



School and Community Group Field Trips and Educational Programs

1. MAPLE SUGARING PROJECT

Learn the science of this active, engaging, and interdisciplinary traditional sustainable forest farming activity by identifying and tapping a tree, collecting sap, and cooking it into a sweet maple treat. Project may take place (a) in-school (including the tree-tapping, given locally available tree species and superintendent permission); (b) during a field trip to a sustainable community farm (Seed Song Farm & Center in Kingston); or (c) both. Choose from a menu of supplementary ecology, biology, chemistry, Native American culture, music, and cooking activities. Available January through March.

2. SEEDS, SEEDLINGS, TREES, and CARING FOR OUR SOIL

Participate in the science and wonder of growing vegetables, flowers, and even trees from seeds (teachers may choose to focus one or more plants). Learn ancient and modern sustainable agricultural techniques of caring for the soil that is home to our plants and which provides our food: interplanting, mulching, compost, worms, cover-cropping, fallow fields, beneficial insects and plants, and more. Optional animal care station with chickens, sheep, goats. Available April through June, and September.

3. EARLY SUSTAINABLE FARMING IN THE HUDSON VALLEY: THE GENIUS OF THE "THREE SISTERS" METHOD

Help grow and care for a traditional "Three Sisters" field of corn, beans, squash, and other crops first cultivated by Native Americans. Learn the science behind the benefits that each crop offers the others. Harvest, cook, and taste the vegetables made into farm-fresh snacks. Explore the lifeways of Native Americans with a member of Neetopk Keetopk, a group of local indigenous people and allies formed to educate the public about traditional wisdom as solutions to modern problems. Available May through November, ideally at least one piece in May/June and one piece in September/October/ November.

4. PUMPKIN PATCH & THE FARM IN AUTUMN

Students may pick a pumpkin from the vine in the pumpkin patch; prepare a snack made from fall crops; take a farm & nature scavenger hunt in the meadow maze; sing fun farm songs on a haywagon ride, listen to a story, and help care for our chickens, sheep, and goats. Available September & October.

5. THE LAND GROWS FOOD AND MUSIC. Assembly, Classroom, and/or Field Trip components.

Through experiential music activities on the themes of sustainable agriculture, healthy food, earth stewardship, and bioregionalism, students will explore and directly participate in how musical culture arises from a people's work and interactions with their unique land.

Participatory music performance/singalong; hands-on demonstration of instruments made from regionally grown materials; slideshow and discussion of the dance between people, land, food, and music culture; optional traditional dance/movement components; verse- or song-writing; optional field trip to Seed Song Farm & Center's agro-ecological farm in Kingston, NY: Participatory singing and music activities interspersed with interactive tour, haywagon ride, and seasonal farm projects.