Daily Notes from FARMGIRLS Summer Camp

Farmgirls 2017 – We had a great FARMGRILS week! We had 10 girls a couple of counselors and a few moms, aunties and grandmas join us throughout the week. We had guest musicians Emily Franklin and her friend Casey create a “It’s a FARMGRILS kinda day” song and ended the week with a guest appearance of Blooming singing his “Earth Tribe Rise Up” song as we finished our final gratitude circle. The land really was “loved up” by the girls and by all the people who came to be on the land as one!

**Tuesday July 11th**

We opened with “What in nature inspires you?” circle, a song from Emily Franklin, short discussion about the Soil Food Web and what permaculture ethics are, then spreading horse manure on a plot of land, planted squash, pulled up fava bean plants so we can pull out the seed for next season and ate summer fruits including watermelon. We got a tour of the farm with Dena Paolilli, harvest some artichokes, kale and beautiful head of lettuce, and then painted garden signs, put on glitter tattoos and ended with a song that we are creating about “It is a farmgirl kind of day” and a gratitude circle! We played with the song all week and we painted garden signs all week long too. The garden is now decorated with hand painted signs from the FARMGIRLS.

Ilene Gutierrez made a video for Tuesday morning and Thursday morning: <https://www.facebook.com/ilene.gutierrez.568>

**Wednesday, July 12th**

Wow, so many great people came to the farm today! The second day was all about being healthy, creating healthy soil, eating healthy, raising healthy chickens, creating healthy communities and honoring the sacred. Terri Knowlton showed us how to turn zucchini squash into noodles with a “spiralizer” and topped it with tomatoes and basil and garlic. Amalia Gelpert blessed the land and the corn seeds and reminded us how to recognize the sacredness in everything. Christine Heinrichs, local author of “How to Raise Chickens” came with three pullets that the girls all got to pet and imagine having chickens in their own backyards Dori Stone, author of “Growing Home” came to share the story of a young homeless girl finding solace in a garden and how important it is to take care of ag land. We planted basil, eggplant and cucumbers in the Asian section of Our Global Family garden. The girls loved making seed collages in the shape of mandalas. We also toured the Refunio Family farm where women and children are helping their family to pick green beans and saw firsthand the hard labor that farmworkers and their families endure day in and day out.

**Thursday, July 13th**

We encourage the girls to “think locally” and to notice and recognize the nature in their own neighborhoods. We chopped comfrey leaves and put them into the compost pile. We turned the pile and noticed all the life forms. We toured Michael Huggin’s greenhouse operation that is teeming with tomatoes, melons, turmeric, okra and soybeans. We picked flowers. Courtney Coleman came to share her knowledge about nutrition with the girls. We chopped and cooked a pot of Ratatouille. Courtney Mellblom came to show the girls how to make a hand held flower bouquet and each girl painted a prayer flag to take home. Such a joy filled day.

**Friday, July 14th**

The theme for the last day was “being strong and resilient.” We started the morning in a circle where we recognized the strength that each girl showed us throughout the week. Then Emily and Casey came to sing the song they created for FARMGIRLS. It was the best day ever! Each girls’ names were included in the song! Emily and Casey will perform it at their summer music camp program and we hope to share it on Facebook soon.

It’s a FARMGIRL kinda day  
We all playing in the sun  
We might pick some blackberries  
All together we are one

We then were treated to essential oils shared by Hannah Goldstein and drink some water with lemon and orange drops. We received a farm tour from Javier where he pulled up some carrots for us to take. Ilene Gutierrez made tortillas for us from masa harina and the girls chopped vegetable items to put on top of the handmade tortillas. The girls found a spot in the garden to sit and paint what they saw and took these home in a frame as a memory of camp.

We create an experience and memories that the girls and their families will hold near to their heart for years to come. We are creating community by creating this family farm.

(A photo album will be put together and shared in a few weeks.)

Teresa Lees  
FARMGIRLS Camp Organizer