

**Age Requirement:**

Campers must be entering 7th, 8th, or 9th grade.

**Cost For the Week of Camp:**

Resident of The Ferguson-Florissant School District Fee: \$150

Non Resident Fee: \$175

**Registration:**

For Registration info, please contact EarthDance Farm and Community Education Coordinator Rachel Levi: [rachel@earthdancefarms.org](mailto:rachel@earthdancefarms.org) or call the EarthDance office 314.521-6001

**Camp Locations:**

Transportation will be provided by the city of Ferguson's Jolly Trolley. Campers will gather, cook and eat at Ferguson Middle School. They will explore and learn at the Mueller Organic Farm at 233 South Dade Avenue in Ferguson and swim at Splash at January Wabash Park!



EarthDance is a non-profit organization whose mission is to grow and inspire local FARMS—Food, Art, Relationships & Music, Sustainably! EarthDance farms at the historical Mueller Organic Farm in Ferguson, MO.

EarthDance appreciates the support of the Ferguson-Florissant School District and the City of Ferguson in making Camp EarthDance possible.

**CAMP EARTHDANCE**

Session I June 4-8    Session II June 18-22

8:30 am- 2:30pm





## Camp EarthDance: Farm to Table Fun

Camp EarthDance is an opportunity to learn where food comes from, and how to grow it in partnership with nature. Each morning will be spent on the farm, exploring organic farming through games and discussion, as well as hands-on learning with soil, seeds, and veggies. During the afternoon, campers will learn to prepare a healthy lunch and eat it together. The days will conclude with art, music, or fitness activities. Camp Facilitators include Molly Rockamann, EarthDance's Founding Director; Rachel Levi, EarthDance's Farm and Community Education Coordinator; and science teacher and EarthDance apprenticeship graduate Nancy Schnell.



## Get To Know S.O.U.L. Food

At Camp EarthDance, our campers will learn to cook S.O.U.L.—Sustainable, Organic, Unprocessed, and Local—foods for themselves and their families! When kids grow and prepare healthy meals, they enjoy eating them. Each afternoon, campers will prepare fresh veggies that the campers harvested from the farm. As they chop, mix, and saute, campers will engage in discussion about nutrition.



### Here's how campers will spend their days

**8:30-8:45 a.m.** Gather at Ferguson Middle School

**8:45-9:00 a.m.** Eat a healthy snack, stretch, and prepare for the farm.

**9:00 a.m.** Board the Jolly Trolley to the farm!

**9:15-10:45 a.m.** On the farm! Explore, learn, and work—and harvest veggies for lunch.

**10:45-11:00 a.m.** Return to Ferguson Middle and clean up.

**11:00 a.m.-1:00 p.m.** Prepare lunch and eat it together while learning about nutrition and healthy cooking skills.

**1:00 p.m.-2:15 p.m.** Art, music, or fitness time!

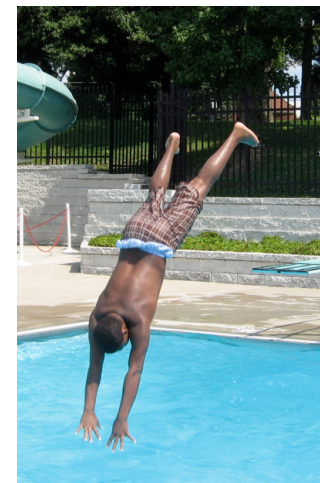
**2:30 p.m.** Day ends; campers may be picked up at Ferguson Middle School.

## Get Fit and Play With Friends

Each afternoon camp will conclude with fitness activities such as swimming and yoga.



Getting a good stretch in yoga class



Cooling off at Splash

## Our Philosophy

We at **EarthDance** are concerned about the health of our youth and the health of the environment. We aim to create an exciting connection between youth and their food source. Camp EarthDance offers a fun-filled and educational environment in which young people can visit a local farm, watch how carrots grow, and learn how and why to prepare and eat a healthy, local foods-based lunch. Campers will also “celebrate the culture in agriculture” by engaging in art, music, and fitness activities that let them further explore what they are learning.