

Creative Cooking Camp: An Outline

Taught by Jennifer Downing of the Geneva Green Market, NPO

This class will be taught from the perspective of being on the farm and where food comes from. I have divided the camp days into the different aspects of the farm and what products come from each aspect. (see below). Peck Farm history will be included into the program and will talk to the kids about the different barns. The first day will be spent as an orientation and walk the farm, kitchen safety, sanitation, equipment and include a fun recipe or two to prepare that day. A tiny salad garden may also be planted.

From The Gardens

- Butterfly House as a parallel to greenhouses
- Salad Greens and Make a Fresh Herb Vinaigrette
- Make an Herbal Vinegar to take home
- Quickles – Homemade quick pickles
- Each child will receive a market buck for the GGM
- *Pickle Patch Bathtub* Story

From the Barnyard

- Meet the Little Red Hen and Learn About Eggs
- Where Does Milk Come From?
- Types of Milk and Milk/Cheese Tasting (sheep will be included)
- Butter making
- Devilled Egg Snacks
- Ice Cream in a Bag to take home
- Start Solar Yogurt

From the Orchard

- All About Bees
- Try On Beekeeping Equipment Honey Tasting
- Homemade Jam, Compote or similiar
- Honeyed Lemonade with Fresh Mint
- *Pie In The Sky* Story

From the Fields

- Where Do Flours and Grains Come From?
- Types of Flour and Grains
- Homemade Granola/Granola Bars
- Bread in a Bag
- Corn Cakes with Butter and Honey
- *The Little Red Hen* Story Tim

