

# Prescott Farm



## Environmental Education Center

Members' Newsletter, Issue #3 - July 2010



Dear Members,

Summer is here! We hope you have time to get outside and enjoy all the Lakes Region has to offer this season, including perhaps a visit to Prescott Farm's beautiful forests, fields, gardens and pond!

In addition to enjoying the lovely weather, we are very busy with nine weeks of our WildQuest summer day camp and planning for a new Fall Harvest Festival, both of which you will read more about further on in this newsletter. We have also been pursuing some exciting collaborations with Plymouth State University, Lakes Region Community College and Antioch University New England; we're hoping to have Prescott Farm become a "lab" for various classes they offer, as well as teach some ourselves this fall. Our other exciting news is that we have been monitoring the growth of a family of gray foxes living under our barn for the last month or so - check out the cute picture below!

As always, we very much appreciate having you as a Member of Prescott Farm. Your support makes all the difference.

Stop by and see us soon,  
Cathy, Sarah & Kim

### Prescott Farm Environmental Education Center

is a non-profit center that offers environmental education for all ages. The 160-acre historic family farm is designated as an official NH Wildlife Viewing area, and offers visitors hiking on more than three miles of woodland, pond and field trails. Visitors can also explore a three-story historic barn, beautiful heritage and heirloom flower and vegetable gardens, and an old-fashioned maple sugar operation. Other programs include school vacation camps, field trips and pre-school programs.

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# WildQuest Summer Camp

## At Prescott Farm

7 weeks left! July 12--August 27, 2010; 9:00-4:00  
For Ages 4-15



**Special Summer Budget-Booster Pricing - 10% off!  
See Below.....**

WildQuest day camps at Prescott Farm are licensed by the State of NH and led by experienced environmental educators with the goal of fostering an appreciation and understanding of the natural and cultural history of Prescott Farm, and by extension, student's own special places as well. We believe that a camp experience with us will enhance your child's ecological awareness and provide fun learning opportunities in a community-minded and non-competitive atmosphere. Camp includes nature activities, animal and plant ID, arts and crafts, quests, games, and hands-on learning. Most of the day is spent outdoors. Extended care provides supervised playtime before and after regular camp hours.

### July 12-16-Nature Artists

If you love to be outside and love art, then this is the week for you! We'll keep nature journals, paint with watercolors, make outdoor sculptures, and much, much more.

### July 19-23-Bugs Galore! (+Pre-K/LIT)

If you love searching for butterflies, beetles, dragonflies and spiders, join us for a week of creepy crawly fun as we explore the forests, fields and ponds of Prescott Farm.

### July 26-30-The Hunter & the Hunted

One fascinating part of any food web is the complex relationship between predators and prey. What adaptations do animals have to being predators or prey? Throughout the week we'll explore this fascinating part of the ecosystem. Among other things, we'll play one of our favorite games, "Hungry Forest" to experience what it's like!

### August 2-6-Life on the Farm (+Pre-K/LIT)

Prescott Farm has been a working farm for more than 200 years. Join us as we explore the history of the farm through hands-on activities including archaeology, spinning & dyeing yarn, woodworking, and a special quest about the Prescott family. We'll also have some special animal visitors joining us!

### August 9-13-Survivor

We'll spend the week outside learning how to survive in the wild - building shelters, learning what plants are edible, how to collect water and more!

**August 16-20-The Wonderful World of Water (+Pre-K/LIT) \* The Pre-K group is currently full, but we are offering a waiting list - please contact us to be placed on the waiting list.**

It's summer! What better way to spend the week than exploring the streams and ponds at Prescott Farm? We'll follow streams, go wading in the pond for aquatic critters and learn how important clean water is for all life on Earth.

## \*Wish List\*

New and energy efficient refrigerator

## Photo Quest of the Month!



### Where can I be found at Prescott Farm?

If you don't already know, then come and explore the Farm and see if you can find me!

Answer to our past eNewsletter: The photo was of a sundial that is located in the herb garden close to the garage down at the farmhouse.

### Look who's enjoying the Farm this summer!



## August 23-27-Backyard Safari

You don't have to travel far to see amazing places and crazy critters. By opening our eyes and ears as we visit the forests, fields and ponds, we'll discover a whole new world-right in Prescott Farm's backyard!

### Special Summer Budget-Booster Pricing!



We think every child deserves the chance to come to camp, but we know times are tough and budgets are tight right now. So to help families out, starting Friday, July 9, we are offering 10% off the camp fee on all new camp registrations for additional weeks of camp this summer.

In addition, we still have scholarship money available, please don't hesitate to ask for it! The average amount awarded is \$50 per camper per week. Combined with the 10% off, families can receive a discount of about \$70! For more details and to register over the phone, call us at (603) 366-5695.

	Members of PFEEC	Non-Members
1/2 Day Pre-K (ages 4-5)	\$100 Now \$90!	\$130 Now \$117!
Full Day (ages 6-12)	\$195 Now \$175.50!	\$245 Now \$220.50!
Leader-In-Training (ages 13-15)	\$150 Now \$135!	\$200 Now \$180!

For more information on our WildQuest Summer Camp, or our Special Summer Budget-Booster Pricing please visit our [website](#).

Prescott Farm is a member of the NH Camp Directors' Association and our camps are licensed by the State of NH.



Answers to our past eNewsletter:  
Photo 1 - Crocus 2 - Celandine  
Poppy 3 - Hyacinth 4 -  
Dutchman's Breeches

***We can't thank enough  
the following  
companies and people  
for making a donation  
towards our Camp  
Scholarship Fund.  
Every donation makes  
it possible for a child  
to attend camp that  
otherwise wouldn't  
have been able to.***

**2010 Camp  
Scholarship Fund  
Donors**

# Top 10 Kid's Summer Activities

Enjoy the heat with these great activities for summer fun.

1. [Happy Camping](#)
2. [Brick Bungalow](#)
3. [Turtle Racer's](#)
4. [Green Slime](#)
5. [Creepy Crawly Bug Box](#)
6. [Friendly Fireflies](#)
7. [Triangle Box](#)
8. [Bead Drum](#)
9. [Dragon Kite](#)
10. [Chirping Cricket](#)



Friendly Fireflies

Click on each activity to view its instructions.

SOURCE: [www.bhg.com](http://www.bhg.com)

## Summer Volunteer Opportunities

What better way to give back to the community than to volunteer? Prescott Farm has several volunteer options available to suit anyone's needs and restrictions. If you are interested in volunteering for any of the options listed below, please e-mail [info@prescottconservancy.org](mailto:info@prescottconservancy.org) or call (603) 366-5695.

### Garden Volunteers

We have a dedicated group of garden volunteers that come on Tuesdays (starting April 20th) during the Spring and Summer months to work on the gardens down near the Farmhouse. They are always looking for help, and if you have a green thumb and don't mind getting a little dirty then this volunteer opportunity is for you!

### Trail Maintenance

If you love hard work and are handy with a pair of clippers, our trails need you! The trails get a lot of use throughout the year and get cluttered by branches and other debris.



# What is there to do at Prescott Farm this summer?

**1. Take a hike on our trails.** (Samuel Pardoe Building)

Trail maps are located in the green mailbox outside at the corner of the building.

**2. Borrow an Explorer Pack**

(Peg Rail near the Front Door at the Samuel Pardoe Building)

Borrow a backpack to take along as you explore

Prescott Farm!

Choose from Birds & Animals, Pond, or Farm & Garden Activities.

**3. Visit our Heritage Gardens** (Behind the Historic Barn)

In season, our volunteer gardeners grow heritage herbs, flowers and vegetables.

**4. Learn about the history of Prescott Farm** (Program Room-Samuel Pardoe Building)

View the photo exhibit "Prescott Farm-A Look Back in Photographs" by Elizabeth Prescott Ballou, a sixteen year-old descendant of the farm's original owners.

**5. Learn about our "Green" Building** (Panels throughout the Samuel Pardoe Building)

Look for numbered panels with details about the energy efficient aspects of our new 2,500 Samuel P. Pardoe Building, truly a "Green Building for the 21st Century."

**6. Meet "Buckbeak" the Box Turtle** (Wet Lab-Samuel Pardoe Building)

"Bucky," our three-toed Box Turtle is more than happy to receive visitors with the assistance of a staff member.

Please contact us at 603-366-5695 if you would like to schedule a tour of the Hay Barn, Samuel P. Pardoe Building or Heritage Gardens.

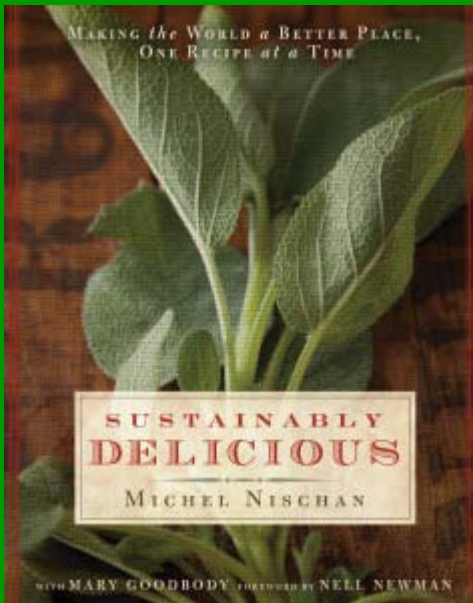


**Prescott Farm in June**



**The Samuel P. Pardoe Foundation**

**Peter Zak**



## A Book & Recipe You May Enjoy!

Best-selling author, restaurateur and Wholesome Wave Foundation founder Michel Nischan's new cookbook, *Sustainably Delicious*, presents over 100 recipes for home cooks looking for delicious and nutritious ways to prepare seasonal food that is good for the environment, for animals, for farm workers, and for our tables. Michel advises us to "Eat what's available in season, celebrate variety, respect the land and eschew waste". His mission is to show that choosing local and sustainably grown food offers innumerable rewards, including some of the very best flavors Mother Nature has to offer. Who thought a humble parsnip could be this delicious?

A perfect cookbook for anyone looking for inspiring ways to eat with the seasons.

*Choose locally produced food from specialty or grocery stores.*

**SOURCE:** <http://fairfieldgreenfoodguide.com>

## Summer Garden Soup

Prep/Total Time: 30 min

The best part of this recipe is that most of the main ingredients can come right from your own garden!

### Ingredients:

- 1 cup chopped onion
- 4 to 6 garlic cloves, minced
- 2 tablespoons olive oil
- 3 cups chopped fresh tomatoes
- 1 cup fresh or frozen cut green beans
- 1 tablespoon minced fresh basil or 1 teaspoon dried basil
- 1 teaspoon minced fresh tarragon or 1/4 teaspoon dried tarragon
- 1/2 teaspoon minced fresh dill or pinch dill weed
- 1/2 teaspoon salt, optional
- 1/4 teaspoon pepper
- 3-1/2 cups chicken broth
- 1 cup fresh or frozen peas



Try serving it chilled!

1 cup sliced zucchini or yellow summer squash

**Directions:**

In saucepan, saute onion and garlic in oil until onion is tender. Add the tomatoes, beans, basil, tarragon, dill, salt if desired and pepper. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes. Add the broth, peas and zucchini; simmer for 5-10 minutes or until vegetables are crisp-tender. Yield: 8 servings (2 quarts).

*For nutrition facts click on the source link.*

**SOURCE:** <http://www.tastedhome.com>

## Prescott Farm Harvest Festival

September 11, 2010

10:00am - 3:00pm

Prescott Farm is excited to announce that it will be having a Harvest Festival on Saturday, September 11th. Members, families, friends and visitors are invited and can enjoy a variety of festivities including:

*Hayrides  
Music  
Food  
Arts & Crafts  
Tours  
Workshops/Demos  
Farm Animals  
Games/Contests  
& More!*



We are looking for volunteers to help with this event. If you would like to learn more about what volunteer opportunities are available please contact our Office Manager, Kimberly at 603-366-5695 or [info@prescottconservancy.org](mailto:info@prescottconservancy.org).

This is sure to be an enjoyable event for all, and what better way to end the summer! We hope you will be able to join us and please do share this with others who may be interested.

\*Please RSVP by calling 603.366.5695 or emailing us at [info@prescottconservancy.org](mailto:info@prescottconservancy.org). If you RSVP by email please make sure to include your name and the number of people attending the event with you.

## Prescott Farm Environmental Education Center

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