



Final Report

Submitted to
North Central SARE/Youth Educator Sustainable
Agriculture Grant (2021-2022)

October 2022

Rev10132022

Table of Contents

Camp Description	3
Camp Objectives	3
Camp Components	4
Camp Itinerary	5
Camp Facilitators	8
Stats 2021-2022	9
Outreach & Replication	13
Conclusion	13
We have been very pleased with the success of this camp.	13
Appendix A: Promotional Materials	14
Appendix B: Assessment Tools	17
Appendix C: Recipes	21

Camp Description

The free Sustainable Food Safari Camp for Kids engages youth (10 to 15 years old) over two days during which campers will experience an entire “food trail system” from field to composting; seeing produce grown in the field, in use at a food establishment and then prepare fresh produce themselves in a commercial kitchen.

Camp will take place at these DeKalb County Community Gardens (DCCG) program locations:

- **Walnut Grove Vocational Farm (WGVF)** in Kirkland
WGVF offers programming that provides innovative work opportunities for youth and adults with and without developmental disabilities by providing an integrated setting for training in agricultural, horticultural, and transferable life skills, with an emphasis on individual growth.

WGVF is an educational growing space that uses sustainable growing methods to raise a variety of produce that is distributed via DCCG's:

- Box of Hope (CSA) program
- Grow Mobile and Genoa Area Community Food Hub food programs
- Local food pantries
- **Genoa Area Community Food Hub (GACFH)** in Genoa
GACFH is a multiple-purpose space that combines a food pantry, community shared commercial kitchen, food hub and community café, to bring increased fresh food access to all area residents. Campers will work with a local professional chef to learn how to prepare fresh produce harvested from gardens in a commercial kitchen on Day #2.

Moving further afield from WGVF & GACFH, campers will visit:

- a local farm to learn about other sustainable farming practices.
- a local food establishment to learn how it uses fresh local products.

A maximum of 19 campers can be accommodated.

Transportation is required to transport campers from WGVF to the offsite locations on Day #1 only. Campers must provide their own transportation to and from camp each day.

The Sustainable Food Safari Camp was first held in 2021 and again in 2022. Plans for offering this camp in 2023 and beyond is planned.

Camp Objectives

The following objectives will be met during the Sustainable Food Safari Camp:

1. Increase sustainable growing knowledge of youth 10-15 years old with and without developmental disabilities through hands-on experiences with DCCG staff and WGVF Individual Program participants at WGVF and other similar local locations.
2. Introduce youth to sustainable agricultural methods and careers through visiting other local farms.
3. Introduce youth to selecting, purchasing, prepping, and cooking sustainably grown produce with a local chef.
4. Share project results through presentation and social media with other interested parties.
5. Gain knowledge about the nutritional advantage of eating fresh produce.
6. Learn basic kitchen skills and prepare several dishes featuring fresh produce from recipes and directions from a local professional chef.

Camp Components

Planning Process

In collaboration, the Executive Director, WGVF Program Director, WGVF Assistant Program Director, and Lead Educator determined the appropriate skills, content, and activities for this camp. They also created a supply list and set camp dates.

The Executive Director confirmed participation and dates with the off-site locations.

The Communications Director prepared promotional materials and marketing plan that included a press release to local media and social media postings on Facebook and Instagram. Also created online registration and the parent and chef surveys.

The Lead Educator created the pre-and post-tests for campers.

One prior to camp, camp coordinators (WGVF Program Director, WGVF Assistant Director, and Lead Educator) met to plan and coordinate preparation tasks for the first camp. The WGVF Assistant Director arranged and confirmed transportation needed for Day 1 of camp.

Supplies/Costs

Category	Description	Amount	Changes
Materials and supplies	Produce for meal	\$140	
Materials and supplies	Printing flyers and other marketing materials	\$110	\$70
Other direct costs	Cost of the tours	\$200	\$240
Personnel	Chef	\$450	
Personnel	Staff	\$900	
Travel	TransVac bus designed to carry passengers with and without disabilities	\$360	
Total		\$2160	\$2160

Registration Process

An online registration process was implemented to enroll interested kids in the Sustainable Food Safari Camp. No wait list was created.

The WGVF Assistant Director monitored and tracked online registration.

Promotion Process

Custom graphics were created to make a strong visual impact with the promotional efforts for the Sustainable Food Safari Camp.

In both 2021 and 2022, a press release was created and distributed to local media. Shaw Media ran the news item in both of their local publications (Daily Chronicle, The Midweek).

In 2022, The Daily Chronicle sent a reporter and staff photographer on the morning of the first day of camp. By mid-afternoon that day, a series of 10 photos were shared in their online edition and Facebook page. The following day, the camp made the front page with additional space for a news item and photos.

DCCG's social media (Facebook & Instagram) were utilized to promote the camp.

See Appendix A: Promotional Materials

Assessment Process

Campers were asked to complete a short pre-test on Day 1 of the Sustainable Food Safari Camp to capture what they felt they already knew about specific topics they would be learning about such as beneficial bugs and their experience with cooking at home.

At the end of Day 2, campers were asked to complete a short post-test to capture the knowledge about specific topics they felt they had gained after participating in the Sustainable Food Safari Camp.

The week after the Sustainable Food Safari Camp, an opinion survey was sent to the parents/guardians of the campers to capture their feedback about the overall camp experience. The local chef was sent an opinion survey to capture feedback as well.

This assessment process was followed in both 2021 and 2022 and is expected to be continued in future years.

See Appendix B: Assessment Tools

Camp Itinerary

- Camp days include hands-on learning activities.
- Camp provides learning on many levels for all campers. Campers will learn together and then share what they have learned with their families, peers, and others in their communities.
- Discussion circles are conducted at the beginning and end of each day of camp.

Day 1 (8 am – 2:30 pm)

Location: Walnut Grove Vocational Farm (Kirkland)

Planned Activities:

- Learn about soil health.
- Learn about composting and spreading compost in the garden.
- Learn about beneficial insects and complete a bug hunt in the WGVF gardens.
- Learn about different types of produce and complete a veggie hunt in the WGVF gardens.
- Board the bus for the second half of camp.



Location: Klein's Quality Produce (Burlington) / Klein's Farm Stand (Udina)

Planned Activities:

- Guided tour of produce fields with Matt Klein (owner/farmer).
- Learn about the history of this family farm.
- Learn about produce seasons and what it means to buy and use produce that is "in season."
- Learn about sustainable farming practices, alternative crops and what happens to produce after harvest (how they are harvested and where they go).
- Discussion about sustainable weed management & irrigation on a large-scale produce farm.
- Campers purchase specific produce to be used on Day 2 (cooking with a chef).



The Milk House Ice Cream (Pingree Grove)

Planned Activities:

- Tour the kitchen and hear about how owners Clint & Brook Carey source local produce for their innovative ice cream flavors.
- Learn about the fresh local produce and other products The Milk House uses in their ice cream production.
- Learn about the connection between Klein's Quality Produce and The Milk House Ice Cream.
- Watch demonstration on how ice cream is made with fresh produce and taste test!
- Board the bus to return to WGVI.



Day 2 (9 am – 12 pm)

Location: Genoa Area Community Food Hub (Genoa)

Planned Activities:

- Learn basic kitchen and cooking skills from hands-on instruction by Chef Bryan Flower.
- Under direction and guidance of Chef Bryan Flower, prepare several recipes incorporating fresh produce purchased on Day 1 and/or harvested at WGVF garden.
- Discuss on nutritional value of eating fresh produce.

See Appendix C: Recipes



Camp Facilitators

DCCG Staff:

- Melina Kuhn, WGVF Program Director
- Julie Craig, WGVF Assistant Program Director
- Members of the WGVF Individual Participant Program (aka The Crew)
- Jackie DiNatale, DCCG Associate Director
- Frank DiNatale, Videographer/Photographer

Local business owners:

- Matt Klein, Owner/Farmer, Klein's Quality Produce
130-acre produce farm with over 30 years farming experience.
- Clint & Brook Carey, Owners, The Milk House Ice Cream
Combining lifelong passions for gardening, local farms, ice cream and baking, the Careys built a local ice cream shop using recipes that pair with local produce and dairy to create delicious and original styles of ice cream.
- Bryan Flower, Chef/Farmer/Educator
30 years in the hospitality industry, 15 years teaching culinary and hospitality in higher education, and operator of The Red Home Farm where he raises grass-fed beef.

Stats 2021-2022

Participant Data

The Sustainable Food Safari Camp was held on two consecutive weekdays.

- In 2021, a total of 16 participants attended the Sustainable Food Safari Camp. 16 campers attended both days.
- In 2022, a total of 7 participants attended the Sustainable Food Safari Camp. all 7 campers attended both days.

Results for Campers' Pre-Tests

2021 Sustainable Food Safari: Camper Pre-Test Results					
<i>What examples of insects that help plants grow?</i>	<i>How do you know if soil is healthy?</i>	<i>What is compost?</i>	<i>What are three of your favorite fruits and /or veggies? Can they be grown in DeKalb County?</i>	<i>What are some advantages of eating fresh local vegetables and fruits?</i>	<i>Cooking at home.</i>
Bee		Where you take food scraps and put it in a pile to decompose over time	Green peppers, zucchini, jalapeños	Support local farms	I am learning how to prepare vegetables with my family.
Bees, worms, butterflies	If it's not dry	Turning food to soil	Corn, beans, apples - Yes they all can grow in DeKalb County	It tastes better	I am learning how to prepare vegetables with my family.
Worms, bees, butterflies	If it's not dry	Turning food and recycling it	Corn, tomatoes, beans - Yes they all grow in DeKalb County	It's more fresh	I am learning how to prepare vegetables with my family.
Termite, bees	When it is dark	Composting	Apple, orange, bananas - Corn is grown in DeKalb County	They are fresh	I am learning how to prepare vegetables with my family.
			Bell peppers, broccoli, strawberries - Yes they grow in DeKalb County	Health benefits	I am learning how to prepare vegetables with my family.
Butterflies	It's dark rich and damp	When living things die and rot until they are soil	Green beans, peas, corn - Yes they grow in DeKalb County	They are more fresh and they taste better	I am learning how to prepare vegetables with my family.
Worms	If it's not sandy	Putting old foods like banana peels in dirt with worms making good dirt	Sweet corn, black beans, beats - sweet corn and beans yes, black beans no	Organic, newer, healthier	I am learning how to prepare vegetables with my family.

Results from Campers' Post-Test (2022)

2022 Sustainable Food Safari: Camper Post-Test Results						
<i>What are beneficial insects?</i>	<i>What can you do to help create healthy soil?</i>	<i>What should be added to compost?</i>	<i>List two examples of fruits/veggies that you can harvest in DeKalb County in mid to late summer.</i>	<i>List two examples of fruits/veggies that you can only harvest in the fall in DeKalb County.</i>	<i>What are some advantages of eating fresh local fruits/veggies?</i>	<i>After attending this camp, how prepared are you to try cooking vegetables at home with permission. (Click all that apply.)</i>
Worms, white moths, butterflies, bees	Less plowing and add worms	Worms and garbage	Sweet corn, wheat	Soybeans, corn, pumpkins, and wheat	Healthy, organic, supporting small business	I think I could prepare vegetables for my family./I learned new cooking skills at camp, but I think I need more practice./I would like to learn more about preparing vegetables before I try it at home.
Worms, moths, bees	Worms, fertilizer	Food scrapes, worms, and worm poop	Peppers, sweet corn	Corn and pumpkins	Health benefits	I learned new cooking skills at camp, but I think I need more practice.
Butterflies, honeybees, worms	Worm poo, nutrients	Nothing with meat, poo but only from herbivores	Corn and beans	Corn and beans	They are more healthy	I think I could prepare vegetables for my family.
Squash beetles, worms and bees	By caring and giving it fertilizer	Veggies or peels	Zucchini, potatoes, tomatoes	Corn and beans	It is fresh, it will be good	I learned new cooking skills at camp, but I think I need more practice.

Results from Family Surveys (2021)

2021 Sustainable Food Safari: Family Survey Results									
1. What drew you/your child to participate in the 2021 Sustainable Food Safari Camp?	2. How did you/your child hear about the 2021 Sustainable Food Safari Camp?	3. How satisfied are you/your child with your decision to participate in the 2021 Sustainable food safari camp?							4. What do you/your child feel was a positive highlight of Day 1 (sustainable food field trip) of 2021 Sustainable Food Safari Camp?
		Registration	Day 1 activities	Day 2 activities	Length of day 1 (8am - 2:30 pm)	Length of day 2 (9am - 12pm)	Child's overall enjoyment	Likelihood of signing up next year	
		1 = very dissatisfied 5= very satisfied							
She is very interested in cooking! We saw the Facebook post and I asked if she wanted to do it!	Social media	5	5	5	5	4	5	5	Ice cream!!
Fun camp with life experiences my daughter could take with her.	Friend/family	3	3	3	3	2	3	3	Picking and the preparing the food they got to eat.
It was free and the camp was close to home	Social media	5	5	5	5	3	4	5	The ice cream
Interest in gardening	Email	5	5	5	5	5	5	5	Eat ice cream
Interesting kids activity	Social media	5	5	5	4	5	4	4	Eating the corn
He is interested in cooking and learning generally.	Social media	4	5	5	4	5	5	5	The trip to Klein's farm.

Results from Family Surveys (2022)

2022 Sustainable Food Safari: Family Survey Results					
<i>What drew you/your child to participate in the 2022 Sustainable Food Safari Camp?</i>	<i>How did you /your child hear about the Sustainable Food Safari Camp?</i>	<i>How satisfied are you/your child with your decision to participate in the 2022 Sustainable Food Safari Camp?</i>	<i>What do you/your child feel was a positive highlight of Day 1 (sustainable food field trip) of the 2022 Sustainable Food Safari Camp?</i>	<i>What do you/your child feel was a positive highlight of Day 2 (in the kitchen with Chef Bryan) of the 2022 Sustainable Food Safari Camp?</i>	<i>Please provide your/your child's feedback on how the 2023 Sustainable Food Safari Camp might be improved for next year.</i>
An educational and fun opportunity for a day camp	DCCG Facebook page	Very pleased	My son really loved the hands-on cooking experience,	My son really enjoyed learning how to make ketchup	Some of the food choices should be voted on by the kids
Fun and interesting topics	Facebook	Very pleased	Picking vegetables	Eating what they made	
Environmental awareness	Facebook	Very pleased	The variety of food and the difference in species	Preparing Zucchini cupcake	Everything was satisfactory, thank you.
My child wants to be a farmer, do Ag stuff its important for him to remember there is more than just corn and soybeans that are grown.	facebook	Very pleased	He liked picking corn.	He likes learning how to cook things.	Make it longer and visit more farms.

Results from Chef's Survey (2021)

2021 Sustainable Food Safari: Chef's Survey Results				
<i>1. What drew you to participate in the 2021 Sustainable Food Safari Camp?</i>	<i>2. How satisfied are you with your decision to participate in the 2021 Sustainable Food Safari Camp?</i>	<i>3. What do you think worked well in the camp components you were directly responsible for at the 2021 Sustainable Food Safari Camp?</i>	<i>4. What do you think did not work well in the camp components you were directly responsible for at the in the 2021 Sustainable Food Safari Camp?</i>	<i>5. Please provide your feedback on how the Sustainable Food Safari Camp might be improved for 2022.</i>
Helping kids learn to cook	Very pleased	I thought it was well organized and ran well	N/A	Not sure

Results from Chef's Survey (2022)

2022 Sustainable Food Safari: Chef's Survey Results				
<i>1. What drew you to participate in the 2022 Sustainable Food Safari Camp?</i>	<i>2. How satisfied are you with your decision to participate in the 2021 Sustainable Food Safari Camp?</i>	<i>3. What do you think worked well in the camp components you were directly responsible for at the 2021 Sustainable Food Safari Camp?</i>	<i>4. What do you think did not work well in the camp components you were directly responsible for at the in the 2021 Sustainable Food Safari Camp?</i>	<i>5. Please provide your feedback on how the Sustainable Food Safari Camp might be improved for 2022.</i>

<i>The love of food and teaching.</i>	Very pleased	<i>The stations for each recipe worked well and the kids got to see and talk to their peers about what each other was doing while it was happening.</i>	<i>Low attendance despite the good enrollment numbers</i>	<i>Perhaps charge a nominal fee to register that is refunded at the conclusion of the class. This may secure the no-shows.</i>
---------------------------------------	--------------	---	---	--

Outreach & Replication

In order to share our model and process for replicating the Sustainable Food Safari Camp with other interested organizations, the following components are available for sharing:

- Sustainable Food Safari Camp portfolio:
 - Sustainable Food Safari Camp video
 - Sustainable Food Safari Camp photos
 - Sustainable Food Safari Camp public presentation for schools and public libraries
 - Sustainable Food Safari Camp article

Conclusion

DeKalb County Community Gardens (DCCG) has found great success with our Sustainable Food Safari Camp for Kids. Bringing campers to several local locations to learn from local growers and food businesses makes this camp unique and appealing. The opportunity for campers to taste locally grown produce while standing in the field is life transforming .

Because the educational aspects of the camp are integrated into the daily activities in a variety of ways, campers get more of a “camp” experience than a “school” experience.

DCCG is planning on offering the Sustainable Food Safari camp again in 2023.

Appendix A: Promotional Materials

Graphics (2021)



Graphics (2022)



DeKalb County Community Gardens to Host New Summer Kids Camps

School is out and summer is officially here! DeKalb County Community Gardens (DCCG) offers up some summer fun for kids with two new free camps this year:

- Kids in the Kitchen (for kids 12 years or older) on July 10, 14 or 15
- Sustainable Food Safari (for kids 10 to 15 years old) on July 28 & 29

Kids in the Kitchen will provide a free, hands-on opportunity for kids to learn basic kitchen skills and prepare a simple meal at DCCG's Genoa Area Community Food Hub (415 W. Main Street, Genoa). Parents can choose from three different individual dates (1:30 – 3:30 pm on July 10, 4:30 – 6:30 pm on July 14 or 4:30 – 6:30 pm on July 15).

Local teen chef, Willow McPeek, will demonstrate basic sanitation, knife skills and oven safety to help prepare kids to cook for themselves as well as work with them to prep, cook, and enjoy a menu of veggie pizza, chicken & stuffing, and homemade brownies. While creating their own individual veggie pizzas, kids will learn about and sample different vegetables. All necessary materials are supplied with camp registration. (Each kid will receive a complimentary Pampered Chef mini deep covered baker.) Free and open to all kids 12 years old and up in DeKalb County.

"It's important to teach younger kids about fresh produce. Where it comes from, why it is important for our health, and how to prepare it. I remember, as a kid, going to my grandma's house where we would eat tomatoes right off the vine and pick wild berries to make delicious snacks and desserts--without having to go to the store! Many kids don't have these kinds of first-hand fresh food experiences, so DCCG is so excited to offer a fun way to introduce kids to fresh foods," said Haleigh Hunger, DCCG Genoa Area Community Food Hub Director.

Limited spots are available and registration is required. Register kids, 12 years or older, at: <https://forms.gle/mR6YxTPY4gJzLdHt5>

For more information about DCCG's 2021 Kids in the Kitchen, please contact Haleigh Hunger at 815.761.7313 or hhunger@dekalbgardens.org.

While on the Sustainable Food Safari, kids will get a unique two-day experience to learn about sustainable food being produced locally—in and around DeKalb County. This unique event is made possible and based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture through the North Central Sustainable Agriculture Research and Education program. Free and open to all kids 10 to 15 years old and up in DeKalb County.

Day 1 of the Sustainable Food Safari Camp begins at DCCG's Walnut Grove Vocational Farm (33600 Pearl Street, Kirkland) where campers will learn about soil health, composting and beneficial insects. Then, campers will board a bus (provided by Voluntary Action Center) and travel to Klein's Farm & Garden Market (11N590 Lawrence Road, Burlington) and The Milk House (230 Reinking Road, Pingree Grove) for private tours and samplings at each location. While at Klein's Farm & Garden Market, campers will learn about vegetables currently in season and sustainable weed management. The Milk House owners, Clint and Brook Carey, will show campers how they incorporate fresh local produce into many of their ice cream flavors.

Clarissa Skaletski, DCCG's Lead Community Educator & Grower shared "I am excited for kids to get to be part of this unique opportunity. It is not often that anyone gets a real-life, behind-the-scenes tour of operations that help connect all the different aspects that go into creating our food. These two days will give the kids an in-depth insight and will plant a seed of curiosity to further explore how food is grown."

Day 2 of the Sustainable Food Safari Camp will be held at DCCG's Genoa Area Community Food Hub (415 W. Main Street, Genoa) where local chef & farmer, Bryan Flower, will work with campers on basic kitchen skills and prepare the fresh produce they gathered the previous day at Klein's Farm & Garden Market.

"The best way to affect positive change in our food system is by educating our children. The more familiar and capable they can become in the kitchen with fresh fruits and vegetables the better the chance we have of combating food-related illnesses such as diabetes and malnourishment. Education is power and food knowledge is critical, that's why I really enjoy teaching kids in a camp setting such as the one offered this summer by DCCG." said Bryan Flower, NIU Assistant Director for Food System Innovation.

All necessary materials are supplied with camp registration. Limited spots are available and registration is required. Register kids 10 to 15 years old, at: <https://forms.gle/7gwiVc54NYv35FzV6>

For more information about DCCG's 2021 Sustainable Food Safari Camp, please contact Julie Craig, Assistant Program Manager at 779.212.9543 or jcraig@dekalbgardens.org.

DeKalb County Community Gardens (DCCG) is a local non-profit organization that takes an innovative approach to ending hunger and food insecurity in DeKalb County. DCCG addresses the common challenge of reliably accessing fresh, local, and nutritious food by providing, at no cost, access to fresh vegetables for all who may be in need. In addition, DCCG's community gardens and experiential education programs empower residents to control their food systems by growing their own produce and sharing with their community. Since launching in 2012, DCCG has provided over one million pounds of food to residents in DeKalb County. www.dekalbgardens.org

Press Release (2022)

DeKalb County Community Gardens' Sustainable Food Safari Kids Camp Returns this Summer

It's summertime and time for summer camps! DeKalb County Community Gardens (DCCG) brings back their very popular Sustainable Food Safari Camp for Kids again this year on July 27 & 28, 2022.

The Sustainable Food Safari Camp for Kids is a unique two-day experience to learn about sustainable food being produced locally—in and around DeKalb County. This unique event is made possible and based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture through the North Central Sustainable Agriculture Research and Education program. Free and open to all kids 10 to 15 years old and up in DeKalb County.

Day 1 of the Sustainable Food Safari Camp begins at DCCG's Walnut Grove Vocational Farm (33600 Pearl Street, Kirkland) where campers will learn about composting, vermiculture and beneficial insects. Then, campers will board a bus (provided by Voluntary Action Center) and travel to Klein's Farm & Garden Market (39W109 US 20, Elgin) and The Milk House (230 Reinking Road, Pingree Grove) for private tours and samplings at each location. While at Klein's Farm & Garden Market, campers will learn about vegetables currently in season and sustainable weed management. The Milk House owners, Clint and Brook Carey, will show campers how they incorporate fresh local produce into many of their ice cream flavors.

Day 2 of the Sustainable Food Safari Camp will be held at DCCG's Genoa Area Community Food Hub (415 W. Main Street, Genoa) where local chef & farmer, Bryan Flower, will work with campers on basic kitchen skills and prepare the fresh produce they gathered the previous day at Klein's Farm & Garden Market.

"The best way to affect positive change in our food system is by educating our children. The more familiar and capable they can become in the kitchen with fresh fruits and vegetables the better the chance we have of combating food-related illnesses such as diabetes and malnourishment. Education is power and food knowledge is critical, that's why I really enjoy teaching kids in a camp setting such as the one offered this summer by DCCG." said Bryan Flower, NIU Assistant Director for Food System Innovation.

All necessary materials are supplied with camp registration. Limited spots (16) are available and registration is required. Register kids 10 to 15 years old, at: <https://forms.gle/pDJ1re5YjRB1u7Wn7>

For more information about DCCG's 2021 Sustainable Food Safari Camp, please contact Julie Craig, Assistant Program Manager at 779.212.9543 or jcraig@dekalbgardens.org.

DeKalb County Community Gardens (DCCG) is a local non-profit organization that takes an innovative approach to ending hunger and food insecurity in DeKalb County. DCCG addresses the common challenge of reliably accessing fresh, local, and nutritious food by providing, at no cost, access to fresh vegetables for all who may be in need. In addition, DCCG's community gardens and experiential education programs empower residents to control their food systems by growing their own produce and sharing with their community. Since launching in 2012, DCCG has provided over one million pounds of food to residents in DeKalb County. www.dekalbgardens.org

Share What You Know Today

1. What are examples of **insects** that **help plants grow**? List as many as you can.
2. How do you know if **soil is healthy**?
3. What is **composting**?
4. What are **three** of your **favorite fruits and/or veggies**? Can they be **grown in DeKalb County**?

	Name of Fruit/Veggie	Grown in DeKalb County? Y/N
1		
2		
3		

5. What are some advantages of eating fresh local vegetables and fruits?
6. Cooking at home. Check all that apply to you:
 - I am learning how to prepare vegetable with my family.
 - I have never cooked vegetables on my own.
 - Adults to all the cooking at my home and haven't taught me to cook.
 - My family doesn't cook at home.

Share What You Know After Camp

1. What are **beneficial insects**?

2. What can you do to help create **healthy soil**?

3. What should be added to **compost**?

4. List **two** examples of **fruits/veggies** that you can harvest in **DeKalb County in mid to late Summer**?

5. List two examples of **fruits/veggies** that you can only harvest in **DeKalb County in the Fall**.

6. What are some **advantages** of eating **fresh local fruits/veggies**?

7. After attending this camp, how **prepared are you** to try cooking vegetables at home with permission. Check all that apply to you:
 - I think I could prepare vegetables for my family.
 - I learned new cooking skills at camp, but I think I need more practice.
 - I would like to learn more about preparing vegetables before I try it at home.

Parent Survey

To help us ensure a positive camp experience next year, please share your and your child's thoughts about attending camp this year.

1. What drew you/your child to participate in the 2022 Sustainable Food Safari Camp?

2. How did you/your child hear about the 2022 Sustainable Food Safari Camp?

3. How satisfied are you/your child with your decision to participate in the 2022 Sustainable Food Safari Camp?
 Very pleased Pleased Somewhat pleased Somewhat displeased Very displeased

4. What do you/your child feel was a positive highlight of Day 1 (sustainable food field trip) of 2022 Sustainable Food Safari Camp?

5. What do you/your child feel was a positive highlight of Day 2 (in the kitchen with Chef Bryan) of 2022 Sustainable Food Safari Camp?

6. Please provide your/your child's feedback on how the 2023 Sustainable Food Safari Camp might be improved for next year.

Chef Survey

To help us ensure a positive camp experience next year, please share your thoughts about your role at camp this year.

1. What drew you to participate in the 2021 Sustainable Food Safari Camp?
2. How satisfied are you with your decision to participate in the 2021 Sustainable Food Safari Camp?
 Very pleased Pleased Somewhat pleased Somewhat displeased Very displeased
3. What do you think worked well in the camp components you were directly responsible for at the 2021 Sustainable Food Safari Camp?
4. What do you think did not work well in the camp components you were directly responsible for at the in the 2021 Sustainable Food Safari Camp?
5. Please provide your feedback on how the Sustainable Food Safari Camp might be improved for 2022.



Broccoli Soup

INGREDIENTS:

- | | |
|---|-----------|
| 1 large or two medium broccoli clusters | Water |
| 2 Tbsp Salt | Olive Oil |
| ½ tsp Ground Black Pepper | |

DIRECTIONS:

1. Bring water to your boil in a very large stock pot. Add a large pinch of salt (1 – 1 1/2 Tbsp.). Add broccoli and boil rapidly.
2. Your broccoli is completed cooking when you are able pierce it with minimal effort. Remove the stock pan in the stove burner. **DO NOT POUR THE WATER OUT!**
3. Use a slotted spoon to include broccoli to some blender but be cautious because it's boiling hot! Pour enough in the water leftover from cooking the broccoli to fill the blender halfway. Add a pinch (or even more) of salt. Use several pulses with your blender to interrupt the broccoli up after which puree for a few seconds.

Zucchini Bread

INGREDIENTS:

- | | |
|--------------------------|--------------------------|
| 4 cups shredded zucchini | 1 tsp vanilla extract |
| 1 tsp salt | 3 cups all-purpose flour |
| ¾ cup granulated sugar | 1 Tbsp baking powder |
| ¾ cup packed brown sugar | ½ tsp baking soda |
| 4 large eggs | 2 tsp lemon zest |
| ¾ cup vegetable oil | 1 tsp ground cinnamon |
| 2 Tbsp lemon juice | 1 cup chopped walnuts |

DIRECTIONS:

1. Grease and flour two 9 x 5 loaf pans.
2. Place zucchini in a colander. Sprinkle with salt 1/8 tsp, let stand 15 mins. Squeeze zucchini of excess liquid.
3. In a mixer bowl, beat the sugar with eggs until the sugar partially dissolves. Beat in the oil, lemon juice and vanilla. Stir in zucchini.
4. Sift the dry ingredients; combine with the batter fold in nuts.
5. Divide the batter between pans bake at 350 for 40 to 45 mins.

Crispy Baked Sweet Potato Fries

Prep Time: 10 mins

Cook Time: 35 mins

Yield: 4 servings

INGREDIENTS:

- | | |
|--|---|
| 2 pounds sweet potatoes (about 2 medium-large or 3 medium) | 2 Tbsp extra-virgin olive oil |
| 1 Tbsp cornstarch | Optional spices: freshly ground black pepper, cayenne pepper and/or garlic powder |
| 1/2 tsp fine sea salt | |

DIRECTIONS:

1. Preheat the oven to 425 degrees.
2. Peel the sweet potatoes and cut them into fry-shaped pieces about 1/4" wide and 1/4" thick. Try to cut them into similarly sized pieces so the fries will bake evenly. Transfer half of the uncooked fries to one baking sheet, and the other half to the other baking sheet.
3. Sprinkle the sweet potato fries with the cornstarch (use 1 1/2 teaspoons per pan) and salt (1/4 teaspoon per pan). Toss until the fries are lightly coated in powder. Drizzle the olive oil over the fries (1 tablespoon per pan) and toss until the fries are lightly and evenly coated in oil, and no powdery spots remain.
4. Arrange your fries in a single layer and don't overcrowd; otherwise, they will never crisp up. Bake for 20 minutes, then flip the fries so they can cook on all sides.

5. Arrange the fries in even layers across the pans again, moving any particularly browned fries more toward the middle of the pan so they don't get overcooked. Return the pans to the oven, swapping their positions (former top pan goes to the lower rack and vice versa).
6. Bake for 10 to 18 more minutes, or until the fries are crispy. You'll know they're almost done when the surface of the fries changes from shiny orange to a more matte, puffed up texture. Keep an eye on them, as they can turn from crisp to burnt quickly. Sometimes the lower pan will be done a few minutes before the top pan. Don't worry if the edges are a little bit brown; they will taste more caramelized than burnt.
7. If desired, toss the baked fries with seasonings, to taste. I like to use lots of freshly ground black pepper, and a scant 1/4 teaspoon each cayenne pepper and garlic powder. Serve warm!

Simple Homemade Ketchup

Prep Time - 5 minutes

Cook Time - 1 hour

Servings - 24 tbsp (1.5 cup)

INGREDIENTS:

6 cups cherry tomatoes	1/8 tsp ground cinnamon
1/2 cup apple cider vinegar	1 tsp garlic powder
1/4 cup brown sugar	1/8 tsp celery seeds
1 whole clove bud	1 tsp salt
1 tsp onion powder	1/8 tsp chilli powder or cayenne powder

DIRECTIONS:

1. Wash the tomatoes and remove their stems.
2. Add the tomatoes to a large bowl and blend them with a handheld immersion blender. You could also do this in a food processor.
3. Pass them through a sieve to remove the seeds and chunks of the skin. This yielded 3.5 cups of tomato juice for me.
4. Add the tomatoes into a large saucepan over medium heat and bring to a slow boil to reduce them for about 45 minutes. Stir occasionally.
5. Add all the other ingredients and stir well. The spices and flavors combine to give you that signature tomato ketchup flavor
6. Keep over medium heat for another 8-10 minutes and cook, stirring occasionally. When you achieve a consistency you like, remove from the heat.
7. Leave it to cool down then transfer to an airtight container or bottle and keep refrigerated for up to a month.

Raspberry Coulis

INGREDIENTS:

1/2 cup sugar
 3 tablespoons water or orange juice
 12 ounces raspberries

DIRECTIONS:

1. Combine sugar and water (or orange juice) in a 1 cup (or larger) microwave-safe cup or bowl. Stir to combine. The mixture will be very thick.
2. Cook in the microwave on high power for two minutes. Stir for 5-10 seconds to ensure that the sugar crystals are dissolved.
3. Combine frozen raspberries and hot syrup in a blender container. Blend until the mixture is smooth and pureed.
4. Pour puree through a fine-mesh strainer set over a medium-size bowl. Stir and push on the solids with the back of a rubber spatula until all of the liquid has been extracted. This will take several minutes as the mixture will be thick.
5. Discard the seeds. Add the liqueur, if using and stir to combine.
6. Store in the refrigerator for 5-7 days or in the freezer for 2-3 months