

FARM CAMP



IMPACT REPORT
FOR 2018





EXECUTIVE SUMMARY

This summer Arcadia proudly hosted its seventh season of Farm Camp. During the five weeks we taught 135 different campers ranging in age from 6 to 11, with 18 of those campers participating with full, needs-based scholarships. Our dedicated staff of counselors had a joyful experience getting to know and teach our campers about sustainable agriculture, seasonal foods, and delicious recipes and cooking techniques.

Arcadia's 2018 Farm Camp took place out on our Hilltop Farm at the Woodlawn & Frank Lloyd Wright's Pope-Leighey property. Hilltop, our demonstration farm, is home to the Groundhog Garden, a hands-on garden for children filled with lessons for young learners about gardening, cooking, chickens, composting, and pests, and pollinators. Campers were engaged through experiential learning and activities from making smoothies on a bike blender, to building take-home barometers, and making humus and frittatas.

This report shares a glimpse of our summer and what our campers and their parents had to say about Arcadia Farm Camp 2018.

88%

are more willing
to try new foods
after camp

85%

want to eat more
fruits and
veggies

75%

tried a new
food at camp

A MAGICAL WEEK OF NEW FOODS, NEW SKILLS...AND NO DEVICES!

Arcadia hosted 5 weeks of camp with 4 separate themes in 2018: Young Farmers, Farm Creatures, Seasonal Eaters, and two weeks of Small Chefs.

During our first week, Young Farmers, we taught campers about the rhythms of farm life and how to grow food sustainably and responsibly. We taught young farmers about the weather and the seasons seasons. Our visiting educators included a soil scientist and our own Farmer Katherine, who manages Arcadia's farm.

Farm Creatures, our second week, allowed us to teach our campers the role that animals of all shapes and sizes play in the day to day life of the farm. This included lessons about our food web, owl-pellet dissections, animal track identification, and chicken encounters. Visiting educators from Mount Vernon brought heritage-breed lambs; Earth Conservation Corps D.C. came with birds of prey; Innovated Pest Management showed us stick bugs and hissing cockroaches; and our friend Farmer Deb Dramby introduced us to her goats.

During our third week of camp, Seasonal Eaters, we taught campers about the importance of knowing where your food comes from and how it's grown. We introduced campers to nutritious new foods and learned from Chef Marcelle of Blue Jacket how to use farm ingredients to make gazpacho.

We closed summer with two weeks of new foods, recipes and cooking techniques during Small Chefs. We explored fermentation with Ms. Liane from Wow Wow Ferments; flavor pairings from Neighborhood Restaurant Group Chefs James Tracey and Paola Velez; recipes with cookbook author Jonathan Bardzik, and foraged elderberries with Sophie Frederickson.

Our goal is to connect our campers to their food and the landscape in which it is grown, and what it takes to grow the foods they already know and love. Our dedicated counselors made every camper feel cared for while simultaneously imparting knowledge in a way that was both manageable and meaningful.



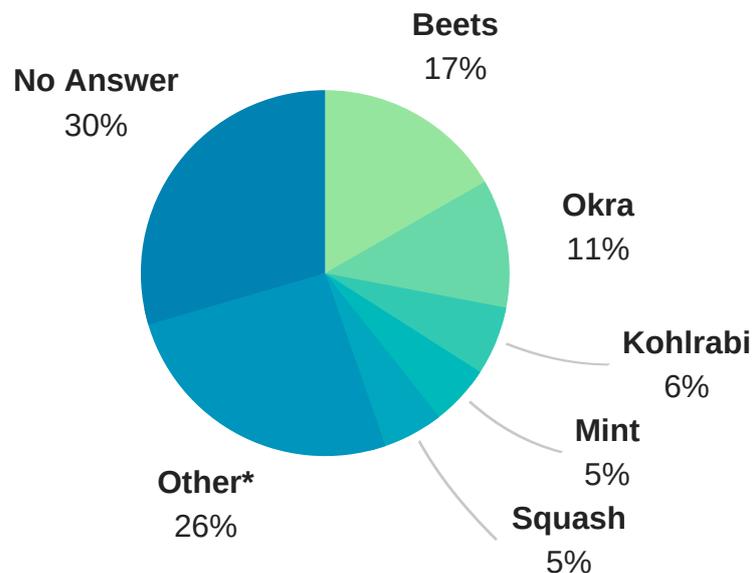
IMPACT IN THE GARDEN CLASSROOM

ARCADIA EXPANDS PALATES THROUGH PLAY & "CHORES"

At Farm Camp, campers are encouraged through play, farm chores, and cooking lessons, to try fresh food straight from the farm. This creates more opportunities to demystify new things -- fruits, vegetables, and special ingredients.

During interviews, campers were asked: "What was your favorite fruit or vegetable that you had for the first time this week?"

The results showed that 93 of the 132 campers interviewed -- 70% -- tried something new at Farm Camp that excited them and expanded their palates.



**answers included: recipes we made such as applesauce and salad dressing, tomatoes, lettuce, arugula, carrots, and edible flowers*



CAMPER'S EXPERIENCE

At Arcadia, we are always looking for ways to measure the impact of our campers' experiences and changes in knowledge and behavior. At the conclusion of each of our week-long camps, we interviewed our campers individually in an effort to learn more about what they take away from their camp experience.

- **85% of campers** reported wanting to make healthier choices after attending Farm Camp
- **85% of campers** wanted to eat more fruits and vegetables after attending Farm Camp
- **75% of campers** reported trying a new food while attending Farm Camp
- **88% of campers** reported that they were more willing to try new foods after attending Farm Camp
- **78% of campers** would consider encouraging friends and family members to make healthier choices

When asked about their favorite part of camp, our campers identified 10 main concepts: Friends, Fruits, Bees, Chickens, Food, Eat, Make, Plants, and New. This clearly demonstrates that at Arcadia, campers are able to create and engage in their environment in a way that is meaningful. The outdoor setting of camp encourages children to foster relationships with each other, with the land, with new friends, and with the rhythms of the earth.



PARENT'S EXPERIENCE

Our hope is that the lessons we teach our campers follow them home and change the way that food is thought about and talked about at home and at school. So we asked our campers' parents what they thought about Farm Camp, too. Here are just a few of their comments:

"My kids LOVED it and so do I!"

"My child loves farm camp - it's her favorite! She detailed what she learned about farm animals and creatures, with enthusiasm. Thank you!"

"Thank you for a very memorable week! (My camper) LOVED camp and clearly enjoyed the counselors. She reported that everyone was friendly, helpful, and it sounds like at a few different times when she may have been timid or worried about something, there was a friendly, helping hand nearby to redirect and encourage. She is so very proud of her tea towel, and that activity sounds so fun! And she was thrilled to have learned some new cooking skills both from counselors and a real chef."

"(My camper) loved the camp. He liked the counselors and said he loved the made from scratch food"

"(My camper) loved every minute. She had a great time. I've already talked with (another camper's) mom and suggested that we sign both girls up again next year--for more than one week."

We love to hear that campers and parents found Farm Camp rewarding. It's easiest to teach children when they're having fun. And we believe the biggest indicator of a successful week is when campers and parents are already thinking about coming back next year.

THANK YOU



For the past seven summers, Arcadia's Farm Camp has served 895 campers, 171 of whom were scholarship recipients. Through the hard work and planning of Arcadia leadership staff, Farm Camp staff, and our community partners, Farm Camp is a safe space for young eaters and budding farmers and gardeners to try new foods and learn new skills, and above all else develop a sense of environmental stewardship for the next generation.

Thank you to all of our community partners for helping us make this summer wonderful. Without your support and financial contributions, we would not be able to provide these experiences to children from so many different resource levels.

Thank you to the Staff at Woodlawn and Rouge for providing shelter and a space for us to hold Farm Camp, community partners Mount Vernon Woods, UCM, and Washington Mill, and thank you to the Junior League of Northern Virginia for their financial support for our Farm Camp Scholarship program, which makes camp accessible for families of all income levels.

*Ivy Mitchell, Farm Education Director
and Brian Norris Farm Camp Manager*
