

2008 Growing Together Summer Camp

Time Frame: Week of June 15th – Week of Aug. 17th, 10 weeks
Monday or Tuesday
8 – 5 or 9 – 4?

Who: Open to all elementary students. Students will be recruited in their nutrition and gym classes, and through letters home to parents.

Outline of Program:

June: Activities on the farm include planting, weeding, harvesting (some), care of chickens.

July: Activities on the farm include weeding, harvesting (including washing produce), some planting for fall, care of chickens, pest control (i.e. tomato hornworms and potato beetles)

August: Activities on the farm include harvest, harvest, harvest, pest control, weeding.

Day at the Summer Camp:

AM Gather together. Make name tags/pick up nametags. Greetings and introduction of the day.
Food Journal reflections
Stretching exercises
To the field! Garden exploration/identification
Snack
Work with the HS students in the garden*

Lunch Prep together*
Eat
Sit, digest...review nutrition values of our food!

PM Food/Nutrition Activity
To the pasture! Pasture observations
Snack (?)
Work with HS students in the pasture*
Stretching exercises
Unwind, return nametags
Food Journal reflection

* The expectation is that this will be the bulk of the summer camp time. The other activities will enhance the work at the farm.