

# My Internship with the National Center for Appropriate Technology

Lillie Marquez (lilliem@ncat.org) | NCAT Southwest Office at 118 Broadway, San Antonio, TX 78205

## About Me



- Biology major/rising senior at Trinity University in San Antonio, Texas
- Sustainability Assistant for the Office of Sustainability on campus
- I have a strong interest in sustainability issues and health related topics

## Working with NCAT



NCAT's Southwest Regional Office works on a variety of projects, including ATTRA, Soil for Water, Subtropical Organic Agriculture Research (SOAR), "Armed to Farm" and "Beyond Fresh." I gained exposure to these projects during my time with NCAT.



Left: Robert Maggiani (NCAT Sustainable Ag Specialist) and I at a local market in San Antonio examining local produce and products.



Above: Kevin Ellis (NCAT Poultry Specialist) presents on "Food Labels and Terminology" at a Farm & Ranch-to-Table field day that I attended.



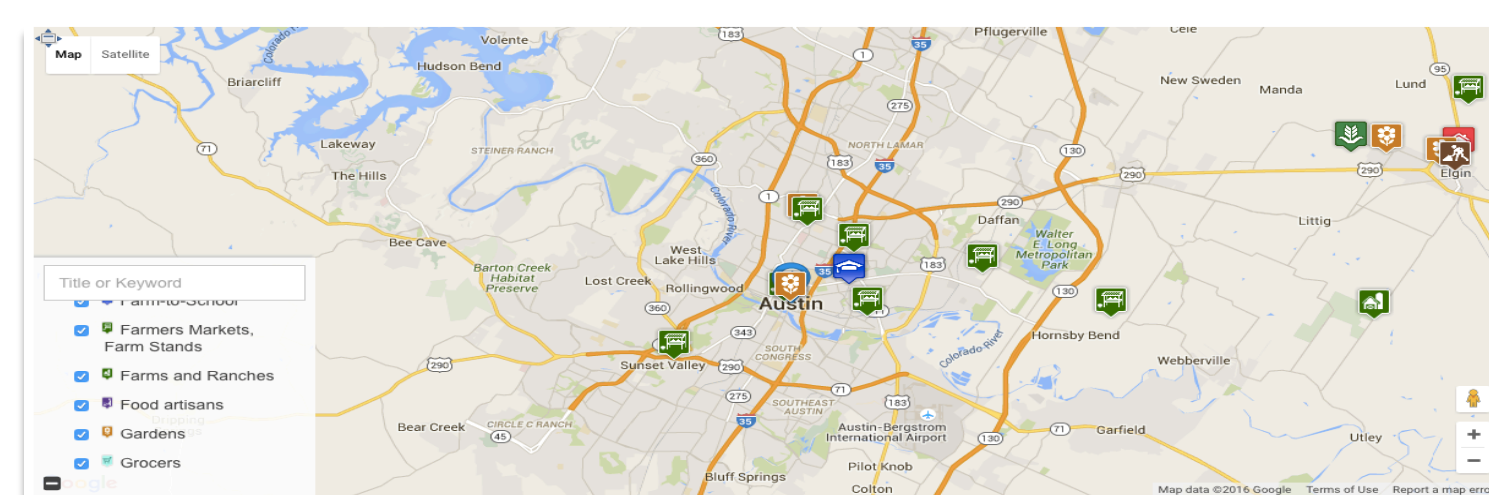
Mike Morris (NCAT Regional Director) and I at Sweet Yams, an organic restaurant in San Antonio. Photo by Kevin Ellis.

## "Beyond Fresh" Project



Photo by Sue Beckwith

During my time at NCAT I worked mostly on the "Beyond Fresh" project. "Beyond Fresh" is a SSARE research project focused on local and sustainably sourced value-added products. In addition to providing an alternative way for local producers to increase their profits, these products could help reduce produce spoilage and waste.



Above: I worked on creating an online, map-based directory of goods and services that producers could use to process and distribute their products.

## Farm Visit



I had the opportunity to visit a sustainable poultry farm in D'Hanis, Texas called Parker Creek Ranch. The farmers gave a tour of their property and spoke about the sustainable methods they used to cultivate the land and raise the chickens, turkeys, and other fowl.

## Local Food



I have learned a lot about local food systems, food manufacturing, and the principles of sustainable agriculture during my time as an intern at NCAT. I learned directly from producers and consumers about the importance of buying local and sustainable source food. My internship experience with NCAT has greatly broadened my view of agriculture and local food.



Above: Travis and Mandy Krause of Parker Creek Ranch talking about their transition to farming and their experience selling as a local, sustainable producer at farmer's markets.



Above: Chef Kara Kroeger of Foundation Culinary talking about the importance of buying locally sourced ingredients and how to prepare these items.

## Acknowledgements



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All photos are my own unless otherwise noted.