



SHELburne FARMS

June 2013

Dear Parents, Guardians, and Campers,

Are you ready for what lies Beyond the Farm Barn? We can hardly wait to find out together! Our plan is to engage with the farm – ready for the challenge of the day, and willing to lend a hand, anywhere, anytime (even as early as 5:00 am!) – all while living out the week in an outdoor base camp. Our reward? Fresh and delicious food from the land – from our gardens and animal flocks – and to celebrate each day around the campfire. It will be a great time to meet new friends, learn about raising food, and practice camping skills.

Now, we know that farm chores work up a sweat and tire us out. Let's set the record straight: we will bike more than hike, use wagons to carry our heavy gear, enjoy a comfy compost toilet, and encourage you to bring camping luxuries like a pillow. We also make use of a well provisioned outdoor kitchen to help us create fun meals like homemade pizza. Swimming in Lake Champlain will clean us up nicely (an indoor shower may be available upon request).

You can help prepare for the week by responding to the questionnaire on the last page, and gathering the equipment on the following list. If you do not own a bike or tent, please do not go out and buy one especially for this camp. You may simply use our shared gear or borrow an item from a friend. We only ask that you let us know about your gear situation so we can avoid leasing equipment that we don't need. Please contact/email me whether or not you can provide a:

- Bike and helmet to ride around for the week (with working brakes and gears).** If possible, we would like to bike everywhere we go! We recommend a bike that you can stand over with your feet on the ground. If your bike is much smaller than this, your tires will slow you down. Please call with questions.
- Tent (incl. ground tarp).** If you bring a tent we ask that you share it with other campers. We will help set it up, but practice at home first ☺
- Please remember to fill out and return the questionnaire on the last page**

We look forward to sharing this amazing farm experience with you! If you have any questions please feel free to touch base!

Sincerely,

Peter Bullock
Beyond the Barn Camp Director
pbullock@shelburnefarms.org
(802) 985-0309

WHAT TO BRING:

Clothing:

- shorts (2 pair)
- pants (1 pair)
- swimsuit
- towel
- t-shirts (5 maximum)
- socks (5 pair maximum)
- underwear
- pajamas

Footwear:

- Sneakers
- Boots or sneakers you don't mind doing farm work in
- strap-in sandals, water shoes or old sneakers**

Outerwear:

- rain jacket
- long-sleeve fleece or sweater
- hat for sun/ rain protection
- warm winter hat (cold in am)

Eating Gear:

- one-liter water bottle
- bowl
- plate
- spoon
- fork
- knife – Swiss Army type or kitchen o.k.
- cloth napkin or bandana

Toiletries:

Only bring things that are essential!

- sunscreen
- toothbrush
- toothpaste
- floss
- personal supplies and medications
- insect repellent
- comb or brush
- biodegradable soap
- washcloth

Camping Gear:

- storage for your gear: plastic tote bins work great, or oversized bags, backpack, duffle bag, etc.
- sleeping bag
- pillow
- small daypack
- flashlight or headlamp (with new batteries)

Bike Gear

- bike
 - working brakes
 - working gears
- helmet
- spare tire tube
- water bottle (optional)

Optional Personal Items:

- sleeping pad or soft blankets
- long underwear
- rain pants
- sunglasses
- candle
- camera
- book
- journal
- binoculars
- work gloves
- reusable mug (travel mugs work best)
- not a bad idea to have nylon stuff sacks or plastic Ziploc bags to organize small items in your pack

Optional Shared Gear: (optional)

- 2-6 person tent w/rain fly (no mildew!)
 - Practice setting up at home
- Ground tarp for under tent

** Flip-flops do not adequately protect feet from the sharp-edged zebra mussels along the rocky shores of Lake Champlain.



Beyond the Barn Questionnaire

We would like your stay at Shelburne Farms to be fun, challenging, and exciting! In order to best meet your interests we need to learn more about you. Please take some time to answer the questions below.

Your responses will help plan our week!

Your Name: _____

Inseam: _____ Bike Tire Size: _____ Greatest Distance biked in one day: _____

What are your favorite outdoor activities? Sports?

What are your favorite hobbies?

Have you ever been camping before? If so, how long was your trip?

What would you like to learn about at camp?

Have you ever cooked yourself breakfast, lunch or dinner?

What are your favorite foods that could easily be made while camping?

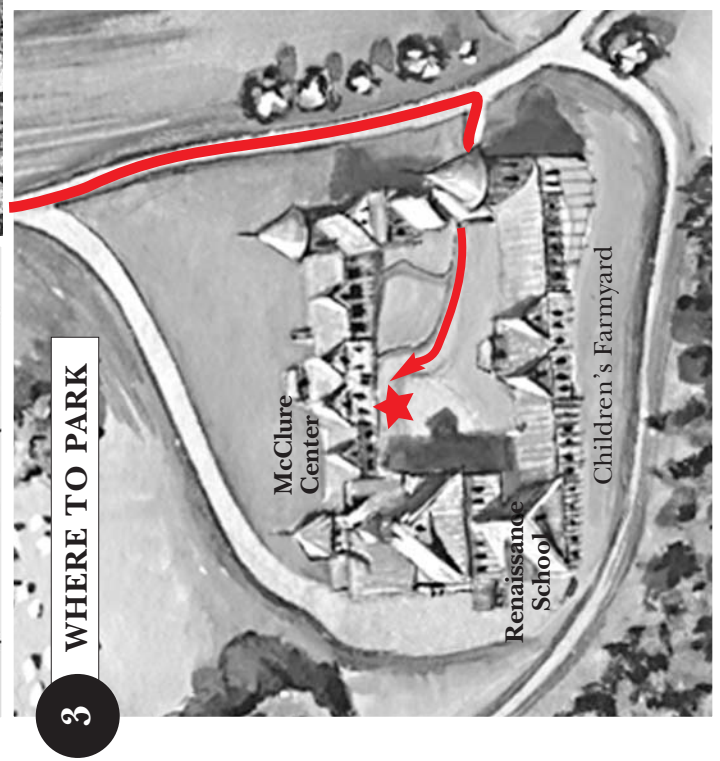
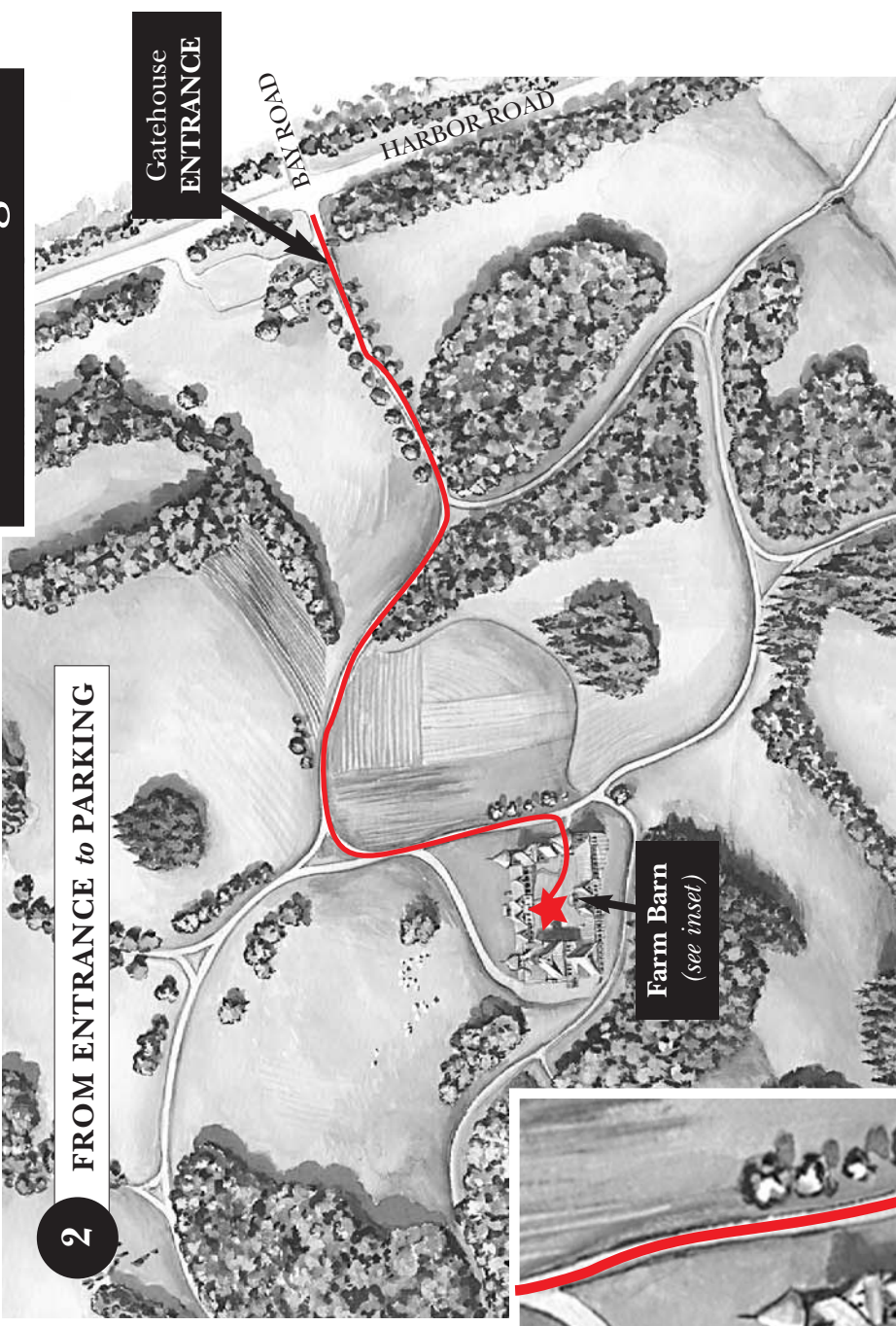
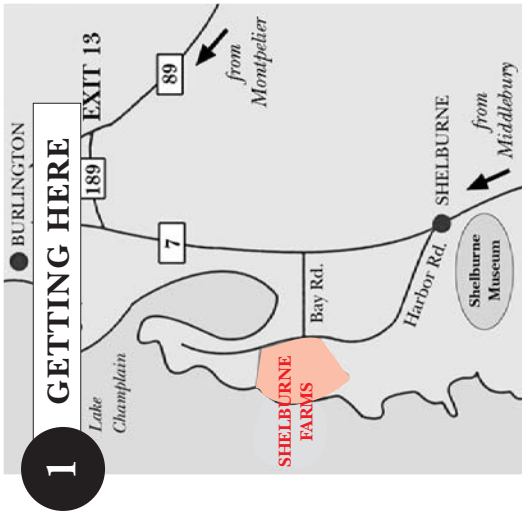
Have you ever gone at least five days without showering? If yes, for how long?

Is there anything you would like to share with us?

Please return two weeks before the first day of camp to: pbullock@shelburnefarms.org

SHELBURNE FARMS Beyond the Barn

Directions and Parking



Please greet the gatehouse attendant as you enter the property. **Camp parking is in the Courtyard of the Farm Barn. Please drive very slowly through the courtyard gate and take extra caution for other vehicles or pedestrians entering and exiting.** Thank you for your patience and understanding!

PEANUT AND TREE NUT ALLERGY DIETS

AN INDIVIDUAL ALLERGIC TO PEANUTS MAY ALSO BE ALLERGIC TO LEGUMES AND TREE NUTS

Allergies to peanuts and tree nuts are common. It is estimated that approximately one percent of the population, or nearly three million Americans are allergic to peanuts or tree nuts. A peanut is not really a nut at all, but a member of the legume family. Legumes include dried beans, peas, soy beans and lentils. Often, an individual who is allergic to peanuts may also be allergic to legumes.

EXAMPLES OF TREE NUTS

Examples of tree nuts include:

- Almonds • Cashews • Pecans • Pistachios • Macadamia • Pine Nuts • Walnuts

Some individuals have allergies to both peanuts and one or more tree nuts. Many individuals with allergies to a specific tree nut, such as walnut, will often avoid all tree nuts due to the possibility of cross-contamination during food processing. At this time, the only way to treat a peanut or tree nut allergy is to strictly avoid all food products that may contain peanuts or tree nuts. Currently, a vaccine is being developed for peanut allergies for use in the future. It is essential that an individual with peanut and/or tree nut allergies carefully read and understand food labels, ask how food is prepared when eating out, and familiarize him or herself with food additives that are derived from the offending nut.

MAJOR SOURCES OF PEANUTS AND TREE NUTS**

- Peanut Butter • Mixed Nuts • Cold-Pressed Peanut Oil, & Walnut or other Nut Oils
- Anything labeled “Nuts” • Peanut Flour • Almond Butter • Cashew Butter
- Peanuts may also be called “Ground Nuts”

HIDDEN SOURCES OF PEANUTS AND TREE NUTS**

- Pesto • Egg Rolls • Sauces and Gravies • Hydrolyzed Plant or Vegetable Protein
- Nougat, Marzipan, and other Confections • Prepared Salads • Chocolate and other Candies • Salad Dressing • Baked Goods • Breakfast Cereals like Granola and Muesli • Frangelico and Amaretto Liquors • African, Chinese, Indonesian, Mexican, Thai, Vietnamese Cuisines • High energy bars • Grain breads

** For a more comprehensive list of peanut and tree nut-containing foods visit:
www.pueblo.gsa.gov/cfocus/cfallergies04/t_focus2.htm

series articles

FOOD PREPARATION TIPS FOR CUSTOMERS ON PEANUT AND TREE NUT-FREE DIETS

There are a number of peanut and tree nut-free foods that can be purchased through food suppliers (such as *United Natural Foods*), and at local grocery stores. Keep the following tips in mind when preparing peanut or tree nut-free special diets:

- Prepare peanut and tree nut-free meals with clean pans and utensils, and in areas that are separate from major food production.
- Prepare modified meals to order and avoid the possibility of cross-contamination.
- Identify a core team of foodservice personnel in each dining location to work with students who have specialized diets.
- Educate all members of the foodservice team, including management, about the common food intolerances and their symptoms.
- Post lists of ingredients that contain peanut and tree nuts in all food preparation areas.
- Never assume that a product is free of peanuts or tree nuts. When in doubt, avoid using it.
- If a food product label states that it was made in a plant that processes peanuts or tree nuts, do not use it.
- Carefully label all foods in serving areas that contain peanuts or tree nuts.
- Have recipes available for customers to review if they question whether a product on the menu contains peanuts or tree nuts.

COMMONLY ASKED QUESTIONS & ANSWERS ABOUT PEANUT AND TREE NUT-FREE DIETS

Q. IS COCONUT CONSIDERED A TREE-NUT?

A. Coconut is not typically restricted in the diet of an individual who is allergic to tree nuts. However, some people react to coconut, and it is best to err on the side of caution, and label foods containing it.

Q. IS NUTMEG SAFE TO EAT?

A. Yes. Nutmeg is not a tree nut. It is obtained from the seeds of a tropical tree and is therefore safe to eat.

Q. ARE WATER CHESTNUTS CONSIDERED NUTS?

A. No, water chestnuts are not true “nuts”. They are the edible portion of a plant root and can be safely consumed by an individual with tree nut allergies.

Special Diets



WHERE CAN I FIND PEANUT AND TREE NUT-FREE FOODS?

There are a number of food companies that specialize in products for individuals with food allergies and medical conditions that require modified diets. The following is a list of companies that produce peanut and/or tree nut-free foods. Many of these companies sell their products through United Natural Foods, which is a Sodexo-approved purveyor.

- | | | |
|------------------------------|--|--------------|
| • United Natural Foods, Inc. | www.unfi.com | 800-877-8898 |
| • The Gluten-Free Pantry | www.glutenfree.com | 800-291-8386 |
| • Enjoy Life Foods | www.enjoylifefoods.com | 888-503-6569 |
| • Rebecca's Nut Free | www.rebeccasnutfree.com | 978-352-6644 |
| • Miss Roben's | www.allergygrocer.com | 800-891-0083 |
| • VermontOne | www.vtone.com | 802-879-7127 |
| • Gluten-Free Mall | www.glutenfreemall.com | 707-537-3011 |
| • Cherrybrook Kitchen | www.cherrybrookkitchen.com | 866-458-8225 |
| • Gluten-Free Pantry | www.glutenfree.com | 800-633-3826 |

FOR MORE INFORMATION ON FOOD ALLERGY PLEASE CONTACT:

The Food and Drug Administration
5600 Fishers Lane
Rockville, MD. 20857
888-463-6332
www.fda.gov

International Food Information Council
1100 Connecticut Avenue, NW
Suite 430
Washington, DC 20036
202-296-6540
www.ific.org

Food Allergy and Anaphylaxis Network
11781 Lee Jackson Hwy, Suite 160
Fairfax, VA 22030
1-800-929-4040
www.foodallergy.org

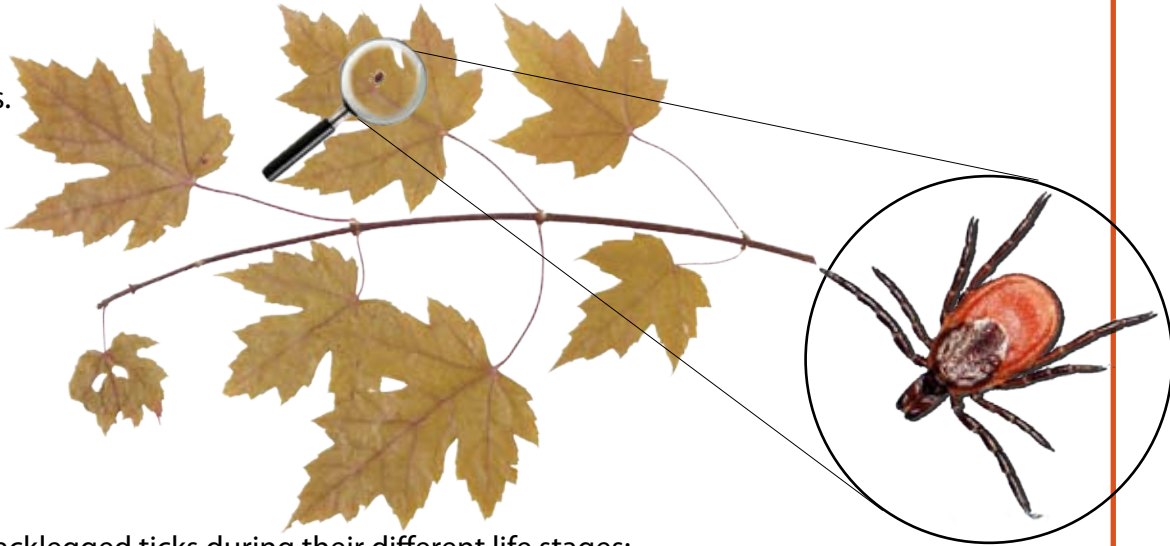
peanut allergies

Don't Let a Tick Make You Sick!



What is a tick?

Ticks are related to spiders. They have 8 legs. But they don't spin webs and they don't eat insects. All ticks are small, but blacklegged ticks (sometimes called deer ticks) are **very** small. This is a blacklegged tick close-up:



This is the actual size of blacklegged ticks during their different life stages:



They are so tiny, it's easy to mistake them for freckles or dirt. Sometimes they're hard to see at all! Would it be hard to find these on a pet?



Where do ticks live?

Ticks live in places where there is a lot of tall grass, shrubs, and leaves.

Ticks wait for an animal (like a deer, a mouse, or a dog) or a person to walk by. Then they grab on to the animal or human.

How do ticks bite us?

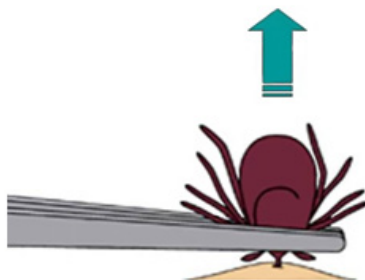
After climbing on a person or animal, ticks find a good place to attach themselves. They might hide in your hair, or behind the knee, even in your underwear!

Then, the ticks bite into a person or animal's skin and start drinking their blood. Tick bites don't usually hurt, so you may not even notice it.

The tick can stay attached for a few days. When it is full, it will fall off.

What if I find a tick on me?

If you find a tick on your body, tell your parents or a teacher. They can use tweezers to pull it off. Then they should wash the bite with soap and water or disinfectant.



An adult should use narrow tweezers to pull the tick straight up and out.

How can I keep ticks away?

You can wear insect repellent and stay out of tall weeds. If you are in a place where ticks live, take a bath or shower after you come inside. Let your parents check you for ticks afterwards.

Also, tell your parents that there are things they can do to keep ticks out of your yard.

How can I stay healthy?

If a tick bites you and soon after you get a fever, a skin rash, or feel really, really tired, tell your parents. The tick may have given you some germs. See your doctor to find out if you need medicine.

Test Your Knowledge!

ACROSS

1. If a tick makes you sick, you may get one of these on your skin.

3. Ticks eat _____.

7. Never pull off a tick with your _____.

9. If a tick makes you sick, you may feel hot because of a _____.

11. Ticks can be so small, you might think they look like _____.

12. A place where ticks wait for people or animals.

13. After removing a tick, wash the bite with _____ and water.

DOWN

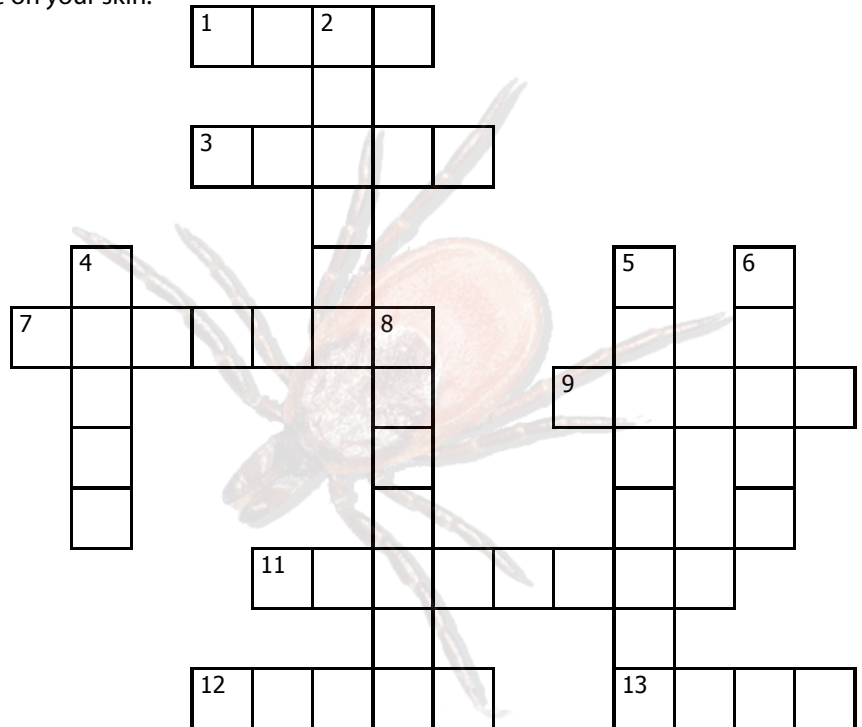
2. Take a bath or _____ to help remove ticks.

4. The number of legs a tick has.

5. Tool for removing ticks.

6. When you come indoors, always _____ for ticks.

8. Ticks are related to these web spinners.



 **VERMONT**
DEPARTMENT OF HEALTH

108 Cherry Street • PO Box 70
Burlington, VT 05402
HealthVermont.gov



Division of Vector-Borne Diseases
1600 Clifton Road NE, Atlanta, GA 30333
1-800-CDC-INFO (232-4636)/TTY: 1-888-232-6348
E-mail: cdcinfo@cdc.gov Web: www.cdc.gov