



STONE BARNS CENTER  
FOR FOOD & AGRICULTURE™

# The 2017 SUMMER INSTITUTE for High School Students





Are you a rising 11th or 12th grader, or a mature and motivated rising 10th grader?

Do you enjoy the discussion of ideas and the opportunity to learn through experience?

Are you passionate about food and cooking, and interested in advocating for a healthier food system?

If so, join us at Stone Barns Center for a two-week, intensive, delicious and mind-opening exploration of food and farming!

At the Summer Institute, we will use the fertile ground of Stone Barns Center for Food and Agriculture to explore food culture, food and the environment, and the exciting potential of the food movement. Learn about sustainable agriculture while working alongside Stone Barns farmers and farm apprentices. Experience farm-fresh flavors while cooking a Mindful Meal with produce straight from the fields. Explore the integral connections between farm health and human health.

You will leave the Summer Institute with new skills and knowledge, understanding why food matters – to you, your community and the world.

## Program Information

As a Summer Institute participant, you will divide your days among the seminar room, the farm and the kitchen. Working mostly in groups of ten, you will read about, reflect upon and discuss issues of contemporary importance, including soil health, the inequality of food access and the role of food in defining communities.

Activities on the farm and in the kitchen will deepen your engagement with the day's themes. Beekeeping, seed breeding, livestock farming, composting – all aspects of sustainable agriculture will be explored through hands-on activities with expert farmers. In daily cooking labs featuring seasonal produce from the farm, you will build confidence in the kitchen, learning skills from baking to fermenting. At least once during your program, you will have the opportunity to cook in the Blue Hill kitchen.

At lunchtime, you will enjoy food provided by Blue Hill Cafe as well as the dishes you help prepare in the cooking lab.

### Two-Week Sessions

**Monday-Friday: 9:00am to 4:00pm**

26 June through 7 July\* (\$1,357 Members/\$1,510 Non-Members)

10-21 July (\$1,508 Members/\$1,675 Non-Members)

7-18 August (\$1,508 Members/\$1,675 Non-Members)

\* *The Summer Institute will not meet on Tuesday, 4 July.*

### STONE BARNS CENTER FOR FOOD AND AGRICULTURE

is on a mission to create a healthy and sustainable food system that benefits us all.

On 80 acres in Westchester County, we operate a highly diversified, four-season farm and education center that hosts thousands of visitors each year. We work to:

- Experiment with and improve sustainable farming practices.
- Train beginning farmers in resilient, regenerative farming techniques.
- Help students discover the sources of their food while preparing them to steward the land that provides it.
- Increase public awareness of healthy, seasonal and sustainable food.



# Information for Participants and Parents

If you have any questions, please contact the Summer Institute staff at [summerinstitute@stonebarnscenter.org](mailto:summerinstitute@stonebarnscenter.org). To register, please visit our website [HERE](#)

## REGISTRATION INFORMATION

- Registration begins for members at the Seedling (\$190) level and above on February 1 and for the general public on February 15. Details on how to register are available online at: [stonebarnscenter.org/summer-institute](http://stonebarnscenter.org/summer-institute)
- Registration is processed on a first-come, first-served basis. Registrations will be accepted until each session is full, at which time a waiting list will be made available.
- Immunization records must be submitted by mail, fax or email along with your online registration. Once the immunization records have been received, you will be sent a confirmation email indicating that your child is enrolled.
- If immunization records and/or payment are not submitted by June 1, 2017, Stone Barns Center reserves the right to assign your space to another student.
- If you have any questions or would like to set up an appointment to see the Center, please call or email the education team at 914 366 6200 x111 or [summerinstitute@stonebarnscenter.org](mailto:summerinstitute@stonebarnscenter.org).

## REFUND POLICY

Withdrawal prior to June 1, 2017: Total fee, minus 25% for administrative costs, will be refunded.

Withdrawal after June 1, 2017: No refunds will be issued.

## PICKUP AND DROPOFF INFORMATION

- The Summer Institute takes place at Stone Barns Center for Food and Agriculture, 630 Bedford Road, Pocantico Hills, NY 10591
- The program runs Monday-Friday, 9:00 a.m.-4:00 p.m.
- All participants must be picked up and dropped off by a designated guardian. In the event that a participant will travel independently by foot, bicycle or car, or share a ride with a peer or other driver, parents or guardians will complete a Transportation Form approving that arrangement.
- Participants are not admitted into farm buildings before 9:00 a.m. or after 4:00 p.m. If you need to arrive early or leave late, please let us know so that we can make arrangements.

## CARPOOLING INFORMATION

- Stone Barns does not provide transportation to the program.
- We encourage participants to carpool, and will provide a carpool list for each session. If you are interested in contacting other parents or participants about carpooling, please check the carpool box on the registration form.

## PARTICIPATION

- We ask participants to be fully present, active and engaged during the whole of the Summer Institute, so phones and other electronics should be off and out of sight during the day.
- Stone Barns Center is a working farm. Participants must respect our farmers' work and follow instructions while working on and exploring the farm.

## CLOTHING AND OTHER NEEDS

- Institute participants should dress for the weather—light-colored, loose, lightweight, breathable clothing—and plan to be outdoors for a good part of the day. We will be outside in all weather conditions except for lightning and thunder.
- Participants should bring a long-sleeved shirt, long pants and socks long enough to tuck into pant legs with them on a daily basis. Some activities (beekeeping, for example) will require them. For other activities, long sleeves and long pants are not required, but will help to prevent insect bites, scratches, and sunburn. Participants without appropriate clothing will be asked to sit out these activities.

- All participants must wear closed-toed shoes. Old sneakers or hiking/work boots are best. Flip-flops and sandals are not adequate for a farm environment, and participants wearing them will sit out farm activities.
- All participants should have sunscreen and a hat every day. We encourage all participants to apply sunscreen before arriving to the Summer Institute, and to re-apply it throughout the day.
- Labels on all personal items are encouraged. The Lost and Found is located in our Farm Store and Visitor Center.

## FOOD, ALLERGIES AND DIETARY RESTRICTIONS

- Institute participants will cook and taste the food they make on a daily basis. Lunch will be provided; participants are encouraged to bring an afternoon snack that needs no refrigeration. Please be mindful of waste; use reusable containers where possible.
- Stone Barns is not a nut-free facility, but we do not use nuts in our meals for participants. We will provide a nut-free table for snacks.
- We modify cooking activities to accommodate most allergies and dietary restrictions. In order to help us plan, please include all allergies on the registration form. The Summer Institute staff will contact you for further information.
- Summer Institute participants will observe good basic hygiene and safety when cooking, including washing hands and tying back long hair.

## WATER

- All Summer Institute participants need a reusable water bottle.
- Water stations will be stocked throughout the day with cool water and staff are trained to ensure that participants remain hydrated.

## MEDICINE

- Summer Institute staff are trained in CPR, First Aid and Epi-Pen use. There is, however, no registered nurse on site. By law, Stone Barns Summer Institute staff are not permitted to administer medication to participants (with the exception of an Epi-Pen).
- Participants must self-administer any medication. Any participant needing medication must provide a signed doctor's note outlining dosage and schedule. Medication must be sealed and clearly labeled with the participant's name. All medicine must have a current manufacturer's expiration date.

## LETTER OF COMPLETION

Participants who successfully complete the Summer Institute will receive a Letter of Completion that outlines the program and the participant's growth and strengths. We encourage students to share these letters with their college counselors, and will help students draft an entry for the Common Application activities section.

## SUMMER INSTITUTE STAFF

The Summer Institute will be taught by full-time educators from Stone Barns Center's Education Department. The team is led by Dr. Rene Marion, a historian with a specialty in food history and former Professor of Social Studies at Bard High School Early College in Manhattan. Discussions and activities will also be led by the Stone Barns Center farm staff and by visiting scholars and advocates.

## MEMBERSHIP

Here at Stone Barns, members are a valued part of our community. Members can take advantage of exciting benefits such as free weekend admission, discounts on Farm Store purchases and early or exclusive event invitations. Stone Barns members at the Seedling level (\$190) and above receive first opportunity to register for the Summer Institute and a 10% discount on registration fees. To join, upgrade or renew your membership, please call 914 366 6200 x140 or visit our website, [stonebarnscenter.org](http://stonebarnscenter.org).