

Eat, Grow, Play Nature Camp – by Flourish Wholesome Foods

Program Details

Please note that this schedule is flexible and set to change based on what the campers are requiring for their own fun, comfort and learning.

Monday July 6

9-9:30 – Outdoor play (while we await the arrival of all campers)
9:30-10:15 – Introductions, icebreaker activities, create camp cheer
10:15-10:30 – snack
10:30-11:00 – garden tour – plant identification
11:00- 11:45 – cooking class – chocolate chickpea spread
11:45-12:15 – lunch – open face chocolate chickpea faces – made with fruit, veggies, nuts and seeds
12:15-12:45 – free play, lunch clean up, sunscreen reapplication
12:45-1:30 – Outdoor Learning - nature walk, art project supplies collection, plant identification
1:30-2:15 – outdoor play – will be using some water toys to cool off
2:30-3:15 – cooking class – baking muffins
3:15-3:30 - snack – muffins and trail mix
3:30-4:15 – Art project – using nature to paint our aprons to use for the week
4:15-4:30 – tidy up, pack for home and outdoor play until pickup time

Tuesday July 7

9-9:30 – Outdoor play (while we await the arrival of all campers)
9:30-10:15 – Garden Time – harvesting, watering and weeding – harvesting fresh greens
10:15-10:30 – snack
10:30-11:15 – Cooking Class – Pumpkin Macaroni and Cheese and vinaigrette
11:15- 11:45 – Recipe selection – selecting recipes for dessert on Friday night
11:45-12:15 – Lunch – Pumpkin Macaroni and Cheese, fresh greens salad
12:15-12:45 – Free play, lunch clean up, sunscreen reapplication
12:45-1:30 – Outdoor Learning – Observations at the pond, collect mud and supplies for art project
1:30-2:15 – Outdoor play – will be using some water toys to cool off
2:30-3:15 – Cooking class – making yogurt (for snack later in the week)
3:15-3:30 - Snack – Chocolate Chickpea banana rolls
3:30-4:15 – Art project – Mud Forest Faces
4:15-4:30 – Tidy up, pack for home and outdoor play until pickup time

Wednesday, July 8

9-9:30 – Outdoor play (while we await the arrival of all campers)

9:30-10:10 – Travel to Ovens Berry Farm
10:10-10:30 – snack @ Ovens – muffins and fruit
10:30-11:45 – Berry Picking and Farm Tour
11:45- 12:00 – Travel Home
12:00-12:15 – free play, lunch prep, sunscreen reapplication
12:15-12:45 – lunch – Pasta salad, chicken kabobs, veggies
12:45-1:30 – Outdoor Learning – Leaf collection and tree identification
1:30-2:15 – outdoor play – will be using some water toys to cool off
2:30-3:15 – cooking class – Make Granola
3:15-3:30 - snack – granola, yogurt and strawberries
3:30-4:15 – Art project – Leaf printing on wooden tree slabs
4:15-4:30 – Tidy up, pack for home and outdoor play until pickup time

Thursday, July 9

9:30-10:15 – Garden Time – harvesting, watering and weeding – bugs in the garden
10:15-10:30 – snack – yogurt, granola and strawberries
10:30-11:30 – Cooking Class – bread making – pizza dough and fresh bread
11:30- 11:45 – Dinner planning for Friday night
11:45-12:15 – build your own pizzas and fresh greens salad
12:15-12:45 – free play, lunch clean up, sunscreen reapplication, bread into oven
12:45-1:30 - Outdoor Learning – Nature inventory through quiet observation and journaling
1:30-2:15 – outdoor play – will be using some water toys to cool off
2:30-3:15 – cooking class – strawberry jam
3:15-3:30 - snack – fresh bread and strawberry jam with cheese
3:30-4:15 – cooking class – beginning preparation of Friday meal
4:15-4:30 – Tidy up, pack for home and outdoor play until pickup time

Friday, July 10

9:30-10:15 – Garden Time – harvesting, watering and weeding – prune tomatoes
10:15-10:30 – snack – muffins and fruit
10:30-11:45 – Cooking Class – preparation for tonight's dinner and roasted root vegetables
11:45-12:15 – Roasted root vegetables, soup and fresh greens salad with strawberry vinaigrette
12:15-12:45 – free play, lunch clean up, sunscreen reapplication
12:45-1:30 - Outdoor Learning – This is my rock – discussion of types of rock followed by detailed description/coloring of individual's rocks.
1:30-2:15 – outdoor play – will be using some water toys to cool off
2:30-3:15 – cooking class – preparation for tonight's dinner
3:15-3:30 - snack – yogurt, granola and strawberries
3:30-4:15 – cooking class – final preparation of dinner
4:15-4:45 – Camp closing – presenting camp cheer to families, children will take their families on a garden tour