



# Terra Firma Farm Summer Farm Camp 2009



We realize that while most children are not going to grow up to be farmers, they will be the next generation of

stewards of the land. This season our summer programs are designed to provide children ages 3-17 with hands-on experiences in the many facets of a working farm. Whether it be our preschool age Sprouts; elementary youngsters in our weekly camps sessions, or Farmers– For– A-Day program, or middle schoolers & high schoolers in our Helping Harvesters Youth Farm Stand Program, each child will be an active participant in the daily routines of the farm. With the guidance of our counselors and farm staff, they will:

- Care for a diverse selection of animals
- Engage in the growing cycle by planting, nurturing, harvesting and preparing food from our garden
- Participate in group activities which emphasize hands-on investigations to explore deeper the cycles of life

Working on a farm requires team work which fosters the values of:

***Cooperation,  
Respect &  
Responsibility***

Our lessons aim to increase awareness and practical knowledge of the:

- Interconnectedness of all living things
- Meaning of sustainable agriculture
- Heritage Breeds of Animals
- Vegetable Varieties and heirlooms;
- Benefits of local agriculture;
- Cycles of farm life;
- Habits of eating healthy.

## Summer Sprouts-Ages 3-5

This camp is designed for our 3, 4, & 5 year old sprouting farmers. Children will be involved in animal care activities, meeting the new farm arrivals, nature walks, and wildlife observation. These day camps are offered to teach responsibility and kindness for the farm, each other and our environment. Each day is planned for our Sprouting Farmers and offers an excellent hands-on opportunity for exploration and growth. Note: This camp runs Monday- Thursday from 9-noon.

**Sprouts 1: June 22<sup>nd</sup> – June 25<sup>th</sup>**

**Sprouts 2: July 6<sup>th</sup> – July 9<sup>th</sup>**

**Sprouts 3: July 20<sup>th</sup> – July 23<sup>rd</sup>**

**Sprouts 4: August 3<sup>rd</sup> - August 6<sup>th</sup>**

**Sprouts 5: August 17<sup>th</sup> – August 20<sup>th</sup>**



## Summer Farmers & Growers- Ages 6-11

At the Terra Firma Farm's Summer Day Camp, kids have fun while they learn about ecology, the environment, and the plants and animals we depend on for food and clothing. Campers will develop a stronger connection to the farm and the origin of their food through the week's activities. Each session offers different activities that are based on the week's themes, but every week will include garden work, games, and cooking projects, crafts, science activities, and (of course) farm chores. During farm chores we care for the pigs, goats, chickens, cows, donkeys, and all their young!!

Typical Day for Campers:

9 Check- in	9-10:15 Chores
10:15-10:30 Snack	10:30-12 Farm Activity
12-1 Lunch and Recreation Time	1-4 Discovery Time and Activities

## Farm Friends- June 22<sup>nd</sup> – June 26<sup>th</sup>

Walk in the footsteps of a farmer for a week, and experience what it takes to be a good farmer and naturalist. Through a variety of activities, campers will learn about animal care and the products animals provide to us.

- Adopt a calf or kid and learn how to care for it, and teach it to walk with you on a halter.
- Discover the ways of the farm through a scavenger hunt.
- Learn how to milk one of our cows or goats, and then make butter, cheese and ice cream!

## Roots, Shoots & Muddy Boots- June 29<sup>th</sup> – July 3<sup>rd</sup>

Summer is a busy time at Terra Firma Farm! Take part in the fun and spend the week becoming a farm expert.

- Become friends with our chickens and their eggs.
- Learn about our driving donkeys, and watch them work on the farm.
- Get hands-on in the garden, and help make sure we will have plenty of food at harvest time.

## Earth-friendly Farm- July 6<sup>th</sup> – July 10<sup>th</sup>

Terra Firma Farm uses earth-friendly farming, but just what does that mean? We'll spend the week exploring the farm to answer that question, and discover a few ways everyone can be earth friendly along the way.

- Use worms to transform leftover food into dirt.
- Cook yummy treats using solar power.
- Find new uses for recycled products.

## Adventures of the Farm- July 13<sup>th</sup>–July 17<sup>th</sup>

Do you like to explore nature? Join us for a week of farm work, hiking, creating and cooking.

- Hike through the forest and learn all about trees
- Learn about the lives of butterflies, bugs and pond creatures
- Taste test home-made goodies made from our own farm grown products.

### **Beyond the Barnyard – July 20<sup>th</sup> – July 24<sup>th</sup>**

There's more to a farm than gardens and animals! Explore our forest and pond and discover the abundance of wildlife and plant life from the microscopic to the very visible. Campers will learn about the ecosystems in and around the farm through games and hands-on activities.

- Explore life at the pond using nets and hand lenses.
- Create plant prints and rubbings using materials from the forest.
- Learn to identify trees of the forest, and make your own tree identification cards.
- Make birdfeeders and learn to recognize our feathered friends.

### **Summer Survival Skills! – July 27<sup>th</sup> – July 31<sup>st</sup>**

Come to Terra Firma Farm and learn skills on how to survive living off the earth. We will learn lots of skills from cooking our lunch over a fire we create to using natural dyes. **NOTE: This camp includes an overnight from Thursday to Friday, and will end at 10AM on Friday.**

- Make a delicious tea from wild edibles.
- Learn to start a fire without a match
- Cook over a fire you helped build.
- Spend one night in a tent and learn some constellations.

### **Farm Food- August 3<sup>rd</sup> – August 7<sup>th</sup>**

The end of the summer is a great time to be on a farm. All the food is becoming ripe and ready to eat. What do we do with all of it? We will spend time taking all the fresh veggies we've grown and turn them into tasty treats- from grinding grain to making jam, we'll spend the days creating and eating. And, of course, there's always ice cream!

- Make tasty pickles from the farm's garden.
- Make homemade jam.
- Bake fresh bread from grain you grind yourself.
- Crush tomatoes to make your own sauce.

### **Country Fair- August 10<sup>th</sup>- August 14<sup>th</sup>**

Everyone loves a Country Fair! Campers will put together a good old fashioned country fair. On Friday, parents and friends will be invited to enjoy all of our hard work.

- We will display vegetables and flowers from the garden
- Exhibit crafts we made
- Work with and show off the farm animals
- Sample homemade farm foods

### **Cows, Chickens and Goats.. oh my- August 17<sup>th</sup>- August 21<sup>st</sup>**

Put down your garden trowel this week because we are going to focus on the animals..all of them. Terra Firma Farm is home to some of the friendliest farm animals around. Each day we will focus our activities around a new farm friend..

- We will halter train new goats and calves.
- We will bathe the chickens.. yup bathe the chickens!
- Sample and explore different animal products from wool to gelatin!
- Try our luck at some cow plop bingo!

### **Harvest Feast- August 24<sup>th</sup>- August 28<sup>th</sup>**

The summer is winding down and you know here will be plenty of food to harvest in the garden! Enjoy a smorgasbord of cooking and eating during this week!

- We will be making all sorts of tasty treats, including of course, ice cream!!
- Harvest fresh veggies from the garden and set up our own Farm Stand
- Make dyes from herbs and flowers
- Help extend the harvest by canning and preserving our produce



