

Adult Saturday Programs 2011 – 2012

Sprout Creek Farm presents workshops for adults for the 2011- 2012 school year. All are open to men and women except for “Mommy Goes to Camp”. Designed to introduce you to farm life in small, easily digestible portions, you may even find you have latent farming ability! Farms are all about food, and our very knowledgeable staff will take you through experiences, processes and techniques for producing, preparing and preserving food. In all, you will become more aware of the connection between food, farming, and the environment. And you will have fun doing it.

Introduction to Food Preservation

Saturday October 1, 2011, 10:00 a.m.-2:30 p.m. (Please bring a bag lunch)

- 10-11 Garden Tour w/ focus on harvest and preparing a garden for winter.
- 11-12 Overview of Food Preservation Techniques (canning, pickling, freezing, fermentation) and Preserved Food Tasting from Sprout Creek’s own canning closet.
- 12:00-12:30 Lunch
- 12:30-2:30 Basics of canning including the completion of a simple canning project from start to finish.

The Dynamic World of the Diversified Farm

November 19, 2011, 1-5 p.m.

- 1-2 Introduction to Sprout Creek Farm including discussion of the multi-dimensional mission statement of agriculture and education.
- 2-3 Market and cheese tasting.
- 5 – 6 Guided Tour of Barn Chores with focus on the production role of each animal group.

Mommy Goes to Camp

January 12-15, 2012 (Thursday evening until Sunday at noon)

Three days of bliss! Winter in the beautiful Hudson River Valley is an experience in itself. Now enter into the Sprout Creek Farm special blend of activity and reflection. Experience barns filled with animals, the aroma of hay, the sounds of cows and goats at feeding time. Milk them. Feed them. Collect multi-colored eggs from chickens and

ducks. Imagine a small group of women cooking meals together, engaged in conversation, and laughing about life in the barns they've just left. This could be YOU.

Explore the issues of the world from an entirely different perspective. Find yourself rejuvenated. Energized. You don't have to be a mommy, but you do have to be a woman to apply for this program. Come to camp! At the end of the program, all participants will receive a free half-pound wedge of one of Sprout Creek Farm's delectable cheeses.

Your choice!

Spring on the Farm: Gardening and Kidding

February 25, 2012, 1 – 5 p.m.

1 – 3 Garden Tour and introduction to garden planning and seed starting.

3 – 5 Goat Lesson including observation of milking, care and feeding of new kids (and of course some time to play with baby goats!).

Farm-Based Activity That You Can Do at Home

May 19, 2012, 10:00 a.m. – 2:30 p.m. (Please bring a bag lunch)

10-12 Bread and Butter and Simple Farm Cheese

12:00-12:30 Lunch

12:30-2:30 Gardening w/ Kids and Worm Bins

Click here to download and print your application. **Space in all programs is limited** and filled on a first come first served basis. You may choose as many as you like, but don't wait 'til the cows come home to apply! You can pay using any credit card, or send in your check. We will confirm your reservation by email.

___ **Introduction to Food Preservation \$45.**

___ **The Dynamic World of the Diversified Farm \$40.**

___ **Mommy Goes to Camp \$300.**

___ **Spring on the Farm: Gardening and Kidding \$40.**

___ **Farm-based Activity that You Can Do at Home \$45.**

If your first choice is filled, which of the above would be your second choice?

Name _____

Address _____

Phone #s _____ Cell _____

Email address _____

Credit Card # _____ Exp. Date _____