



Nature Camps, Inc.

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Teen Adventure Spoutwood Organic Farm, CSA Glen Rock, PA

Teen Adventure teens bike from camp to the North Central Railroad (NCR) to Spoutwood Organic Farm, CSA. Spoutwood Farm is a 26 acre farm 35 miles north of Baltimore, MD., in southern York County. Spoutwood has been the home of Rob and Lucy Wood for twenty nine years, however it benefits from a wide variety of volunteers, interns, animals, and friends of the farm. Spoutwood Farm is a CSA, or Community Supported Agriculture, a co-op with 100 members who pay or work for a weekly supply of fresh vegetables grown naturally without any chemicals. The farm is also an educational, non-profit organization devoted to teaching sustainable living on the land and reconnecting people with nature. Spoutwood Farm also sponsors a fall Harvest Festival and a May Day Fairy Festival. Teens camp on the farm and shower outside in a man made shower in the woods.

Five day schedule for Spoutwood Farm and Nature Camps (Tentative schedule of activities)

Day 1:

- Checking backpacks, packing food and camping supplies, load NC trailer, fill up water bottles.
- Depart Nature Camps on Bikes: approximately 10:30
- Bicycle north on North Central Railroad
- Stop in Freeland for Lunch Break
- 3:30-4:00 arrive at Spoutwood Farm
- Set up camp
- Dinner and Singalong

Day 2:

- 8:00 Morning Meal
- 8:30 Walk out in Spoutwood CSA garden
- Farm work (mulching, weeding, transplanting)
- 12:00-2:00 Lunch, Quiet and Reflection time, Nature Journaling
- 2:00-5:00 Geology of the farm; gather native clay for small ceramic project
- 5:30 Dinner
- 7:00 Learn how to make ice cream. Introduction to the Skies and Observatory
- Singalong
- 9:30 bed time

Day 3:

- 8:00 Morning Meal
- 8:30 Streamside study: benefits beyond water for the garden
- 12:00-2:00 Lunch, Quiet Reflection time, Nature Journaling
- 2:00-5:00 Native and Invasion Species workshop; Farm projects: Spring house construction, etc.
- 5:30 Dinner
- 7:00 Film: Vanishing of the Bees, Food Inc. and discussion
- 11:00 Bed time

Day 4:

- 8:00 Morning Meal
- 8:30 Harvesting vegetables and flowers for CSA
- 12:00-2:00 Lunch, Quiet Reflection time, Nature Journaling
- 2:00-5:00 Pit firing of clay project, Teen Battle Chef training and meal (5:30 dinner)
- Evening: Enjoy the stars, Singalong, and Culminating activity

Day 5:

- 8:00 Morning Meal
- 9:00 Pack up gear to be transported back to Nature Camps (Bring home some veggies from yesterday's harvest.)
- 10:00-10:30 Spoutwood Farm's Closings with Rob and Lucy
- 10:30 Depart on bicycles south to North Central Railroad to Nature Camps
- 3:30 Approximate arrival time back at Nature Camps: Debrief, put away supplies, swim, relax on swings, etc.