



**Height of the Summer Farm Visit Day**  
Sunday, July 18, 2010 ~ 7 Av 5770

**אדמה**  
**ADAMAH**

<b>ALL DAY</b>	<b>Pickle yourself</b> <i>Make your own jar of organic kosher dills! Learn about the magic of fermentation as you follow the steps from cucumber to pickle. A new workshop starts every hour on the hour.</i>	Great Lawn
<b>10 am</b>	<b>Bruchim Ha'baim: Welcome to Isabella Freedman!</b> <i>May you be blessed in your arrival. Schedules and snacks available at the Welcome Table by the Greenhouse. Please park in the lot at the far end of the lake.</i>	Great Lawn
<b>10:45 am</b>	<b>Cycle 1: Choose an option</b>	
	<b>Get your goat</b> <i>Come travel back in time — practice your herding skills. You will also have an opportunity to learn the history of the ADAMAH dairy and meet the stars of our pasture.</i>	Barnyard
	<b>Isabella Freedman Green Tour</b> <i>From bamboo flooring to light bulbs, low flow toilets to solar panels, Isabella Freedman is a leading example of a green Jewish institution. Find out what we are doing (and what you can do) to lessen your carbon footprint when you take the green scavenger tour!</i>	We will leave from the Welcome Table on the Great Lawn
	<b>Multi-sensory ADAMAH Experience</b> <i>Watch a short film about our farmers, taste a freshly made all-natural organic pickle, and meet some of our young farmers living right here at Isabella Freedman.</i>	Main building: Lounge
<b>12:30 pm</b>	<b>Lunch</b> <i>Enjoy light vegetarian fare, highlighting our fresh produce and kosher organic dairy products. Lunch stickers available for purchase for \$10 at the welcome table.</i>	Main building: Dining Hall
<b>1:15 pm</b>	<b>Greetings</b> <i>Ellen Carton, Director of Isabella Freedman &amp; Shamu Fenyyesi Sadeh, Director of ADAMAH</i>	Main building: Dining Hall
<b>1:30–5 pm</b>	<b>ADAMAH Farm stand</b> <i>Take home a taste of our fresh produce, preserves, pickles and dairy products.</i>	Great Lawn

1:45 pm

**Cycle 2: Choose an option**

**Get your goat**

*Come travel back in time — practice your herding skills. You will also have an opportunity to learn the history of the ADAMAH dairy and meet the stars of our pasture.*

Barnyard

**Wild Edibles and Medicinals**

*Take a stroll around the lake and discover the healing and nourishing properties of our local flora.*

*We will leave from the Gazebo by Lake Miriam*

**Farm Tour: Ecological Garden Design**

*Tour the Kaplan Family Farm. Learn about ecological garden design farming in the spirit of the Jewish tradition.*

*We will leave from the Main Office*

**Swimming & Boating**

*Go for a swim or jump in just to cool off. Boats & life jackets also available for a leisurely boat ride around the lake.*

Dock/Lake Miriam

3 pm

**Cycle 3: Choose an option**

**Get your goat**

*Come travel back in time — practice your herding skills. You will also have an opportunity to learn the history of the ADAMAH dairy and meet the stars of our pasture.*

Barnyard

**Overlook Hike**

*Climb up a shady trail to views of rolling hills and pastures.*

*We will leave from the Gazebo by Lake*

**Green Your Dinner**

*Harvest a bouquet of fresh greens to enhance your dinner or munch on the trip home.*

*We will leave from the Main Office and walk to the Kaplan Family Farm*

**Mindful movement and meditation**

*Calm your mind and energize your body. Stretch, dance, and find your center in this unique workshop.*

Red Yurt

**Swimming & Boating**

*Go for a swim or jump in just to cool off. Boats & life jackets also available for a leisurely ride around the lake.*

Dock/Lake Miriam

5 pm

**L'hitraot — Goodbye!** *May you be blessed in your journeys.*