green door
gourmet

EDUCATIONAL PROGRAMS

Dear Educators,

Green Door Gourmet, a 350-acre farm (just minutes from downtown) in West Nashville is a vegetable, herb, and flower producer, cooperative farm-market, event center, educational site, and agritourism destination. We are excited to offer our educational programs for the 2019-2020 school year!

The following pages detail activities for preschool, elementary, middle and high school students. We are also able to customize activities to best fit your students' current interests or topic of study beyond what you see here. Contact John (education@greendoorgourmet.com) for questions, ideas, and scheduling.

We look forward to seeing you soon,

John Lyttle
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Owner
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GLOSSARY

Bees to Birthday Candles
From hives to honey, learn about bees, see the equipment needed to care for them, and take home your own handmade birthday candle!

Bunny School
What's it like to be a bunny? Watch one of our pet bunnies eat, play, and maybe even investigate us!

Chicken Coop
Check out our chicken coop! Find out fun facts about the GDG chickens and feed them veggie scraps.

Compost Relay
Learn how to make your own compost pile, then race your friends to make the best one!

Garden Journal
Taking notes every year makes us better farmers. Find out what we pay attention to and record. Create your own journal to take home!

Garden Tour
See what's growing on the farm this season! Take a guided tour of our teaching garden, taste fresh produce straight from the soil and get your hands dirty helping with our latest projects.

Good Bugs and Bad Bugs Bookmarks
Create a bookmark to remember which bugs are good and bad using fingerprinting and basic drawings.

Farm Technology
See examples of the different tools we use to tackle projects on the farm. Hear about a problem and invent a machine to fix it!

Herb Scavenger Hunt
Explore our garden spaces and take home examples of the different herbs growing on our farm. Preschool age-groups only.

Honeybee Hustle
Did you know that honeybees do a specific dance to tell other bees where to find nectar? Show off your dance moves as you race your friends to fill your honeycomb the fastest!

Life Cycle of a Vegetable
Learn how to care for a plant as it grows from seed to fruit, and take home your very own!

Market
Predict, compare, categorize, weigh, add, and subtract as you "buy and sell" produce at your own "farmer's market."

Nature Walk
Take a hike out of the fields and up into the Green Door woods. Look for signs of wildlife that like to share the bounty of our crops, and learn ways we protect our fields from hungry animals. *Not wheelchair accessible.

Plan a Garden
Look at seed packets to decide which vegetables you want to plant. Draw out where you should plant each crop using rows and columns, then measure and count the number of plants in each row.

Soil vs. Dirt Discovery
Get your hands in the dirt, investigate different components of soil, and find out what plants need from the soil and what we can do to help.

Sundials and Cardinal Directions
How can we tell time without clocks, cell phones and watches? Use a compass and create your own sundial!

Taste Test
Taste a variety of vegetables currently growing on our farm and use your other four senses to identify and enjoy them!

Vegetable Relay Race
Learn the names of different types of vegetables we're growing and race friends to get them into your own basket! Preschool age-groups only.

Weather Station
Find out how weather affects our farm. Make a weather craft to take home!

FIELD-TO-KITCHEN

Culinary Education Programs (30 minutes each)

Kitchen Demos
Learn how to make a seasonal snack using ingredients from our farm and sample the results! Examples include smoothies, herb hummus, salsa, and quick pickles.

Herb Syrup Sodas
Create your own herb syrup and learn how we can use herbs as flavor. Taste your creation with sparkling water and brainstorm other flavor experiments to concoct at home.

Flavor Balance
Salty, sweet, bitter, sour, and umami are the five basic flavors. Try your hand at creating a delicious sauce using a little bit of each one!

Build Your Own Salad Dressing
Learn the basic components of a salad dressing, then choose from a variety of ingredients to dress up your own seasonal salad!

Hands-On Snack
Learn to make a seasonal snack using ingredients from our farm, and sample the results! Contact us to find out what's in season at the time of your visit.

**Green Door Gourmet is unable to provide an allergen-free environment at this time. Our kitchen is used to process wheat, nuts, dairy, and other common allergens. Please let us know if someone in your group has a food allergy and we will endeavor to be as accommodating as possible!*

Interested in one of our exclusive field-to-kitchen experiences?

2 kitchen experiences - $10 per student

3 kitchen experiences - $14 per student

LET'S MAKE LUNCH!

Spend the morning touring the farm and search for ingredients to dress up your choice of a salad, pizza, pasta, or wrap. Then get in the kitchen and make it happen!

3 hours, $25 per student ($200 minimum), up to 20 students

K-6 FIELD TRIPS

Each of our Kindergarden-6th grade field trips conducted on our beautiful farm is packed full of age-specific content designed just for your students and can be tailored to suit your needs!

*Please select either three 20-minute classes per hour or two 30-minute classes per hour.

20 Minute Programs:

- Bunny School
- Chicken Coop
- Compost Relay
- Farm Technology
- Good Bugs and Bad Bugs Bookmarks
- Honeybee Hustle
- Kitchen Demos*
- Life Cycle of a Vegetable
- Nature Walk
- Soil vs. Dirt Discovery
- Sundials and Cardinal Directions
- Weather Station

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K-6 FIELD TRIPS

30 Minute Programs:

- Bees to Birthday Candles
- Build a Salad Dressing
- Flavor Balance*
- Hands-On Snack*
- Herb Syrup Sodas*
- Garden Journal
- Market
- Plan a Garden
- Taste Test

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K-6 PROGRAM PACKAGES

Short on time?

Squeeze in your favorite activities with one of our abbreviated program packages - great for large groups!

Basic Program Package (1 hour of programming) includes:

- Chicken Coop
- Good Bugs and Bad Bugs Bookmarks
- Life Cycle of a Vegetable
- Taste Test

Premium Program Package (1.5 hours of programming) includes:

- Bunny School
- Chicken Coop
- Garden Tour
- Good Bugs and Bad Bugs Bookmarks
- Life Cycle of a Vegetable
- Taste Test

K-6 PRICING

Accompanying teachers and bus drivers are free. Green Door Gourmet requires one parent chaperone for every ten students. Parents who would like to attend are **$3 per person.**

1 Hour	1.5 Hours	2 Hours
$100 minimum	$125 minimum	$150 minimum
$8 per student	$9 per student	$10 per student

Details

Pack your lunches and picnic at the farm! Please bring enough picnic blankets to seat everyone in your group. All groups staying for lunch will incur a $25 fee. This will allow your group access to composting, recycling, and use of trash cans.

Each parent/guardian must complete a signed liability/media release form for their child, which we will send to you upon scheduling. We cannot accept students without signed forms.

The GDG on-farm market will be open during most field trips so chaperones and students can take home a souvenir from the day! Provided that chaperones are present, your group may stay on the farm in designated areas. Farm staff will not be present to supervise children after programming has ended.

Green Door Gourmet reserves the right to make changes based on safety, weather, availability, and any other seen or unforeseen circumstances. The farm is an outdoor adventure, and stormy days may be rescheduled for safety purposes.

Please let us know in advance any ADA specifications and food allergies your group may have so that we may be as accommodating as possible to your group members.

PRESCHOOL FIELD TRIPS

Our 1-hour visit includes four 15-minute programs specifically tailored for preschool-age children:

- Good Bugs and Bad Bugs Bookmarks
- Herb Scavenger Hunt
- Life Cycle of a Vegetable
- Vegetable Relay Race

$8 per student for 1 hour visit
$100 minimum charge

FARM TOURS

Ages 10+

$8 per student for 1 hour tour ($100 minimum):

- Intro to organic methods of soil preparation
- Visit to our greenhouse
- Seasonality discussion and a walk through the hilltop and/or river bottom fields
- Tour of the processing warehouse

$10 per student for 2 hour tour ($150 minimum):

- In-depth exploration of organic methods of soil preparation
- Seeding activity in the greenhouse
- Cut flower field
- Equipment shed, tractors & implements
- Seasonality discussion and a walk through the hilltop and river bottom fields
- Organic methods of pest & disease control
- Hoop house
- Irrigation
- Processing warehouse
- Short nature walk and discussion of wildlife on the farm
- On-farm market

$10 per student for 1 hour tour + 30 minute culinary experience

Pack your lunches and picnic at the farm! Please bring enough picnic blankets to seat everyone in your group. All groups staying for lunch will incur a $25 fee. This will allow your group access to composting, recycling, and use of trash cans.

We are also able to discuss and/or create activities based on such topics as:

- Beekeeping
- Biodiversity
- Botany
- Current food systems
- Environmental concerns
- Farm technology
- Heredity
- Photosynthesis
- Soil & water conservation
- Population growth
- Weather/climate considerations

CAN'T COME TO US?

Let Us Come to You!

FARMER VISITS

Farmer visits allow students to interact with GDG farmers/educators.
The following activities are easily transferred to the elementary classroom:

20 minutes (pick three per hour):

Farm Technology (internet and projector required)

Good Bugs and Bad Bugs Bookmarks

Life Cycle of a Vegetable

Plan a Garden

Sundials and Cardinal Directions

30 minutes (pick two per hour):

Bees to Birthday Candles

Market

Taste Test

Weather Station

$150/hour for up to 30 students (one GDG farmer)
$250/hour for up to 60 students (two GDG farmers)

Inquire for applicable travel fees if you are located outside of Davidson County.

ADD-ONS

For Field Trips & Educational Programs

must note add-ons upon scheduling

Honey Straw
$.50 per student

Coloring Book
+$2 per student - vegetables, pumpkins, berries, or beekeeping

King of Pops Popsicle
+$3 per student

Field-to-Kitchen Experiences
+$4 per student (30 minutes)

Water Bottles
+$2 each

Seed Packet or Plant Start
+$3 per student. Please inquire for available varieties and amounts

Mini Pumpkin
+$3 per student (October only)

Hayride
+$3 per student

Hayride and Mini Pumpkin
+$5 per student (October only)

Fruit Lemonade
+$3 each

OCTOBER

Enjoy the fall days with us.

Schedule a hayride and take a tour of our farm.
Pick out a pumpkin to take home.
Slide down our hay slide and play fall farm games.

$8 per student – 1 hour

Add a pumpkin for each child to any package **+$3 per student**
Add a wagon ride to any package **+$3 per student**
Add a pumpkin and wagon ride **+$5 per student**