



Student Handbook

Welcome to the Seeds of Change Farm! We hope that your stay here will be rich with learning and community. In order to support your entry into Seeds of Change life, we offer this handbook full of pertinent answers to your questions, even the ones you didn't know you had! Please read the manual carefully as many key components to your stay are discussed. If you have any questions or concerns we are happy to assist.

Seeds of Change Farm:

The Seeds of Change Farm is located in San Juan Pueblo off of County Road 0057. We are about a 20-minute drive from the nearest grocery store, hospital or drug store in Espanola. The Rio Grande river is about 1/8 of a mile walk through the bosque (mixed cottonwood riparian forest). We are a long walk, probably a few days (better to drive! – 1 hour), to downtown Santa Fe, where you'll find the farmer's market, cafes and restaurants, the public library and, just beyond, the Sangre de Cristo Mountains. We are about a 1-1/2 hour drive from the Santa Fe ski basin, famous for its hiking trails. We are a 50-minute drive from Taos, New Mexico, home of the Taos Gorge, the Gorge hot springs and the Dragonfly café. The farm is made up of four main buildings. The storage shed, which used to be the animal barn and is over 80 years old, the main house, which is now the intern house and classroom, the seed barn and the greenhouse. The original parts of the main house are adobe and over a century old. The previous owner and co-founder of Seeds of Change, Howard Shapiro, added the living room, which is now the main classroom in the late 1980's. It offers a glorious view of the fields and orchards through large picture windows. Our 16 acres are a mix of open fields, row crops, orchards, pollination tents, and perennial gardens located in the old flood plane of the Rio Grande. We water from the Acequia de Estaca irrigation canal, which is over 500 years old and used to be essential to the local political community. We have three resident cats, which are part of the organic rodent control, they are working members of the farm and love visitors. We also have 22 chickens that move around the farm as a chicken tractor, cleaning up weed seed, eating grasshoppers and spreading nitrogenous manure. Welcome to our space and come prepared for the beauty of a high desert area.

Directions to the SoC Farm:

From Santa Fe or Albuquerque –

Take the 599 bypass North. Or go through Santa Fe on St. Francis Drive. Follow signs to Espanola/Taos, merging onto **Route 84/285** North. Continue to Espanola on 84/285. In the town of Espanola, merge right onto **HWY 68** toward Taos. About one mile north of Espanola, you will pass the OhKay Casino (on your right). Continue another mile, until you see a large white water tank on your left. Turn left at this landmark onto **Route 74**. You'll come to a stop sign in about one-mile – go straight/right. Go another mile or so, crossing the Rio Grande River – take the first road (**County Road 0057**) after the Rio Grande bridge.

Follow CR 0057 about 3 ½ miles – **look for the 40mph sign** – our turn-off is the first driveway, on the right, after that sign. House #340. See the SEEDS OF CHANGE sign on the fence. Please Park in the upper parking lot and walk down the driveway to the Seed Barn.

From Taos -

If you are coming from the north take a right on county road 0057 just south of Velarde. Continue South on CR 0057 for approximately 5 miles. About ¼ mile past the tiny church in Estaca look for a large white house on the left. The address is # 340.

Weather:

We are in a semi-desert, high-altitude climate (5,600 feet), so come prepared for high, dry heat in the summer, cool nights (40 F) and warm days in fall (75 F) and cold, snowy winters. The first frost usually hits in late September, and spring planting begins in May. Many visitors have an acclimatization period of a week or two, especially if they are coming from a much lower altitude. Symptoms of altitude adjustment may include dizziness, fatigue and headaches. Drinking lots of water, as well as taking chlorophyll supplements such as spirulina and eating more leafy greens can help the blood adjust to the thin air.

Housing:

There is no camping or housing available on the farm. The nearest campground is a 20-minute drive in to Espanola. There are 21 tent sites at the Ohkay RV Park and Fishing Lakes. The fee is \$10.00. There are other housing options (guest room rentals) with local residents and friends of the farm – these are limited. Please call us to discuss your options.

Kitchen & Meals:

On class days, whole food lunch goods are provided by Seeds of Change (from the field and purchased from Santa Fe grocery stores) and prepared by rotating student groups. The cost of these meals is included in tuition. ***Students buy all other meals*** and ample storage space is provided for your goods in our walk in coolers. Please place your food in a bag and label it with your name so we can identify food bags.

Your instructor(s), Seeds of Change staff and guests may join you for lunch. Please always let the Instructor's assistant know of additional mouths-to-feed ahead of time. We ask that you keep the kitchen facilities clean **at all times**.

The well has good water. Please bring your own water bottle to bring to the field on workdays and to refill in the kitchen. It is important to drink lots of water in this arid climate.

Showers:

There is one shower stall in between the bathrooms in the seed barn. This is available before or after class time. Please let us know ahead of time if you are intending to shower, as someone may need to let you into the building. Students are asked to supply their own toiletries and towels, and **to clean after themselves**.

Our shower water is reused on the land. ***Please use only biodegradable toiletries while here, such as Dr. Bronner's and Nature's Gate.*** Synthetic insect repellent, non-biodegradable soaps, shampoos, lotions, etc. will damage the ecosystem. Visit your local natural foods store or ask the Seeds of Change staff for help finding suitable products.

Toilets:

There are two toilets for student use on the east side of the seed barn to the left of the office.

Transportation & Parking:

There is no public transportation available out to the farm. Unfortunately, because we are fairly remote, the best way to get around is with your own personal vehicle. Please park in the upper parking lot near the road, to the left as you enter the gate.

RV's may park in our parking lot during the class day, but not overnight. However, ***we do not have the capacity to provide utility connections.*** We ask that you not use diesel generators when at the farm.

There are usually students with personal cars. During field trips these students may be asked to carpool. Students are expected to self-organize traveling details and expense-sharing.

Friends & Visitors:

Guests are welcome to visit the Seeds of Change farm and attend up to one complementary hour of class. Lunch is available for \$6, paid to the Instructor's Assistant. Friends & family are encouraged to attend presentations. ***Lodging is not available for guests.***

Private Spaces at Seeds of Change Farm:

The farm has a year-round, live-in intern. Please be respectful of the intern's private space at the back of the house behind the kitchen. Please do not use the bathroom in the house, the septic system is old and cannot handle too many flushes. The student bathrooms are located in the seed barn. **Please do not go into the office for any reason.** Phones are available for emergency use only. Please use your own personal cell phone.

Pets:

No pets are allowed on the farm in order to protect the wildlife and farm animals.

Smoking:

There is no smoking allowed anywhere on the property. Fire ban is effect due to extremely high fire danger in the region.

Alcohol & Drugs:

Alcohol and drug use is prohibited on the property.

Cell phones:

Please be very respectful with cellular phones by using them in private spaces whenever possible.