

PROGRAMS TO ORDER



Fox Haven offers a variety of workshops and experiences for your group to enjoy. Each workshop can be crafted to meet a variety of age levels from 4 to 100 years of age, specific time requirements, and your goals. We do have pre-visit resources available upon request.

Pricing for Adult groups, Primary, Secondary Schools, Youth Groups, and Scout Groups vary depending on number in group, supplies needed for the workshop, weekday or weekend, and length of workshop.

PROGRAMS

Recycling: Farm & Forest Style

Join us in the Common Garden and in the forests of Fox Haven to discover how nature recycles. Explore the multiple layers of the gardens and forest as we walk together with our magnifying glasses, stopping for the occasional sketching session. Return to the barn for refreshment, reflection and sharing, and creating. Depending on the age of participants and goals of the teachers/parents, students may make a garden tool from recycled materials, write poetry related to their discoveries, or engage in a community service project. We can pair literature with this workshop and have resources to share prior to coming that will enhance student learning. Available all 4 seasons.

Growing a Magic Beanstalk and so much more!

Participants learn about the 6 parts of a plant with a sensory exploration of a variety of vegetables and fruits. A scavenger hunt in the gardens and fields for the 6 parts of plants embeds what is learned. Collage making, children's literature, Shakespeare (he did love flowers!), working in the Common Garden, and planting your own take-home vegetable or herb are all possibilities depending on goals of teachers/parents and age of participants. Available all 4 seasons.

What Does the Land Have to Teach Us?

Participants explore the land at Fox Haven using the senses. Feel the differences in air temperature as you explore, experience the impact of the sun, the updrafts from creeks and springs, see the affects of winds that blow from different directions and where the water flows when it rains. This is critical and creative thinking at its best! You are encouraged to think and discuss how all of these messages can teach us where to plant food, where to build, where to capture energy and how to use it. Systems thinking is central to how we live and communicate and the lessons of nature can be brought into our lives in so many ways. Depending on age of participants and goals of teachers/parents, students may create various forms of art that portray the systems about which they have learned, read nature literature together, and engage in a community service project. Available all 4 seasons.

Stream Ecology

This fun and interactive workshop will start with a presentation on stream ecology. A discussion on healthy and unhealthy streams will cover topics such as land use, riparian buffers, and erosion. This will be followed by a description of insects found in a stream and how they can be indicative of stream health. Following the presentation, the class will take a short hike down to the stream and use a kick seine net to collect insects from the water. Each insect will be identified and tallied to discover the health of the stream. This is a great workshop for all ages and can be tailored depending on the audience and goals. Available spring, summer, fall.

Butterfly Bonanza!

Welcome to the world of the butterflies! We'll read stories about their amazing lifecycle then take a look at their actual habitat here on the farm. A craft activity of making butterfly models using pasta and paints and/or

vegetables and fruits can be incorporated into this experience. Children's literature and storytime can also be incorporated Available summer and fall.

Pollinators & Poetry

Discover what hard work it is to be a BEE! Look at all the different things that they do and their critical role in our Maryland ecosystems. They work really hard to keep our environment healthy. Participants will go on a short hike to look for bees and other pollinators, without getting too close, gather their observations and return to the barn to write poetry together.

Available spring, summer, and early fall.

History of the Honeybee & Honey tastings

Kirsten and Michael Traynor, renowned beekeepers and champions for the honeybee, lead this tasty experience. The multiple uses of honey and honeybees throughout time all over the world are explored. This workshop can be geared towards children of various ages and for adults. Available summer and fall with tastings. History of the honeybee is available all year round.

Maps, Compass, the Skies & You

Learn how to get oriented in the outdoors. Trace where the sun rises and falls, discover the differences according to the time of year, and understand what it means and how it impacts the natural environment. If you choose to make a day and night of it, stargaze and find the North Star and learn how to identify various constellations in the night sky. Overnight accommodations are available as well as tent sites. Available all 4 seasons.

Stream Walks for Exploration & Discovery

Explore the streams of Fox Haven, sharpen your powers of observation, and learn the names and characteristics of trees, geological formations, creek flow patterns, and so much more. Participants can choose the messy, get wet version or a slightly messy, stay dry version of this workshop. Available all 4 seasons.

Conservation Kids at Fox Haven

This program is geared towards children in 3 different age groups: 3-5, 6-8, 9-11. There are also middle and high school programs available. Reconnect with nature, read some Aldo Leopold, tour and explore conservation areas of the farm, examine how you can practice conservation at home, school, and in your community. Available 4 seasons.

Herbs for Wellness & Wild Food Foraging

Join clinical herbalist and licensed nutritionist Susan Hirsch as she teaches about the pantry available right under your feet! Learn to identify, harvest, and use edible wild weeds in nourishing food dishes. Explore the dandelion, milk thistle, nettles, burdock and so much more. Teas, soups, condiments, salads, and pestos nourish the body and reinforce your connection to the earth. Available in spring, summer, and fall, with Winter teas available too.

Slow Food: Exploring with our Senses

Industrialization's impact on food production, consumption, and appreciation has been positive and negative. We can grow more food, transport more food, and feed more people. What has been lost is our connection with where and how food is grown, as well as a fully developed human sensory experience with food. The overuse of standby ingredients like sweeteners, salt, and artificial substances has led to a decrease in taste sensitivity. Can we truly appreciate the vibrant colors, scents, textures, tastes, and even the sound that is made when we interact with locally produced food? We need a reorientation. Bring all of your senses on this gastronomic adventure! Available all 4 seasons.

Herbal Teas for Wellness

Herbs are tasty, nutritious, and can bring physical and mental well being when used in the correctly and seasonally. Come explore these benefits while using your senses. You will create your own tea and taste several more. A walk around Fox Haven's land and nearby forest to gather herbs can be incorporated into this workshop. Available all 4 seasons.

The Work that Reconnects

Experience the spiral of gratitude, grieving, seeing with new eyes, and going forth to create positive change in our environment as we work to save the planet. Based on the work of Joanna Macy, environmental activist, this workshop is created to help take you from despair or apathy to action. Hands-on activities, discussions, and reflections clarify and inspire.

Available all 4 seasons.

Native, Non-Native, and Invasive: Weeding through the Language

We offer a discussion on what these terms mean, why you should know them, and we lead you through some plant identification while walking the land. You will leave with more knowledge on what natives to plant to create your own habitat – be it in your yard, community garden, or apartment terrace.

Available all spring, summer, and fall.

Organic Gardening for Gardeners – Seed to Soil

Join our senior gardener in a hands-on experience at Fox Haven. Seeds vs. transplants, when to plant, and typical gardening problems will be addressed: pest management, bio-control, green manure, crop rotation, herb propagation and more.

Available all 4 seasons.

The American Chestnut: Historic, Economic, and Eco-System Wonder

Robert Strasser, biologist, artist, and champion of the American Chestnut Tree, presents the ecological, economic and cultural history of the American Chestnut with an open Q&A. He addresses the genetic backcrossing being done in Fox Haven's orchard with a walking tour. This workshop is pertinent for educators, naturalists or anyone else who shares an interest in the role that this majestic tree plays in our country.

Available all 4 seasons.

Energy Efficiency Without the Sales Pitch for Homeowners

Brian Carroll, architect and restoration carpenter, offers an overview of principles of energy efficiency with practical, real-life examples regarding up front costs and payback on your investments. This interactive lecture is 60 minutes in length followed by 30 minutes of Q&A. Available all 4 seasons.

Meditation & Painting

This workshop will offer short meditation practices concentrating on the breath and quieting the mind to get to a deeper personal space. Water-based oil paints will be the medium taught, as painters observe natural and still life objects, learning to paint their basic forms. You will leave with 2-3 finished pieces. All art supplies and a variety of natural and interesting still life objects will be provided. Available all 4 seasons.

Nature Writing

Lisa Couturier offers “Writing as Predator,” where participants are asked to “hunt” in the wilderness of their souls, since it is there that our most hopeful and fulfilling writing is born and thrives. Personal essays and immersion-journalism arise out of deeply held perspectives and experiences; and we will discuss how these genres' elements (storytelling, question/conflict, figurative language, etc.) help us track our narratives. We will use writing prompts, reflection, and time spent outdoors at Fox Haven to create vignettes that later could turn into essays. Most of all, we will stalk honesty and the things that have meaning in our lives. All levels welcome. Limit 20 participants. No experience necessary! Available all 4 seasons.

Susan Cohen offers a memoir writing workshop, “The Geography of Childhood,” Participants are asked to explore their connections to places from their childhood that impacted their lives. Essays of place incorporate strong sensory detail, a storyline, factual information and the writer’s point of view to ultimately make readers feel the writer’s experience. We will use writing prompts, reflection, and time spent outdoors at Fox Haven Farm to create vignettes that later could turn into essays or short stories. All levels welcome. Limit 20 participants. No experience necessary. Available all 4 seasons.

Winter Words: A One Day Poetry Writing Workshop

Mary Oliver once wrote: “In winter/ all the singing is in/ the tops of the trees”. Winter’s open vistas and quiet landscapes offer writers time to reflect, compose and hear the songs in the trees. Through poetry, students in this workshop will examine their connections to nature and a sense of place. If weather permits we will also venture outside to collect elements from the landscape—twigs, stones, leaves, images, daydreams, and memories-- to incorporate into our poems.

This half-day workshop is for anyone wishing to explore language, imagination and poetry. We will work on three writing prompts in the morning and after lunch we will each share one poem aloud during a guided feedback workshop. No previous poetry-writing experience is required; this class is open to all.

Storytelling: It’s Not Just for Children

We all have stories – childhood memories, the story of our business or our calling. Learning to tell stories can be beneficial to our families, our personal lives, and our professional lives. Using Fox Haven’s natural setting, Seasoned storytellers coach you as you bring your story to life. Collage, discussion, reflection, and some writing and telling are incorporated into this fun, interactive workshop for all ages. Available all 4 seasons.

Farm-to-Table Dinners and/or Wild Food Forage-to-Table Dinners

Join us in the gardens and then the farmhouse kitchen. Tour our greenhouse and Common Gardens, learn about the various ways we harness energy on the farm to produce delicious vegetables and fruits. Debbie Amster, local food enthusiast and nutritionist will lead you in creating a variety of dishes using Fox Haven produce and food from local farmers, culminating in an unforgettable meal on the farm. These dinner experiences are also available for youth. Available spring, summer, and fall.

Mindfulness Retreats, classes for youth and adults

Jan Hummer and Amanda Atkins of Open Minds lead these retreats and classes. Weekday classes are held once a week throughout the year for youth. General workshops are offered as well as workshops created specifically for teachers, parents, employers, caregivers, health professionals. Available 4 seasons.

Empowering Kids in the Kitchen

The kitchen is the ideal place to help children learn to make choices, take responsibility and become contributing members of the family. Your children can learn to be savvy consumers and make healthier choices by engaging them in the whole process of feeding the family. Whether you have toddlers or teens this workshop will provide some new ways to engage your children in the important act of nourishment. Totally hands-on two hour experience in our lovely farmhouse, and you leave with a set of recipes! Available 4 seasons.

Veggie of the Day

A series of 1 1/2 hour cooking demos featuring the veggies that are being harvested at the farm that week: Greens, Asparagus, Eggplant, Tomatoes, Squash. We’ll even feature some less well know veggies like watercress, kohlrabi, and garlic scapes. Learn to enjoy a new veggie or a new prep for an old favorite. We’ll include ethnic recipes. 1.5 hours, includes recipes and samples

Spring and Fall Cleanse

We all know the benefits of clearing clutter from our homes, desks, and minds. Debbie leads you through a cleansing of the body with delicious food and drink, some with ingredients from our farm, and teaches about the nutritional benefit of eating with the seasons.

Team Building workshops - can be developed to fit your needs.

Examples include:

- **Farm Kitchen Lunches or Dinners with debrief of cooperative exercises.** Groups learn about basic nutrition, the soil-food-mind-body connection, enjoy creating a delicious meal together, and leave feeling refreshed.
- **Nature's Lessons on Leadership** – Using the field of Biomimicry, we explore the various ways that plants and animals interact with one another and the elements to produce conditions ripe for creativity, clarity, cooperation, and abundance.
- **Paper Bag Magic** – Groups are given mystery bags containing edibles and other objects that they then use to create a course of a meal. Can also include skits if you are really up for some fun! Debrief and discussion available with facilitator upon request.
- **Mindfulness in the Workplace** – Groups engage in mindfulness exercises as they learn the basic philosophy and practice of Mindfulness. Communication, creativity, and overall workplace function are improved as a result of participating in this team building experience.