

Farm-Based Education Association

INSPIRE • NURTURE • PROMOTE



SPRING 2008 NEWSLETTER

Note from the Executive Director



Spring planting at Coverdale Farm, the Delaware Nature Center.
Photo by Rod Hampton.

Greetings from FBEA's home at the Minute Man National Historical Park on the banks of the Concord River in Concord, MA. On May 18, the FBEA will turn two years old! Here are a few highlights as we head into Spring:

- Thanks to everyone who has completed a survey in this phase of our *Program Research and Development Project*. To include as many farm-based education programs and professionals as possible, we hope to hear from **you!** See article at right.
- We were glad to offer two new benefits to our members this winter: job posting ability on our website and tailored recommendations and resources to support your work.
- The FBEA Spring Field Day will be held at Hawthorne Valley Farm in Ghent, NY on May 24. Tour their farm, production and education facilities and learn how their farm-based education programs incorporate the Waldorf education and biodynamic farming philosophies.
- Spread the news and have your board members Save the Date. November 14-16, we will host a retreat on Martha's Vineyard for board members of farm-based education programs. The weekend will include: a facilitated workshop to discuss the opportunities, responsibilities and challenges of supporting farm-based education programs at the board level; a tour of island farms; and an evening celebrating delicious, local, island food.

We look forward to seeing you at some of our events this year. As always, please let us know if you have any thoughts as we expand our programming. And don't forget to check our website frequently. It is the best source for current information on what is happening in the farm-based education community.

Brooke G. Redmond
Executive Director
brooke@farmbasededucation.org
(978) 318-7827



Attendees from Martha's Vineyard at our 3rd Educational Farm Symposium in November. LtoR: Chef Gail Arnold; Noli Hoye, restaurant gardener from the Island Grown initiative, and from The FARM Institute: Matthew Goldfarb, Executive Director, Melinda Rabbitt DeFeo, Enrichment Coordinator, and Rob Goldfarb, Development Director

Our Program Research & Development Project is underway

How many farm-based education programs are there in the United States? What percent of farm-based education programs offer programs specifically to school-aged children? Don't know the answer to these questions? Well, neither do we... but that's about to change!

To help fulfill our mission—to inspire nurture and promote farm-based education, we have embarked upon a baseline study of the farm-based education community, made possible by a grant from a New England family foundation. This research will (among other things): identify the number of farm-based programs in the nation; determine how they operate; who they benefit; how they are supported; what their educational philosophy/pedagogy is (if any); what professional development tools they use; and how they reach their communities to deliver their educational services. The results will be summarized and processed into a series of print and online formats.

To get the most-accurate snapshot of the farm-based education community at this moment in time, **we need your help!** Please carve out 15 minutes to take our online survey at: www.farmbasededucation.org. Click on "Research Project." We are hoping to hear from as many farm-based educators representing as many programs as we can.

continued on p. 5

TAKE OUR ON-LINE SURVEY!

www.farmbasededucation.org

Click on "Research Project" and tell us about yourself and your programs!



Brian Donahue gives a walking history tour of the Battle Road.

Battle Road Farms: The Next “Shot Heard ‘Round the World!”

By Brian Donahue, professor of American Environmental Studies at Brandeis University, and author of *THE GREAT MEADOW: Farmers and the Land in Colonial Concord* and *RECLAIMING THE COMMONS: Community Farming and Forestry in a New England Town*.

The Minute Man National Historical Park in Concord, Massachusetts honors the moment on April 19, 1775 when “the shot heard round the world” began the Revolutionary War resulting in America’s independence from England.

The open farmscape of what is now the 849-acre Battle Road Unit in the Historical Park, with its stone walls, fences, drainage ditches, small woodlots, and orchards was important to the way the battle unfolded. The nature of farm culture was also central to the causes that impelled New Englanders to rebel against British imperial rule, and to the way they organized their resistance. Their deep family ties with the land and their interdependence fostered a culture of local self-determination that made these farmers willing to put down their plows, pick up their muskets, and take a stand against the world’s most powerful army.

Today, under the direction of Superintendent Nancy Nelson, Minute Man National Historical Park is exploring ways to main-

tain farming within the park and expand the agricultural interpretation and education that is offered to the over 1.2 million annual visitors. Keeping farming alive is important to both the look and the spirit of the Park, just as it is to our communities today. This project is being brought to life by a group of collaborators from the National Park Service, the Farm School, Big Ox Farm, the Trustees of Reservations, the Farm-Based Education Association and

“There are lessons from the lives of these 18th century men and women that we might well take to heart... their tenacity, their knowledge of the land, and their ability to make decent lives within a set of very exacting natural limits deserves our respect.”

other area farmers and educators. This collaborative group will meet over the course of the next several months to frame the organizational and guidance structures that will support the development of this farm-based education program.

In my years of research about Concord’s fields, forests and farmers, and in my conversations with colleagues and friends at the Park and the communities that surround it, something has come home to me time and again. There are lessons from the lives of these 18th century men and women that we might well take to heart. Though they did not live in perfect communities and their stewardship was not without flaw, there was something about their tenacity, their knowledge of the land, and their ability to make decent lives within a set of very exacting natural limits that deserves our respect.

Check the FBEA website to learn more about this exciting project as it develops. Don’t hesitate to stop in for a visit and tour when you are next in Concord.

FBEA Fall Field Day
Local Farm Gathering at Battle Road Farms
September/Oct. DATE TBD
Minute Man National Historical Park, Concord, MA

This is an opportunity for farmers and educators to tour the historic battle road trail and expanding agricultural activity, and learn ways local partnerships and collaborations are bringing this project to life.

Become A Member of the FBEA!

Join the growing professional network of the Farm-Based Education Association! We have extended our introductory rates through 2008 and added two new benefits of membership!

What does membership get me?

- A one-year membership at introductory rates
- 10% discount on seasonal workshops and events
- Invitations to all FBEA events
- Access to the FBEA database of over 500 farm-based educators, administrators, and related organizations
- Receive our informative, semiannual newsletters, networking and professional development opportunities, and involvement in program research and development projects.
- **New!** The opportunity to post job opportunities on the FBEA website (searchable by the public).
- **New!** Tailored recommendations for resources to help you in your work.

Introductory membership rates

Student.....	\$35
Individual.....	\$50
Organization.....	\$140

(organizational members may send up to 3 staff members at a discount to FBEA events)

To join, or for more membership information, visit the membership section of the FBEA website or e-mail: membership@farmbasededucation.org.

Celebrating Lamb! Lambing, Shearing, Knitting and Cooking

It's a full-farm affair at Stone Barns Center for Food and Agriculture

By Nena Johnson, Public Programs Director, Stone Barns Center for Food and Agriculture in Pocantico Hills, NY

Spring lambing season is one of the happiest times of year on a farm. It's full of life, greenery and a chorus of bleating "baas" as fluffy lambs bound through green pastures. People of all ages flock to area farms to get a glimpse of these newest additions – very often witnessing live births only feet away – and many farm-based education programs will produce programming for school children and visitors alike, incorporating all things sheep-related. It's usually no different at Stone Barns Center for Food & Agriculture, but this year we experienced two lambing seasons.

Thanks to an amorous male yearling, our livestock crew was presented with over a dozen winter lambs. As cute as spring lambs, these guys have an added layer of pathos from exposure to the wet, cold, dark New York winter! Confined winter quarters also seem to cut down on all that adorable bounding about, replacing it with a lot of sad-looking standing around. But now winter lambing is giving way to May lambing.

Spring also brings shearing, and at Stone Barns, we sheared all our Finn-Dorset sheep on April 5 & 6, 2008 – about a month before the second round of lambs arrives. At our previous sheep-shearing weekends, we offered low-key activities, not expecting large crowds. However, we were pleasantly surprised to find standing room only as our farmers worked hard and tried to answer questions at the same time.

This year we took a more education-friendly approach to shearing and learning about wool. Our livestock manager, Craig Haney, sheared only 3–5 sheep an hour, which left plenty of time to talk with our visitors, answer questions and make sure everyone got a good look. Elsewhere on the farm, three wonderful spinners from our farm and local community worked at their spinning wheels. The hang-out spot of the weekend, a large knitting circle, was open to any and all. We encouraged folks to bring their own projects or to just stop in and ask questions or watch for a while. Children could learn how to felt and make

a little something to take home, or learn to comb and card wool. We also featured demonstrations on dyeing wool with vegetables and had some wool socks from last year's shearing available for purchase and dyeing on the spot. There was something to appeal to every age group, and it a fantastic gathering to welcome in the spring as a farm community.

All in all, celebrating annual farm events like lambing, shearing, or big fall harvests are wonderful ways to further connect your community to the cycles of the farm. The more of an open-house feeling you cultivate on these special days, the more likely that children, adults, and neighbors of all stripes will weave your farm into their everyday lifestyle.



Spring at Stone Barns Center

Sheep Shearing Weekend

FEES & COSTS: Free to the public; \$5/child for felting activity.

We generally spend \$200 on supplies for the event and can net about \$500 if the weather is nice (and the event gets a lot of great families out on our farm!).

Recipe: Lamb 'Pot-au-feu' Serves 4 Preheat oven to 280°F.

By Dan Barber, Chef and Co-owner Blue Hill & Blue Hill at Stone Barns

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| <ul style="list-style-type: none"> 1 grass-finished lamb shoulder, bone removed and tied 1 sprig rosemary 1 sprig thyme 3 tablespoons grape seed oil 1 carrot, mirepoix 1 stalk celery, mirepoix 1 onion, mirepoix 1 cup red wine 2 quarts rich chicken stock 2 carrots, cut into 2" pieces 1 parsnip, cut into 2" pieces 1 turnip, cut into 2" pieces 4 tablespoons grain mustard 2 tablespoons cornichons minced coarse sea salt and freshly ground pepper | <ol style="list-style-type: none"> 1. In a large Dutch oven, gently heat grape seed oil. Add mirepoix vegetables and sweat until tender. Increase heat and continue to cook until vegetables are golden brown. Add wine and cook until wine has been almost completely reduced. 2. Add the room temperature lamb shoulder to the Dutch oven. Cover with chicken stock and place in the oven for 3-3½ hours, until the shoulder is very tender. 3. Remove the lamb and let sit, covered with tinfoil to stay warm. Strain the remaining liquid into a pot and bring to a simmer, skimming the excess fat that bubbles to the surface. 4. Cook, separately, the carrots, turnips and parsnips (5 minutes for the carrots and parsnips; 3 for the turnips). Place the cooked vegetables in a separate pot and set aside. 5. Reduce the remaining stock until it thickens. Add the vegetables back into the liquid. Stir in grain mustard and minced cornichons. Slice the lamb. 6. Place the lamb in the center of a large bowl. Ladle the vegetables and a little of the broth over it and serve. Sprinkle with coarse sea salt. |
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The Appleton Farms' Carrot Club

By Holly Hannaway, Farm Educator, & Wayne Castonguay, General Manager, Appleton Farms

The Trustees of Reservations, the oldest land trust in the nation, goes grassroots at one of the oldest working farms in the nation: Appleton Farms!



The Appleton Farms Carrot Club is a great example of a free, grassroots, and volunteer-based program that can be developed on any working farm with minimal resources.

Appleton Farms is one of nearly 100 special places owned and managed by the Trustees of Reservations in Massachusetts (TTOR). The 1,000-acre farm, located in Ipswich and Hamilton, has a rich history of stewardship and sustainable agriculture.

With the farm under Trustees care for the last ten years, TTOR was anxious to preserve the history of nine generations of Appleton agriculture, and excited to create its own history as stewards of an authentic working farm. It has used many successful grassroots models to firmly establish the farm as an *educational* working farm.

Appleton Farms' volunteers have played an integral grassroots role in achieving the farms mission of demonstrating sustainable stewardship of the earth through agriculture and environmental protection. With the support of volunteers, the farms formative years focused on re-establishing agricultural operations, constructing public access facilities, restoring the long-neglected infrastructure and raising the significant funds needed to implement the management plan. Today, the working farm includes a 500-share Community Supported Agriculture (CSA) operation, a grass-based dairy and beef herd, and a haying and composting operation.

As agricultural operations began to flourish (Phase I), staff and volunteers turned their focus on Phase II of farm management: to utilize the incredible agricultural resources to actively engage the community in the work-

ing farm and landscape. The question was: how does a fledgling program with limited staff time and resources accommodate demand?

In 2003 a volunteer group of CSA shareholders came up with an idea. Inspired by the educational opportunities presented by hundreds of CSA families visiting each week, and by the 500-pound giant wooden carrot donated to the farm by the local Arborist's Association, the "Carrot Club" was born.

The Carrot Club was designed to offer educational programming to families picking up their weekly CSA shares. Thanks to the efforts of the CSA manager, the farm's part-time interpreter and dedicated volunteers, the "drop-in" program was scheduled during a two-hour window every Friday afternoon. Activities were geared to children in pre-school through second grade. With the CSA as "the classroom," the program explored a variety of farm topics from seeds to tractors to plant parts through hands-on activities, stories and art projects. The program was free for shareholders and staffed entirely with volunteers and parents.

Today, the Carrot Club is one of the farm's signature programs, available twice a week throughout the summer. Its successful grassroots beginnings paved the way for an expanded farm-based education program at Appleton Farms. With a full-time, year-round educator, and a farm education apprenticeship in the works, the farm now hosts a slew of programs—after school clubs, 4-H, summer camps, adult workshops and book clubs are just a sampling. Thanks to our humble program beginnings and the support of dedicated volunteers, we are well on the way to integrating education into the working farm operations.

The Appleton Farms Carrot Club is a great example of a free, grassroots, and volunteer-based program that can be developed on any working farm with minimal resources.

"The Carrot Club"

AUDIENCE & FEES:

Currently free and open only to CSA shareholders and a few friends of the farm (due to capacity issues around parking, staff, etc.). TTOR is considering creating a similar program for the general public in the future.

CSA SHARES: for a 23-week season, June-November

- \$575/members of Trustees
- \$625/nonmembers

For more information on Appleton Farms' Carrot Club and other Education Programs:

Holly Hannaway, Farm Educator,
978-356-5728 x15 or hhannaway@ttor.org

continued from page 1

Program Research & Development Project

You may have had the pleasure of hearing from Verena Wieloch, who worked on our survey this winter. Verena will be returning to the fields at her fulltime job as the farmer at Gaining Ground here in Concord, MA (www.gainingground.org)—thank you to Verena! We are looking to hire someone to execute the next phase of the project—the gathering of material and information from programs (curriculum, business plans, HR materials, promotional material, etc.). These items will be available to members on our website towards the end of the year. If you know of anyone who would be interested in this work, please e-mail jobs@farmbasededucation.org.

Also, we are assembling a master list of farm-based education programs. Please take a look at our list (on our website under Resources/ Farm-Based Education Programs) and e-mail us if your program or any other you know of is not on the list. We are just getting started so please don't think twice about omissions—constructing new databases is not a perfect science! Thank you for your help. All research-project-related questions or information should go to research@farmbasededucation.org.



Coming soon to a strawberry patch near you!

Photo courtesy of Appleton Farms, a farm of The Trustees of Reservations

Summer Camp Schedules

It's that time of year again – time to tweak your summer camp schedule so it's just right. Here are two examples to inspire you.

The Farm School, Athol, MA

Submitted by Patrick Connors, Director

A Typical Thursday in a Week-Long Residential Summer Camp Session

(for groups of 20–40 students)

- 6:15 AM Wake up!
- 6:30 Chores (Group splits into three areas: animal chores, breakfast prep and woods walk.)
- 7:30 Breakfast/Clean up
- 8:15 Yoga/Stretching
- 8:45 Community Meeting (Quick circle up to go over the day ahead and appreciate the work that's already been done.)
- 9:00 Farm Work (Groups rotate through the barn, garden and forest during their 5-day stay)
- 10:15 Snack Break - then back out to work
- 11:30 Free Time (for self-exploration of the farm and games.)
- 12:00 PM Lunch/Cleanup
- 1:00 Swim trip to the nearby lake
- 2:00 Snack
- 2:15 Options (Students chose between 6-10 different farm work options and break into small groups for work projects.)
- 4:00 Free Time
- 5:00 Chores (Students move to the next chore area in their rotation.)
- 6:00 Dinner/Clean up
- 7:00 Evening Activity (One or two farmers lead the whole group in games, song, dance or reading.)
- 8:00 Quiet Evening Routine (kids ready for bed.)

PRICES for our overnight camp are \$725 for 5-day session; \$1,450 for an 11-day session.

Stonewall Farm, Keene, NH

Submitted by Marci Birkes, Education Director

A Typical Day at Summer Day Camp (for groups of 50–60 students)

- 8:45 AM Arrival
 - 9:00 Morning Circle
 - 9:15 Farm Chores
 - 10:00 Snack
 - 10:15 Activity Period 1*
 - 11:00 Activity Period 2
 - 12:00 PM Lunch
 - 12:30 Storytelling
 - 1:00 Activity Period 3
 - 1:45 Activity Period 4
 - 2:45 Closing Circle
 - 3:00 See you tomorrow!
- *Activities vary depending on counselor interests and strengths, and by camper age. Older campers help stock the farm stand, train calves, and learn to drive the team. Younger campers do more exploratory activities that teach various farming practices and history. "Activity Period" could include any of the following and more: Animal Care and Training, Gardening, Nature Study, Traditional Crafts, and Cooking.

PRICES for our one-week day camp are:

4-year olds & young 5's: \$190 per child; \$180 for members

All other ages up to 14 years: \$180 per child; \$170 for members



2008 Events Calendar More details at: www.farmbasededucation.org

April 20 & 21

Project Seasons for Farmers: *Digging Deeper into Farm Education* Shelburne Farms, Shelburne, VT

May 9

Northeast Farm to School Forum Publick House, Sturbridge, MA

May 24 FBEA Spring Field Day

Hawthorne Valley Farm, Ghent, NY

June 22-26

ALHFAM Annual Conference and Meeting Association of Living History, Farms & Agricultural Museums. Ottawa, Canada www.alhfam.org/index.php

August 8-10 34th Annual NOFA

Summer Conference, University of Massachusetts, Amherst, MA

September/October DATE TBD

FBEA Fall Field Day

Local Farm Gathering at Battle Road Farms, Minute Man National Historical Park, Concord, MA

September 19-21

Common Ground Country Fair Unity, ME

October 4-8

Community Food Security Coalition Conference, Philadelphia, PA
www.foodsecurity.org

October 15-18

North American Association for Environmental Education Wichita, KS

October 19 & 20

Project Seasons for Farmers: *The ABC's of Farm Education* Shelburne Farms, Shelburne, VT

October 21-25

National Preservation Conference National Trust for Historic Preservation, Tulsa, OK www.nthpconference.org

November 14-16

FBEA workshop for board members of farm-based education programs Island Farms, Martha's Vineyard, MA

FBEA Board

Chair: Megan Camp, Vice President and Program Director, Shelburne Farms, Shelburne, VT

Marci Birkes, Education Director, Stonewall Farm, Keene, NH

Wayne Castonguay, Farm Manager, The Farms of the Trustees of Reservations, Ipswich, MA

Erin Cinelli, Exec. Dir., Spannoccchia Foundation, Portland, ME

Patch Connors, Director, The Farm School, Athol, MA

Matthew Davis, Program Director, Hawthorne Valley Farm, Ghent, NY

Brian Donahue, Trustee, Spannoccchia Foundation, Portland, ME, & Co-Founder, Land's Sake, Weston, MA

Sam Feldman, Founder & Chairman of the Board, The FARM Institute, Edgartown, MA

Judy Fink, Education Programs Director, Stone Barns Center for Food and Agriculture, Pocantico Hills, NY

Matthew Goldfarb, Exec. Dir., The FARM Institute, Edgartown, MA

Ben Holmes, Founder & President, The Farm School, Athol, MA

Dana Hudson, Farm-to-School Coordinator, Shelburne Farms, Shelburne, VT

Nena Johnson, Public Programs Director, Stone Barns Center for Food and Agriculture, Pocantico Hills, NY

David Kahn, Executive Director, North American Montessori Teachers Association; Founding Program Director, Hershey Montessori Farm School

Grey Lee, Executive Director, Land's Sake, Weston, MA

Tia Pinney, Teacher/Naturalist/Adult Education Coordinator, Drumlin Farm, Lincoln, MA

Rachel Schneider, General Management Group, Hawthorne Valley Farm, Ghent, NY

Louise Schorn Smith, Board of Directors, Maysie's Farm Conservation Center, Glenmoore, PA

Michele Wales, Farm Program Coordinator, DE Nature Society, Hockessin, DE

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174 Liberty Street • Concord, MA 01742

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