

## 2012 Youth Workshops

This year, parents, plan on bringing lots of warm clothing: gloves, hats and boots for your child to participate in outdoor activities with the Arbor Day Tree Adventure. From COLD to HOT children will also want to have their swimsuits to enjoy the kiddy wading or Olympic-sized indoor pool. Check the workshops your children will attend: (Please write their first name next to children attending so we can keep track of where each child is during the day – Example Attending: Chris, Jill )

### Friday

Sherri Clark, Membership and Outreach Manager at Open Harvest Cooperative Grocery The food we eat is fuel for our bodies. Learn how our bodies use the food we eat to keep us strong and healthy. Make a nutritious snack and create a mask made up of “fuel”. This take home craft is a fun way of learning about how we are what we eat. Attending: \_\_\_\_\_

Elizabeth and Steven Thiltges SARE Youth Grant recipients will share their experiences with raising meat ducks and pasture poultry. Attending: \_\_\_\_\_

Jennie Holt Youth Program Coordinator at Community CROPS: Learn the history of root vegetables and how they originated in America. Kids will illustrate four different vegetables and then create a bar graph showing the favorite root vegetable and take home a root vegetable print. Attending: \_\_\_\_\_

Kristyn Harms – Vocational Ag and FFA teacher at Norris School District will have her FFA students share their greenhouse experiences with growing various flowers and vegetables. Students will talk about what they do on their 70-acre prairie, school greenhouse, land lab, and involvement in the Farm2School program. How they raise over 350 poinsettias, 600 zonal geraniums, and other annuals and vegetables as well as involving elementary school students with growing their own vegetables for the school lunch line. Attending: \_\_\_\_\_

### Saturday

Nancy Williams, Organizer of “No More Empty Pots” will talk about the Urban Food Youth Entrepreneurship Project in Omaha. Attending: \_\_\_\_\_

Sherri Clark, learn how to plant an indoor herb garden. Many fresh herbs will be available to taste, smell, and explore. Design a pot, plant seeds, and start an herb garden. Attending: \_\_\_\_\_

Marion Ellis, UNL Professor of Entomology -learn about the importance of pollinators and their habitats. Attending: \_\_\_\_\_

Jennie Holt, Stovetop pizza - learn how to cook a stovetop pizza made with local healthy foods. It will be accompanied by a green salad and homemade pizza. We will explore Italy and learn about the culture and history of tomatoes. Attending: \_\_\_\_\_

FOOD ALLERGIES – Please let us know if your child has any? \_\_\_\_\_

Do you need daycare? What age(s) \_\_\_\_\_

Friday only  Saturday only  Both Days

**Tree Adventure Activities will be scheduled in-between workshops – please check which ones your children will attend:**

Fuel wood Energy Tour - Visit the Fuel wood Energy Plant, a renewable biomass energy operation that uses trees and technology to heat and cool Lied. Featuring interpretive panels and interactive exhibits, and hosted by an experienced Arbor Day Farm Nature Interpreter. Attending: \_\_\_\_\_

Tree Adventure a Nature Interpreter who shares the history of Arbor Day Farm will show you the Lied Greenhouse, indoor interactive tree information center, 2 trails – The Tree House Trail – hard top trail, all accessible ½ mile loop included Tree House and Nature Explore Classrooms to explore. Guided time is 2 hours. Attending: \_\_\_\_\_

Saturday – walk to Tree Adventure for the other half of trails – Exploratory Trail is 2/3 mile loop, wood chip trail with inclines and hills, crosses South Table Creek twice and has a second Tree House. Return walk to Lied Lodge; Guided time is 2 hours. Attending: \_\_\_\_\_

Tree Sleuth – be ready for spring by learning to classify trees and identify them by their leaf shape and structure, seeds, fruit, and leaves. Wow your family and friends with your newly acquired Dendrology knowledge (study of trees). Included is a tree identification guide to take home. Attending: \_\_\_\_\_

Nature Scavenger Hunt – along the trails of Arbor Day Farm – practice your close observation skills as you identify wildlife habitats and tracks. We will also take a closer look at the textures and shapes found in nature - checklists provided, guided time 1 hour. Attending: \_\_\_\_\_

Please complete and send to: Liz Sarno, [esarno2@unl.edu](mailto:esarno2@unl.edu), Cell: 402-309-0944