

## Rural Resources

### Farm & Food Teen Training Program

September 2022 – December 2022

| Date                                    | Class     | Description   |
|---|-----------|---|
| Saturday<br>September 24                | Kitchen   | 10am – 12pm<br>Basic knife skills w/Chef Rush<br>Yogurt Parfait   |
| Saturday<br>October 1                   | Breakfast | 10am – 10:30am  |
|   | Livestock | 10:30am – 12:00pm<br>Intro to Goats with Miss Gracie<br>Meet the kids! Vaccinate & deworm   |
| Saturday<br>October 8                   | Wellness  | 10am – 11am<br>Guest: Sandy Kennedy<br>Breathing techniques & calming jars  |
|   | Lunch     | 11am -11:30am   |
|   | Garden    | 11:30am – 12:30pm<br>Raised bed preparation: Cardboard and compost method   |
| Tuesday<br>October 11<br>(Fall Break)   | Kitchen   | 9am – 1pm<br>Make a Roast with Chef Rush!<br>Menu: Beef Roast, spaghetti squash, brussel sprouts, and baked sweet potatoes  |
| Wednesday<br>October 12<br>(Fall Break) | Wellness  | 10am – 2pm<br>Hike to Margarett Falls   |
| Wednesday<br>October 19                 | Kitchen   | 6pm – 8pm<br>Family Night in the Kitchen<br>Learn about Diwali – a festival of lights & family-oriented holiday that celebrates the triumph of good over evil.<br>(5pm-6pm Teens can chop veggies & prepare for dinner) |
| Saturday<br>October 22                  | Livestock | 10am – 12pm<br>Business Opportunities with Goats & hoof care with Miss Charlesey  |
| Saturday<br>November 5                  | Wellness  | 10am – 11am<br>Sandy Kennedy<br>Happiness Advantage Journals  |
|   | Lunch     | 12pm  |
|   | Garden    | 11am – 12pm<br>Complete raised beds with rabbit manure, leaves & mulch.<br>Plant garlic in raised bed with topsoil base.  |

|                         |           |  |
|-------------------------|-----------|--|
| Thursday<br>November 10 | Kitchen   | Family Night<br>6pm - 8pm<br>Guest: Sandy Kennedy<br>Focus on Self Care. Join us for games, prizes & fun!<br>Dinner menu: Chicken & dumplings, veggies, and salad. Make your own Sunday with homemade ice cream for dessert. |
| Saturday<br>November 19 | Breakfast | 9:30am - 10am  |
|                         | Wellness  | 10am - 11am<br>Sandy Kennedy   |
|                         | Kitchen   | 11am - Noon<br>Healthy snacks  |
|                         | Livestock | 11am - 12pm<br>Fencing project   |
|                         | Snack     | 12pm - 12:30pm   |
| Saturday<br>December 3  |           | 1pm - 5pm<br>Christmas on the Farm<br>Fundraiser   |
| Thursday<br>December 8  | Kitchen   | Family Night in the Kitchen<br>6pm - 8pm<br>Guest: Sandy Kennedy   |
| Saturday<br>December 10 | Kitchen   | 10:30am - 12pm Prepare a Diabetic friendly meal  |
|                         | Wellness  | 10:00am - 10:30<br>Diabetes Prevention<br>Guest: Rebecca Dillow  |
|                         | Garden    | 10:30am - 12pm   |
|                         | Livestock | 10:30am - 12pm   |
|                         | Lunch     | 12pm - 12:30pm   |
| Tuesday<br>December 20  | Kitchen   | 11am - 12pm<br>Cranberry Orange Holiday muffins with Chef Rush   |
|                         | Garden    | 10am - 11am  |
|                         | Lunch     | 12pm-12:30pm   |
|                         | Wellness  | 12:30 - 2:30pm<br>Kindness Project: Make Holiday cards for Senior Care facility<br>Guest: Sarah Creutzinger  |
| Thursday<br>December 22 | Kitchen   | 10am - 11:30pm   |
|                         | Livestock | 10am - 11:30pm   |
|                         | Wellness  | 11:30 - 12:15<br>Intro to Yoga with Sheila   |

|  |       |               |
|--|-------|---------------|
|  | Lunch | 12:15 - 12:45 |
|--|-------|---------------|