

# 2010 PROGRAMS FOR TEENS at Angelic Organics Learning Center

*"This is such a magical place! The weekend was a blast. I'm glad I got a chance to work on a farm."*

- Kira, age 16, Winnetka

## WHOLE FARM TOUR

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Our 2-hour tour provides an experiential introduction to the farm, emphasizing how living soils, animals, plants and people interact on an organic farm. The tour includes the story of Angelic Organics farm, including the loss of the family farm in the 1980s and its rebirth as a thriving CSA (Community Supported Agriculture) farm. Students will:

- Investigate the farm as an ecological system, observing diversity, interdependence, adaptations, nutrient cycles and energy flows.
- Contrast conventional and sustainable farming systems for environmental, economic and social differences.
- Reflect on how their own food choices impact the environment.

## DAY PROGRAMS

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**Standard day programs** last for 4-5 hours and include a Whole Farm Tour, a mini-harvest of vegetables (available June to October), a lunch break in our oak savanna, and one of the following projects of the group's choice.

### **Small Scale Livestock Husbandry** (Year-round)

Learn about the adaptations and biology of farm animals, together with their ecological role on the farm and livestock care. We'll contrast our animal projects with factory farms for nutrition, economics and animal welfare.

### **Kidwatch: monitor the births and growth of baby goats** (April only)

Learn signs of impending birth (and witness one if you are lucky!) and track the health and growth of our baby kids. Class covers goat anatomy, ecology, behavior, veterinary care, reproduction, and development.

### **Path of the Potato: compare conventional and sustainable growing systems** (April to September)

Visit our potato patch to learn in depth about the requirements of growing the most popular vegetable in America. Contrast conventional and organic systems, and consider environmental, economic, and health differences.

### **Agroecology: an exploration of the farm ecosystem** (April to October)

In this hands-on investigation comparing our organic farm with a conventional farm, we will contrast soil qualities, diversity, nutrient cycles, and whole farm relationships.

### **Farm Technology** (Year-round)

Learn about the uses of different types of technology on the farm, comparing environmental and human impact of a range of farm tools and equipment. Discuss green building techniques found throughout the farm facility, and design your own solution for a farm challenge.

### **Food from Field to Table**

Trace the path of foods from living soils to your plate through hands-on farming and cooking, emphasizing teen nutrition, cooking skills, and a comparison of conventional and sustainable food systems. Additional \$2 fee per person to cover cooking costs for day programs. Our most popular options include:

**Dairy Goats and Milking** (May to mid-October) (no additional charge)

**Stone Soup** (November to March)

**Cheese making** (May through mid-October)

**Pizza** (June through mid-October) (\$4 per person extra, maximum 25 people)

**Home-baked bread** (Year round)

**Home-milked Ice Cream** (June to September)

**Cornbread from the Ground Up** (mid-October to March)

**Chicken soup** (Year round)

**Pumpkin pie** (September to November)

### **Farm Work Projects: build teamwork and learn practical skills** (Year-round)

Build problem solving skills, engage in meaningful physical labor, and develop an understanding of farm ecology through hands-on projects. Projects vary with the needs of the farm, and may include animal care, barn work, composting, moving hay, vegetable gardening or field work, ecological restoration, or building projects.

### **Value-added Challenge** (Variable) May include an additional fee depending on project.

Learn how to make a value added product from the farm (such as lip balm, worm castings, or food from the farm), then make and implement a plan for how you will market your product.

### **Technical Assistance for Student Agriculture Projects** (Year-round, depending on topic)

Learn and practice skills to help start or further your own school or community gardens. Topics can include small scale livestock, vermiculture, beekeeping, organic gardening, composting, or microenterprise development.

### **Recreation, Exploration, and Reflection** (Year-round)

Leave part of your day open for recreation in the outdoors: explore the oak savanna, get acquainted with the animals, journal, draw, or simply take time to breathe the fresh air. Depending on ground conditions and availability, we may be able to schedule a ride on the hay wagon. Other possibilities include group building games, or a hiking trip to the creek and historical sites on the farm (latter requires 2 hours).

## **OVERNIGHT PROGRAMS** (2-5 days)

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Overnight programs engage groups more fully in the life of the farm, experiencing some of the rhythms of a typical work day. Students take part in daily chores, camp in our oak savanna, and join field work crews. Depending on the length of your stay, we'll incorporate your choice of the above day programs. A longer stay allows us to delve more deeply into issues of interest to teens (including health, justice, gender and environmental issues), to incorporate arts into our programs, or to accomplish more challenging projects.

Groups camp in our Gathering Space, which includes a composting toilet; solar showers; a campfire ring; and an outdoor shelter with a small refrigerator, propane 2-burner stove, and well water. Our indoor workshop space has flatware and plates, a modest supply of cooking utensils, and hot water for washing dishes. Groups typically prepare their own foods, supplemented by seasonally-available produce, eggs, and goat milk from the farm.

## **PROGRAM COSTS**

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Program costs are covered by per person fees from visiting groups. Group sizes range from 15-45; smaller groups must pay minimum group payment. Group leaders must confirm size 2 weeks in advance. Inquire about assistance for limited-resource groups.

	<i>Per person cost</i>	<i>Min. group payment</i>
Whole Farm Tour	\$10	\$150
Whole Farm Tour, plus use of picnic area	\$12	\$180
Day Program	\$18	\$270
Day Program plus cooking option	\$20	\$300
2-day Overnight Program	\$65	\$975
3-day Overnight Program	\$105	\$1,575
5-day Overnight Program	\$175	\$2,625

## **ILLINOIS LEARNING STANDARDS**

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Our programs can help meet state learning goals in science (including life cycles, animal and plant development, interdependence, biodiversity, comparative anatomy, relationships between organisms and environment, nutrient and energy cycles, natural resources, seasonal patterns, use of technology, and interactions between humans and ecosystems), as well as healthy eating, teamwork, economics, environmental history, and geography. Please inquire about how to best meet your class goals.

## **FOR MORE INFORMATION**

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