



Field House Farm, LLC  
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# Children's Summer Cooking Series

Field House Farm, LLC & A Recipe For Wellness, LLC

Present the Kids Clean Plate Club

Summer 2015

Field House Farm is happy to announce the schedule for a **new** cooking class series for children, as an extension of its existing Agricultural Program.

The series will be led by Maya Bradstreet of A Recipe for Wellness, LLC, [www.arecipe4wellness.com](http://www.arecipe4wellness.com). She is a health professional and nutrition coach who has led multiple cooking courses in St. Louis, Missouri and now on the Shoreline where she has lived for nearly three years. A mother of two farm and food-loving children, her goal is to change the nation's current food and health predicament through prevention! There is no better place to begin than with our kids!

In the Kids Clean Plate Club, children, will be introduced to our food system, focusing on foods grown and raised seasonally on the farm, learning how they might impact their bodies. They will also be taught cooking basics. Recipes and handouts will be shared so that families will have the ability to incorporate the lessons into their own homes. Kids will leave with a love of cooking and the ability to relate food to how they feel in terms of health and mood and overall wellbeing.

There will be two programs: a monthly weekend class for children in grades 1-5 as well as a week-long July program specifically for teenagers. Details are outlined below.

### **I. Monthly Kids Clean Plate Club Programming:**

Two-hour sessions where children will make (and taste!) 3-4 recipes from scratch. Recipes will be seasonal, and dependent on what is available on the farm. When appropriate, we will go to the gardens and hen house to harvest the food products. Aprons & tools will be provided.

**When:** 1:00-3:00PM on the following dates

Sunday, May 17th

Saturday, June 20th

Saturday, July 18th

Saturday, August 15th

**Ages:** Grades 1-5

**Pricing:** \$30/child or \$50/family. Discount of 10% if signed up for all four.

**II. Clean Plate Club Intensive for Teens:** A 4-day course for the older child who would like to develop or hone in on their culinary talents. The curriculum will include basic knife skills, food safety, as well as Farm to Table dishes. Each participant will receive a binder with handouts, recipes and resources. Aprons and tools will be provided.

**When:** 12:30-3:30PM, Monday July 20th - Thursday July 23rd.

There will also be a Final Celebration of Learning and Eating on Thursday from 3:30-5, where food and drinks will be served to special guests of each participant.

**Ages:** Grades 6-12

**Pricing:** \$250/child. (Includes one guest for the final celebration. Additional tickets will be available for sale.). If child is also participating in the morning Farm Intern Program there will be a 10% discount applied. A 10% discount will also be applied to a second in the family.

If you are interested, please email me with your selections as well as complete and return the registration form below. Thank you for your continued support of our family farm!

**Stephanie Lesnik, Member Field House Farm, LLC Fully insured farm.**

**fieldhousefarm@hotmail.com**

**www.fieldhousefarm.net**

**Check out our Facebook page!**

**Field House Farm, LLC**

## REGISTRATION FORM - KIDS CLEAN PLATE CLUB - SUMMER 2015

Child(ren)'s Name(s): \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Specify program & date(s) to attend: \_\_\_\_\_

Allergies: (medications, food, environmental) \_\_\_\_\_

Please note that we cannot administer any medications to your child while they are in the program. If your child has a medication that is needed, it is the parent's/guardian's responsibility to administer it prior to or after the program.

I, \_\_\_\_\_, give my permission for \_\_\_\_\_ to participate in the Field House Farm, LLC "Kids Clean Plate Club" Series. I understand that my child will be working near and with farm animals and will be under direct adult supervision at all times. In the event of an emergency, my contact information has been listed below. If I am unable to be reached, I consent to Field House Farm, LLC calling 911 to assist my child as needed. I recognize that there is inherent risk while working with animals and have discussed appropriate behavior with my child. Field House Farm, LLC will maintain supervision of all children while on the farm. In consideration of my fee for participation being accepted, on behalf of my child, I, myself, my heirs, executors, administrators or anyone else who might claim on my child's behalf, covenant not to sue, and waive, re-lease, indemnify, hold harmless, and discharge Field House Farm, LLC, its landlord, its member, agents, employees, volunteers, assigns or anyone acting for or on their behalf, from any and all claims or liability for death, personal injury, or property damage of any kind or nature arising out of, or in the course of, my child's participation in this event. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown.

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian Name:** \_\_\_\_\_

**Cell phone/Home phone:** \_\_\_\_\_ / \_\_\_\_\_

**Address:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Emergency contact, name and #:** \_\_\_\_\_

Please include payment accordingly per child per session. Please make checks payable to Field House Farm, LLC and return with completed registration form. Prior to sending your child to our program, we ask that you please review with your child that this program will take place at our home. We invite and welcome you all to share in our farm experience, but ask that you please respect our home and our animals.

Thank you.

Stephanie Lesnik, Member Field House Farm, LLC