

rural resources



sustaining Appalachia's family farms *Farm Day Camp 2010*

At Farm Day Camp children learn first hand about the farm and the natural resources that sustain them. They learn where their food comes from in a very hands on way—they milk a cow and make butter, they plant and harvest herbs and vegetables, and they do some cooking. They learn to connect food with the sun and rain, and soil and water on the farm. Also, they create art, using materials found on the farm, so that their creativity is nurtured in the process. We want children to have the opportunity to build relationships with the land, plants, animals and with farmers. We have very deliberately designed this program to work with small groups of children so that we can build relationships with them and they with us. We have watched many children grow up as they have come back year after year, gaining in their understanding of and connection with the farm.



Schedule



Pre-school Camps (4 & 5 year olds*) June 14-18/June 28-July 2 Mon.-Fri. 9 a.m. – 12 noon. Please have your preschooler dressed in his/her swimwear when you arrive. This will save lots of time changing clothes! Please pack dry clothes to change into.

Junior Camps (1st to 3rd graders*) May 31- June 4/June 21-25/July 12-16/July 26-30 Mon.-Fri. from 8:30 a.m.

▪ **Discovery Camp (4th to 6th graders*) June 7-11/July 19-23** 8:30 a.m.-5 p.m. Mon.-Wed. Thurs. evening, campers stay overnight. Camp ends at Noon on Friday.

*If you are unsure what group your Farm Day Camper belongs in because (s)he is on the age/grade border line between 2 camps, you choose the camp you feel is most appropriate. We want your child to feel comfortable with her/his group.

Be sure to bring along...

- ✓ Bathing suit
- ✓ Water Bottle
- ✓ Hat
- ✓ Extra shoes for creek with toe protection
Please, NO sandals or flipflops.
- ✓ Towel for drying off after a creek dip
- ✓ Rain gear

In addition...

- ✓ Pack a sack lunch each day (except pre-schoolers)
- ✓ Remember! All clothes that campers wear or bring should be clothes that may get dirty.

