

School Field Trip Form 2011-2012

Name of School: _____

Name of Teacher(s): _____

School Phone Number: _____ Teacher Phone Number: _____

Number of Students Attending: _____

Date of Field Trip: _____ Time Arriving: _____

Please check the below box that corresponds to the class you will be participating in:

3 hours, FIELD TRIP TO THE FARM \$10/student

Students will spend the first half with our farmer learning about organic growing strategies. They will discuss cultivation, harvest and storage of fresh produce. In addition, our farmer will discuss the challenges of the week, pest management and weed control. The second hour children will pick their lunch. Our chef will teach the group how to properly cook fresh produce to maintain it's nutritional value. Our dietitian will discuss how these foods work to protect our bodies from disease.

2.5 hours, STONE SOUP \$10/student

This is a hands-on class taught by our dietitian in the garden. Just like in the story STONE SOUP, it takes a community and a wide variety of colorful vegetables to make a delicious and healthful soup. It's fun to join together picking fresh produce from the Good Harvest Secret Garden at NuGenesis Farm and prepare food that is both yummy and soul satisfying. This is a hands-on class that will focus on optimal nutrition, the therapeutic value of selected plant foods, culinary tips and give the kids a chance to work together.

3 hours, BUILD YOUR OWN PIZZA: No Meat Please! \$10/student

This is a hands-on class taught by our farm manager and dietician. The kids will spend time with the farm manager learning some of the basics to growing produce and farming. They will be invited to pick whatever they would like from the fields. Then, they will go to the Good Harvest Secret Pizza Garden and hear from our dietitian on the importance of eating with intention. They will round out their harvest in the Pizza Garden and cook their own pizza in the outdoor pizza oven.