

Jas Michelle

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HERBARIUM
SERVER

EDUCATION

Bachelor of Arts, Urban and Environmental Policy. Occidental College, 2008

Certificate in Ecological Horticulture, Center for Agroecology and Sustainable Food Systems (CASFS), UCSC, 2016

Certificate in Herbal Medicine, Chestnut School of Herbal Medicine, Weaverville, North Carolina, 2018

WORK EXPERIENCE

Seeds & Song Medicinals & The Gathering Place- Earth-based healing and curriculum ; based in Los Angeles, CA December 2018- present

Herbal remedies and preparations for integrated health and healing, including organic dried herbs grown locally for wholesale. Using interactive and popular education techniques, apprentices and/or workshop attendees learn earth stewardship through a holistic approach. My garden curriculum intentions to reconnect people of all ages with nature and the greater ecology that surrounds and supports them, and to learn fundamental concepts and skills that build their capacity to care for & grow plants, both for consumption and ecological balance.

- One-on-one or small group teach-ins/workshops-- workshops can be held at my community garden, other preferred community garden spaces or personal growing space
- Growing or gardening consultation guided by intuition and needs of client
- Guided earth-based rituals
- Consultation & contract work for landscape design and cultivation of growing space through completion
- Steward two primary gardens in South Central Los Angeles and Long Beach, CA
- Inventory management: herbs, packaging, labeling
- Harvest, dry, and stock apothecary
- Medicine making
- Event-based vending

Marketplace Coordinator, Healing Justice & Food Access Organizer

Los Angeles Community Action Network

October 2017 - August 2018

- Lead and facilitate membership committee focused on food security and community gardening in Skid Row
- Reach out to community members to establish relationships and recruit into the food access committee
- Lead and organize workshops around topics of food sovereignty, gardening and herbal medicine

SERVER / BAR / BARBACKING

- Reach out community organizations to establish relationships and organize participation within the market site
- Lead the development and stewardship of the organizations roof top garden
- Organize community garden work days, garden trainings and collective harvests
- Expanded a weekly pop-up produce stand into a community marketplace that hosted organic produce stand, energetic healing, hair cut, healthy cooking demonstrations, re-gifting table, art and more
- Organize cultural programs for community marketplace
- Set up and operate a clean, safe and engaging community marketplace in Skid Row
- Ensure proper produce safety and handling for optimal quality control
- Calculate and manage all sales transactions
- Accurately track customer contact information to ensure a complete and accurate customer database
- Maintain call list, make weekly calls to customers, place sufficient weekly orders and ensure market bag deliveries
- Participate in local and state anti-hunger coalition work, including delegation visits to advocate for governmental policies related to hunger and poverty

Farmer

Soul Fire Farm; Grafton, New York

March 2017 - September 2017

- Responsible for full management of organic farm production: transplanting, direct seeding, weed management, pest and disease control, harvest for 5 acres of cultivated farm land, approximately 50+ hours/week
- Manage greenhouse, including seedling production and crop rotations
- Direct seeding, flat seeding, transplanting, tool and hand weeding
- Bed prep using hoe, shovel, rake, wheelbarrow
- Installing and operating drip irrigation
- Farm share packing and delivery to 84 CSA families and members
- Pest and disease management for 5 acres of cultivated organic farm land
- Execute crop rotation and season extension crops, including high tunnel
- Production of sprouts
- Management of fruit tree orchard and agroforestry plan
- Care and management for flock of chickens, including laying hens and chickens raised for meat and movement of chickens to new pasture
- Installing low tunnels and row cover
- Facilitate and teach farm tasks to program participants, including transplanting, harvest, bed prep, crop successions, direct seeding, green house management, and weeding.

- Develop curriculum and facilitate workshops on soil biology, urban farming and medicinal herb cultivation, and organic farming practices for program participants
- Maintain aesthetics of farm and crop health, including use of garden tools: weed whacker, lawn mower

Urban Farmer

Farmscapes; Los Angeles, CA

November 2016 - April 2017

- Manage 12 residential gardens throughout Los Angeles and South Bay
- Track planting and replanting times for each site, solve pest and disease issues, soil amending, harvest produce, repair irrigation issues
- Maintain good customer relationships both in person and via phone/email
- Act proactively to prevent issues at each garden site
- Manage regular personal schedule of weekly visits
- Keep regular and organized service logs of weekly visits
- Manage service inventory for assigned gardens: tools, pest and disease control products, seeds and plants, trellises and other garden accessories
- Maintain aesthetics of each residential garden, including weed management, plant pruning and balance ecosystem
- Attend staff, service and training meeting as required for crop planning and strategy for season switch of total client's gardens, over 100 throughout Los Angeles

Apprentice in Ecological Horticulture

Center for Agroecology & Sustainable Food Systems (CASFS); Santa Cruz, CA April 2016 - October 2016

- Install and run drip and overhead irrigation systems, including repairs
- Maintain 3 greenhouses
- Daily farm labor in stewarding food and plant growth on 15 acre organic farm
- Harvesting twice a week for CSA (Community Supported Agriculture) membership and weekly organic farm produce stand
- Intercropping
- Develop skills in organic seed saving
- Develop skills in biological and integrated pest management
- Develop skills in weed identification and management
- Create and maintain composting system
- Developing skills in organic orchard system and tree care
- Developing skills in propagation techniques: divisions, cuttings and by seed
- Landscape design with perennial plants
- Planning and preparation of permanent beds for crop rotation
- Design and installation of medicinal herb garden

- Organic flower farming and bouquet making for market
- Emerging skills in mechanical tillage implements and use
- Coordinate harvests for weekly organic farm stand featuring seasonal, mixed vegetable, fruit and flower selections
- Staff weekly organic farm stand, include set up, inventory management, and all transactions

EXPERTISE

- Over 10 years of community organizing experience, including facilitation, membership recruitment; relationship building; communication and team management; popular education; curriculum development
- Facilitation
- Project Management
- Organization
- Leadership development

FARMING & GARDENING SKILLS

Urban garden design; permaculture & organic farming; irrigation; plant identification; integrated pest and disease management; greenhouse management harvesting; storage; transplanting; direct seeding; crop planning and rotation; medicinal herbs and perennials; proper tool use and safety; organization for CSA or food distribution programs; weed management; intercropping and agroforestry; organic cut flower production

VOLUNTEER

Earthlodge Center for Transformation, Long Beach, CA

Dignity & Power Now, Los Angeles, CA

Los Angeles Community Action Network, Los Angeles, CA

Roots for Peace, Los Angeles, CA

References available upon request

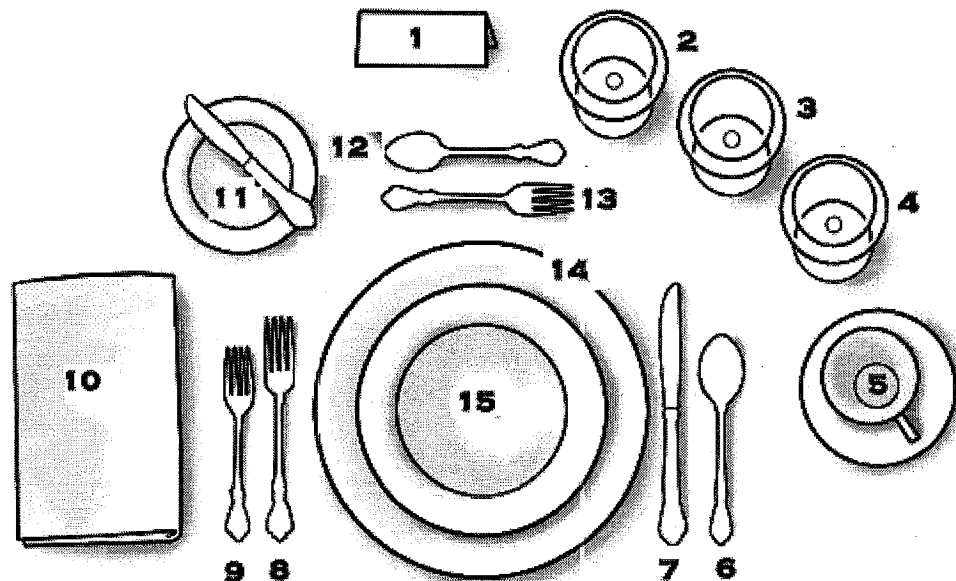
Multiple Choice

5
 86%

- A 1) Food is served on what side with what hand?
 a) On the left side with the left hand
 b) On the left side with the right hand
 c) On the right side with the left hand
 d) On the right side with the right hand
- B 2) Drinks are served on what side with what hand?
 a) On the left side with the left hand
 b) On the left side with the right hand
 c) On the right side with the left hand
 d) On the right side with the right hand
- D 3) Food and drinks are removed on what side with what hand?
 a) On the left side with the left hand
 b) On the left side with the right hand
 c) On the right side with the left hand
 d) On the right side with the right hand
- B 4) What part of a glass should you handle at all times?
 a) The stem
 b) The widest part of the glass
 c) The top
- D 5) When you are setting a dining room how should you set up your tablecloths?
 a) Neatly and evenly across the tables
 b) The creases should all be going in the same directions
 c) The chairs should be centered and gently touching the table cloth
 d) All of the above
- D 6) If you bring the wrong entrée to a guest what should you do?
 a) Go back into the kitchen and patiently wait in line behind the rest of the servers until it's your turn
 b) Inform the guests that you will bring the correct entrée once everyone else in the dining room is served
 c) Try to convince the guests to eat what you brought them
 d) Go back into the kitchen to the front of the line and inform the expeditor that you need a different entrée

Match the Correct Vocabulary

- | | |
|--------------------------|---|
| <u>D</u> Scullery | <u>A</u> Metal buffet device used to keep food warm by heating it over warmed water |
| <u>E</u> Queen Mary | <u>B</u> Style of service where food is prepared or served individually at the dinner table to fit the customer's specific taste (i.e. providing dressing and pepper for salad or handing out bread to each patron) |
| <u>A</u> Chaffing Dish | <u>C</u> Used to hold a large tray on the dining floor |
| <u>G</u> French Passing | <u>D</u> Area for dirty dishware and glasses |
| <u>B</u> Russian Service | <u>E</u> Large metal shelving unit for prepared food to be held or for dirty trays to be stored |
| <u>F</u> Corkscrew | <u>F</u> Used to open bottles of wine |
| <u>C</u> Tray Jack | <u>G</u> Style of dining in which the courses come out one at a time |



Score / 35

Match the Number to the Correct Vocabulary

- 8 Dinner Fork
 5 Tea or Coffee Cup and Saucer
 7 Dinner Knife
 2 Wine Glass (Red)
 9 Salad Fork
 14 Service Plate
 3 Wine Glass (White)

- 10 Napkin
 11 Bread Plate and Knife
 1 Name Place Card
 12 Teaspoon
 13 Dessert Fork
 6 Soup Spoon
 15 Salad Plate
 4 Water Glass

Fill in the Blank

1. The utensils are placed 4"-6" inch (es) from the edge of the table.

2. Coffee and Tea service should be accompanied by what extras? sweeteners + milk CREAM

3. Synchronized service is when: each guests receives dishes at same time

4. What is generally indicated on the name placard other than the name? entree of choice

5. The Protein on a plate is typically served at what hour on the clock? 6⁺

6. If a guest asks for a specialty dinner (i.e. Gluten-Free or Vegetarian) you should do what immediately?

go to Kitchen, front of line + inform expeditor