



**Join the HFUU FAMily  
of farmers!**

## **Growing New Farmers**

FAM is a program of HFUU, a state-wide network of farmers, foodies, and supporters of regenerative agriculture with over 1,000 members

***HFUU Vision:** We assert that a multitude of smallholder diversified family farms that implement regenerative techniques in growing and raising our food will create a resilient, vital and productive agricultural system to better feed Hawai'i's people*

The **GOAL** of FAM is to empower the next generation with the knowledge, skills and abilities to be successful farmers in Hawaii

We have had 92 Apprentices in Cohorts 1 to 5 and over 30 Mentors have supported the program

## **THE FARM APPRENTICE MENTORSHIP (FAM) PROGRAM IS A NETWORK OF SUPPORT FOR BEGINNING FARMERS.**

APPLY NOW AT

**HFUUHI.ORG**

For more information, please contact:



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## **HAWAII FARMERS UNION UNITED**



## **FARMER APPRENTICE MENTORING (FAM) PROGRAM**

*Growing new farmers,  
regenerating our islands' soil  
health, and increasing Maui's  
food production since 2015*

FAM is a comprehensive training program that combines Hawaiian cultural practices of land management with a whole systems approach to agriculture.

**Phase 1**, through class work and on-farm immersion activities with experienced mentors, participants will acquire and hone skills and techniques of organic and regenerative agriculture.

The program also offers a “Business of Farming” and an “On-farm Immersion” component that provides a thorough understanding of what makes a successful farm and the practical experience to launch a commercial operation.

**Phase 2** offers FAM graduates, mentors and family farmers with individual coaching support to transform their farming operations into becoming efficient, viable and profitable.



## Phase 1: Curriculum

**1) The Farmer** – hard work, commitment, flexibility, passion. Getting to know the mentors and their farms.

**2) Land (‘āina)** – learn regenerative farming principles of land management. Guided by farming techniques from Hawaiian, Agroforestry, permaculture, Whole Systems, bio-dynamics, and Bio-Intensive.

**3) Introduction to the Business of Farming-** basic principles of farming as a business, bookkeeping, crop planning and assessing viability.

**4) Water** – source, use, irrigation systems, politics

**5) Soil and Fertility** – understanding Hawaii’s soil composition, and methods to create soil health and fertility.

**6) Propagation** – seeding, starts, air layering, grafting, cloning, greenhouses and nurseries

**7) Weeds** – and what to do about them without herbicides

**8) Integrated Pest Management (IPM)** – crop rotations, insectary hedges, proper identification of your pests and diseases

**9) Harvest / Post-Harvest** – procedures and certifications, facilities, best practices

**10) Agriculture Specialties** – beekeeping, mushrooms, animal husbandry, aqua-ponics, wet & dryland kalo, small farm machinery maintenance



**ON FARM IMMERSION** (Separate application for this component): *Develop skills and confidence by working on your educational goals for up to 90\* paid hours on a farm apprentice mentor farm. (\*Dependent on funding)*

### The Business of Farming component:

*Explore ag career paths and viable business models, importance of diversification, value-added, and collaboration; Production planning, accounting, cost analysis and pricing; Finding, attracting, and motivating potential customers, collaborators and workers; Forecasting, scenario development, documentation and validation of assumptions*

**PHASE 2:** Specialized training for FAM graduates, mentors and family farmers – tailored by student. Individualized coaching, specialized classes in area of interest, completion of a business plan and presentation to interested stakeholders, assessment of current farm enterprise and development of plan for improvement.