

## Farm Visit Outline 2011



The Farm Visit program at Waltham Fields Community Farm combines farm exploration, interactive discussion, and hands-on gardening and food preparation to create a unique experience which addresses school curriculum topics while also making important Farm-To-Table connections. Farm Visit activities are designed for flexibility so as to fit with a myriad of study topics and to change with the seasons and daily rhythms of the Farm.

The focus of the farm and garden exploration portion of the visit gives participants an overview of what a production farm looks like, and the various pieces that come together to make our fruits and vegetables grow! This may include an investigation of what's growing and living in the fields; a visit to the compost pile; an examination of the different parts of a plant and discussion of the role that each part plays; and/or some real garden work!

The other integral piece of the visit is engaging participants in a food preparation activity. Involving students in snack preparation using fruits, veggies, and herbs straight from the garden helps to foster an understanding of the importance of agriculture in our daily lives and promotes healthy eating habits.

Please let us know if there are any diet restrictions or food allergies that we should be aware of.

We would appreciate that teachers and/or adult chaperones handle any disciplinary issues that may arise.

### **The following rules are enforced at the farm. We will repeat them when you arrive.**

- Please stay with your group at all times. WFCF is a high production working farm. We need to know where all participants are at all times so as to be sure we are steering clear of farm trucks and tractors.
- Please do not run at the farm unless given permission by your group leader. We do not have paved pathways and many surfaces are uneven and slippery.
- If you need to go to the bathroom or get water, ask an adult.
- Make sure to drink lots of water while at the Farm.
- Please dress appropriately for the weather and wear proper foot attire, closed-toe shoes are a must.
- Listen to directions and ask questions if you don't understand.
- When handling farm/garden tools please follow instructions given by your groups leader. Allow the group leader to help you with using the tools, as needed.

## Program Logistics

Class Length: 2 hours

Age Group: Preschool-8<sup>th</sup> Grade

Class Fee: \$5/student with a minimum charge of \$50\*\*\*

(There is no charge for teachers, chaperones, or drivers.)

Scheduling: Go to <http://communityfarms.org/index.php/programs/education/>

\*\*\*Questions & Fee Assistance Inquiries: contact Jericho Bicknell, Education and Volunteer Coordinator, [jericho@communityfarms.org](mailto:jericho@communityfarms.org) , 781-899-2403 x141