



FARM TO TABLE

Children don't always make the connection between agriculture and the food they consume everyday. In this **Farm to Table** series, kids will learn where foods come from, how to prepare it, and then get to enjoy eating it! Integrated into each lesson are principles of sustainability and mindful eating. Whole Days include a morning food lesson, preparation of a seasonal food which will fit into a balanced lunch, play time, afternoon garden topic activity, and a tasting. At the end of the week the kids will take a field trip to the Farmer's Market.

Voices of Communication

FOOD: Food has the power to heal and connect. We intend communicate this message to your child through cooking.

FUN: Having fun is an integral part of life. Cooking brings learning and fun together as one!

LOVE: Love is an *art* of giving and receiving. We encourage the concept of loving ourselves and others through preparing and eating nutritious foods using fresh and wholesome ingredients.

*The more kids are engaging in preparing their own foods, the more **INDEPENDENT** they become, and the more **WILLING** they are to eat healthier!*

Camp Schedule

Time: TBA

Location: TBA

Cost: \$275 half day/\$475 full day includes fresh ingredients, recipes, and an herb container to take home

Date: TBA

Monday: Seasonal Foods

Lesson on reasons to shop and support local farmers markets
Spring chopped salad/peach cobbler
Seasonal Produce Chart

Tuesday: Spa Day

Lesson on the importance of water
Flavored water with tarragon chicken salad on lettuce cup/ Fruit smoothie & watermelon feta salad
Soil Composition and Sensory Activity

Wednesday: Wrap It Up

Lesson on healthy snacks
Make your own seasonal wrap/Homemade ice cream and avocado/kale toast
Plant parts and their function

Thursday: A Taste of Herbs

Introduction to herbs & usage
Make your own herb dips/yummy lentil soup/herb focaccia with fruit
Take home an herb container

Friday: A Twist on Pancake

Lesson on breakfast
Savory and dessert pancakes
Field Trip to Farmer's Market

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ASK FOR MORE DETAILS!

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