



# SPOTLIGHT

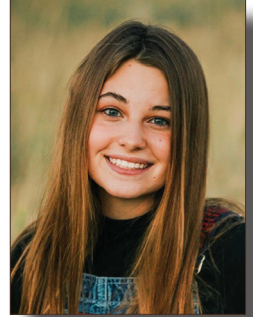
Growing Beginning Farmers & Ranchers in Wyoming



## 2022 Jamie Kaste

**J**amie Kaste joined the GrowinG Internship Program to complement her academic studies with practical ranching experience. “Gaining college credit along with seasonal summer work made this the perfect opportunity,” she said. Over 12 weeks, Jamie immersed herself in sustainable agriculture, tackling everything from welding to irrigation.

Jamie gained valuable insights into holistic resource management, enhancing her understanding of the relationship between livestock and the land. “I learned the importance of technical skills, the dynamics between people and livestock, and how holistic approaches support sustainable ranching,” she shared. She also discovered innovative ways to manage weeds and pests through biodiversity rather than chemicals. “It surprised me how effective nature-based solutions can be,” she reflected.



During an educational event hosted by the University of Wyoming Extension, Jamie explored no-till farming and diverse planting strategies. Observing their impact on soil quality and biodiversity inspired her commitment to sustainability.

As the summer wrapped up, Jamie expressed gratitude for the program’s impact. “This experience helped me learn extensively about soil health, biodiversity, and connections to the ranching world,” she shared. Looking forward, she plans to apply her skills while promoting inclusivity and sustainability by investigating employment with a university extension program.

“Above all, this summer reinforced my passion for agriculture and my desire to support future generations of farmers and ranchers,” Jamie concluded.

*Jamie Kaste*

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