

Tamarack Farm



PROGRAM GUIDE



FARM & WILDERNESS



Gathering on the porch for conversation and connection.

WHY CHOOSE TAMARACK FARM CAMP?

Teens today face intense academic, social, moral, and psychological pressures as they find their way in a rapidly changing world. Devices that are fundamental to their social lives bombard them with overwhelming amounts of low-quality information that undermine their sense of agency, interpersonal skills, body image, and self-confidence.

In the face of all this we believe that teens are wildly capable. Unlike our everyday society, Tamarack Farm (TF) allows proper acknowledgment of and appreciation for the power our teens possess, while still giving them the support and boundaries they need to learn and stretch their comfort zones.

TF embraces and elevates the potential and power within every teenager.

PROGRAM OVERVIEW

TF is a three-week, unplugged skill & community-building experience based on Woodward Reservoir in Plymouth, Vermont. Teens build long-life skills for cultivating community and belonging through meaningful contribution.

The physical infrastructure includes sprawling lawns and three-walled cabins nestled into the trees by the water. Workshops, community spaces, barns, and the iconic Farmhouse make up the few truly indoor spaces on site. Teens forego phones, TVs, laptops, and other electrical tech. Casting off these sources of comfort, entertainment, and distraction provides the opportunity to slow down and pay attention to what is right in front of us. This digital detox takes practice, and we're supporting them the whole way.

On a typical day, teens participate in two long (2-3 hour) blocks of activity, most commonly in their immersion area of choice for the session. Guided by dedicated Immersion Leads, teens take on large-scale projects as a team. Teens come away from TF having had many rich opportunities to be a part of something larger than themselves, and having developed a toolbox of technical and relational skills that will serve them in the long term.

This intentional community-building creates a setting where teens can live and work with integrity, develop skills in appreciation and peacemaking together, and recognize the value of their service to others. Teens and staff work together to set the tone for the session, create group agreements, have intentional discussions, practice open mindedness, and engage in acts of stewardship. Each teen at TF is personally and publicly affirmed for the unique gifts they bring to camp, and there are daily, structured opportunities to recognize and praise each other for the joys and labors of the day.

At TF we believe in:

- 1. Building Skills:** we provide a structured environment for teens to develop general interpersonal and specific technical skills.



I'll tell people that got to help build a whole cabin! I did a whole, real construction project that will be lived in and used for years!



- 2. Accountability and Grace:** we strive to hold all members of our community accountable for their behavior while acknowledging that risk-taking is an important component of adolescent development. We see failure as a chance to learn how to succeed. To make the most of coming up short, we treat each other gracefully when we do.
- 3. Growth, Leadership, and Belonging:** By empowering teens with skills and supporting them as they learn to be more mature people, we provide a space in which they can explore their own agency and their impact on communities that they are part of.

TF is surrounded by over 600 acres of Vermont woodlands.





A dip in the lake makes the summer magic.

OUTCOMES

Growth

As teens experience confront novel and challenging situations and are taught new skills, we create a community that is fully accepting of who people are and who they are growing into — making TF a safe place to learn, fail, and ultimately grow. We provide a structured environment for teens to develop general interpersonal and specific technical skills.

“

One thing you will tell people about is how awesome all the people were and how my friends inspired me to improve.

”

As our campers experience growth, they:

- Develop their sense of self-worth and agency by conquering new challenges
- Overcome discomfort
- Seek out new, great challenges to continue to push themselves

Programmatic Examples:

- Diversity, Equity, Inclusion, and Justice workshops and other identity-based work
- Sharing space with people from different backgrounds
- Developing hard- and soft-skills with important career-based applications through immersion
- Developing an appreciation for the importance of honest work through doing chores

“Every year I come to F&W, I learn about different types of people and this year I have worked really hard to keep on an open mind and try to put myself in other people’s shoes.”

Leadership

We believe that leadership is not positional or hierarchical; knowing when to follow and how to do your part to support those around you is more integral to leadership than being in front and having the loudest voice. We believe all teens are leaders and want to help them define what that means to them.

As our campers learn who they are as leaders, they will naturally support a thriving community over the course of the summer.

As our campers experience leadership, they:

- Seek deeper understanding of themselves, others, and the world around them.
- Advocate for personal and group needs.
- Build meaningful relationships.
- Further develop their sense of self-worth and agency.

Programmatic Examples:

- Returning campers lead the community in Town Meeting.
- “Town Criers” keep the camp on schedule and informed throughout each day.
- Campers MC and organize Postum House, our regular open mic.
- Campers take on leadership roles in their immersions.

Daily circle-ups keep everyone oriented and included.



Belonging

Once teens feel safe and become confident in themselves as leaders and agents of change in their community, they will feel like they belong in that community and in turn welcome others into it with respect and inclusion. We believe belonging is fostered by accountability and grace. We strive to hold all members of our community accountable for their behavior while acknowledging that risk-taking is an important component of adolescent development. We see mistakes as a natural part of learning. We are accountable for the impact of our words and actions. We also hold each other with grace when we make mistakes.

As our campers experience belonging, they:

- Appreciate the value of stewardship
- Feel powerful and meaningful
- Develop an understanding of shared value and purpose

Programmatic Examples:

- Opening and closing ceremonies
- Community songs
- Communal meals
- Cabin contracts/town meeting participation
- Silent Meeting

I've handled myself during times I've gotten into trouble, so I think I'll be able to take on accountability well.

Afternoon harvests supply our whole camp with daily salad and sauté greens.





Closing ceremonies are a space for appreciation and gratitude.

MAGIC MOMENTS/SESSION JOURNEY

TF campers come away from a summer with new skills and experiences. Educational programming serves as the foundation upon which these transformative moments take place. These “magic moments” are stages in the journey through the weeks together at camp that make it an unforgettable experience.

In such “magic moments” our campers might say to themselves:

- I’m here, I matter, and I’m going to be alright.
- I’m excited about what’s ahead, I am confident I can do it and ready to get started.
- I’m in! We’re in the zone.
- It was hard and I am proud of myself.
- I belong here because I have contributed, and I want to celebrate this with others.

“

On the third day, I had a deep talk with someone and now we’re best friends. It was impactful.

”

STAFFING

Our program relies on a dedicated team of year-round and summer staff to create a safe environment where teens can explore their potential and experience growth, leadership, and belonging. Every year, we convene a group of motivated educators, cooks, counselors, and administrators to create the best possible experience for our campers. Our staff-to-camper ratio typically ranges between 1:2 and 1:3, depending on seasonal hiring, days off, etc.



Farms need hay, and TFers pull together to get the job done!

Staff are trained in Behavior Management and Conflict Resolution, Youth Development, Teen Mental Health Support, Cultural Competency (DEI, or Diversity, Equity and Inclusion), Off-Site Excursions, Wilderness skills, and our camp-specific Emergency Action Plan, among other things. Some staff are Lifeguard Certified and supervise time at the waterfront.

Cabin Counselors

Cabin staff live in neighboring cabins and are the front line of emotional and physical safety at camp. This group of 6 to 8 individuals are a constant fixture in campers' daily routines, including wakeup, meals, and bedtime. They are often the first people turned to when a camper needs just about anything, from a few simple words of encouragement to serious questions about interpersonal relationships. Accordingly, cabin staff need a strong set of soft skills that allow them to be empathetic while maintaining strong boundaries.

“On one of the first days I was here, I was struggling socially, and asked Bell for help. She took the time to sit with me, and we had the first genuine conversation I’ve had at camp and it gave me the confidence to go forward and have more meaningful conversations with more people and campers.”

Immersion Leads

Immersion Leads are responsible for much of the daily programming at TF. Each immersion lead is hired for their mix of technical and interpersonal skills, and many are in the early stages of a career in education. Immersion leads are supported by professional on our year round staff and also have input on curricula that reflect their passions.

Cooks

Supervised by a head cook who orders ingredients and develops menus, our kitchen team works together to create meals for the whole community with special attention paid to food allergies and other dietary restrictions. Meals at camp are an important communal routine, and delicious and healthy food serves a foundational role in our program.



I ate healthier and feel better about myself.



Camp Director Group

At TF, our support staff consists of a three-person leadership team (director, assistant director, program director), a licensed nurse, and a mental-health expert. This group serves as a resource to our summer staff, communicates with parents, develops and runs the daily schedule, and provides other administrative support. These staff are also responsible for dealing with behavioral and health crises and interfacing with Farm & Wilderness year-round staff to ensure the TF community has everything it needs to be a transformative summer experience for our campers.

Year-Round Staff

We are supported by Farm & Wilderness' dedicated year-round staff. These professional farmers, builders, educators, health professionals, and administrators provide a depth of expertise that isn't found at smaller, standalone summer programs. TF leadership is in constant contact with year-round staff as they provide support for every-day program and a variety of other circumstances.

Villagers

TF also serves as home for some who are not directly affiliated with the program. These individuals, collectively known as "villagers," include Barn Day Camp staff, our seasonal farm interns, and other summer support staff such as all-camp medical drivers. Often, villagers have young children that help maintain a sense of organic community at TF.

Building the foundational carpentry and construction skills to work safely and effectively.





Agriculture and Homesteading Immersion campers take part in running the farm.

Camper Health Resources

The health and safe of our campers come first. While we are not a therapeutic camp, we make many efforts to prioritize the mental and physical wellbeing of our campers, including:

Staff Training

All staff that work directly with campers receive training on first aid and basic mental health, risk management, as well as F&W's emergency action plan and related systems of communication.

Specialized Staff

We employ qualified individuals including licensed nurses and mental health professionals to handle intense situations and provide support for the rest of our staff.

Daily Behavioral Meetings:

Every morning, cabin staff meet with leadership to discuss behavioral issues in an effort to identify and address challenges early and effectively. Each camper that cabin staff are concerned about is considered thoroughly and caringly by the team.

The group will decide if any specific corrective steps should be taken. If these steps are ineffective, a personalized behavior plan/contract will be developed and the campers' parents or guardians will be notified. After this notification, the camper will be notified of the plan and agree to it if they wish to remain in the community.

Video Mental Health Appointments

If campers have an ongoing relationship with a therapist to be maintained over the course of the summer, we will provide them with a laptop and a private space for appointments. This is one of the very few exceptions to our "Unplugged and Unforgettable" approach.

Off-Site Clinics and Emergency Medical Services

Despite our rural nature, we have nearby primary care clinics and hospitals. If a nurse determines that a camper needs to see a primary care provider, we will arrange transportation and supervision for them to visit a clinic in Rutland or Ludlow, VT (each approximately 20 minutes away). In cases of emergencies, ambulances can arrive in less than half an hour and transport patients to Rutland Regional Medical Center (20 minutes) or Dartmouth-Hitchcock (50 minutes), which offers a level one trauma center and has the reputation of being one of the best hospitals in New England.

Supervision at TF

A major component of keeping our campers safe is proper supervision. As teens begin to approach adulthood, however, it is important to balance autonomy with oversight to foster their burgeoning senses of agency. This delicate balance is imperative in service of our outcome goals of growth, leadership, and belonging.

Boundaries: from the first day at camp we heavily emphasize the importance of maintaining interpersonal boundaries for the sake of everyone. The first night, each cabin agrees to a contract regarding behavior on their space. We also run trainings covering important topics such as boundaries generally, consent, and romantic relationships at camp. Campers that have difficulty respecting personal boundaries will work with staff to improve their behavior. If difficulties persist, parents will be notified and consulted in developing a more rigorous plan for behavioral intervention. Campers remain unable to improve their behavior with respect to boundaries after this point may be sent home.

Sleeping Arrangements

Cabin staff do not share cabins with campers. Instead, they sleep in nearby cabins, within line-of-sight/earshot. Camper cabins are separated into two groups that are arranged around a counselor cabin and referred to as “neighborhoods.” Cabin staff are present in camper cabins throughout the day, especially at bedtime. The arrangement is akin to many found in dormitories at a boarding school.

Staff, including leadership, conduct several bed checks over the course of the summer. Campers that are discovered out of their bunks (apart from going to the bathroom) must sign a behavior contract specifically agreeing to not do so again. Another offense will result in the camper being sent home.

Typically, each cabin houses 5-10 campers and each neighborhood consists of 15-20 campers and 3-4 staff.

Housing and Gender at TF

F&W welcomes and includes participants of all genders, and we affirm that trans boys are boys and trans girls are girls. TF offers three housing options: female-identified, male identified, and all-gender cabins. Families indicate their housing preference(s) during the application process and can choose a single option or opt to denote their camper may reside in either a single gender option or the all-gender option. Female-identified housing can include girls and non-binary campers who feel most comfortable living with girls. Male identified housing can include boys and non-binary campers who feel most comfortable living with boys. All-gender housing can include girls, boys, trans and non-binary campers who feel most comfortable living with any gender identities. Inclusivity facilitates belonging.

The Arts Immersion is a creative space to explore the self and the world.



DIVERSITY, EQUITY AND INCLUSION

We believe that the incredible F&W experience should be open to all who want to join. We have a deep history of Diversity, Equity, & Inclusion work dating back to our founding and we strive to create systems and spaces to create as diverse a community as possible. This looks a little different at each camp, and has three prongs: teen discussions & experience, organizational systems, and staffing policies.

DEI night I found people with the same experiences as me which has never happened before.

Camper Discussions & Programming

Ultimately, we want all our teens to feel a sense of belonging. This begins by teens feeling they can bring their full authentic selves to the experience. Part of this is through our programming and discussions. All our camps use a foundational approach that focuses, sequentially, on four topics:

IDENTITY > EMPATHY > CRITICAL THINKING > ACTION

While each camp will discuss different aspects of this sequence, generally our younger campers will focus on identity while our oldest will focus on action. The discussions are age appropriate and focused on each camp's unique community.

At TF, teens will engage in at least three evening discussions covering topics including race, gender, sexuality, class, and ability with a focus on intersectionality.

Organizational Systems

To support our staff, teens, and programming we have sought out reforming to our internal ways of working with each other. Learning from best practices in other educational institutions, we have implemented several systems to help us be more responsive to a diverse group of teens, including:

- Teaching preventive responses to behaviors through routines & rituals.
- Utilizing a behavior response system that emphasizes collaboration and decision-making by a team rather than a single individual.
- Comprehensive orientation of families prior to arrival including individual phone calls, online sessions, blog posts, podcasts, and more.

We believe in confronting societal forces that divide, degrade, and dehumanize.





Working the land strengthens the connection between us and the natural world.

Staffing Policies

Inspired by the words of the late Dr. Rita Pierson, we actively work to hire as diverse a staff as possible so every camp can see themselves reflected in our staff. We believe that every teen deserves a champion, so we have worked to partner with organizations to create pipelines and opportunities for staff new to Farm & Wilderness. Our industry-leading three weeks of staff training are also designed to include deep discussions around identity and a large toolkit of responses that focus on preventive routines that work for all teens.

PROGRAM FEATURES

Immersions + Everything Else

Immersions

Immersions are the core focus of a teen's time at TF. These are deep dives in one of five activity areas. The goal is to learn new skills and complete a major project. How they accomplish that will vary based on the kind of work they are doing. The needs of farm animals and crops means that the Agriculture & Homesteading immersion is not focused on project completion but an immersion into the ongoing purposeful work of the farm.

Each summer we usually offer five Immersions. Each builds on returning campers' experiences at our other camps while still being accessible to those new to Farm & Wilderness.

- Ecology & Conservation
- Construction & Carpentry
- Agriculture & Homesteading
- Creative Arts
- Counselor Apprentice Program — including American Red Cross certifications in CPR and lifeguarding

I'm really excited to share how much I learned about different plants and how they are interconnected, along with some of the beautiful field trip locations we went too.

Immersion will always have:

- Have a clear project to complete or clearly defined, ongoing work that all campers in the immersion can make meaningful contribute to.
- Have a predetermined set of skills to be taught to and demonstrated by campers by the end of the immersion.
- A full curriculum that is developed by staff with relevant academic and professional experience.

We aim for all campers to emerge from their immersion with skills and understanding that will serve them in the future. After their time at TF, our campers include their immersion experiences on job and academic applications, with many being able to eventually point to their experience with us as an inflection point in their life trajectory.

I help worked on music for the puppet show and that is really interesting for me, because I want to do more with music for films in college.

Immersion Trajectory

Immersion are carefully scaffolded to emphasize the autonomy and capabilities of our campers. Initially, campers work with immersion leads and other staff experts to develop healthy group dynamics and a toolkit of foundational skills, such as power-tool operation for Carpentry and Construction, or paper mâché technique in Creative Arts. They are also oriented to the scope of what they are to accomplish over the summer and the process by which they will achieve.

After campers become more comfortable with their skills and their peers, they start to engage more earnestly in the actual work of their immersion, for example laying out and building a floor platform for a cabin or building puppets for a life-sized musical puppet show. Through doing the work and practicing the skills, our campers witness their own growth and become more confident in their skills and each other.

This summer, I am proud of working my butt off at the farm — weeding, mucking, milking, etc. So many of TF's resources come from the farm and I'm glad I could be a part of that.

The Arts Immersion includes ambitious puppet theater.





Harvesting delicious food is satisfying.

Eventually, staff start to pull back, letting the campers take on larger and larger technical and leadership responsibilities until the work of the immersion is largely camper driven. Towards the end of each session, we provide opportunities for each immersion to showcase their work, such as a ribbon cutting ceremony for a new cabin or convening the entire TF community and special VIP guests for a performance.

At the end of each immersion, we want campers to know that they have contributed to their community and to derive a healthy sense of self-worth and belonging from that knowledge.

Chores

“Work is love made visible” – Khalil Gibran, from *The Prophet*

Chores are not only a means to keep our camp running but a teaching tool for responsibility and work ethic. We do chores to contribute to something bigger than ourselves, for the good of the community. A direct line can be drawn between the work that our staff and teens do and whether our infrastructure is functioning properly, making their work visibly meaningful, and the impact of their efforts felt on a physical level, thus emphasizing the agency of our campers. Chores at Tamarack Farm include: meal set, dish washing aka “Hobart,” pots and pans, cleaning and restocking kybos, and post-meal sweep.

“

I am proud of myself for working hard and being cooperative with chores in my community service because it actually feels really good to help others.

”

Choice Afternoon

Choice afternoons are a break from the rigors of immersion programming. During choice afternoon, campers select from a range of activities that is never the same twice! These activities range from chill to active and serious to zany. Here are some examples:

- An open woodshop session for campers that wish to build furniture for their cabin.
- A hike to a hillside meadow where the campers can create wildflower crowns.
- Creating a 5-minute musical, harvesting fresh snacks from the garden, loading everything up in the back of the camp truck to create a roving theatrical experience.

Rotations

On many non-Choice afternoons, TFers participate in rotations, these blocks of structured programming offer a mix of service-based (e.g. weeding, baking, etc.) and fun (e.g. improv comedy, etc.) activities that campers participate in with their immersion groups. During this time, immersions groups will also rotate having a “double-immersion,” when they work on their immersion projects in the afternoon as well as the morning.

Town Meeting

Modeled after the Quaker tradition of meeting for business, town meeting is a regular community gathering to discuss issues and resolve conflicts using a structured format. Returning TFers orient new campers to Town Meeting, and serve in the leadership roles of moderator, timekeeper, and notetaker.

Chill Days

Chill days occur at the end of each cycle and offer a chance to sleep in and enjoy a rolling breakfast. They also feature lighter programming and a slower pace. Research demonstrates the importance of giving ourselves time to recover mentally and physically. On a developmental level, this less-structured time lets our campers develop their interpersonal skills, meets their need for autonomy, and appeals to their peer-focused nature. We believe chill days are imperative for the success of our immersions and the health of our community as a whole.

Free Swim

The waterfront is open every day at 4:15 pm, weather allowing. It is staffed with at least two lifeguards. Provided campers have passed a swim test, they are encouraged to unwind and cool off in the water. Campers are also welcome to spend time in their cabins or the Farmhouse during this time. This relaxing break at the end of the day meets many of the same developmental needs that Chill Days do.

All-Camp Games

Just as we believe that teens should have time to rest and recuperate, we also believe they need opportunities for physical play. Accordingly, we usually offer two All-Camp Games (ACGs) per session. ACG are usually variations on classic group games such as tag or capture the flag that are infused with a touch of zany camp magic. While we strongly encourage all our campers to participate, we also strive to ensure that each ACG features roles that aren't as active to better accommodate everyone.

TF is a bridge to the world that awaits our youth in work or college.





TF offers teens the opportunity to gain a deeper sense of confidence through meaningful work.

Cabin Evening

Once or twice a session, cabins will enjoy a cabin evening. During this time, campers do special activities with their cabinmates. These activities are planned by cabin staff with support from the leadership team and often involve trips off property, such as to a local swimming hole or the maple creemee stand. They are designed as a break in the group dynamic from the day-to-day of sharing a living space.

Banquet

Banquet is a celebratory experience at the end of each session. As the name suggests, it features some of the best food of the year, served as a multi-course meal and often heavily sourced from our own farm. There is also a theme for each banquet (e.g. the Middle Ages). Staff decorate the dining hall and plan skits and activities based on the theme, which is teased to the campers but not revealed until the production kicks off.

Affirmations

We believe that everyone deserves to be affirmed for what they bring to our community, be it a strong work ethic, a mischievous sense of humor, or steadfast moral conviction. Accordingly, we offer structured opportunities for affirmation throughout the summer. Every day, TFers write affirmations and deposit them into the Tiger Box, our traditional receptacle that has lived at TF for decades. Each evening, after dinner, our Town Criers read that day's affirmations out loud for the whole community.

We also affirm each other at the end of each session with each staff member affirming a few campers and many groups of campers coming together to affirm staff members. These affirmations are usually written on crafted art or artifacts that reflect a person's character and interests. These talismans are powerful reminders of each of our experiences each summer, often cherished for years by campers and staff.

We provide a daily structure for public appreciation of individuals in front of the whole community. We also foster a culture where everyone uplifts each other on an ongoing informal basis. Compliments can be fraught, however, so we educate our campers about how to appropriately appreciate each other while being sensitive to all members of the community. For example, we do not elevate by denigrating others and we have a strict prohibition about talking about other people's bodies. Our practices surrounding affirmations are an important means of meeting our outcome goal of belonging.

Silent Meeting

From the Quaker tradition of Meeting for Worship, Silent meeting offers TFers a chance to reflect and find inspiration before they start their day in earnest. We usually sit in silence for 15 minutes each day and 45 on Chill Days. During meeting, individuals are invited to share thoughts with the community if they feel so inspired.

Songs and Music

Music has an integral role in joyful, healthy communities. At F&W generally, and TF specifically, music is woven into our daily routines. We strive to offer our campers an experience that is “Unplugged and Unforgettable,” and our approach to music is no different, with acoustic instruments being the norm 99% of the time.

Every day, spend at least 15 minutes singing after breakfast. This provides everyone a chance to come together and join voices for the sake of inspiration, catharsis or whatever other emotional needs they might meet.

The TF community also sings graces before each meal to better appreciate the blessing that is a shared meal with our entire community.

We also offer a regular open mic called Postum House, where campers and staff have a chance to show case their musical and other talents to the whole community. The quality of performances ranges from virtuoso to earnest. One of the most special things is how supportive all of TF is of their peers who perform. It is a great environment for creative, expressive teens to confront their stage fright in front of a great audience.

One impactful moment I had was after I performed a poem I wrote at Postum House. I saw someone crying and another one of my friends told me afterwards they were also tearing up. It was a poem about Camp.

The 1% of non-acoustic music at TF is known as “Dancefree” this end-of-session block of evening programming involves campers staying up an hour later than usual to dance to recorded hits old and new. Staff and campers decorate the space, often around a theme, and campers submit requests in the days leading up. This bit of F&W antistructure feels a bit like a high school dance where authentic self-expression is celebrated, not stifled.

We encourage campers to bring their own instruments with a couple of understandings:

- Campers are solely responsible for their care of their own instruments.
- TF can be a challenging environment in which to care for instruments. Some of our spaces have roofs. Very few are insulated. None are climate-controlled.

At TF, teens are trusted to act, envision and take ownership of projects in a non-competitive way.



SAMPLE FIRST-WEEK SESSION SCHEDULE

Here's a peek into what the first week at TF may look like. Every summer plays out a little differently, and schedules are subject to shift accordingly. but will always begin with an introduction to camp life, end with meaningful closure and have a balance of work, rest and play throughout the session.

Sample First-Week Session

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning		Training & Farm Safety	Foundational Skills	Foundational Skills	Foundational Skills	Chill Day	Immersion
Afternoon	Arrival & Orientation	Immersion	Rotations	Choice	Rotations	Choice	Rotations
Evening	Campfires & Cabin Contracts	Opening Candle Ceremony	Ice Breaker Games	Inclusivity Workshop	All-Camp Games	Town Meeting	Open Mic

Notes on the Schedule:

- Teens prep for all-community celebrations of Fair and Interdependence Day in the last week.
- There is time for closing ceremonies, project completion and packing up in the final week.
- Teens in first and second session participate in different Immersion Projects
- Teens staying the full summer are generally encouraged to switch immersions for second session.

During a camp session, face-to-face discussions replace endless scrolling.



FOOD

Delicious, healthy food is foundational at Tamarack Farm. Our kitchen works hard to serve three delicious meals a day that we enjoy in community. The menu is never exactly the same from meal or summer to summer. Each cook brings a unique identity to our kitchen that they express through their cooking. Some might have a family salad dressing recipe that has been passed down for generations, others might have a favorite crispy tofu that they learned to cook at a restaurant. This variety encourages our campers to try new things and serves our growth outcome goal. Many campers help with cooking in various capacities as well.

We pay special attention to allergy considerations, as well as other dietary restrictions, which are communicated by parents during the enrollment process. We also work with picky eaters to encourage them to try new food while working with them to ensure they are receiving proper nutrition.

Sample Menu

	Day 1	Day 2	Day 3
Breakfast	<ul style="list-style-type: none"> • Hardboiled eggs • Vegan tofu scramble with farm greens • Toast w/butter and jam (white, wheat, rye) • Gluten-free toast • Fruit Salad 	<ul style="list-style-type: none"> • Grits • Sauteed farm greens • Bacon (or vegan alternative) • Grated Cabot cheddar • Grated vegan cheese • Hot sauce • Nectarines 	<ul style="list-style-type: none"> • Scrambled eggs • Sausage (meat/ vegan) • Breakfast cereal • Farm milk (or alternatives) • Yogurt • Fresh apples and grapes
Lunch	<ul style="list-style-type: none"> • White/rye/whole wheat bread • Gluten-free bread • Turkey and Ham • Vegan Turkey • Farm lettuce • Tomatoes/Onions • Rosemary potato salad • Potato chips 	<ul style="list-style-type: none"> • Pesto pasta salad with olives, cherry tomatoes, and feta • Rosemary, garlic, and thyme roast chicken • Spicy roast chickpeas • Fruit salad 	<ul style="list-style-type: none"> • Turkey and vegan chili • Cabot cheddar/vegan cheese • Sour cream • Cornbread • Garden salad w/home-made dressing • Iced tea
Dinner	<ul style="list-style-type: none"> • Stir Fried Tofu • Sesame garlic sauce • Bok choy, carrots, peppers and broccoli • White rice • Salted edamame 	<ul style="list-style-type: none"> • Pitas & Farm lamb gyros • Handmade falafel • Fresh farm spinach • Feta • Tzatziki sauce • Hot sauce • Fresh grapes 	<ul style="list-style-type: none"> • Beef/Veggie burgers • Farm Lettuce • Tomatoes • Sauteed farm onions • Oven fries • Quinoa salad with farm greens
Dessert	<ul style="list-style-type: none"> • Milkshakes • Dairy-free popsicles 	<ul style="list-style-type: none"> • Evening off from sugar! 	<ul style="list-style-type: none"> • Almond flour brownies with ice cream (non-dairy available)

THE BEST IS YET TO COME!

Believe it or not, we've barely scratched the surface of everything Tamarack Farm has to offer. If you have any questions or want to dive deeper, send us an email at admissions@farmandwilderness.org. Feel free to contact our camp director to schedule a one-on-one meeting as well.

