



Information about volunteering and internship at Möllekulla Länsmansgård during 2023

This information is for you who are interested to stay at our farm during the season of 2023. We are opening for woofers in mid March and have open until the end of November.

IMPORTANT! We ask that only you who really are interested to come to us send a request. We take requests seriously and put a lot of time to read them, respond and plan our work.

Come and join us and try fantastic and easy ways of growing great organic certified vegetables. Our farm has been farmed in generations by the same family since 1914 and it has been all conventional farming during the years from the 1950s until 2015. We are on a journey to become all organic again and we need more hands and minds to do it!

We have 72 hectares of farmland and woodland in south of Sweden. The organic part is EU-certified and also certified by the Swedish organization KRAV. On the farm lives two adults and two children (9 yo and 3 yo), two Icelandic sheepdogs, some ducks and some Icelandic horses. We also have bees.

We grow vegetables in our 280 sq.m. large greenhouse/poly-tunnel and grow vegetables on our organic certified land. We grow by the method of no-dig and soil health is central. We produce a lot of compost and We do grow flowers and this is mostly for pollinators. Some building is always going on here and also some painting here and there.

Living areas are with good standard but we can not guarantee that separate sleeping room is available. We have two small guest houses each with 2 beds for woofers. In an other house, the "Magasinet", there is an outdoor space under roof, bathroom, washing machine and an indoor space with a kitchen for woofers to hang out at. It's also possible to bring your own tent och camper during your stay at our farm.

The work at the farm is a lot about growing vegetables, flowers and working with the soil. A good alive soil means great vegetables and plants. You will learn about giving back to the soil and how happy microorganisms can make the difference when you grow food. We are using the metode of no-dig and that means that we disturb the soil as little as possible. This is a really great way to work and gives lots of possibility to have a beautiful operation in order. Our operation includes outdoor beads and large poly tunnels. We have a farm-shop that is open weekly were we sell our vegetables, organic food and other things. We harvest, wash and pack vegetables for customers. Every week customers are coming to us and as a volunteer you will be a part of the service we give them. You will also take part in daily care of the animals if it fits into what we do at the moment. There can also be tasks like painting walls, constructing and maintenance at our farm.

Good to know:

-Minimum time to stay is 3 weeks, no exceptions. This is because we want to give you a good experience of how it is to grow vegetables. You need the time here to learn and follow the work with the vegetables.

-If you want to it's ok to bring your own accommodation like a camper or a tent.

-We share most of the lunches and we alternate to cook. You have to be able to cook your own food and it's necessary for you to know how to cooking food for a bunch of people. Breakfast and dinner are up to your self to make every day. We as owners and our family will take part in lunch during workdays when this fits into the plans of the day.

-We only cook vegetarian or vegan food in our kitchens. No meat or fish is allowed in our guest kitchen. The food base is generally most of the vegetables that we grow here on the farm and to that seeds, grains, legumes, spices and dried fruit. We try to stay away from processed food and to cook meals with real food.

-Smoking is not allowed on the farm.

-We work outside almost every day and the work is physical.

-Working hours is normally 8.00-15.00 with 60min lunch at 12.00, 5 days a week, normally Tuesday-Saturday as a base schedule. Depending of the weather we might chang the daily working time. If it's really warm we may work in the mornings and evenings instead, and get time for relax/swim during the day. We try to have Sunday and Monday free but if we have many wwoof:ers we work in overlaps so that the animals get fed and plants get watered. Then the free days can change.

-You need to bring all clothes, for all weather, that you can work in. Don't forget gloves and rubber-boots and thin clothes to work in during sunny days. A hat will save you from the sun.

-Bring the towels you need.

-It's a good idea to bring a water bottle and a headlamp.

-We have sheets for the bed.

-We have bicycles that you can borrow.

-We live about 5 km from the sea and in direct contact to the forest where it's nice to hike and run.

-We want to reduce the use of micro plastics so please don't bring any cosmetics or hygiene products that have this.

Please send us a request through e-mail, contact us direct at our homepage or thru WWOOF Sweden.

We are looking forward to hear from you!

Johanna and Fredrik

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