



Fernbrook Farms Environmental Education Center 2020 Winter Upper Level Homeschool Semester



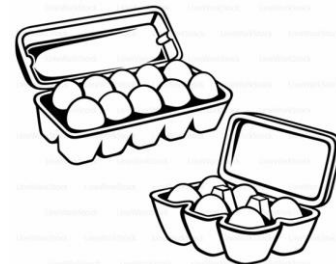
Fernbrook Master Chef

Ages 12-14 Years Old (students must be 12 years old by the start of classes)

Class Sessions: Tuesdays 9:30am-11:30am, Tuesdays 1:30pm-3:30pm,
Thursdays 9:30am-11:30am, OR Thursdays 1:30pm-3:30pm

Join us for an exciting semester while we try our hand at cooking on the farm. Learn about growing food, healthy eating, maple sugaring, and nutrition. Try new foods, visit the kitchen at The Inn to learn about catering for large groups and see what the CSA is growing this winter. We will cook something during every class while learning about the foods that we eat. Please note, we cannot accommodate every food restriction in every class. There will always be a vegetarian option. Learning about nutrition and the experience of cooking are the objectives (the order of the class may change due to weather conditions).

Ms. Patty Gurgul



Eggs **January 14th or 16th**

The students will be gathering eggs from the chicken coop, learning about protein, general healthy eating and cooking with eggs. Are eggs from free range chickens any different than other eggs? We'll find out.

Greens **January 21st or 23rd**

Let's learn about greens other than lettuce and see how we can serve them up. We will also be visiting the field house and the CSA to see what is being offered as a winter harvest and talking to one of the farm apprentices. What do farmers do on the farm during the winter?

Pickles **January 28th or 30th**

During this class we will be looking at food processing and nutrition labels. What is actually in some of the processed food that we eat? How much processing has it gone through? For our cooking portion, we will be making pickles and learning about home canning. The students will also plant micro-greens that we will harvest in a few weeks.

Sliders **February 4th or 6th**

The students will be comparing fast food to what we can make at home and learning how we can make a faster meal at home that is more nutritious. The class will be taste testing beef vs. veggies sliders.

Snacks **February 11th or 13th**

The students will be visiting the kitchen at The Inn at Fernbrook. The Inn cooks for weddings and private dinners for hundreds of people in a rather small, well organized kitchen. We will look at how a professional kitchen is organized. As a group we will be making a healthy snack recipe that came from The Inn.

Maple Sugaring **February 18th or 20th**

When the weather is just warm enough during the day and below freezing at the night the maple sap starts to run! The students will be tapping maple tree around Fernbrook and learning about the maple sugaring process. The classes will then incorporate maple syrup into our cooking project.



Cooking Over Fire **February 25th or 27th**

During this class the students will start by making a fire, and getting a bed of hot coals to fuel their cooking experience. The students will learn about the trials and tribulations of cooking over an open fire. Collectively they will cook up something that will warm them from the inside out.

The Cook-Off **March 3rd or 5th**

SHHHHH! It's a secret! The students will be divided into teams and be given some surprise ingredients. They will have to work cohesively to create and cook a healthy dish.



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Name of Child		Age	Date of Birth	Male	Female
Address		City		State	
Zip Code		Current Grade Level			
Parent's Name		Parent's Name			
Home Phone#	Work#	Home Phone#	Work#		
Email		Email			
Cell#		Cell#			
Employer		Employer			
Emergency Contact (Name, Phone #, Relationship)					

Class Time & Day : Tuesdays 9:30am-11:30am, Tuesdays 1:30pm-3:30pm,
Thursdays 9:30am-11:30am or Thursdays 1:30pm-3:30pm

8-week Semester runs: January 14th/16th to March 3th/5th

Confidential Medical Information & Required Emergency Information

- ☐ Please indicate information about the registrant(s) **regarding medications, allergies, physical disabilities or restrictions that the instructors should know about.** Attach pages if necessary.

In case of an emergency, I give my permission to have _____ (child/children) receive first aid and be transported to the nearest hospital by professional, emergency personnel. I understand I will be financially responsible for the cost of such treatment. ☐ YES ☐ NO

Parent/Guardian _____ Date signed _____

I give Fernbrook Farms Environmental Education Center permission to use any photographs or video footage of my child(ren) for any promotional or other legitimate reason. ☐ YES ☐ NO

Parent/Guardian _____ Date signed _____

***Registration Fee - \$139.00 for entire semester** *Discounts available: sibling, CSA member, and multi-session registration*

- **MAKE CHECKS PAYABLE TO:**
Fernbrook Farms Environmental Education Center (FEEEC)

MAIL REGISTRATION TO:
FEEEC-ULHS

P.O. BOX 228
Bordentown, NJ 08505

- **REGISTER ONLINE:**
On our website at www.FernbrookFarms.com