



Fernbrook Farms Environmental Education Center



2023 Fall-Winter Bridge Program

Upper Level Homeschool- Ages 12-14

Tuesdays 9:30am-11:30am, Tuesdays 1:00pm-3:00pm, Thursdays 9:30am-11:30am, OR Thursdays 1:00pm-3:00pm

Fernbrook Farms Environmental Education Center's Upper Level Homeschool program provides students with an alternative way of learning. This Fall-Winter Bridge program will be hosted and taught by our Farmshed Market Chef, Ms. Becky Corey. Students will be encouraged to try new skills and new foods. Please update Ms. Jenna via email (Jenna@fernbrookfarms.com) with any food related allergies/restrictions and we will try our best to accommodate!

“Cooking at the Farmshed Market”

The Basics of Salad, Dressings & Vinaigrettes

November 28th or 30th

This is one of the simplest but seemingly difficult tasks in the kitchen that will make your food sing. Finding the right balance of acid, fat, saltiness, sweetness and additional seasonings like spices and herbs can be tricky at first. Once you learn a few standard ratios and are able to spin the flavors that you like, your mixed greens and vegetables will reach a whole new level of complexity.



Store Bought vs. Homemade Ricotta

December 5th or 7th

Have you found yourself wondering if the store-bought version of something is a decent replacement for homemade? Only you can decide if the homemade version is worth the effort! For this class, we're going to explore a common and delicious ingredient in cooking, ricotta cheese. If you've never had homemade ricotta, you're in for a treat and you might expand your thinking about how to serve this at home beyond lasagna! Students will have an opportunity to learn the simple ingredients, kitchen tools and techniques used to make ricotta. We will sample several brands of store bought and a homemade version made right in class.



SOUP Simplified

December 12th or 14th

Soup really is a super food! From light and refreshing cold soups to luscious creamy soups and hearty bowls of chili, soup is a great way to pack in good nutrition and lots of flavors and textures. Soup is another example of a type of food that is simple to make but does take some finesse and experience to consistently get right. As with all cooking, it starts with the raw ingredients and soup is no exception. We'll learn how to make various homemade stocks and different techniques to make the style of soup you're looking for.