# FARMERS BISING

# EDUCATIONAL FARM STAYS

PRES

The Lodge

Engage the heart, head & hands with an immersive Educational Farm Stay.

On a limestone bluff overlooking the bend of Kinnikinnick Creek, Angelic Organics Lodge provides a picturesque setting to learn, grow and connect with family, friends, classmates, and colleagues. Outdoor green spaces offer flexibility to expand capacity for large groups.

Explore acres of vegetable gardens, oak savanna, pastures, and farmstead barns on a Farm Tour, included with your reservation. Participate in morning farm chores. Interact with the goats, chickens, and cows that graze on the land. Our campus invites exploration, wonder, creativity, and revitalization.

# Amenities

- Great Hall seats 40 seated/75 standing
- Great Balcony with scenic views overlooking Kinnikinnick Creek
- Indoor & outdoor areas seat 60-120 people
- Indoor fireplaces & outdoor campfire ring
- Lower-level gathering space with kitchenette, mutli-purpose den, & Stone Terrace with fireplace
- Bunk-style lodging for 30 with full bathrooms
- Natural playscapes, hammock village, walkable labyrinth
- 70+ gorgeous green acres to explore
- 2 miles of trails through woods, fields & pastures
- Ample parking onsite

# **Lodge Rental Pricing**

# Small Group (1-15) - \$500/night

Upstairs level only. No meals or programs included

### Full Group (16-18) - \$800/night

Full Lodge. No meals or programs included

# Linen Rental - \$20pp

Provides fitted sheet, top sheet, comforter, throw blanket and bath towel

# Cleaning Fee - \$200

One charge per reservation. Required for all rentals.

# FARMERS BISING

# Customize Your Farm Stay

Design your experience with our staff and educators to meet your group's specific needs and goals. Add meals, activities, and experiences to suit all age groups, educational goals, areas of interest, and dietary preferences. Programs may be seasonal, require minimum or maximum participants and vary in pricing. Explore these examples.

# **Agricultural Programs**

# **Living Farm Tour**

This hands-on introduction to the whole farm community highlights connections within the farm ecosystem - from fields to forests to barnyards. Winter tours will discuss temperature, snow cover, and climate change.

# Learning to Garden Organically

Learn soil and plant care in the garden ecosystem. Seasonal techniques may include building and preparing the soil, encouraging biodiversity, and caring for individual crops through planting and harvesting.

# **Kids with Kids**

Cuddle and play with the kids as your group learns about goat life cycle, genetics, anatomy, and behavioral science. Exclusive to kidding season (April-May). Name a newborn goat if they are born during your stay!

Farmers Rising} staff and educators are so knowledgeable about the sustainability practices of the farm... students leave with a real-life understanding of the topic.



# **Council of All Beings**

Shed your human identification and cultivate empathy for the species and landscapes of the Earth in this sacred circle of reflection to bring us in closer connection with nature.

#### Campfire

Enjoy song, skits, and spoken word, stargazing and storytelling. Wind down the day with a moment of personal reflection to foster individual connection with nature and self.

# **Trailblazing Team Relay**

Solve clues to find a secret trail through our acres of farmland, woods and savanna. Complete challenges using farm concepts, problem-solving, and teamwork to get past checkpoints and be the first team to the finish.



# **Ecological Programs**

# **Hidden Wonders of the Creek**

Explore Kinnikinnick Creek. Meet the plant and animal life. Monitor the stream's health. Learn about the watershed and the relationship between land use and water quality.

# **Practicing Low-Impact Survival Skills**

Discover low-impact techniques for shelter-building, fire-building, foraging, navigation, and water purification. Compare farms with protected wilderness, and explore environmental ethics of recreation.

# **Exploring Nature at Night**

Experience the night time wild life on the farm during a night hike, games, sensory exploration, stargazing, and reflection.

# **Culinary Programs**

# **Goat Milk Ice Cream**

Whip up homemade ice cream using wild ingredients harvested and foraged around the farm. Discuss nutritional benefits of goat's milk and why keeping goats is preferred over cows in most parts of the world.

#### **Pie Iron Cooking**

Make gourmet grilled cheese sandwiches and fruit pies over the campfire with this versatile campfire cooking tool. Practice how to build a campfire suitable for cooking and a perfect bed of coals for toasting.

# Field-to-Fork

# Experience the freshness of farm-to-table meals chef-prepared on-site.

Enhance your Farm Stay with delicious, healthy meals using ingredients so local, you can see them from the window! Guests are often invited to join in harvesting ingredients directly from Farmers Rising gardens.

Enjoy local, organic, seasonal produce from Farmers Rising Rockford (our organic urban farm in Rockford), our neighbor Angelic Organics, and other local partner farms. Meat and eggs are sourced from livestock pasture raised at Farmers Rising, or other local sustainable farmers.

Our Chef will design a menu to meet the tastes and accomodate dietary needs of your group. All meals are prepared in a certified commercial kitchen by chefs certified in food handling and sanitation.



# Sample Menu

# **Breakfast**

Summer zucchini and potato pancakes, with applesauce and sour cream Organic Yogurt, seasonal fruit Hard-boiled eggs

Lunch

Farm veggie wraps with baked kale chips, Energy bites with oats, chia seeds, and dates Side salad

# Dinner

Macaroni and cheese with broccoli and/or grilled meats Side salad harvested by your group Sweet potato wedges Cookie

# **Meal Package Pricing**

# **Continental Breakfast - \$15pp**

Organic, local, seasonal fruit, cereal, pastries, yogurt

# Farm Breakfast - \$20pp

Farm-to-table, locally sourced, chef-prepared breakfast

# Box Lunch - \$20pp

Sandwich, salad, fruit or chips, dessert item made with organic &/or local ingredients

# Hot Lunch - \$20pp

Farm-to-table, locally sourced, chef-prepared lunch

# Staff-led Campfire Cookout - \$25pp

Cook over the camp fire with under guidance and supervision of Staff

# Farm-to-Table Dinner - \$25pp

Farm-to-table, locally sourced, chef-prepared dinner



# School Field Trips

Bring your elementary, middle school or high school class to Farmers Rising to experience life on our vibrant working farm. Choose from several day and overnight program packages for an unforgettable farm field trip with your class Our Educators are excited to show you the farm!

# **Option 1: Whole Farm Tour**

A 2-hour experiential introduction to the farm ecosystem. Walk the farm and engage with the land, the animals and the people.

# **Concepts Examined**

- Observe how living soils, animals, plants, and people interact on an organic farm.
- Where food comes from and what is a farmer's job.
- How food choices impact health, the environment, and the economy, and what is unique about organic farms and CSAs.
- Connections between the health of the land, food, and our bodies, and the diversity, interdependence, adaptations, nutrient cycles, and energy flows of the farm ecosystem.
- Differences between organic and conventional farms as we contrast soil qualities, nutrient cycles, and whole farm relationships.

# **Option 3: Overnight Program**

Overnight groups help with animal chores in the morning, explore the wooded trails and creek, and join in preparing meals, harvesting seasonal produce and gathering eggs from the chickens.

# Campout

Camp by the fruit trees and oaks in our beautiful Gathering Space with composting toilets, campfire ring, and covered pavillion with a propane stove and well water.

#### Stay in the Lodge

Bunk in our Lodge overlooking the Kinnikinnick Creek with commercial kitchen, ADA restrooms, fireplaces, multipurpose room, campfire circle, labyrinth, hammock village and 70 acres of wooded trails to the quarry and creek.

We were so happy on this field trip... I loved the student conversations that were happening about food and the choices they are making.

# **Option 2: Single Day Program**

Day programs (4-5 hours) include a Tour, seasonal activites like garden harvesting, and lunch under the old oaks followed by a project of the group's choice:

# **Meet the Animals**

Trace animal products back to their source. Assist in livestock care. Study the bodies, roles, and behavior of farm animals. Discuss adaptations and ecology of farm animals.

### Soil Exploration

Compare organic and conventional soils. Get hands-on and dig into soil health and composition by comparing the impacts of organic and conventional farming practices on soil health.

#### Food from Field to Table

Follow the path of food from farm to plate with hands-on harvesting and cooking. Options may include Cornbread from the Ground Up, Goat Milk Ice Cream, and Cob Oven Pizza.



# **Field Trip Rates**

# 2-3 Hours - \$18pp (15 student min)

Farm Tour, time for picnic lunch(group brings own lunch)

# 4-5 Hours - \$26pp (15 student min)

Farm Tour, time for picnic lunch(group brings own lunch), program option

# Culinary Option - \$30pp (15 student min)

Farm Tour, time for picnic lunch(group brings own lunch), culinary program option - Corn Bread, Goat Milk Ice Cream, Garden Salad (options may vary seasonally)

ptions and Policies

# **Lodge Day Rentals**

Host your company meeting, corporate event, family reunion, birthday/retirement party or knitting bee at the Lodge! No programs or meal plans included.

#### Half Day 1-4 hours - \$150

Perfect for birthday parties, company meetings and club gatherings.

# Full Day 8 Hours - \$300

Best for your company retreat, family reunion, or corporate event.

# Camping

# Per Night - \$20pp (\$150 min)

Our Campus has several areas available for camping. Hike in to our secluded campsite beside Kinnickinnk Creek or pitch your tent under the apple trees in Gathering Space. Composting toilets are accessible at all campsites.

# **Program Options**

Pricing and options vary depending on season, staffing, and material availability. Please contact us for current program list, or to suggest a program you'd like to see offered.

# **Agricultural Programs**

Farm Tour, Composting, Organic Gardening, Kids with Kids, Digging Deepr: Soil Health

#### **Ecological Programs**

Discovering Pollinators, Hidden Wonders of the Creek, Survival Skills, Nature Journaling, Bioblitz

### **Seasonal Culinary Programs**

Cheesemaking, Cob Oven Cooking, Fermentation, Pie Baking, Stone Soup, Pie Iron Cooking

# **Culinary Farm Program**

A culinary experience with our Chef. Salad, Goat Milk Ice Cream, Goat Milk Ricotta, Cornbread

#### **Bodycare Products**

Make all natural lip balm and salves using local ingredients. Take them home for yourself or as gifts.



# **Gathering Space or Workshop Rental**

Have your children's birthday party or babyshower under the pavillion in the Gathering Space, or meet with your bookclub in our cozy Workshop! No programs or meal plans included.

# Half Day 1-4 hours - \$100

Perfect for children's parties, homeschool picnics and club meet-ups.

#### Full Day 8 Hours - \$200

Best for your company retreat, family reunion, or corporate event.

# Policies

# **Deposits**

A deposit is required to hold your reservation, and will be applied to the total reservation balance. Your reservation is only confirmed once the deposit is received. Deposits are non-refundable. Field Trips require \$150 deposit. Farm Stays require a \$500 per visit deposit.

#### **Final Payment**

The remainder of the fee agreement will be due two weeks prior to the start of the Farm Stay. Failure to pay all fees when due will result in cancellation of the booking and forfeiture of the booking deposit.

#### Meals, Custom Programs and Field Trips

Pricing based on group size (field trips, custom programs, meal packages) will be due two weeks in advance of the date of reservation. Final headcounts must be confirmed two weeks prior to reservation.

#### Lodge Rental Security Deposit

A security deposit of \$500 must be held upon arrival and will be released upon departure if there is no damage to the property resulting from the Farm Stay. A credit or debit card will be required to place the deposit.

#### **Cancellation and Refunds**

In all cases the non-refundable deposit will be kept as a processing fee. Cancellations 90 days before reservation date are fully refunded (minus deposit). Cancellations closer then 90 days will be refunded (minus deposit) on a sliding scale.

#### **Adjustments and Discounts**

Any adjustments to reservations, discounts or special arrangements must be discussed and approved by the Program Director.

#### **Field Trip Chaperones**

School and youth groups should have a minimum of one adult for every 15 students, up to one non-paying adult for every five students. Additional guests three years or older pay the same fee as others.

Book your Farm Stay! Email us at programs@learngrowconnect.org Call us at (815) 389-8455