee@kingstonymcafarmproject.org
http://www.kingstonymcafarmproject.org/

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(845) 256-9108
info@philliesbridge.org
http://philliesbridge.org

Sprout Creek Farm
34 Lauer Road, Poughkeepsie, NY 12603
(845) 485-8438
info@sproutcreekfarm.org
https://sproutcreekfarm.org
Food Media

Edible Hudson Valley
21 North 7 Street, Hudson, NY 12534
(518) 982-2011
http://ediblehudsonvalley.com

The Valley Table
http://www.valleytable.com

Hudson Valley Wine Magazine
Flint Mine Press
P.O. Box 353, Coxsackie, NY 12051
http://www.hvwinemag.com

Chronogram
Luminary Publishing, Kingston, NY 12401
https://www.chronogram.com

Greenhorns
http://www.thegreenhorns.net/category/about/aboutus/

Aaron Rezny, food photographer
76 Prince Street, Kingston, NY 12401
https://www.rezny.com

Poughkeepsie Journal
85 Civic Center Plaza, Poughkeepsie, NY 12601
(845) 454-2000
http://static.poughkeepsiejournal.com/contactus/

Daily Freeman
79 Hurley Avenue, Kingston, NY 12401
(845) 331-5000
http://www.dailyfreeman.com/article/DF/99999999/MORE/141119640

New Paltz Times
259 Main Street, New Paltz, NY 12561
(845) 255-7000
Debbie Alexa, editor
newpaltztimes@ulsterpublishing.com
Environment

Clearwater
David Lebson (Volunteer & Member of the Board of Directors)
http://www.clearwater.org

RiverKeeper
20 Secor Road, Ossining, NY 10562
914 478-4501 ext. 234
Jen Benson (Education & Outreach Coordinator)
http://www.riverkeeper.org
Food Justice

Rural & Migrant Ministry
RMM, PO Box 4757, Poughkeepsie, NY 12602.
(845) 485-8627
http://ruralmigrantministry.org/

Hunger Action Network of New York State
275 State Street, Albany, NY 12210
(518) 434-7371
https://www.hungeractionnys.org/

UlsterCorps
P.O. Box 34, Stone Ridge, NY 12484
(845) 481-0331
http://www.ulstercorps.org/

Rise and Root Farm
Chester, NY
Food education/Food justice
http://www.riseandrootfarm.com

Sweet Freedom Farm
Jalal Sabur
2407 Mount Hope Road, Middletown, NY 10940
(845) 386-8117
Food justice/Food education/Farming
http://sweetfreedomny.com/about/contact-us/
Animal Welfare

Woodstock Animal Sanctuary
2 Rescue Road, High Falls, NY 12440
845 247-5700
Chrissy Pawlak (Administrative Assistant)
http://woodstocksancutary.org
Land Preservation

Scenic Hudson
http://www.scenichudson.org

Hudson Valley Farm Link Network
http://hudsonvalleyfarmlandfinder.org/about

Northeast Farm Access
http://nefarmaccess.com/

Winnakee Land Trust
http://www.winnakee.org/mission/
Food/Hunger Advocacy

Hunger Action Network
275 State Street, Albany, NY 12210
(518) 434-7371
https://www.hungeractionnys.org/
New York State Government

New York Leaders Student Intern Program
NY State government internships
https://nysinternships.cs.ny.gov/nnyl/

New York Assembly Internships
http://nyassembly.gov/internship/
County Government

Dutchess County Government
http://www.dutchessny.gov

Ulster County Government
http://ulstercountyny.gov
Community Organizing

Citizen Action of New York
Hudson Valley Regional Office
7 Grand Street, Kingston, NY 12401
(845) 802-0199
https://citizenactionny.org/about
Other

Poughkeepsie Underwear Factory
8 North Cherry Street, Poughkeepsie, NY 12601
http://middlemain.com/underwearfactory

Basilica Hudson
110 South Front Street, Hudson, NY 12534
http://basilicahudson.org/about/

Local Economies Project
43 Crown Street
Kingston, NY 12401
(845) 331-5500
http://localeconomiesproject.org