

2008 Summer Educational Programs

Farm Events

Organic Seedling Sale

Begins mid-May. Purchase certified organic seedlings for your home garden. Organic fertilizer and seeds will also be available. Come early for the best selection of heirloom tomatoes!

Annual Harvest Festival

Saturday, Oct. 18th, 11am—3pm

We'll have great music from **Back Eddy Bluegrass** plus excellent food, fresh baked goods and of course, organic produce. Hayrides, pony rides and the Farm's animals will entertain the kids, along with children's activities. Admission is free!

More farm classes and events happening this summer!

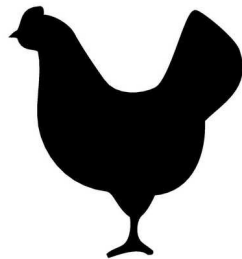
Visit our website at gmfarm.com to sign up for our newsletter and to see more classes for adults and kids. Summer Farmstand hours are Tuesday through Sunday, 9am—7pm.



Green Meadows Farm
656 Asbury Street
South Hamilton, MA 01982

Phone: 978-468-3720

Email: gm@gmfarm.com



Green Meadows Farm is a certified organic farm raising vegetables, fruits and heritage breeds of livestock in Hamilton, Massachusetts. In the Farmstand, you'll find our own seasonal vegetables, local milk, meats and cheese, plus a full selection of natural grocery items. There are also fun gifts and great books for all ages. We offer a CSA, and host Birthday Parties, School Groups, Farm Festivals, Private Parties and Corporate Events.

Our educational programs are intended to expose children and adults to real farm life, from our organic vegetable production to our heritage breed animals and sustainable practices. Classes meet at the farmstand. In the event of rain, we will hold classes either in a greenhouse or under our tent. Participants should wear farm appropriate clothes including closed toe shoes or boots, clothes you don't mind getting dirty, and wear sunscreen and bug spray. Classes are open to the general public. CSA members receive a discount.

To register, please fill out the enclosed sheet or call our farm office at 978-468-3720.

New for 2008—EuroChef Culinary Adventure Series!

This summer, Eurostoves Culinary Centre in Beverly is offering unique cooking program for children (ages 9-15) by partnering with Green Meadows Farm.

The EuroChef Culinary Adventure series is designed for young chefs to learn kitchen safety, food basics and hands-on cooking fundamentals. Each day brings an exciting menu with new cooking challenges, helpful hints and great recipes. During the week, children will spend a morning at Green Meadows Farm learning how foods are grown and harvested and will then prepare and cook the foods they hand pick. They will learn to create dishes with fresh farm eggs and other farm produce. Other culinary adventures include a visit to the local fish market and a trip behind the scenes of an actual restaurant kitchen.



Each week-long series will run from 9-3 daily. For more information on how you can register your child, visit or call Eurostoves Culinary Centre at 978-232-0007.

Pre-School and School-Aged Programs

Morning Chores

(ages 3—5 with parent)

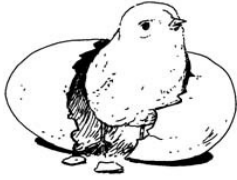
Start out the day by helping feed and water the pigs, chickens and other farm animals. Learn about how to care for animals and be confident around them. Boots recommended.

Cost \$40/4 classes (\$36 members)

Session 1: Fridays: June 6, 13, 20, 27
from 9am – 10am

Session 2: Fridays: July 11, 18, 25, Aug 1
From 9am-10am

Session 3: Fridays: Aug 8, 15, 22, 29
from 9am – 10am



Learning Garden (ages 3-5 with parent)

Explore the life of plants in our very own Learning Garden. Go to the greenhouse and plant a seed to take home, learn how plants grow to produce the food you eat, and decorate a pot for your new plant.

Cost \$40/4 classes (\$36 members)

Session 1: Friday: June 6, 13, 20, 27
from 10:30am-11:30am

Session 2: Fridays: July 11, 18, 25, Aug 1
from 10:30am-11:30am

Session 3: Fridays: Aug 8, 15, 22, 29
from 10:30am-11:30am

Farmer's Helper Ages 6-11

Get a chance to find out what farmers do on a daily basis. Work in the greenhouse, build trellises, turn compost, work on seed saving in the Learning Garden, help with morning chores and caring for the animals and harvest vegetables. Explore what farmers do on a day to day basis

Cost \$75/5 classes (\$68 members)

Session 1: Thursdays: June 26, July 3, 10, 17, and 24
from 9am-10:30am

Session 2: Thursdays: July 31, August 7, 14, 21, and 28
from 9am-10:30am



Teen and Adult Programs

Planning Your Vegetable Garden This intensive class will help you learn the basics for planning your Vegetable Garden. We will cover plant growth, maintenance, compost, mulch and overall care for your garden. At the end of the class there will be time for one on one consultation and you'll receive a bag of organic fertilizer to get you started. \$30 per person (\$28 members). One class: Saturday, May 3rd from 1pm – 3pm

Vegetable Gardening Workshop (ages 12 and up) This is a great way to learn and perfect your gardening skills and to get new ideas and help for your own backyard garden or community garden plot. We will focus on how to properly use tools, prepare beds, transplant and direct seed, mulch, water, weed, pest and disease control, plant maintenance, harvesting, companion planting and soil health. This is a great way to learn how to grow your own garden and learn the importance of being connected to local food production.

Preparing the garden: May 10th from 1pm—3pm. \$30 per person (\$28 members)

Session 1: Saturdays, May 3, 10, 17, and 24th 9am-noon

Session 2: Thursdays and Fridays: June 5, 6, 12, and 13th 4pm-7pm

Session 3: Thursdays and Fridays: June 19, 20, 26, and 27th 1pm-4pm

Cost: \$180 for four classes (members \$165). If you miss a class feel free to make it up in the next session. One on one consulting is available.

3rd Annual Teen Film Workshop

Shoot and direct your own short film at Green Meadows Farm! This two-week program meets July 14th through 25th, Monday through Friday from 9am—3pm and will end with a premier Gala community event showcasing student work. We provide all the equipment, including cameras and Macintosh editing systems. Students bring a bag lunch, we will provide refreshments and farm snacks each day. Prior filmmaking experience not necessary, but always welcome.

For more information on the cost and how to apply, email Ben Patton directly at fredsfilms@mac.com. A limited number of partial scholarships are available.



School Field Trips, Scouts and other Group Programs

We offer programs and tours for groups designed to provide participants with hands-on learning experiences that work well with Massachusetts Agriculture in the Classroom frameworks. Scouts can work on a variety of badges, and we can tailor a program to meet your specific needs. Sessions last approximately 1.5 hours and cost \$7 per person, including siblings and chaperones. A \$25 deposit is requested to reserve your date. Participants should dress for the weather and wear closed shoes or boots. Please call our office directly to arrange a group visit.

Preschool and Elementary

Life of a Seed (offered May—June)

Children will visit the greenhouse and learn about the life cycle of plants. They will examine a variety of vegetable seeds, learn about their growth requirements and plant a seedling to take back to the classroom for further study.

Meet the Farm Animals (offered May—October)

Students will learn about raising farm animals in a natural way, observing how their unique physical characteristics determine their food and shelter needs. Healthy chickens, pigs, turkeys and sheep are our goal, and we will see the many products they provide. Students may participate in some aspect of animal care at the discretion of GMF staff.

The Living Compost Heap (offered May—October)

Students will learn to appreciate the many organisms living in soil, and why recycling organic matter is essential to farming, as well as environmentally sound. They will examine the stages of decomposition, help turn our compost heap, and take some compost back to the classroom for analysis, along with instructions on how to begin composting at home or in school.

Pumpkin Patch (offered September—October)

Children will learn about the lifecycle of pumpkins, as well as their many uses. They will visit the pumpkin patch, and select one to take home. Hayride provided. *There is an additional fee of \$5 per pumpkin for this program.*



Grades 6—12

Introduction to the Farm (offered May—October)

Broad introduction to diversified farming with an emphasis on organic vegetable production, animal care and equipment used to perform these tasks.

Planting Vegetables (offered May—July)

Students will actively participate in transplanting vegetable seedlings from the greenhouse to the field. Discussion will focus on the transition from a controlled environment in the greenhouse to the harsh conditions of the outdoors.

Raising Animals (offered May—October)

Historically, diversified family farms have been the source of meat for Americans. In the last half-century meat production has undergone a devastating transformation. Modern farmers, under market pressure to increase efficiency and profitability, are raising animals in factory-like settings. This practice poses dire consequences to animal welfare, our health and the environment. An in-depth discussion will compare small-farm animal husbandry (as practiced at Green Meadows Farm) to the factory farming methods of raising meat for the American table. Students will also tour the farm.

Soil Fertility and Composting (offered May—October)

Soil fertility is the key to successful organic farming. Students will visit our compost operation and learn the basics of compost production, see the stages of decomposition, discuss carbon nitrogen ratios and the role of temperature in producing nutrient rich compost. They will take samples of the material to analyze in the classroom, along with information on how to create their own compost system.

The Harvest (offered August—October)

Most fruits and vegetables travel an average of 1800 miles from field to dinner plate. This trend has severed the once-intimate relationship between farmer and the local community. It is straining our natural resources, increasing pollution and decreasing the quality and nutritional value of food. In this session, students will learn the benefits of purchasing locally grown fruits & vegetables and will join Green Meadows Farm crew with the harvest.

For more information about Green Meadows Farm, please visit our website at gmfarm.com or call our farm office at 978-468-3720.

Green Meadows Farm 2008 Class Registration Form

Participant's Name	Class title	Session Dates	CSA Member?	Price

Name _____

Street Address _____

City/Town _____

Email (if you would like to be added to our email newsletters)

Phone number (for confirmation) _____

Please make checks payable to Green Meadows Farm and mail to 656 Asbury Street, South Hamilton, MA, 01982. You may also drop it off at our farmstand during open hours. Feel free to call our farm office at 978-468-3720 with any questions or concerns, and visit our website at gmfarm.com for more class listings and to sign up for our e-newsletter.



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