

Herbal Intern Opportunity

Herbal Intern Opportunity

Take your herbal skills to the next level with this hands-on volunteer internship. You'll gain real-world experience harvesting, creating herbal preparations, and so much more — all while collecting hours toward your herbal goals! This internship is designed with flexibility in mind and can be tailored to your personal interests.

Position Availability

- Runs March through November
- Approximately 8–16 hours per month (60–100+ hours total)

Benefits

- Access to plant material for your own apothecary
- Attend selected classes for free
- Discounts in the Shoppe
- Hands-on experience under an herbal expert
- Opportunity to diversify your resume
- Gain hours toward your herbal goals
- Expand your herbal knowledge

Requirements

- 1–3 years of herbal medicine background
- Experience making tinctures and oils
- Completion of Home Herbalist Level 1+ preferred, but not required

Possible Responsibilities:

Wildcrafting, harvesting, herbal gardening, making herbal products, weeding, workspace cleanup, bottling, labeling, inventory tracking, researching, mixing teas, photographing plants/products, marketing, writing articles, transplanting, assisting with Home Herbalist Level 1 classes, mentoring Level 1 students during office hours, and more.

We'll work with your strengths and interests — there's flexibility to focus on what excites you most.

How It Works

If selected as an Herbal Intern, you'll work independently and with other interns at the Shoppe/herbal garden on various herbal-related projects. Additionally, we will meet monthly for an educational session. These meetings will include herbal discussions, project planning, up-to-date research, Q&A, and review of herbal podcasts, videos, or lectures. You will also assist with students when they miss a class.

A schedule will be created that works for both you and the Shoppe team. Interns must document hours and keep a record of tasks completed.

Lamb Shoppe & Wellness Center

61231 Hwy 7 W Hutchinson MN 55350
320-587-6094 | www.LambShoppe.com

Herbal Intern Opportunity

Name:

Address:

Email:

Phone:



Please tell us why you are interested in this internship.

What do you hope to get out of this internship?

Herbal Intern Opportunity

Please describe your level of herbal knowledge and herbal training.

Please describe your personal herbal goals and interests.

Signature

Date

- ☐ I understand that this is an unpaid, volunteer, educational internship.
- ☐ I acknowledge that if I am selected for this internship, I will be responsible for completing the assigned job tasks which are agreed upon starting the internship.
- ☐ I understand that this internship will include both independent work and mentorship from Connie Karstens and Clara Osley.