

# Pint-Sized Farmers Camp

9 am-12 pm

Bonner Heritage Farm

201 Country Pl., Lindenhurst, IL 60046



## Monday: From Farm to Table

Campers start out the day getting to know each other and learning more about Bonner Farm. They will begin their journey of discovering how food makes its way from farm to dinner table and learn about the ins and outs of farm life, from daily chores to predicting the weather.



## Tuesday: Planting Seeds and Raising Animals

Today campers will learn about the plants and animals that grow and live on farms. Before planting their own seeds, campers will spend time prepping the garden by weeding and raking the soil. They will then spend time touring the barn and outbuildings where the animals once lived.



## Wednesday: The Harvest

After much time spent planting, weeding, and watering, campers will harvest some of the herbs, fruits, and vegetables growing in the garden. They will learn about the many uses of herbs and discover some of the products made from plants and animals that do not make it to the table.



## Thursday: Preserving and Packaging

Children continue the cycle of farm-to-table by learning how harvested food is preserved and packaged for long-term storage. Campers will have the opportunity to try some of these preserving techniques, including drying. They will even get to taste some preserved foods.



## Friday: Eating at the Table

For our last day together, campers will learn more about the types of foods that hit their plates. They'll make and sample their own fresh and healthy snacks. We will wrap up with discussing why we should make good food choices and review the farm-to-table food system.



## Read This, Too!

Campers will be outdoors each day, so be sure they have sunscreen on and have a water bottle. Please send a snack with your child, as there will be time for one each morning. Please note: some activities may be substituted or modified. Cancellations or changes due to weather will be emailed to the address listed on the camp health form. If you have questions or concerns, please call Sarah Salto at 847-514-6749.

