

Plots to Plates  
Farm School  
PO Box 688  
Sisters, Oregon 97759  
[plotstoplates@gmail.com](mailto:plotstoplates@gmail.com)  
541-306-0388

Sweet Medicine Principle Director  
Sarahlee Lawrence Co-Principle Educator

Applications accepted **starting Feb 1<sup>st</sup> 2011.**

***Contact Information***

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Cell \_\_\_\_\_

Email \_\_\_\_\_

Best time to call? \_\_\_\_\_

***Personal Information***

Gender \_\_\_\_\_ Age \_\_\_\_\_ Marital Status \_\_\_\_\_

Do you exercise regularly? \_\_\_\_\_ If yes, what do you do? \_\_\_\_\_

Are you capable of lifting 60 lbs? \_\_\_\_\_

Do you have a valid drivers License? \_\_\_\_\_ In what state? \_\_\_\_\_

Do you have a reliable vehicle? \_\_\_\_\_

Do you have health insurance? \_\_\_\_\_ You are responsible for your own needs while in the training.

Do you have any medical needs or conditions that we should know about?

\_\_\_\_\_

Do you have any dietary restrictions? \_\_\_\_\_

Do you have any allergies? \_\_\_\_\_

Any important details about yourself we should know about?

\_\_\_\_\_

Special needs, religious practices, etc.

\_\_\_\_\_

Please respond to the following questions. Use extra paper if necessary.

1) How does the program fit into your future?

\_\_\_\_\_

2) What are you hoping to gain from your participation in this program?

\_\_\_\_\_

3) How did you hear about our program?

\_\_\_\_\_

Below is a list of farm-related interests. Please check all that you feel apply to you.

- Beef production
- Bison production
- Goat production
- Exotic meat production
- Community supported agriculture (CSA)
- Ecological restoration
- Education
- Goat Milking & cheese production

\_\_\_\_\_

\_\_\_Greenhouse production and management

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\_\_\_Marketing & Sales

\_\_\_Grape growing

\_\_\_Pasture management

Students will live communally on Deer Haven, a parcel of land within walking distance of Rainshadow Organics. You will be expected to fix your own food and provide your own transportation.

Climatic conditions in Central Oregon can vary from April to June and can include freezing temperatures, snow, and rain. You will be required to bring appropriately rated camping gear.

The program will be 5 days a week and certain designated weekends.

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## **Self Assessment**

1. Rate how true each of the following statements is for you on a scale of 1 to 5.

*1=Least True, 5 = Most True)*

\_\_\_\_\_ I am ready to make a positive change in the direction of my life.

\_\_\_\_\_ I am completely open to new ways of thinking and doing.

\_\_\_\_\_ I will fulfill every task I commit myself to.

\_\_\_\_\_ I understand the value of personal and professional development.

\_\_\_\_\_ I will modify behaviors that limit my success.

\_\_\_\_\_ I will be on time for every session.

\_\_\_\_\_ I will be fully transparent (truthful) to myself and my instructor.

\_\_\_\_\_ I will immediately share any discomfort with my instructor or the program.

\_\_\_\_\_ Starting a farming business is a worthwhile investment in my future.

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## ***APPLICANT MUST SIGN AND DATE***

I apply for participation in the Farmer Education Program, know as Plots to Plates (P2P) offered by Four Winds Foundation, this Agriculture & Land-Based Training called Plots to Plates (P2P). I confirm that the information I have provided in this application is accurate and complete. If chosen as a P2P program participant, I will comply with all P2P requirements as specified by Plots to Plates, attending class, completing homework assignments, participating in field days and paying required fees. I understand that Four Winds Foundation regularly evaluates P2P through reviewing student performance and asking students to complete surveys. I will participate in these surveys. I understand that P2P will protect my information as required

by applicable law. I understand and agree that survey and informational materials may be sent to the mailing address I have given above. I also understand that Plots to Plates may film, photograph and interview P2P participants during the course of the Program. I will cooperate with these activities and I consent to the use of my image and voice by P2P. I understand that all video, photographic, audio, written and other materials produced by P2P will be the sole property of P2P and may be made available by P2P to third parties on its website, in its publications or through other media, as it may determine. P2P prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, and political beliefs.

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Signature

Date

Please mail your application to Plots to Plates, Application, PO Box 688, Sisters, Oregon 97759, with an application fee of \$50.

Thank you for your time and patience in completing this application!

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