



Healthy Farms, Healthy Kids Nebraska

Youth Program Schedule 2018:

February 9th, Friday

8:30 a.m. Free-time/Unstructured/Art activity or play. Sustainable Agriculture movies; Fresh, Farmers for America, etc.

Session One: 10:30 - 12:00 p.m. New Earth Farm & Goods: Jonathan & Catherine Dodd. Outside In: Using items found in nature to create pieces of art; 'We will be using natural items found outside your home to make beautiful pieces of art for the inside of your home. Bark mosaics, dreamcatchers, maybe even making game pieces...who knows what we will come up with! We will use our imaginations, creativity, and maybe some of the paints made in the previous session, and have fun making some unique things.'

12:00 Lunch - All kids will go into the main room to eat with their parents

Session Two & Three: 1:30 p.m. – 4:00 p.m (break @ 2:30). Jim Schalles, founder of Tallgrass Vernacular. "Natural Building for Kids" In order for sustainable agriculture to subsist, sustainable structures need to be implemented to help facilitate the daily duties of food production. Farmers of the past relied on materials in their found environment for building and maintaining their infrastructure. Ever wonder why barns were traditionally painted red, or white picket fences were the iconic pastoral image of animal husbandry? Come learn how to make natural paints out of lime, milk, and eggs. If you're feeling constructive, stay long enough to create a mini earthen structure you can take home, perfect for a bird house/doll house/fairy house that will demonstrate that building structures can be as easy as playing in the mud!

February 10th, Saturday

Session Five: 9:00 a.m. - 10:30 a.m. Mary Swoboda. "Yoga for Kids" Mary Swoboda is a RYT-200. She has been certified and taught using the Take 5 Program from Lincoln Yoga Center, which is a well know program used in public schools to help children learn Yoga and some self-management skills. The session will be based on this program, which is fun and engaging.

Session Six: 10:30 a.m. – 11:30 a.m. Chris Marlowe. "Your First Tractor" How to select, buy, safely use and restore an antique farm tractor. For 2 or 3 generations 1940's era Farmall and John Deere tractors were the first choice for a farmers first tractor. Over the last 20 years they became collectibles and beginning farmers were priced out of the market. The desires of the collectors have since changed and many of these tractors are back on the market at affordable prices.

11:30 Lunch - All kids will go into the main room to eat with their parents

Sessions Seven & Eight: 1:30 p.m. – 4:00 p.m. with Community CROPS Educators: Nicole Effle. All About Microgreens; Kids will learn about tiny plants providing incredible nutrition. We'll have examples to show them at the various stages. And children will plant some to take with them to grow at home. We will re-use containers to plant in, use blank mailing labels and stickers for the children to decorate the container, put their name, what they planted. Kids will also make watering cans with 20 oz soda bottles and holes drilled in the lid. And finally they will taste test a variety of microgreens from NSAS member Robinette Farms!

The Great Taste Test Challenge; Kids will taste test local veggies and store bought veggies, look at taste, color, texture to compare. We'll compare carrots, beets, greens & more! There will be a guessing game for which is bought where and which is local. With maps, we'll track how our food gets from each location to where we are. And finally we'll learn firsthand the importance of local farming, school gardens

Community Crops was started with one community garden in 2003, and has grown over the years to become a successful organization. Crops now has twelve community garden sites, a training farm, a successful Community Supported Agriculture program, youth garden and cooking education, a regular farmers' market stand, and more.

Parent/Gaurdian Notes:

It is requested that each child have a parent or guardian (or other adult/sibling, etc.) on site in case of an emergency. There will be a sign in sheet for each child which will have space for a cell phone number in case of an emergency. Each youth session will be equipped with appropriate first aid equipment, and an individual certified in First Aid and CPR. Children should be taken to lunch with their respective parents/guardians, and returned as needed. Break service for youth will be separate from the adult portion of the conference and the adults helping with the youth sessions will be in charge of the youth. Questions on site should be directed to William at 402.525.7794 or at the registration table.