

Note: NA = not applicable. A slash (/) in a checklist description means *or*.

## 1. Plant Cultivation & Management

| <i>Type of Crop:</i>                     | Green-house Crops | Vegetables | Herbs | Grain Crops | Silage or Hay Crops | Bushes, Berries, Hedges | Fruit or Nut Orchards | Timber, Firewood or Sap | Other: |
|--|-------------------|------------|-------|-------------|---------------------|-------------------------|-----------------------|-------------------------|--------|
| <i>Skills</i>                            |                   |            |       |             |                     |                         |                       |                         |        |
| making compost                           | X                 | X          | X     |             | X                   | X                       |                       | NA                      |        |
| making special soil mixes                | X                 | X          | X     |             | X                   |                         |                       |                         |        |
| preparing topsoil/primary tillage        | (X)               | (X)        | (X)   |             | (X)                 | X                       |                       |                         |        |
| preparing seedbed/secondary tillage      |                   |            |       | (X)         |                     |                         |                       |                         |        |
| cover cropping/green manuring            | X                 | X          | X     |             |                     |                         |                       |                         |        |
| calculating spacing/quantities           | (X)               | (X)        | (X)   |             |                     |                         |                       | (X)                     |        |
| direct seeding/transplanting             | (X)               | (X)        | (X)   |             |                     |                         |                       |                         |        |
| propagating/grafting                     | (X)               | (X)        | (X)   | NA          | NA                  |                         |                       |                         |        |
| weeding/pruning                          | X                 | X          | X     |             |                     |                         |                       |                         |        |
| judging water needs/watering             | (X)               | (X)        | (X)   |             | (X)                 | (X)                     |                       | (X)                     |        |
| shading/freeze protection                | X                 | X          | X     |             |                     |                         |                       |                         |        |
| identifying weeds/diseases/pests         | (X)               | (X)        | (X)   | X           | (X)                 | X                       |                       |                         |        |
| judging readiness for harvest            | (X)               | (X)        | (X)   |             |                     |                         |                       |                         |        |
| harvesting/mowing/felling/tapping        | (X)               | (X)        | (X)   |             |                     |                         |                       | (X)                     |        |
| post-harvest handling/hygiene            | (X)               | (X)        | (X)   |             |                     |                         |                       |                         |        |
| record keeping                           | (X)               | (X)        | (X)   |             |                     |                         |                       |                         |        |
| soil testing/determining fertility needs | X                 | X          | X     |             | X                   |                         |                       |                         |        |
| subsoiling                               |                   |            |       |             |                     |                         |                       |                         |        |
| supplemental fertilizing                 |                   |            |       |             |                     |                         |                       |                         |        |
| pollinating                              | X                 | X          | X     |             | X                   |                         |                       |                         |        |
| seed saving/cleaning ★                   | (X)               | (X)        | (X)   |             |                     |                         |                       |                         |        |
| designing cropping sequences             | (X)               | (X)        | (X)   |             |                     |                         |                       |                         |        |
| selecting mixes/companion plants         | X                 | X          | X     |             |                     |                         |                       |                         |        |
| controlling weeds/diseases/pests         | (X)               | (X)        | (X)   |             | (X)                 |                         |                       |                         |        |
| other:                                   |                   |            |       |             |                     |                         |                       |                         |        |

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## 2. Animal Husbandry

| <i>Skills</i>                             | <i>Type of Animal:</i> | Cattle                              | Horses | Pigs                                | Sheep | Goats | Poultry | Bees | Other: |
|---|------------------------|-------------------------------------|--------|-------------------------------------|-------|-------|---------|------|--------|
| basic safety procedures                   |                        | <input checked="" type="checkbox"/> |        | <input checked="" type="checkbox"/> |       |       |         |      |        |
| feeding/watering                          |                        | <input checked="" type="checkbox"/> |        | <input checked="" type="checkbox"/> |       |       |         |      |        |
| bedding/housing                           |                        | <input checked="" type="checkbox"/> |        | <input checked="" type="checkbox"/> |       |       |         |      |        |
| grooming/cleaning                         |                        | <input checked="" type="checkbox"/> |        |                                     |       |       |         |      |        |
| moving/herding/handling                   |                        | <input checked="" type="checkbox"/> |        | <input checked="" type="checkbox"/> |       |       |         |      |        |
| erecting/maintaining fences               |                        | <input checked="" type="checkbox"/> |        | <input checked="" type="checkbox"/> |       |       |         | NA   |        |
| pasture management                        |                        | <input checked="" type="checkbox"/> |        | <input checked="" type="checkbox"/> |       |       |         |      |        |
| haying/forage collection                  |                        | <input checked="" type="checkbox"/> |        | <input checked="" type="checkbox"/> |       |       |         |      |        |
| manure composting/prepping                |                        | <input checked="" type="checkbox"/> |        | <input checked="" type="checkbox"/> |       |       |         |      |        |
| collecting <u>milk</u> /eggs/fleece/honey |                        | <input checked="" type="checkbox"/> |        |                                     |       |       |         |      |        |
| post-collection hygiene/storage           |                        | <input checked="" type="checkbox"/> |        | <input checked="" type="checkbox"/> |       |       |         |      |        |
| raising young stock                       |                        | <input checked="" type="checkbox"/> |        |                                     |       |       |         |      |        |
| record keeping                            |                        | <input checked="" type="checkbox"/> |        | <input checked="" type="checkbox"/> |       |       |         |      |        |
| breeding/inseminating                     |                        |                                     |        |                                     |       |       |         |      |        |
| assisting pregnancy/birth                 |                        | <input checked="" type="checkbox"/> |        | <input checked="" type="checkbox"/> |       |       |         | NA   |        |
| castrating/docking/clipping               |                        | <input checked="" type="checkbox"/> |        | <input checked="" type="checkbox"/> |       |       |         | NA   |        |
| checking health/treating simple illness   |                        | <input checked="" type="checkbox"/> |        | <input checked="" type="checkbox"/> |       |       |         |      |        |
| culling/slaughtering                      |                        |                                     |        |                                     |       |       |         | NA   |        |
| other:                                    |                        |                                     |        |                                     |       |       |         |      |        |

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### 3. Biodynamic Preparations

| Skills                          | Preparation: |     |     |     |     |     |     |     |     |      | 508 | 507 | 506 | 505 | 504 | 503 | 502 | 501 | 500 | Barrel Comp. | Peppers   |         |  | Other:     |          |
|---------------------------------|--------------|-----|-----|-----|-----|-----|-----|-----|-----|------|-----|-----|-----|-----|-----|-----|-----|-----|-----|--------------|-----------|---------|--|------------|----------|
|                                 | 500          | 501 | 502 | 503 | 504 | 505 | 506 | 507 | 508 | Weed |     |     |     |     |     |     |     |     |     |              | Inverteb. | Verteb. |  |            |          |
| "prepping" compost pile         | NA           | NA  | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗    | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | NA           |           |         |  |            |          |
| stirring preparations           | ⊗            | ⊗   | NA  | NA  | NA  | NA  | NA  | NA  | NA  | NA   | NA  | NA  | NA  | NA  | NA  | NA  | NA  | NA  | NA  | NA           |           |         |  |            |          |
| calibrating sprayer/spraying    | ⊗            | ⊗   | NA  | NA  | NA  | NA  | NA  | NA  | NA  | NA   | NA  | NA  | NA  | NA  | NA  | NA  | NA  | NA  | NA  | NA           |           |         |  |            |          |
| storing appropriately           | ⊗            | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗    | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | NA           |           |         |  |            |          |
| record keeping                  | ⊗            | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗    | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | NA           |           |         |  |            |          |
| collecting/grinding minerals    | NA           | ⊗   | NA  | NA  | NA  | NA  | NA  | NA  | NA  | NA   | NA  | NA  | NA  | NA  | NA  | NA  | NA  | NA  | NA  | NA           |           |         |  | NA         |          |
| harvesting plant parts          | ⊗            | NA  | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗    | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | NA           |           |         |  | NA         |          |
| collecting/"potentizing" manure |              | NA  | NA  | NA  | NA  | NA  | NA  | NA  | NA  | NA   | NA  | NA  | NA  | NA  | NA  | NA  | NA  | NA  | NA  | NA           |           |         |  | NA         |          |
| acquiring animals/animal parts  | NA           | NA  | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗    | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | NA           |           |         |  | NA         |          |
| stuffing animal sheaths         | ⊗            | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗    | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | NA           |           |         |  | NA         |          |
| selecting hanging/burial sites  | ⊗            | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗    | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | NA           |           |         |  | NA         |          |
| hanging/burying/exhuming        | ⊗            | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗    | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | NA           |           |         |  | NA         |          |
| evaluating finished preps       | ⊗            | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗    | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | ⊗   | NA           |           |         |  | NA         |          |
| selecting ashing times          | NA           | NA  | NA  | NA  | NA  | NA  | NA  | NA  | NA  | NA   | NA  | NA  | NA  | NA  | NA  | NA  | NA  | NA  | NA  | NA           |           |         |  |            |          |
| burning specimens               | NA           | NA  | NA  | NA  | NA  | NA  | NA  | NA  | NA  | NA   | NA  | NA  | NA  | NA  | NA  | NA  | NA  | NA  | NA  | NA           |           |         |  |            |          |
| spreading/spraying peppers      | NA           | NA  | NA  | NA  | NA  | NA  | NA  | NA  | NA  | NA   | NA  | NA  | NA  | NA  | NA  | NA  | NA  | NA  | NA  | NA           |           |         |  |            |          |
| other: <i>thistles spray</i>    |              |     |     |     |     |     |     |     |     |      |     |     |     |     |     |     |     |     |     |              |           |         |  | making and |          |
| other: <i>nettle spray</i>      |              |     |     |     |     |     |     |     |     |      |     |     |     |     |     |     |     |     |     |              |           |         |  |            | applying |

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### 4. Machine-Powered Equipment

| <i>Equipment:</i>            | Electric                            |             |               | Internal Combustion |                                     |              |      |        |          | Pneumatic Handheld Tools            | Other: |
|------------------------------|-------------------------------------|-------------|---------------|---------------------|-------------------------------------|--------------|------|--------|----------|-------------------------------------|--------|
|                              | Hand Power Tools                    | Bench Tools | Welding Tools | String Trimmers     | Chain-saws                          | Walk-behinds | ATVs | Trucks | Tractors |                                     |        |
| <i>Skills:</i>               |                                     |             |               |                     |                                     |              |      |        |          |                                     |        |
| safety procedures            | <input checked="" type="checkbox"/> |             |               |                     | <input checked="" type="checkbox"/> |              |      |        |          | <input checked="" type="checkbox"/> |        |
| emergency procedures         | <input checked="" type="checkbox"/> |             |               |                     | <input checked="" type="checkbox"/> |              |      |        |          | <input checked="" type="checkbox"/> |        |
| basic operation              | <input checked="" type="checkbox"/> |             |               |                     | <input checked="" type="checkbox"/> |              |      |        |          | <input checked="" type="checkbox"/> |        |
| record keeping               | <input checked="" type="checkbox"/> |             |               |                     | <input checked="" type="checkbox"/> |              |      |        |          | <input checked="" type="checkbox"/> |        |
| using implements/attachments | <input checked="" type="checkbox"/> |             |               |                     | <input checked="" type="checkbox"/> |              |      |        |          | <input checked="" type="checkbox"/> |        |
| troubleshooting              | <input checked="" type="checkbox"/> |             |               |                     | <input checked="" type="checkbox"/> |              |      |        |          | <input checked="" type="checkbox"/> |        |
| routine maintenance          | <input checked="" type="checkbox"/> |             |               |                     | <input checked="" type="checkbox"/> |              |      |        |          | <input checked="" type="checkbox"/> |        |
| small repairs                | <input checked="" type="checkbox"/> |             |               |                     | <input checked="" type="checkbox"/> |              |      |        |          | <input checked="" type="checkbox"/> |        |
| other:                       |                                     |             |               |                     |                                     |              |      |        |          |                                     |        |

### 5. Draft Animals

| <i>Basic Skills</i>          | Type of Animal: | Oxen | Horses | Mules/ Donkeys | Other: |
|------------------------------|-----------------|------|--------|----------------|--------|
| harnessing/hitching          |                 |      |        |                |        |
| multiple hitches             |                 |      |        |                |        |
| maintaining equipment        |                 |      |        |                |        |
| driving/carting              |                 |      |        |                |        |
| plowing/log skidding etc.    |                 |      |        |                |        |
| powering stationary machines |                 |      |        |                |        |
| training young animals       |                 |      |        |                |        |
| record keeping               |                 |      |        |                |        |
| other:                       |                 |      |        |                |        |

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Mentor's Signature: \_\_\_\_\_

## 6. Basic Business Management

| <i>Skill</i>                       | Skill Level |
|------------------------------------|-------------|
| supervising crews                  |             |
| dealing with customers             | ⊗           |
| dealing with visitors              | ⊗           |
| dealing with schoolchildren        | ⊗           |
| dealing with journalists           | ⊗           |
| dealing with regulators/inspectors | ⊗           |
| designing/producing newsletters    |             |
| organizing festivals/public events | X           |
| planning/budgeting                 | ⊗           |
| accounting                         |             |
| market research                    |             |
| marketing/designing packaging      |             |
| setting up a CSA                   | ⊗           |
| other:                             |             |
|                                    |             |

## 7. Basic Crafts

| <i>Craft:</i>       | Sewing/<br>Clothes-<br>making | Felting/<br>Spinning | Natural<br>Dyeing | Knitting/<br>Weaving | Tanning/<br>Leather-<br>work | Soap-<br>making | Candle-<br>making | Basketry | Other:   |
|---------------------|-------------------------------|----------------------|-------------------|----------------------|------------------------------|-----------------|-------------------|----------|--|
| <i>Skills</i>       |                               |                      |                   |                      |                              |                 |                   |          |  |
| safety procedures   |                               |                      |                   |                      |                              |                 |                   |          |  |
| using materials     |                               |                      |                   |                      |                              |                 |                   |          |  |
| using tools         |                               |                      |                   |                      |                              |                 |                   |          |  |
| simple projects     |                               |                      |                   |                      |                              |                 |                   |          |  |
| designing           |                               |                      |                   |                      |                              |                 |                   |          |  |
| other: <i>music</i> |                               |                      |                   |                      |                              |                 |                   |          | <i>interval<br/>study<br/>sight-singing<br/>festival music</i> |

|   |
|---|
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## 8. Basic Processing

| <i>Food or Medicine:</i><br><i>Skills</i> | Milk | Meat/<br>Poultry | Fish | Grains | Vege-<br>tables | Herbs | Fruits | Other: |
|---|------|------------------|------|--------|-----------------|-------|--------|--------|
| general cooking/baking                    | X    | X                |      | X      | X               | X     |        |        |
| making butter/cheese                      | X    |                  | NA   | NA     | NA              | NA    | NA     |        |
| preserving/drying/fermenting              |      |                  |      |        | X               |       |        |        |
| concentrating juice/sap                   | NA   | NA               | NA   |        |                 | NA    |        |        |
| extracting oils/fats                      |      |                  |      |        |                 |       |        |        |
| making sausage                            |      |                  |      | NA     | NA              | NA    | NA     |        |
| making wine/beer                          | NA   | NA               | NA   |        |                 |       |        |        |
| making tinctures/essences                 | NA   | NA               | NA   |        |                 |       |        |        |
| making salves                             |      |                  |      |        |                 |       |        |        |
| other:                                    |      |                  |      |        |                 |       |        |        |

## 9. Basic Construction

| <i>Type of Construction:</i><br><i>Skills</i> | Carpentry | Masonry | Machining | Electrical | Plumbing | Road-<br>building | Other: |
|---|-----------|---------|-----------|------------|----------|-------------------|--------|
| safety procedures                             | X         |         |           |            |          |                   |        |
| using tools                                   | X         |         |           |            |          |                   |        |
| using materials                               | X         |         |           |            |          |                   |        |
| simple projects                               | X         |         |           |            |          |                   |        |
| surveying/layout                              |           |         |           |            |          |                   |        |
| blueprint reading                             |           |         |           |            |          |                   |        |
| estimating materials/costs                    |           |         |           |            |          |                   |        |
| other:  |           |         |           |            |          |                   |        |

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|--|
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