

The Hayride

*A Resource for Educational
Farm Field Trips*



GROWING MINDS
2012



About Growing Minds

Growing Minds is ASAP's Farm to School program, part of a national Farm to School initiative. Growing Minds strives to cultivate mutually beneficial relationships between farms and schools that create dynamic, wellness-focused learning environments for children. We do this by working with farmers, educators, and communities to serve local food in schools and expand opportunities for farm field trips, experiential nutrition education, and school gardens.

About ASAP (Appalachian Sustainable Agriculture Project)

Our vision is of strong farms, thriving local food economies, and healthy communities where farming is valued as central to our heritage and our future.

Our mission is to help local farms thrive, link farmers to markets and supporters, and build healthy communities through connections to local food.



Appalachian Sustainable Agriculture Project

306 West Haywood Street, Asheville, NC 28801

www.asapconnections.org

www.growing-minds.org

www.fromhere.org

www.appalachiangrown.org

(828) 236-1282

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About this Guide

The *Hayride* serves as a guide for educators in Western North Carolina who wish to incorporate farm field trips into their classroom and curriculum. The guide, revised and updated every couple of years, connects schools with farms in their community by listing farms that welcome school groups. Each farm listing provides practical information that teachers need to know in planning a field trip such as the parking options, cost, and available facilities. In addition to farm listings, the *Hayride* also includes information about farm field trip logistics, how to connect field trips to classroom curriculum, and other resources that Growing Minds offers. If you have questions about the guide or farm field trips, notice a farm missing from the list, or would like to offer additional suggestions for the guide, please contact the Growing Minds staff at ASAP.

The Importance of Farm Field Trips

Children come away from farm field trips forever connected to local food and farms. As students harvest sugar snap peas, grind dried corn, and feed pigs, they make long-lasting and life-changing memories. On the farm, classroom lessons about soil, life cycles, community, and storytelling come to life. Students form relationships with the people who grow their food and gain a deeper understanding of rural ways of life. Through the hands-on experiences of farm field trips, children explore new ideas, discover their own strengths, and awaken new interests.

Understanding the Farmer Perspective

Opening their farm to students and school groups is a daunting concept for many farmers. In addition to the time, planning, and organization involved in hosting a group, issues of insurance and liability are usually at the forefront of farmers' considerations. What happens if a child twists their ankle or gets stung by a bee? Can the farmer count on the teacher and chaperones for help during the field trip? What activities will the farmer do with the students? How much time will the farm field trip require and how can the farmer juggle everyday farm duties with an added activity?

Farmers ask themselves many questions when considering farm field trips and spend many hours preparing for school groups. They calculate the cost per child for the farm field trips based on the time and energy they devote. Often, a farmer's set charge for field trips includes a large discount for school groups. Farmers who open their land to students believe in the power of education and are devoted to giving back to the community.

When teachers and students venture onto a farm, it is important to remember that the rows of crops, groups of animals, and even the farm infrastructure are all a part of the farmer's livelihood, home, and business. Farm field trips become a useful and effective opportunity to help your students understand the importance of being respectful and considerate on farms and in new environments.

PLANNING YOUR FARM FIELD TRIP



Guided Questions for Planning Your Trip

Unsure of which farm to visit? Here are a few questions to help you choose a farm that fits your classroom and goals. Use the guide to select a few farms to interview and use your responses to the questions below to formulate questions for the farmer.

Initial Questions and Logistics

- How many children will be going on the field trip and what activities does the farm offer?
- How many chaperones do you need?
- Is there anything in particular you want the children to see? A certain agricultural practice or a type of farming or animal?
- What is your budget? How will you fund the field trip?
- How will you integrate the farm trip into your classroom studies?

Travel and Timing

- How far are you willing to travel to a farm?
- How will you travel (carpool, vans, bus)?
- What are the dates you are considering for the trip? What you will be able to do and see on the farm will vary widely depending on the season. It is a good idea to have a few dates in mind before contacting the farmer.
- How long would you like to spend at the farm?

Special Accommodations

- Do you have any children in wheelchairs or with other special needs that the farm would need to accommodate?

Preparation

- What will you do in the case of inclement weather? It's a good idea to discuss this with your farmer before the trip.
- Do you have a first aid kit to take with you? Do you have a field trip emergency plan?
- Do you need to get release forms signed?
- Will you take a snack or lunch with you to the farm?

The farmers listed in this guide will be willing to work with you. Even if you cannot find a listing that perfectly matches your criteria, contact the farmer to discuss what you need.

Communicating With Farmers: What to Discuss

Once you have chosen a farm to visit, it is important to establish good communication with the farmer so that you each know what to expect from the field trip. Have a thorough conversation with the farmer and follow up with an email to make sure communication is clear. Clarify the timeframe and logistics of the trip and how you can work together to create hands-on activities. Have the discussion well in advance of the visit so that both of you have time to prepare. Laying out expectations and clarifying details will make field trips run more smoothly and be more enjoyable for everyone involved. Farmers, like teachers, are busy and often hard to reach by phone. Ask the farmer what the best number to reach them is and when the best times are to call.

It is useful to discuss the following issues with the farmer:

- **Number of students visiting:** Discuss the number of students the farm can accommodate and if there are any students with special needs.
- **Age of students:** Tell the farmer the age of the students so that they can prepare appropriate activities for the age or grade level. Give the farmer an idea of what the students can handle.
- **Number of adult chaperones and small groups:** How many adults will need to be present? Often when the students are divided into smaller groups it allows for more hands-on time and it is easier to move around the farm.
- **Role of adult chaperones:** Discuss what the expectations and roles are for the adults and how they can help.
- **Rules on the farm:** Discuss any rules or guidelines of the farm. Share these with all the adults and students.
- **Travel time and directions:** Discuss the length of the visit and how long travel time will be. Make sure you get clear directions from the farmer to pass along to the drivers.
- **Parking:** Discuss where the bus or cars can turn around and park.
- **Facilities:** Is there a bathroom that groups can use? Is there a clean site for hand washing (mandatory if children are petting animals or eating while on the farm)? Is there a covered space out of the sun and rain?
- **Lunch and snacks:** Clarify what the group's needs are for lunch and snacks, and schedule breaks accordingly. Ask if the farmer will offer snacks of fresh produce or farm products.
- **Costs:** Farms typically charge per student and/or per adult. Discuss the total costs so that you can arrange for funding for the trip.
- **Planned activities:** What activities does the farmer have planned?
- **Special interests:** Are there specific interests or curricular goals that you have for this trip? Discuss possible themes or activities that could fit these goals.
- **Rain and emergency plan:** Have a plan for rain and emergencies. Make sure there is a first aid kit available.

PLANNING YOUR FARM FIELD TRIP

What to Bring

Ask your students to bring the following:

- Sun hat
- Sturdy shoes (no open toes)
- Water bottle
- Wind parka or rain gear (if rain is likely)
- Notebooks, art paper, pens
- A bag lunch (minimal waste please)
- Layers -children should be prepared for both hot and cool weather

Teachers should pack:

- First aid kit – including any medications a student might need (for allergies, for example)
- Sunscreen
- Extra water
- Blankets for picnic



Lunch, Water, and Snacks

Encourage reusable containers for the students' lunches to minimize waste, and bring garbage bags to carry your lunch waste out with you. Ask farmers about bathrooms, hand washing stations, and where the best place would be for the class to eat. Many farms do not have picnic tables, so be prepared to bring blankets for a picnic. Bring water and make sure to double check with farmers that there will be drinking water available for refills. If a farm is able, it is great to have a fresh farm snack for students. When contacting farms, ask about this possibility and make sure to compensate farmers for whatever they provide.

Name Tags

Have your students make name tags so that the farmer, farm staff, and chaperones can easily communicate with them. If everyone (students, teachers, parents, farmer, and chaperones) has name tags, the day will go smoother.

Weather

Be sure students are prepared for all types of weather. Determine if you will schedule a rain day for the visit or cancel the trip altogether. Make sure to determine who is responsible for making calls on the weather: you or the farmer. Advise students to bring a rain jacket if there is a high probability of precipitation.

On-Farm Activities

Farm field trips are opportunities for unique activities for students. It is important to discuss planned activities with the farmer as well as have backup activities to bring along if weather or other unexpected events change the plan. See the last section of this guide for specific examples of activities.

General Guidelines

- Be flexible – While it is important to have activities planned throughout the trip, you want to allow for flexibility in your schedule – spend more time on activities that the students are enjoying and move on from activities that students aren't engaged with. Leave time for play!
- Hands-on activities – One of the most important aspects of farm field trips is the opportunity for hands-on experiences. Put the students to work and let them get dirty! Explain how each farm activity fits into the bigger picture of farm production and operation. If the students are able to understand the purpose of their work, they will make even stronger connections.

Activity Ideas

- Journals or notebooks – Having notebooks for each child offers a huge range of options on a field trip, from sketching and observations to data collection or reflection.
- Children's literature – A few books that are connected to the trip are worthwhile to haul in your daypack. Reading books can fill in ten minutes while the group waits for an activity to begin or can be stretched to an hour with reflection activities. Consider having the farmer read the book(s) to the group.
- Scavenger hunt – Print copies of the scavenger hunt below and bring brown paper bags for children to use in collecting items. Make a scavenger hunt specific to the farm you'll be visiting. What might the students spot on a farm? See examples of more farm scavenger hunts on our website.

Scavenger Hunt

Collect only things that you can handle safely.

- a feather
- 3 different kinds of seeds
- something round
- something beautiful
- something that makes a noise
- something that reminds you of yourself
- something soft
- something that does not belong





DISCLAIMER

The information included in this resource book is submitted by farm owners. Although we have made every effort to be accurate, ASAP cannot guarantee the information or vouch for the field trip experience. ASAP is not responsible for the outcome of your field trips or any damages resulting from the use of this information. Farms' services and offerings are subject to change. Please contact the farmers and visit the farms yourself so that you can make an informed decision.

Crosscreek Farm

Contact: Colette Nester
2416 Nile Rd.
Sparta, NC 28675
Alleghany

336-372-8574
crosscreekfarm@hotmail.com
www.crosscreekfarmnc.com

Who Can Visit

Grade Levels/ Ages: Children K-1 (age 4-7),
gr. 2-3 (age 7-9), gr. 4-5 (age 9-11), gr. 6-8 (age
11-14)

Size of Groups: One or two classes

Wheelchair Access: No

When to Visit

Best season: Spring, summer, fall

Duration: Half of one school day

Farm Description

We are a family homestead raising dairy cows, steers, pastured hogs, and free range poultry. Our animals are raised without antibiotics or hormones and aren't fed animal by-products. We are an Animal Welfare Approved farm. We welcome the public for farm tours, but please call first. Our products include butter, eggs, milk, farm tours, beef, chicken, lamb, pork, and preserves.

Available Resources

Parking: Space for buses

Picnicking: No

Rain shelter: No

Snacks: No

Farmer visit to classroom: No

Costs

\$2 per student, \$5 per chaperone



Foxfire Holler

Contact: Nancy Weaver-Hoffman
 3524 NC Hwy 88 West
 Warrensville, NC 28693
 Ashe

336-384-9463
 foxfireholler@aol.com
 www.foxfireholler.com

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7), gr. 2-3 (age 7-9), gr. 4-5 (age 9-11), gr. 6-8 (age 11-14), High School (age 14-18)
Size of Groups: One class
Wheelchair Access: No

When to Visit

Best season: Summer, fall
Duration: Half of one school day

Farm Description

We are a fourth-generation farm dedicated to heritage, sustainability and the premise that all life is simple and connected. We have sheep, cattle, poultry, and hogs. We provide pasture raised meat to the High Country. Visitors are welcome; call first.

Farm Tour Activities

We offer harvesting, planting, animals to pet and see, butter churning, spinning, weaving, grain grinding, vegetable growing, worm composting, chicken tractors, educational programs for school children, celebrations, petting zoo, and workshops.

Available Resources

Parking: There is ample space for school buses at the bottom of the hill. A wagon can meet classes there and give a hay ride up to the farm, dependent on class size. Further, unlimited parking for cars and vans is available.
Picnicking: No
Rain shelter: No
Snacks: No
Farmer visit to classroom: No

Costs

\$5 per student, \$5 per chaperone

Old Orchard Creek Farms

Contact: Walter Clark and Johnny Burleson
 410 Swansie Shepherd Rd.
 Lansing, NC 28643
 Ashe

336-384-2774
 oldorchard@skybest.com
 www.oldorchardcreek.com

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7), gr.2-3 (age 7-9), gr.4-5 (age 9-11), gr.6-8 (age 11-14), High School (age 14-18)
Size of Groups: One or two classes
Wheelchair Access: Yes

When to Visit

Best season: Summer
Duration: Half of one school day

Farm Description

Old Orchard Creek Farm is a historic artisanal Appalachian farm. We raise blueberries and heirloom apples using sustainable, pesticide-free farming practices. We're open to the public as a u-pick blueberry operation from July to August.

Available Resources

Parking: Space is available for buses
Picnicking: Yes
Rain shelter: Yes
Snacks: Yes
Farmer visit to classroom: Yes

Costs

Free for students and chaperones



Woodland Harvest Mountain Farm

Contact: Elizabeth West

P.O. Box 1511

Boone, NC 28607

Ashe

336-877-5571

woodlandharvest@riseup.net

www.growfood.org/farm/1155

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7), gr.2-3 (age 7-9), gr.4-5 (age 9-11), gr.6-8 (age 11-14), High School (age 14-18)

Size of Groups: One or two classes

Wheelchair Access: No

When to Visit

Best season: Spring, summer, fall

Duration: Full school day

Farm Description

We are a small rustic permaculture farm offering a variety of vegetables, fruits, eggs, compost, woodland herbs, and specialty products. We use biodynamic, organic (not certified), no till practices. We offer workshops related to social justice, sustainability, alternative building, grease conversions. Our products include eggs, firewood, medicinal herbs, mushrooms, ramps, sustainable wood products, apples, blackberries, cherries, amaranth, popcorn, dried herbs, fresh herbs, chicken, duck, pork, baked goods, bread, cider, dried fruits, jam or preserves, pesto, pickles, vinegar, artisan crafts, compost, and earthworms.

Farm Tour Activities

We offer harvesting, planting, cooking, educational programs for school children, festival, celebrations, petting zoo, and workshops.

Available Resources

Parking: Space for buses

Picnicking: Yes

Rain shelter: Yes

Snacks: Yes

Farmer visit to classroom: Yes, cost negotiable

Costs

Negotiable



Aycocks' Sundance Farm

Contact: Barbara and Ellis Aycock
61 Little Hill Ln.
Newland, NC 28657
Avery

828-733-1465
bgaycock@gmail.com

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7), gr.2-3 (age 7-9), gr.4-5 (age 9-11)
Size of Groups: One class
Wheelchair Access: No

When to Visit

Best season: Summer, fall
Duration: Half of one school day

Farm Description

Our goal at Aycocks' Sundance Farm is to share our love of the land and our enthusiasm for farming by growing tasty and healthy organic fruits, vegetables, and herbs, as well as freshly cut flowers. Our products include fresh flowers, apples, blackberries, blueberries, raspberries, fresh herbs, artisan crafts, and a wide variety of fresh vegetables.

Available Resources

Parking: One school bus and 2–3 cars or vans
Picnicking: No
Rain shelter: No
Snacks: No
Farmer visit to classroom: Yes

Costs

Free for students and chaperones

Additional Comments

We warmly welcome visitors to our farm. Since we are a 2-person outfit with 2 farmers markets/week, please call (828-733-1465) to schedule your visit.

Trosly Farm

Contact: Amos Nidiffer
95 Peter Harding Ln.
Elk Park, NC 28622
Avery

828-733-4938
troslyfarm@att.net

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7), gr.2-3 (age 7-9), gr.4-5 (age 9-11), gr.6-8 (age 11-14), High School (age 14-18)
Size of Groups: One class
Wheelchair Access: No

When to Visit

Best season: Spring, summer
Duration: Half of one school day

Farm Description

Our farm is committed to agricultural sustainability and diversity. We specialize in pastured poultry, chemical-free vegetables, and artisan breads (made with whole grains milled on farm). Check out our website for events this season! Our products include eggs, fresh flowers, apples, blueberries, melons, watermelons, fresh herbs, chicken, duck, game bird, geese, lamb, rabbit, turkey, baked goods, bread, and a wide variety of fresh vegetables.

Available Resources

Parking: Space for buses is available
Picnicking: Yes
Rain shelter: Yes
Snacks: Yes
Farmer visit to classroom: Yes, cost negotiable

Costs

Negotiable based on class size

Cane Creek Valley Farm

Contact: Jeremy and Amanda Sizemore, George and Celia Nesbitt
1448 Cane Creek Rd.
Fletcher, NC 28732
Buncombe

828-338-0188
info@canecreekorganics.com
www.canecreekorganics.com

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7), gr.2-3 (age 7-9), gr.4-5 (age 9-11), gr.6-8 (age 11-14), High School (age 14-18)
Size of Groups: One or two classes
Wheelchair Access: No

When to Visit

Best season: Spring, summer, fall
Duration: Half of one school day

Farm Description

We are now offering a wide variety of USDA Certified Organic vegetables, herbs, fruits and free range brown eggs through our CSA subscription program...join now!! All natural pork and beef packages year-round! Visit our website. Our products include eggs, fresh flowers, cantaloupes, melons, strawberries, watermelons, fresh herbs, beef, pork, and a wide variety of fresh vegetables.

Farm Tour Activities

We offer hayrides, harvesting, planting, and workshops. Please email us to set up a tour.

Available Resources

Parking: Space for buses is available
Picnicking: Yes
Rain shelter: Yes
Snacks: No
Farmer visit to classroom: Yes, \$50 per visit

Costs

\$5 per student, \$5 per chaperone

Dogwood Hills Farm

Contact: David and Jenny Zoppo Nielsen
369 Ox Creek Rd.
Weaverville, NC 28787
Buncombe

828-645-6286
dogwoodhillsfarm@frontier.com

Who Can Visit

Grade Levels/ Ages: gr. K-1 (age 4-7), gr. 2-3 (age 7-9), gr. 4-5 (age 9-11), gr. 6-8 (age 11-14), High school (age 14-18)
Size of Groups: One class
Wheelchair Access: No

When to Visit

Best season: Summer, fall
Duration: Half of one school day

Farm Description

We are a 10-acre mountain valley u-pick farm: blueberries, blackberries, concord grapes, heirloom apple varieties. Sorghum syrup is available seasonally. We are currently growing organically, not certified. Call or email for availability and hours. We offer tours and events by appointment. Our products include apples, blackberries, blueberries, grapes, and sorghum molasses.

Farm Tour Activities

We offer educational programs for school children and harvesting, and farm tours are available upon request. Please call or email for availability and hours.

Available Resources

Parking: Space for buses is not available
Picnicking: No
Rain shelter: No
Snacks: No
Farmer visit to classroom: No

Costs

Charge per student per amount of fruit or berries picked, chaperones free

Gaining Ground Farm

Contact: Anne and Aaron Grier
298 Sluder Branch Rd.
Leicester, NC 28748
Buncombe

828-545-2362

sluderbranch@yahoo.com

www.gaininggroundfarm-nc.com

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7), gr.2-3 (age 7-9), gr.4-5 (age 9-11), gr.6-8 (age 11-14), High School (age 14-18)

Size of Groups: One class

Wheelchair Access: No

When to Visit

Best season: Summer, fall

Duration: Half of one school day

Farm Description

For over 12 years, we have been producing a wide variety of seasonal vegetables, flowers, and herbs for sale at local tailgate markets and restaurants. We offer CSA shares, as well as grassfed beef. We use ecologically responsible growing methods. Our products include eggs, dried flowers, edible flowers, fresh flowers, fresh herbs, beef, and a wide variety of fresh vegetables.

Farm Tour Activities

Educational programs for school children, festivals, celebrations, and a look at one small diversified farm only 25 minutes from downtown Asheville. You'll see vegetable production, beef and dairy cows, flowers, chickens, and lots of wild birds.

Available Resources

Parking: Space for buses is available

Picnicking: Yes

Rain shelter: Yes

Snacks: No

Farmer visit to classroom: No

Costs

\$5 per student, \$5 per chaperone

Green Hill Urban Farm

Contact: Mike Fortune
30 Green Hill Ave
Asheville, NC 28806
Buncombe

828-775-0548

greenhillurbanfarm@gmail.com

www.greenhillurbanfarm.com

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7), gr.2-3 (age 7-9), gr.4-5 (age 9-11), gr.6-8 (age 11-14), High School (age 14-18)

Size of Groups: One class

Wheelchair Access: Yes

When to Visit

Best season: Spring, summer, fall

Duration: Half of one school day

Farm Description

Created in 2005 off Patton Ave. 62' greenhouse, gardens, fruit tree nursery, ducks, produce stand, rainwater systems. CSA runs May to October. Our products include eggs, edible flowers, fresh flowers, medicinal herbs, mushrooms, ramps, apples, blackberries, cantaloupes, figs, grapes, melons, peaches, pears, plums, raspberries, strawberries, watermelons, wineberries, grain corn, fresh herbs, Christmas wreaths, gourds, and a wide variety of fresh vegetables.

Farm Tour Activities

We offer educational programs for school children, festivals, celebrations, workshops, harvesting, planting, cooking, and u-pick apples, raspberries, and pears.

Available Resources

Parking: Space for buses is available

Picnicking: No

Rain shelter: No

Snacks: Yes

Farmer visit to classroom: Yes, \$30 per classroom

Costs

\$5 per student, \$5 per chaperone

Hickory Nut Gap Farm

Contact: Amy and Jamie Ager
 57 Sugar Hollow Rd.
 Fairview, NC 28730
 Buncombe

828-628-1027
 jamie@hickorynutgapfarm.com
 www.hickorynutgapfarm.com

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7), gr.2-3 (age 7-9), gr.4-5 (age 9-11), gr.6-8 (age 11-14), High School (age 14-18)
Size of Groups: One or two classes
Wheelchair Access: Yes

When to Visit

Best season: Fall
Duration: Full school day

Farm Description

Our mission is to connect sustainable agriculture practices, our family history, and our customers by sharing the family farm experience and serving as an example of healthy land stewardship while providing high quality ethically raised meats. Our products include eggs, goat cheese, apples, blueberries, beef, chicken, goat, pork, jam or preserves, soap, sorghum molasses, and artisan crafts.

Farm Tour Activities

Corn maze, educational programs for school children, farm tours, festival, celebrations, petting zoo, and scavenger hunt. We offer educational tours to school groups in the fall. Our farm store is open Wed.-Sat. 1-5 pm and we are open 7 days a week September and October. U-pick pumpkins mid-September through October.

Available Resources

Parking: Space for buses is available
Picnicking: Yes
Rain shelter: Yes
Snacks: Yes
Farmer visit to classroom: No

Costs

\$5 per student, \$5 per chaperone

Imladris Farm

Contact: Walter and Wendy Harrill
 45 Little Pond Rd.
 Fairview, NC 28730
 Buncombe

828-628-9377
 info@imladrisfarm.com
 www.imladrisfarm.com

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7), gr.2-3 (age 7-9), gr.4-5 (age 9-11), gr.6-8 (age 11-14), High School (age 14-18)
Size of Groups: One or two classes
Wheelchair Access: No

When to Visit

Best season: Spring, summer, fall, winter
Duration: Half of one school day

Farm Description

Shhh...hear that? At any time of year, a visit to Imladris Farm is an adventure of flavor and a chance to rejoin the age old cycle of seasons. Farm tours available by appointment. Tours run up to 2 hours, cost \$6 per person, and come with a \$6 credit towards any purchase made that day. Our products include eggs, firewood, blackberries, blueberries, raspberries, goat, rabbit, jam and preserves.

Available Resources

Parking: Space for buses is not available
Picnicking: Yes
Rain shelter: Yes
Snacks: No
Farmer visit to classroom: Yes, cost negotiable

Costs

\$6 per student, \$6 per chaperone



Ivy Creek Family Farm

Contact: Paul and Anna Littman
390 North Fork Rd.
Barnardsville, NC 28709
Buncombe

828-626-2447

wncfarm@gmail.com

www.ivycreekfamilyfarm.com

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7), gr.2-3 (age 7-9), gr.4-5 (age 9-11), gr.6-8 (age 11-14), High School (age 14-18)

Size of Groups: One to two classes

Wheelchair Access: No

When to Visit

Best season: Spring, summer, fall

Duration: Half school day

Farm Description

At Ivy Creek Family Farm we grow a wide variety of vegetables, flowers, mushrooms, and fruits using all natural practices. We sell our produce at area tailgate markets, through an 80-member CSA, and to area restaurants. On our farm field trips, students can plant, harvest, explore, and have fun! We can tailor the farm field trip to any age or curriculum focus. From leading students in soil explorations to teaching about composting to organizing farm scavenger hunts, we work to meet the needs of each school group.

Available Resources

Parking: Space for one bus is available

Picnicking: Yes

Rain shelter: No

Snacks: No

Farmer visit to classroom: Yes, cost negotiable

Costs

\$5 per student, \$5 per chaperone

Long Branch Environmental Education Center

Contact: Paul Gallimore
P.O. Box 369
Leicester, NC 28748
Buncombe

828-683-3662

paul@longbrancheec.org

www.longbrancheec.org

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7), gr.2-3 (age 7-9), gr.4-5 (age 9-11), gr.6-8 (age 11-14), High School (age 14-18)

Size of Groups: One to three or more classes

Wheelchair Access: Yes

When to Visit

Best season: Spring, summer, fall, winter

Duration: Full school day

Farm Description

Come explore our solar/eco-demonstrations, u-pick organic blueberries, raspberries, apples, cider, chestnuts, edible landscape, and trout pond. Hike exhilarating trails on 1,635 wild acres in the Newfound Mountains. Waterfalls, wildflowers, panoramic vistas, wildlife! Our products include fresh flowers, firewood, honey, medicinal herbs, sustainable wood products, many fruits, fresh herbs, trout, chestnuts, walnuts, cider, dried fruits, jam or preserves, compost, earthworms, and gourds.

Farm Tour Activities

We offer harvesting, planting, school programs, eco-tourism, environmental education programs for families, a pond for fishing, picnic areas, hiking trails, and scenic vistas.

Available Resources

Parking: Space for buses is available

Picnicking: Yes

Rain shelter: Yes

Snacks: No

Farmer visit to classroom: Yes, cost negotiable

Costs

Negotiable

Meadow Cove Farm

Contact: Claudine and Paul Cremer
Dula Springs Rd.
Weaverville, NC 28787
Buncombe

828-658-0294

meadowcovefarm@frontier.com

www.ncagr.gov/ncproducts/ShowSite.asp?ID=100853

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7), gr.2-3 (age 7-9), gr.4-5 (age 9-11)

Size of Groups: One class

Wheelchair Access: No

When to Visit

Best season: Spring, summer, fall

Duration: Half of one school day

Farm Description

Growing and processing seasonal vegetables, berries, fruits, flowers, and shiitake mushrooms. Free range chicken eggs also available. Interested in contract growing desired produce or flowers for individuals, local restaurants, grocers or residential and commercial businesses. Our products include eggs, fresh flowers, apples, Asian pears, blackberries, blueberries, cherries, figs, grapes, kiwis, pears, persimmons, raspberries, strawberries, wineberries, fresh herbs, chestnuts, landscape plants, and a wide variety of fresh vegetables.

Available Resources

Parking: Room for about 10 cars

Picnicking: No

Rain shelter: No

Snacks: No

Farmer visit to classroom: Yes, in exchange for a donation to ASAP or MANNA FoodBank

Costs

Free for students and chaperones

Mountain Meadows Farm

Contact: Trey Scott
221 Garrett Cove Rd.
Leicester, NC 28748
Buncombe

828-989-9898

trey@mountainmeadowsnc.com

www.mountainmeadowsnc.com

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7), gr.2-3 (age 7-9), gr.4-5 (age 9-11), gr.6-8 (age 11-14), High School (age 14-18)

Size of Groups: One or two classes

Wheelchair Access: No

When to Visit

Best season: Spring, fall

Duration: Half of one school day

Farm Description

We are in our third year of operation. We have organically grown raspberries, blackberries, blueberries, muscadine grapes, Japanese variety pears, apples, peaches, pluots, and fresh flowers. Our products include fresh flowers, apples, Asian pears, blackberries, blueberries, grapes, peaches, pears, raspberries, wineberries, dried herbs, fresh herbs, and landscape plants.

Available Resources

Parking: Space is available for buses in the field, but call ahead of time to make sufficient arrangements. Additional parking available for multiple cars and/or vans.

Picnicking: Yes

Rain shelter: No

Snacks: No

Farmer visit to classroom: Yes, \$50 per visit

Costs

\$5 per student, \$5 per chaperone

Additional Comments

I am willing to work with your curriculum and goals. ASAP is also a wonderful resource!

Warren Wilson College Garden

Contact: Pat Ross
Warren Wilson College - CPO#6081
Asheville, NC 28815-9000
Buncombe

828-771-3066
pross@warren-wilson.edu
www.warren-wilson.edu

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7), gr.2-3 (age 7-9), gr.4-5 (age 9-11), gr.6-8 (age 11-14), High School (age 14-18)

Size of Groups: One class

Wheelchair Access: No

When to Visit

Best season: Spring, fall

Duration: Half of one school day



Farm Description

The Warren Wilson College Garden is a 5-acre operation of mixed fruits and vegetables. We market our produce to the dining service on campus, to a CSA, and to two farmers markets on campus. We have a farm tour and garden tour available upon request. Our products include dried flowers, edible flowers, fresh flowers, honey, apples, Asian pears, blackberries, blueberries, cantaloupes, cherries, figs, grapes, melons, paws paws, pears, persimmons, plums, raspberries, strawberries, watermelons, wineberries, wheat, dried herbs, fresh herbs, transplants, and a wide variety of fresh vegetables.

Available Resources

Parking: Space is available for buses

Picnicking: Yes

Rain shelter: Yes

Snacks: No

Farmer visit to classroom: Yes

Costs

Please contact us for more information.

Apple Hill Orchard and Cider Mill

Contact: Gail and Hurley Prewitt
5205 Apple Tree Ln.
Morganton, NC 28655
Burke

828-437-1224

hprewitt@applehillorchard.com
www.applehillorchard.com

Who Can Visit

Grade Levels/ Ages: K-3 (age 4-9)
Size of Groups: One to three classes
Wheelchair Access: Yes

When to Visit

Best season: Fall
Duration: Half of one school day

Farm Description

We offer u-pick apples and Saturday wagon tours. The country store has our award winning cider, fruit butters and gift baskets. Our bakery makes baked items with the fruits we grow. Our products include apples, nectarines, peaches, baked goods, and cider.

Farm Tour Activities

Hayride, u-pick or we-pick apples and peaches in season. Saturday orchard tours in September through October. Educational tours by reservation. Visit the country store for fruit butters, jams, and gift baskets.

Available Resources

Parking: Space for buses is available
Picnicking: Yes
Rain shelter: Yes
Snacks: Yes
Farmer visit to classroom: No

Costs

\$6 per student, \$6 per chaperone

Bluebird Farm

Contact: William Lyons and Marie Williamson
4178 Bluebird Dr.
Morganton, NC 28655
Burke

828-584-7359

bluebirdfarmnc@gmail.com
www.bluebirdfarmnc.com

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7), gr.2-3 (age 7-9), gr.4-5 (age 9-11), gr.6-8 (age 11-14), High School (age 14-18)
Size of Groups: One class
Wheelchair Access: No

When to Visit

Best season: Spring, winter
Duration: Half of one school day

Farm Description

Bluebird Farm raises healthy, flavorful heirloom vegetables, pastured chicken and pork, and eggs using techniques that build soils to ensure quality vegetables and meat. Purchase our products at local farmers markets or through our CSA. Our products include eggs, fresh flowers, medicinal herbs, persimmons, fresh herbs, chicken, lamb, and pork.

Available Resources

Parking: Space is not available for buses
Picnicking: No
Rain shelter: No
Snacks: No
Farmer visit to classroom: Yes, \$25 per visit

Costs

\$25 up to 10 students + \$2/student over 10 students

Muddy Creek Farm

Contact: Patrick Stephens
3515 Seals Rd.
Morganton, NC 28655
Burke

828-403-5569
pbstephens@hughes.net

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7), gr.2-3 (age 7-9), gr.4-5 (age 9-11), gr.6-8 (age 11-14), High School (age 14-18)

Size of Groups: One class

Wheelchair Access: No

When to Visit

Best season: Spring, fall

Duration: Half of one school day

Farm Description

We are located in the foothills of Burke Co. beside Muddy Creek. We have shiitake mushrooms and a variety of produce available in season. Our products include mushrooms, fresh herbs, beets, broccoli, Brussels sprouts, cabbage, carrots, cucumber, eggplant, green beans, hot peppers, lettuce, okra, peas, pumpkins, radish, salad greens, spinach, summer squash, sweet peppers, and tomatoes.

Available Resources

Parking: Space is available for buses

Picnicking: No

Rain shelter: No

Snacks: No

Farmer visit to classroom: Yes

Costs

Please contact us for more information.



Farmville, Inc.

Contact: Richard Knee
 670 Ranger Estate Rd.
 Murphy, NC 28906
 Cherokee

828-361-1419
 richard@richardandjoy.com

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7), gr.2-3 (age 7-9), gr.4-5 (age 9-11)
Size of Groups: One class
Wheelchair Access: No

When to Visit

Best season: Spring, fall
Duration: Half of one school day

Farm Description

Our products include eggs, goat cheese, cucumbers, okra, pole beans, potatoes, sweet corn, sweet peppers, tomatoes, and winter squash. We also offer hayrides, harvesting, farm tours, and farm education for children.

Available Resources

Parking: Space is available for buses
Picnicking: No
Rain shelter: No
Snacks: No
Farmer visit to classroom: Yes

Costs

Please contact us for more information.



Stoney Hollow Farm

Contact: Scott Boxberger
944 Ollies Creek Rd.
Robbinsville, NC 28771
Graham

828-735-2983
scott@stoneyhollowfarm.net
www.stoneyhollowfarm.net

Who Can Visit

Size of Groups: One class

Wheelchair Access: No

When to Visit

Best season: Spring, fall

Duration: Half of one school day

Farm Description

Family farm offering fruits, berries, vegetables, grapes, herbs, and flowers, as well as jams, honey, and baked goods. U-pick/we pick operates seven days a week. Our rental cabin is an ideal location for family vacations or special events.

Farm Tour Activities

Farm tours can include harvesting, planting, and cooking. We operate on a u-pick or we pick basis 7 days a week from sunrise to sunset. Our products include cherries, peaches, plums, blueberries, raspberries, blackberries, apples, grapes, vegetables, and flowers.

Available Resources

Parking: Space for buses is available

Picnicking: No

Rain shelter: Yes

Snacks: No

Farmer visit to classroom: No

Costs

Negotiable



Seasonal Produce Farm

Contact: Skipper Russell
133 Berea Ct.
Waynesville, NC 28786
Haywood

828-648-8575, 828-734-5500
ptfarmer58@aol.com

Who Can Visit

Grade Levels/ Ages: KK-1 (age 4-7), gr.2-3 (age 7-9), gr.4-5 (age 9-11), gr.6-8 (age 11-14), High School (age 14-18)
Wheelchair Access: Yes

When to Visit

Best season: Spring, summer, fall
Duration: Full school day

Farm Description

We grow tomatoes, bell peppers, beans, romaine lettuce, basil, broccoli, potatoes, cucumbers and sweet corn. Look for our vegetables at Ingles markets. Call or email to arrange to purchase directly from the farm. Cold Mountain Corn Maze is on our farm Sep. through Oct.

Farm Tour Activities

We offer hayrides, harvesting, and cooking. We also have the Cold Mountain Corn Maze in Sep. through Oct., with a Halloween maze in the evenings.

Available Resources

Parking: Space for buses is available
Picnicking: Yes
Rain shelter: No
Snacks: No
Farmer visit to classroom: Yes, price negotiable

Costs

\$1 per hayride participant, \$7 per corn maze participant

Wildcat Ridge Farm

Contact: Ricardo and Suzanne Fernandez
3553 Panther Creek Rd.
Clyde, NC 28721
Haywood

828-627-6751
wildcatridgefarm@gmail.com
www.wildcatridgefarm.com

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7), gr.2-3 (age 7-9), gr.4-5 (age 9-11), gr.6-8 (age 11-14)
Size of Groups: One class (limit 40 people)
Wheelchair Access: No

When to Visit

Best season: Spring, summer, fall
Duration: Half of one school day

Farm Description

We grow and sell award-winning peonies and gourmet fig trees. Cut flowers available mid-Apr. through mid-May. Peony plants and fig trees available spring through fall.

Farm Tour Activities

Ricardo is a certified master gardener with a passion for growing flowers, gourmet fig trees, and an abundance of fruits and vegetables for his family and his award-winning Chef Ricardo's tomato sauces. We offer our customers the chance to walk through our farm and select the peonies they would like for us to cut for them. We also offer the chance to view all of our fig trees before purchasing. Visits are by appointment only spring through summer.

Available Resources

Parking: Space for buses is not available
Picnicking: Yes
Rain shelter: No
Snacks: Yes
Farmer visit to classroom: \$50 per visit, only for Haywood County classrooms

Costs

\$10-\$15 per student, \$10-\$15 per chaperon, depending on activity

Holler Ministries

Contact: Justin Rhodes
 455 Huntley Rd.
 Fletcher, NC 28732
 Henderson

828-651-9827
 rlrhodes@bellsouth.net

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7), gr.2-3 (age 7-9), gr.4-5 (age 9-11), gr.6-8 (age 11-14), High School (age 14-18)
Size of Groups: One to three or more classes
Wheelchair Access: No

When to Visit

Best season: Spring, summer, fall
Duration: Half of one school day

Farm Description

Community farm featuring "Hollerganic" produce through CSA and pastured beef. Growing lovers of God and people while providing food for the community, camp ministry, and the less fortunate of WNC.

Farm Tour Activities

We offer hayrides, harvesting, and scavenger hunts. Pick a bushel of seasonal veggies for \$30 (Saturdays only)!

Available Resources

Parking: Space for buses is not available
Picnicking: No
Rain shelter: No
Snacks: No
Farmer visit to classroom: Yes, \$50 per visit

Costs

\$5 per student, \$5 per chaperone



Justus Orchard

Contact: Don Justus
 187 Garren Rd.
 Hendersonville, NC 28792
 Henderson

828-685-8033
 mdjustus@yahoo.com
 www.justusorchard.com

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7), gr.2-3 (age 7-9), gr.4-5 (age 9-11), gr.6-8 (age 11-14), High School (age 14-18)
Size of Groups: One to three or more classes
Wheelchair Access: Yes

When to Visit

Best season: Fall
Duration: Half of one school day

Farm Description

We are a fourth-generation family farm growing apples, blackberries, peaches, and pumpkins. All are u-pick or we pick. We also offer fried apple pies, apple cider, boiled peanuts, canned goods and local vegetables.

Farm Tour Activities

We offer hayrides, harvesting, u-pick or we pick apples, blackberries, peaches, nectarines, and Asian pears. During apple season we offer farm baked goods, cider donuts, fresh apple cider, horse drawn hayrides, tractor rides, pick your own pumpkin patch, and much more. Pick your own apples, blackberries, peaches, and pumpkins.

Available Resources

Parking: Space for buses is available
Picnicking: Yes
Rain shelter: Yes
Snacks: Yes
Farmer visit to classroom: Yes

Costs

Please contact us for more information.

McConnell Farms

Contact: Danny McConnell
 177 Old Dana Rd.
 Hendersonville, NC 28792
 Henderson

828-692-2819
 mcconnell_farms@bellsouth.net

Who Can Visit

Grade Levels/ Ages: gr.2-3 (age 7-9), gr.4-5 (age 9-11), gr.6-8 (age 11-14), High School (age 14-18)
Size of Groups: One or two classes
Wheelchair Access: No

When to Visit

Best season: Spring, summer
Duration: Half of one school day

Farm Description

We grow strawberries, rhubarb, asparagus, blackberries, micro-mix greens, vegetables, raspberries, apples, peaches, plums, Asian pears, and greenhouse and nursery plants. Our other products include preserves, fruit butters, artisan crafts, and ciders. We offer field trips and tours and have an ice cream shop on the farm.

Available Resources

Parking: Space for buses is available
Picnicking: Yes
Rain shelter: Yes
Snacks: Yes
Farmer visit to classroom: No

Costs

Please contact us for more information.

Oliver Organics

Contact: Hal Oliver
 101 Winsom Trail
 Hendersonville, NC 28739
 Henderson

828-697-1153
 olivorg@bellsouth.net

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7), gr.2-3 (age 7-9), gr.4-5 (age 9-11), gr.6-8 (age 11-14), High School (age 14-18)
Size of Groups: One class
Wheelchair Access: No

When to Visit

Best season: Spring, summer, fall
Duration: Half of one school day

Farm Description

We have over 150 types of bedding plants, and 10 to 20 different items of produce weekly. We sell at the Henderson County Tailgate Market, the Asheville Herb Festival, and "Growin' in the Mountains" at the WNC Farmers Market.

Available Resources

Parking: Room for 5-6 cars and/or vans
Picnicking: No
Rain shelter: No
Snacks: No
Farmer visit to classroom: Yes, cost negotiable

Costs

Negotiable



Sky Top Orchard

Contact: David and Lindsey Butler
 P.O. Box 302
 Flat Rock, NC 28731
 Henderson

828-692-7930
skytoporchard@gmail.com
 www.skytoporchard.com

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7), gr.2-3 (age 7-9), gr.4-5 (age 9-11)
Size of Groups: One to three or more classes
Wheelchair Access: Yes

When to Visit

Best season: Fall
Duration: Half of one school day

Farm Description

We are a 50-acre apple orchard offering 25 varieties of u-pick/we pick apples, grapes, Asian pears, peaches, and pumpkins. We press our own apple cider. Educational field trips are offered. We are open daily, 9 am-6 pm, Aug.-Nov.

Farm Tour Activities

We offer hayrides and harvesting. Our educational tours include a learning session about growing apples, watching our sorter or cider press, a hayride, and picking a 2 lb. bag of apples per child. We have a beautiful panoramic view of the Blue Ridge Mountains. Bring a picnic, feed our farm animals, and visit our playground.

Available Resources

Parking: Space for buses is available
Picnicking: Yes
Rain shelter: Yes
Snacks: Yes
Farmer visit to classroom: Yes

Costs

Please contact us for more information.

Stepp Farm’s Hillcrest Orchard

Contact: Sonya Hollingsworth
 221 Stepp Orchard Dr.
 Hendersonville, NC 28792
 Henderson

828-685-9083
applesjhs@hotmail.com
 www.steppapples.com

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7)
Size of Groups: One to three classes
Wheelchair Access: Yes

When to Visit

Best season: Fall
Duration: Half of one school day

Farm Description

We are a 40-year, three-generation family farm. We offer pick your own with 22 varieties of apples, grapes, honey, molasses, cider, potatoes, and pumpkins, as well as weekend wagon rides. We have a gift shop and gift packs are available. School tours occur during the week. Groups and buses are welcome.

Available Resources

Parking: Space for buses is available
Picnicking: Yes
Rain shelter: Yes
Snacks: Yes
Farmer visit to classroom: No

Costs

Please contact us for more information.



Avant Garden and Venue

Contact: Curt Collins
 P.O. Box 3041
 Cullowhee, NC 28723
 Jackson

919-800-8708
 avantgardenorganicfarm@gmail.com

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7), gr.2-3 (age 7-9), gr.4-5 (age 9-11), gr.6-8 (age 11-14), High School (age 14-18)
Size of Groups: One or two classes
Wheelchair Access: No

When to Visit

Best season: Summer, fall
Duration: Half or full school day

Farm Description

Avant Garden is an organic primitive small farm, relying on ancient methods and modern know-how. We work in harmony with nature to provide real food security to our community. Contact us or look us up on Facebook. Our products include fresh flowers, medicinal herbs, blackberries, raspberries, strawberries, dried herbs, fresh herbs, trout, sunflower seeds, corn meal, preserves, pesto, pickles, compost, transplants, and a wide variety of fresh vegetables.

Farm Tour Activities

We offer a corn maze, educational programs for school children, and celebrations.

Available Resources

Parking: Space for buses is available
Picnicking: Yes
Rain shelter: No
Snacks: No
Farmer visit to classroom: Yes, cost negotiable

Costs

Negotiable

Balsam Gardens, LLC

Contact: Steven Beltram
 433 Crawford Cemetery Rd.
 Sylva, NC 28779
 Jackson

828-713-0450
 balsamgardens@gmail.com
 www.balsamgardens.com

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7), gr.2-3 (age 7-9), gr.4-5 (age 9-11), gr.6-8 (age 11-14), High School (age 14-18)
Size of Groups: One class
Wheelchair Access: No

When to Visit

Best season: Spring, summer, fall
Duration: Half of one school day

Farm Description

We produce vegetables, pastured poultry, and pork. Join our CSA or find us at the Waynesville and Sylva farmers markets. Our products include eggs, edible flowers, fresh flowers, chicken, pork, garlic braids, transplants, and a wide variety of fresh vegetables.

Available Resources

Parking: 8-10 cars or vans in the driveway
Picnicking: No
Rain shelter: No
Snacks: No
Farmer visit to classroom: Yes, cost negotiable

Costs

Free for students and chaperones



Pomme de Terre

Contact: John Beckman
2541 Tilley Creek Rd.
Cullowhee, NC 28723
Jackson

828- 269-3050
beckmanmtn@frontier.com

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7), gr.2-3 (age 7-9), gr.4-5 (age 9-11), gr.6-8 (age 11-14), High School (age 14-18)
Size of Groups: One or two classes
Wheelchair Access: No

When to Visit

Duration: Half of one school day

Farm Description

Pomme de Terre grows vegetables, flowers, plants, and shrubs and trees. In early-to mid-May the farm is full of colorful blossoms and blooms. In late summer and early fall, the fields are packed full of different varieties of pumpkins and winter squash. Come learn about seeds, planting, grafting apple trees, and much more! We can tailor the farm field trip to class curriculum and interests.

Available Resources

Parking: Space for buses is not available
Picnicking: Yes
Rain shelter: Yes
Snacks: No
Farmer visit to classroom: Yes

Costs

Please contact us for more information.



Shared Blessings Farm

Contact: Jackie Hooper
195 Indian Mound Rd.
Cullowhee, NC 28723
Jackson

828-293-1421
sharedblessingsfarm@frontier.com

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7), gr.2-3 (age 7-9), gr.4-5 (age 9-11), gr.6-8 (age 11-14), High School (age 14-18)
Size of Groups: One or two classes
Wheelchair Access: No

When to Visit

Duration: Half of one school day

Farm Description

We offer the largest variety of animals in Jackson County. In our version of "Ole MacDonald's," you will be up close and personal with over 12 different species of animals and nearly every kind of vegetable. Our products include eggs, rabbit, gourds, landscape plants, transplants, beets, green beans, green onions, kale, lettuce, peas, radish, salad mix, spinach, and sweet potatoes.

Available Resources

Parking: Space for buses is not available
Picnicking: No
Rain shelter: No
Snacks: No
Farmer visit to classroom: No

Costs

Please contact us for more information.

Deal Family Farm

Contact: Joe, Butch and Devon Deal
825 Higdon Rd.
Franklin, NC 28734
Macon

828-524-5151
info@dealfarms.com
www.dealfarms.com

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7), gr.2-3 (age 7-9), gr.4-5 (age 9-11), gr.6-8 (age 11-14), High School (age 14-18)
Size of Groups: One to three or more classes
Wheelchair Access: Yes

When to Visit

Best season: Spring, fall
Duration: Half of one school day

Farm Description

We have been farming locally since 1951. We are located on Hwy. 64 West in Franklin, NC. We have a variety of fresh produce and agritourism services. Our products include eggs, fresh flowers, firewood, honey, mushrooms, apples, blackberries, blueberries, cantaloupes, melons, peaches, raspberries, strawberries, watermelons, grain corn, popcorn, fresh herbs, beef, cider, preserves, sorghum molasses, Christmas wreaths, corn shocks, gourds, ornamental corn, transplants, and a wide variety of fresh vegetables.

Farm Tour Activities

We offer hayrides, educational tours, school programs (elementary through high school), and a corn maze. We also have u-pick tomatoes, peppers, and beans available during Sep. until frost, and u-pick pumpkins Sep. through Oct.

Available Resources

Parking: Space for buses is available
Picnicking: Yes
Rain shelter: Yes
Snacks: Yes
Farmer visit to classroom: Yes, free

Costs

\$3 per student, \$3 per chaperone

Nantahala Herb Company

Contact: Nicole Denison
1914 Otter Creek Rd.
Nantahala, NC 28781
Macon

828-321-9810
nantahalaherbcompany@yahoo.com

Who Can Visit

Grade Levels/ Ages: gr.4-5 (age 9-11), gr.6-8 (age 11-14), High School (age 14-18)
Size of Groups: One to three classes
Wheelchair Access: No

When to Visit

Duration: Half of one school day

Farm Description

We offer all natural soaps and scrubs using herbs and flowers grown on-site and organic ingredients. Custom orders and gift sets are available. Our products include transplants, in-season vegetables with fresh, eggs, dried flowers, edible flowers, fresh flowers, medicinal herbs, dried herbs, fresh herbs, trout, soap, teas, artisan crafts, candles, and salves.

Available Resources

Parking: Space for buses is not available
Picnicking: Yes
Rain shelter: Yes
Snacks: No
Farmer visit to classroom: Yes, \$30 per visit

Costs

Please contact us for more information.



Otter Creek Trout Farm

Contact: Alex and Nicole Denison
1914 Otter Creek Rd.
Topton, NC 28781
Macon

828-321-9810
ottercreektrout@yahoo.com

Who Can Visit

Grade Levels/ Ages: gr.4-5 (age 9-11), gr.6-8 (age 11-14), High School (age 14-18)
Size of Groups: One to three classes
Wheelchair Access: No

When to Visit

Best season: Spring, summer, fall
Duration: Half of one school day

Farm Description

We provide farm-fresh rainbow trout, whole or fillet, and live trout for stocking. We offer pond and creek fishing. Call ahead for school groups or public farm tours and learn more about aquaculture in Western NC. Our products include eggs, dried flowers, edible flowers, fresh flowers, medicinal herbs, dried herbs, fresh herbs, trout, soap, teas, artisan crafts, landscape plants, salves, transplants, and a wide variety of fresh vegetables.

Farm Tour Activities

We offer educational programs for school children, farm tours, celebrations, workshops, and scavenger hunts. We also offer trout tours that include information about aquaculture, permaculture, and the history of trout production in WNC. We offer pond and creek fishing to guarantee you the farm-freshest catch!

Available Resources

Parking: Space for buses is available
Picnicking: Yes
Rain shelter: Yes
Snacks: No
Farmer visit to classroom: Yes, \$30 per visit

Costs

25 or more people for \$2 per person; 20-25 people for \$4 per person; under 20 people for \$5 per person



East Fork Farm

Contact: Stephen Robertson
 215 Meadow Branch Rd.
 Marshall, NC 28753
 Madison

828-206-3276
 eastforkfarm@main.nc.us
 www.eastforkfarm.net

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7), gr.2-3 (age 7-9), gr.4-5 (age 9-11), gr.6-8 (age 11-14), High School (age 14-18)
Size of Groups: One class
Wheelchair Access: Yes

When to Visit

Best season: Spring, summer
Duration: Half of one school day

Farm Description

We are a family farm raising grassfed lamb, free range chickens, farm-fresh eggs, and rabbits, all without added hormones or antibiotics. Our mission is to employ sustainable farming practices by producing superior tasting and healthy products for your family.

Farm Tour Activities

Enjoy hands-on time with our newborn lambs, newly-hatched chicks and adorable bunnies; stroll through our pastures and observe the sheep and chickens benefiting from our rotational grazing practices; take home some free range chicken, and farm fresh eggs.

Available Resources

Parking: Space for buses is available
Picnicking: Yes
Rain shelter: Yes
Snacks: No
Farmer visit to classroom: Yes

Costs

Free for students and chaperones



Mulberry Gap Farm

Contact: Deborah Kaye
1126 Upper Thomas Branch Rd.
Marshall, NC 28753
Madison

828-649-9690
deb.kay108@gmail.com
www.mulberrygapfarm.com

Who can visit

Grade Levels/ Ages: K-1 (age 4-7), gr. 2-3 (age 7-9), gr. 4-5 (age 9-11), gr. 6-8 (age 11-14), High School (age 14-18)
Size of Groups: One or two classes
Wheelchair Access: No

When to Visit

Best season: Spring, summer, fall
Duration: A few hours to half day

Farm Description

We are a diversified farm with many animals. Students can see chickens, pigs, cows, sheep, and goats. Depending which season, students may see young animals. We have a hay barn, and the children can climb on the hay. We have an orchard, and we can explain the different types of trees. We also have a large garden seasonally.

Available Resources

Parking: Bus parking available
Picnicking: Yes
Rain shelter: No
Snacks: No
Farmer visit to classroom: Yes

Costs

\$4 to \$5 per student, chaperone



Orchard at Altapass

Contact: Skip Carson
1025 Orchard Rd.
Altapass, NC 28761
Mitchell

828-765-9531

skipcarson@altapassorchard.com

www.altapassorchard.com

Who Can Visit

Grade Levels/ Ages: Pre-k and up

Size of Groups: Any size

Wheelchair Access: Yes

When to Visit

Best season: Fall

Duration: Full School Day

Farm Description

The Historic Orchard at Altapass is a 104-year-old apple orchard that is also an Appalachian Cultural Center celebrating the people, music, art, and natural beauty of the Blue Ridge Mountains in North Carolina. Built by the Clinchfield Railroad in 1908, the Orchard sits right on the Blue Ridge Parkway providing some of the most amazing scenery around. In addition to seeing our beautiful orchards, children can watch the entire lifecycle of Monarch butterflies at our Butterfly Conservation Center, and they can see thousands of our busy tree pollinators in the orchard beehive. Groups are all invited to take hayrides where you gaze out at the picture-perfect views while listening to stories that have shaped our area for centuries.

Available Resources

Parking: Space for buses is available

Picnicking: Yes

Rain shelter: Yes

Snacks: Available for purchase, during apple season, students get one apple each

Farmer visit to classroom: Yes

Costs

\$6 per person, teachers, teacher-assistants and drivers are free



Lattimore Farms

Contact: Alex Lattimore
P.O. Box 423
Lattimore, NC 28089
Rutherford

704-434-7190
alexlattimore14@hotmail.com
www.lattimorefarms.com

Who Can Visit

Grade Levels/ Ages: K-3 (age 4-9)
Size of Groups: One class
Wheelchair Access: No

When to Visit

Best season: Spring
Duration: Half of one school day

Farm Description

We have freshly grown strawberries and a roadside stand. Either you can pick berries or we have them readily available.

Available Resources

Parking: Space for buses is available
Picnicking: No
Rain shelter: No
Snacks: No
Farmer visit to classroom: No

Costs

Please contact us for more information.



Coffey's Orchard at Coffey Grounds

Contact: Nancy C. Moretz
833 Ridge Rd.
Boone, NC 28607
Watauga

828-964-2645
nancynjerry@charter.net

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7), gr.2-3 (age 7-9), gr.4-5 (age 9-11)
Size of Groups: One or two classes
Wheelchair Access: No

When to Visit

Best season: Fall
Duration: Half of one school day

Farm Description

Our small Century farm sells apples, fall produce, and fall decorations in season. Please call ahead. Reservations required for fall agri-education tours. We offer year-round fiber arts programs, hayrides, and educational programs for children. Our products include eggs, apples, dried fruits, artisan crafts, Christmas trees, Christmas wreaths, corn shocks, felt, gourds, hand knit clothing, hand spun yarn, ornamental corn, cabbage, potatoes, pumpkins, and winter squash.

Available Resources

Parking: Space for buses is available
Picnicking: No
Rain shelter: No
Snacks: No
Farmer visit to classroom: Yes, cost negotiable

Costs

\$5 per student, \$5 per chaperone

Additional Comments

We prefer 1 or 2 classes for onsite visits, depending on the program. Farm tours are available from mid-September to mid-Oct. Farmer in-classroom visits available year-round. Onsite and in-classroom fiber arts programs available year-round.

North Fork Farm

Contact: Jimmy and Sheila Greene
680 North Fork Rd.
Zionville, NC 28698
Watauga

828-297-5755
northforkfarm@skybest.com
www.northforkfarmbeef.com

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7), gr.2-3 (age 7-9), gr.4-5 (age 9-11), gr.6-8 (age 11-14), High School (age 14-18)
Size of Groups: One class
Wheelchair Access: No

When to Visit

Best season: Spring, summer, fall
Duration: Half of one school day

Farm Description

We're a small family farm located in Western NC. We sell beef, pork, and chicken, which are raised without antibiotics or added hormones. You may purchase custom cut or prepackaged products. We look forward to serving you.

Available Resources

Parking: There is a parking lot available at the church. Additional parking is available for about 6 cars or vans.
Picnicking: No
Rain shelter: No
Snacks: No
Farmer visit to classroom: Yes, free

Costs

Free for students and chaperones



Bee Log Farm and Nursery

Contact: Robin and Wayne Smith
 90 Hensley Branch Rd.
 Burnsville, NC 28714
 Yancey

828-682-4060
 tomatolady@beelogfarm.com
 www.beelogfarm.com

Who Can Visit

Wheelchair Access: No

Farm Description

Our small family farm grows using organic practices. We offer herbs, heirloom plants, and heirloom vegetables, berries, free range eggs, and honey. Anyone interested in learning more about bees, chickens, or growing your own food is welcome to visit. Our products include eggs, farm tours, honey, blackberries, blueberries, fresh herbs, vinegar, wheat grass, transplants, and a wide variety of fresh vegetables.

Available Resources

- Parking:** No
- Picnicking:** No
- Rain shelter:** No
- Snacks:** No
- Farmer visit to classroom:** No

Costs

Please contact us for more information.



Firefly Farm

Contact: Elizabeth Gibbs and Scott Paquin
 534 Grindstaff Rd.
 Burnsville, NC 28714
 Yancey

828-675-4739
 firefly@mtnarea.net
 www.fireflyfarmnc.com

Who Can Visit

- Grade Levels/ Ages:** gr.4-5 (age 9-11), gr.6-8 (age 11-14), High School (age 14-18)
- Size of Groups:** One or two classes
- Wheelchair Access:** No

When to Visit

- Best season:** Fall
- Duration:** Full school day

Farm Description

Small diverse farm on the S. Toe River near Celo, NC. We use organic and sustainable methods to grow our vegetables. We sell to restaurants, groceries, and at farmers markets. We have a young heirloom fruit tree orchard and 100% grassfed Devon beef. Our products include eggs, edible flowers, fresh flowers, sustainable wood products, apples, blackberries, blueberries, peaches, dried herbs, fresh herbs, beef, preserves, tomato sauce, Christmas wreaths, seeds, and a wide variety of fresh vegetables.

Available Resources

- Parking:** Space for buses is available
- Picnicking:** Yes
- Rain shelter:** Yes
- Snacks:** Yes
- Farmer visit to classroom:** Yes, \$50 per visit

Costs

\$5 per student, \$5 per chaperone

Additional Comments

We've had successful exciting school visits including harvest, food prep, and meal for a group of 30 middle school age. A mini-tour is also available.

Mountain Farm

Contact: Marilyn Cade
125 Copperhead Bend
Burnsville, NC 28714
Yancey

828-675-4856
marilyn@mountainfarm.net
www.mountainfarm.net

Who Can Visit

Grade Levels/ Ages: K-1 (age 4-7), gr.2-3 (age 7-9), gr.4-5 (age 9-11)
Size of Groups: One class
Wheelchair Access: No

When to Visit

Best season: Spring
Duration: Half of one school day

Farm Description

We are a beautiful mountain farm offering lavender gardens, annual Lavender Festival, u-pick blueberries, dairy goats, llamas, Angora goats, rabbits, weddings, vacation rental, family farm visits, on-farm shop, and lavender products. Open year-round. Some of our other products include eggs, wool, maple syrup, salad dressing, soap, artisan crafts, Christmas wreaths, decorative, floral wreaths, hand knit clothing, manure, salves, and transplants.

Available Resources

Parking: Space for buses is available
Picnicking: Yes
Rain shelter: Yes
Snacks: Yes
Farmer visit to classroom: Yes

Costs

\$5 per student, \$5 per chaperone

Wellspring Farm

Contact: Elke Amenda-Spirakis
166 Wellspring Ln.
Burnsville, NC 28714
Yancey

828-682-0458
llama1@yancey.main.nc.us
www.wellspringfarm.com

Who Can Visit

Grade Levels/ Ages: gr.2-3 (age 7-9), gr.4-5 (age 9-11), gr.6-8 (age 11-14), High School (age 14-18)
Size of Groups: One class
Wheelchair Access: No

When to Visit

Best season: Spring, summer, fall

Farm Description

Wellspring Farm raises llamas, Jacob/Tunis/Corriedale sheep, and Angora and meat rabbits. Farm tours, workshops, school programs and llama shearing services offered. Farm shop sells wool products, spinning wheels, honey, and handmade soap. Check our website for details. Some of our other products include eggs, alpaca wool, beeswax, honey, blueberries, peaches, raspberries, rabbit, soap, artisan crafts, candles, felt, hand knit clothing, hand spun yarn, manure, and transplants.

Available Resources

Parking: Available for 8 cars or 3-4 vans
Picnicking: Yes
Rain shelter: Yes
Snacks: No
Farmer visit to classroom: Yes, contact farm for cost quote

Costs

Varies based on program

Whispersholler Farms, LLC

Contact: Kendall Huntley and Anna Whitley
689 Bald Mountain Rd.
Burnsville, NC 28714
Yancey

828-536-4953
whispersholler@gmail.com
www.whispershollerfarms.com

Who Can Visit

Grade Levels/ Ages: K-3 (age 4-9), gr. 4-5 (age 9-11)
Size of Groups: One class
Wheelchair Access: No

When to Visit

Best season: Spring, summer
Duration: Half of one school day

Farm Description

We are a series of small farms specializing in organic vegetable production, fruits, berries, and native plants. We offer farming classes for young and old, a CSA, a blog, and a farm stand. Our products include edible flowers, fresh flowers, firewood, honey, mushrooms, fresh herbs, and a wide variety of fresh vegetables.

Farm Tour Activities

We offer harvesting, planting, cooking, and a scavenger hunt. Tours and educational programs by appointment only. If you are interested, you can make an appointment to check out one of our farms and harvest your own "Box Of Love." Appointments are set based on availability.

Available Resources

Parking: Space for buses is available
Picnicking: Yes
Rain shelter: Yes
Snacks: Yes
Farmer visit to classroom: Yes, cost negotiable

Costs

Negotiable



Curriculum Connections: Activity Ideas

There are many ways of linking your field trip into classroom curriculum. The following section contains ideas for activities to use with your students during and after farm field trips. You will also find an expanded section for activities that directly connect to science standard course of study.

English Language Arts

- Work with students to develop a list of questions they would like to ask the farmer. During the farm field trip, interview the farmer and record his/her answers. Students can also connect this project with technology by adding video or photography components to the interview.
- Create a field trip journal with expectations, observations, ideas, stories, feelings, questions, thoughts, memories, drawings, etc.
- Study agricultural terms with students in the classroom before the field trip, and identify them later on the farm. You can then use the terms as spelling words in the classroom.
- While on the field trip, teach students to use field guides to identify plants, birds, insects, etc.
- Go on a letter hunt during the farm field trip. What do students see that starts with A, B, C, etc.?
- Go on a syllable hunt on the farm—find five things that are two syllable words, five things that are three syllable words.
- Take photographs of different things on the farm. Use the photos to put together a class newspaper or newsletter about the farm and farm field trip.
- Back in the classroom, guide students in writing a report on something learned during the farm field trip and present it to the class.
- Read a children’s book that relates to the farm field trip. Ask students to recall information from the book and relate it to the farm.
- Teach students one simple farm task such as feeding an animal, digging potatoes, or starting seeds in the hoop house. Break the task into three or four clear steps. After the students complete the task, give them four or five pieces of paper and ask them to illustrate and/or write out the steps of the task.

Healthful Living

- Introduce students to food groups. Ask students to identify the food groups they see on the farm (if you are on a vegetable farm that has a cover crop of barley or buckwheat, you can explain that they might look like a vegetable, but when processed are a grain!). Can the students find all of the food groups on the farm?
- Cook with students on the farm. Connect the cooking lesson to states of matter and state changes, tools used, temperature, or parts of a plant. (Carrots have leaves, but we eat the root!)

Mathematics

- Have students estimate lengths and heights of things on the farm. Bring along measurement tools to get actual numbers and compare them to their predictions.
- Measure wind speed, temperature, and humidity on different parts of the farm. How would these things impact what farmers grow or raise in different locations?
- Chart temperatures of things on the farm (the weather, pond water, creek water, puddles, compost pile) in Fahrenheit and Celsius.
- Work with students to determine weight and volume of wet and dry soil samples from the farm.
- Make seed tapes using paper towels, glue made from corn starch, and seeds. Use rulers to measure space between seeds and then plant the whole thing.
- Harvest and weigh vegetables using proper tools for weight measurement. Compare one pound of spinach to one pound of broccoli. What difference or similarities do students see?
- Have students harvest vegetables and sort them by size, color, or variety.
- Have students ask the farmer how many eggs their chickens lay in a day. Then, ask students to calculate how many they lay in a week/one month. Do the same activity with gallons of milk produced.



Science

- Take soil samples from around the farm—in the field, around a forest, next to a stream. Analyze and compare the soil from each location.
- Talk with students about insects on the farm. Which are beneficial? Which are harmful? What are the insects' life cycles? Go on an insect hunt on the farm and then analyze the insects.
- Show students the farm compost pile. With the farmer, let students add a layer of hay or other material and explain what they added to the compost and why. Introduce decomposition.
- Talk with students about pollinators. Ask them to identify pollinators as they tour the farm.
- Lead students in collecting seeds from plants on the farm.

CONNECTING YOUR FIELD TRIP TO THE CLASSROOM

Social Studies

- Learn about how food gets from the farmer to the consumer. Identify people in the community involved in getting food to community members (include seed producers, truck drivers, grocery store attendants, etc).
- Talk with students about the roles of family members and workers on the farm. Does the farmers' entire family work on the farm? What role/task would the students want?
- Glean food from the farm and take it to a local food bank. Talk with students about people in need and how farms can help.
- Talk with students about historic planting and harvesting rituals and folklore. Ask the farmers if they follow any traditions on their farm and why.
- Allow students to talk with the farmer about how they have seen farming practices change on the family farm. Does the farmer work with their parents or grandparents? What does he/she remember about farming as a young person?
- Trace the histories of familiar plants – where they originated, who brought them to this country, the impact they have had on our diets, and how the original plants have been altered. Ask students to make up a fable about one fruit or vegetable on the farm. Where did it come from?



Visual Arts

- Make drawings, sketches, and paintings of things on the farm.
- Make leaf poundings. Gather leaves and arrange them on watercolor paper. Cover with a layer of paper towels or wax paper. Pound lightly, but thoroughly, with a hammer. Remove the paper towels and the leaf matter. The color and shapes of the leaves will transfer to the paper.
- Make vegetable and fruit prints. Cut the vegetable or fruit in half and paint it with watercolors. Make a print of the shape onto paper.
- Design and create a scarecrow.

CONNECTING YOUR FIELD TRIP TO THE CLASSROOM

- Make rubbings using plant leaves and bark. Use the rubbings to make a collage, bookmark, or journal cover.
- Make a color wheel with objects from the farm.
- Put together a photo essay of the farm.
- Create and use natural dyes made from plants.

Music and Theatre Arts

- Put together a puppet show to share your farm experience with others.
- Write parodies of well-known songs, turning them into farm songs.
- Write farm/food poems and set them to music.
- Listen to the music of composers inspired by nature.



Curriculum Connections: Science K - 5

Kindergarten Science Goals

- Students observe and study animals that live on the farm or in the soil, comparing and contrasting worms, cows, turtles, chickens, dogs, humans, etc.
- Students observe the weather on the farm. Bring along a thermometer to measure the different temperature in different places on the farm. Have the farmer read *The Year at Maple Hill Farm* or describe the changes in the seasons and how it affects their farm. Compare the weather at the farm to the weather at the school.
- Students participate in a farm scavenger hunt, sorting their discoveries by color, size, shape, and texture, using their senses.
- The class discusses and/or reads books about how different things on the farm are used as natural resources, or were made from other resources.
- Students create art from natural materials they find on the farm, creating a sensory experience.
- Students measure plants or other items on the farm using hands (how horses are measured) and feet (compare a child's foot to a ruler). These measurements are compared to measurements taken with other tools (pencils, crayons, etc.). These non-standard units are compared with standard units of measurement.

First Grade Science Goals

- Students make a diagram about what the farmer grows/raises on their farm and what they give those plants/animals for them to grow.
- Students read the book *What's This?* by Caroline Mockford in which a little girl finds an unknown seed that she plants and cares for, illustrating basic needs of the plant. Students then plant a mystery seed in a pot that they take home. Over several weeks, they care for it and eventually discover what it is.
- Students compare the basic needs of plants with those of humans.
- Students examine a cup of soil from the farm and sort out different components of the soil, such as rocks, shells, insects and worms. Students then record their findings in their journal using descriptive language.
- Students collect several soil samples from different areas of the farm or bring a soil sample from their own yard or garden. Students work with a partner to compare and contrast their soil samples.
- Students cook with foods from the farm using a recipe with steps that change the foods' state of matter. Students learn about the different properties of solids, liquids, and gases, sorting out ingredients and describing how they were changed by heat or blending.
- Students explore different ways to move mulch, compost, or dirt on the farm. Is it easier to push a bucket, pull a bucket, or maneuver a wheel barrow? Are buckets or wheelbarrows easier to balance? How does the amount of material in the wheelbarrow, or where it is piled, affect balance and movement?

Second Grade Science Goals

- Students explore what lives on a farm and how different animals affect the garden over their entire life cycle.
- Students collect, observe, or identify different insects on the farm – explore which ones are beneficial to the farm or not. Compare different life cycles of insects.
- Students observe, measure, record, and graph the weather on the farm versus the weather at school. Take measurements at the school before you leave for the trip, noting the time. Do the same at the farm.
- Students cook using ingredients from the farm, observing and exploring changes in properties.

Third Grade Science Goals

- Students plant seeds at the farm. Discuss how variables such as nutrients, light, and water will affect the growth of the seeds.
- Students observe how insects move through the farm. They then write a story describing an insect's farm adventure.
- Students participate in a pollination game in which they kinesthetically learn how and why bees pollinate flowers.
- A beekeeper/farmer talks with students about their work and the importance of pollinators.
- Collect different types of soil at the farm and at school. Set up a percolation demonstration and have a water race. Students feel the difference between sand, silt, and clay and discuss soil particle size. Students will try to predict which soil the water will flow through the fastest and the slowest.
- Students observe a compost pile and help the farmer add different materials and turn the pile. What do they see and smell? What is the temperature of the compost pile?
- Students help construct a scarecrow for the farm, comparing and contrasting its skeleton, joints, and muscles with their own.

Fourth Grade Science Goals

- Students observe and examine animals that live on the farm and in the garden (worms, birds, turtles, etc.) and describe how their lives are influenced by other animals, plants, weather, and climate. Students then write a creative fictional story about the life of the animal they observed.
- Students observe and touch different farm animals such as chickens, hens, goats, cows, and horses. Where do these animals live on the farm and what things do they need to survive? Have the students describe differences between the same animals and then compare different animals.
- Students help prepare two different recipes using things grown on the farm, categorizing all ingredients as carbohydrates, fats, proteins, water, vitamins, or minerals.

Fifth Grade Science Goals

- Have an eco-system scavenger hunt. Students gather a soil sample from each of the three eco-systems: forest, creek, and agriculture, and compare and contrast the texture, color, moisture, and particle size.
- Students measure the circumference of several trees in the farm's forest eco-system. Calculate the average circumference of the farm's trees.
- Students ask the farmers how/where water flows on the farm. Using this information, they make a map showing the farm and its water flow when it rains and when it is dry.
- Students build several different types of landforms with soil, rocks, and vegetation on the farm. Watching how water moves over their creations, students note what type of canyons, valleys, meanders, and tributaries are created. Erosion is discussed as a soil-forming factor and students write about where the soil started and where it ended, comparing their created land forms with real life situations.
- Students collect weather data at school in preparation for field trip. Collect more data on the farm and compare. Have the farmer describe the climate on the farm – how does geography affect the weather and climate on their farm?



Sample Journal Prompts

Journaling is a great pre-, post-, or on-site activity for farm field trips. Here are some ideas for journal questions and prompts:

- *Write about a farmer you know. What do you admire about them? If you don't know a farmer, write about a gardener or what you admire about farmers in general.*
- *Why do you think farming is important?*
- *Would you want to be a farmer? Why or why not?*
- *Write about one thing that surprised you about the farm you visited.*
- *What will you want to tell your family about the farm?*
- *What do you think a farmer needs to know to be a good farmer?*
- *Describe the farm as if you were an insect or animal living there.*
- *What two senses did you use most at the farm? Describe.*
- *Why do you think farmers like to farm?*
- *What did you like most about the farm? Least?*
- *Write about the food grown on the farm and how your family eats it/cooks it.*
- *What do you think farmers do in the winter?*
- *What insects did you see today? Why are some insects good and some bad for farmers?*
- *What do you think would be the hardest part about farming?*
- *If you were a farmer what would you like to grow? Why?*
- *Write step-by-step directions for something you saw on the farm, such as how to plant potatoes, how to harvest apples, how to make sorghum molasses, how to care for a chicken.*
- *Write a poem inspired by your trip to the farm.*



Farm-Related Children's Books

A is for Appalachia! - The Alphabet Book of Appalachian Heritage by Linda Pack – This book is about Appalachia, the people, the geographic region, and the culture. (All ages)

All the Places to Love by Patricia MacLachlen – This book builds children's appreciation of place and home and offers a child's unique perspective on farm life. (K-2)

Bring Me Some Apples and I'll Make You a Pie by Robbin Gowley - This book takes readers on a family's journey of collecting fruits and vegetables from the woods, orchards, and garden all year long. (K-2)

Cabbage and Kings by Elizabeth Seabrook – Two spring crops, Albert the asparagus and Herman the cabbage, make unlikely friends in farmer John's vegetable garden. Students will enjoy following the garden through the growing season from a plants' eye view and finding out the fate of these friends as fall approaches. (K-2)

An Edible Alphabet: 26 Reasons to Love the Farm by – With Happy Herefords Hiccapping Home and Tip Top Tasty Tomatoes, alphabet books are not just for little kids anymore. A great mix of fiction and non-fiction, this alphabet book is fun for a variety of age groups. (pre-k-3)

Farmer's Alphabet by Mary Azarian – This ABC book all about farms includes wood cuts that should be framed. (pre-k-2)

Farming by Ann Love and Jane Drake– Nick thinks farming beef cattle must be easy compared to all of the work that goes into growing onions on his family's farm. Two farm kids share with each other the day to day work that goes into two very different farms. Full of facts and detail, this book helps you appreciate all of the different work that goes into a hamburger on your plate. (3-5)

Growing Vegetable Soup by Lois Ehlert –This is a great book for introducing children to gardening and includes a recipe for vegetable soup. (pre-k-2)

Harvest of Color - Growing a Vegetable Garden by Melanie Eclare – This book is full of realistic photographs coupled with growing tips from kids. (K-2)

Jack's Garden by Henry Cole –Jack starts a garden from scratch in his backyard. We explore with the garden with Jack week by week and discover that it is made up of much more than flowers! This book is a miniature field guide for naturalists of all ages. (K-2)

Jamberry by Bruce Degen – One berry two berry pick me a blue berry. Combining counting, rhyming, and berries for jam, this book is a great addition to planting berries, a field trip to a u-pick farm or a visit from a Grandma telling the story of making jam. (pre-k-2)

Jody's Beans by Malachy Doyle – Through spring, summer, and fall, Jody and her grandpa watch her scarlet runner beans grow. (K-2)

Oliver's Milkshake by Vivian French – Join Oliver as he visits a farm to buy ingredients for a different kind of milkshake. (pre-k-2)

CONNECTING YOUR FIELD TRIP TO THE CLASSROOM

On the Farm by David Elliott – Meet the animals that live on the farm through simple poetry. (K-2)

One Watermelon Seed by Cilia Barker Lottridge – More than just a counting book, Max and Josephine plant their garden and watch their hard work multiply. (K-2)

Pick a Pumpkin Mrs. Millie by Judy Cox– A fun book to go along with a field trip to an orchard or pumpkin patch. Silly Mrs. Millie loves to play word games with her students. (pre-k-2)

Pumpkin Circle - The Story of a Garden by George Levenson – A first-rate introduction to the growth cycle of pumpkins coupled with outstanding photos and rhythmic text that provide a wealth of information. (pre-k-2)

Scarlette Beane by Karen Wallace – A fantastic tale of growing vegetables and seeing the miracles of the garden. (pre-k-2)

This Year's Garden by Cynthia Rylant – As seasons change, so do the garden tasks for Uncle Dean, Granny, and Uncle Joe. Winter is a time for planning next year's garden, spring is for planting, and summer and fall are for harvesting. Reflecting on a full year of maintaining a family garden, this story emphasized the enthusiasm the family has during the winter for starting next year's garden. (K-2)

Tiny Seed by Eric Carle – In autumn, the wind blows a tiny seed off a flower and the seed embarks on a long journey. Avoiding the hot sun and deep ocean, the tiny seed lands on the ground and grows into an enormous flower. Eric Carle's magnificent collages and inspiring message of perseverance teach a valuable lesson about the life of a seed. (pre-k-2)

Tops and Bottoms by Janet Stevens - A trickster tale that also shows how differences vegetables grow. (pre-k-2)

Tractor by Craig Brown – A simple story illustrating a tractor's work growing corn on a farm. This is a great story to introduce children to new vocabulary and start a discussion about how farms used to grow crops before tractors. (pre-k-2)

Up We Grow! A Year in the Life of a small, Local Farm by Deborah Hodge – Beautiful real-life pictures tell the story of the seasons on a working farm. With so many things happening on a farm, you might want to read this book one season at a time. (K-2)

When the Frost is on the Pumpkin by James Whitcomb Riley – An ode to autumn on the farm, featuring unique dialect and rhyme. (All ages)

ASAP has these and many more Farm to School- themed children's books available for check out from our lending library at our office.



Additional Resources: What Does Growing Minds Offer?

The following resources are useful for leading farm to school field trips as well as for incorporating all components of Farm to School into your classroom. We also offer other Farm to School resources related to school gardens, cooking in the classroom, and local food in the cafeteria. Please visit our website - www.growing-minds.org - for more information about these resources.

General Farm to School Resources

Lending library – The Growing Minds’ library, in ASAP’s office, is full of children’s literature and curricula targeted for pre-k and elementary schools. Come check out a book today!

‘This Week in the Garden’ newsletter - Created for every week of the school year, our newsletter features Farm to School recipes, children’s books, and activity ideas. Download the newsletters at www.growing-minds.org.

Monthly Farm to School updates – Information about new grant opportunities, new children’s literature, new trainings, etc. Sign up for our monthly email on our website.

Training - Sign up for our teacher email list to hear about Growing Minds’ workshops and trainings that help teachers use the school garden, cooking with local food, and farm field trips as instructional tools.

National Farm to School Network SE Regional Lead Agency - Growing Minds connects Farm to School in the Southeast with national efforts. Visit farmtoschool.org to become part of the Farm to School movement. ASAP is a co-lead of the National Farm to Preschool subcommittee – sign up for the monthly e-newsletter at farmtopreschool.org.

Kids Corner Market – Weekly activities at the Asheville City Market (June, July, and August) that feature a community partner and healthy food and physical activity. Visit growing-minds.org for more information.

Farm Field Trips

Farm field trip mini-grants – Hands-on local food and farm experiences are a big part of Farm to School, and that is why ASAP offers annual farm field trip mini-grants to schools in our region (\$100 for the farmer, \$100 to cover travel and materials.) Visit growing-minds.org to find out how to apply.

Training – ASAP can help teachers identify a farm for their farm field trip, and we work with farmers to strengthen the field trips they offer.

Garden

Gift cards for school gardens – We provide a limited number of gift cards to be used for school garden materials. Contact Growing Minds staff to ask about availability.



Quarterly school garden meetings - Held at a different school garden site each quarter, the meetings offer teachers a chance to share their experiences, successes, and challenges. Sign up for our teacher updates to hear about upcoming meetings.

Free seeds for school gardens – ASAP’s office is stocked with a selection of seeds that grow well during the school year. Stop by to pick them up for your classroom or school garden.

Cooking

Farm to School cooking resources – To make cooking in the classroom possible, we offer stipends, recipes, and a guide to best practices for cooking with children. We also help make community chef connections. Visit growing-minds.org for details.

Print Materials

Stickers – We have ‘I tried local _____’ stickers for every product on our Get Local at School calendar. These stickers are available for pick up at our office and are available to teachers in the Appalachian Grown region.

Get Local recipe cards and bookmarks – These are available at our office to those in the Appalachian Grown region to be used in the classroom and sent home to parents. The bookmarks include a mini Get Local at School calendar, which lists monthly, seasonal products. The recipe cards include information and a recipe for each Get Local at School product.



ASAP helps local farms thrive, links farmers to markets and supporters, and builds healthy communities through connections to local food. Our vision is of strong farms, thriving local food economies, and healthy communities where farming is valued as central to our heritage and our future.

Farm to School is a large part of ASAP's commitment to reconnect people with the way that food is grown and to the farmers who are growing it. As a nonprofit organization, ASAP relies on the generosity of supporters like you to make this work possible.

To make a secure online donation, visit asapconnections.org. Or, mail your check to ASAP, 306 W. Haywood St., Asheville, NC 28801. For more information about how you can sustain Growing Minds, contact Scott Bunn at scott@asapconnections.org or 828-236-1282 ext. 104. All donations are tax-deductible.

