

Field-to-Fork Meals

Our kid-friendly meals are prepared with fresh ingredients, primarily from our organic, biodynamic farm. Most meals are vegetarian, though campfire cooking sessions include options for grass-fed meats. These healthy farm-to-table meals are prepared on site with campers involved in harvest. Our menu has been designed by our Culinary Manager, Robert Benzel, who has previous cooking experience as a chef at Greenfire Restaurant in Rockford, and Bushel & Peck's Cafe in Beloit, among other restaurants.



Sample Menu

Breakfast

Summer zucchini & potato pancakes, served with applesauce or sour cream. Daily cold cereal options, seasonal fruit and hard-boiled eggs.

Lunch

Farm veggie wraps with a side of baked kale chips, and energy bites with oats, chia seeds and dates. Salad and nut butter sandwiches available daily.

Dinner

Macaroni and cheese with broccoli and optional grilled meats, side salad harvested by campers, sweet potato wedges & cookies

We source the majority of our food directly from our farm, so meals feature freshly-harvested organic produce. The meat is sourced from animals on our farm that have lived well & been treated fairly, graze on a diet of chemical-free grass, and are an active part of the farm's sustainability. Items we cannot get from our farm are sourced from other local sustainable farmers as often as possible.

If your child has any special dietary restrictions including allergies, we will try our best to accommodate their needs. Please contact us with any questions or concerns about food allergies or restrictions. Salad and peanut butter and jelly or almond butter and jelly sandwiches are available as daily alternatives.