



## SHELBURNE FARMS

Summer 2016

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 is available upon request).

You can help prepare for the week by responding to the questionnaire found in this packet, 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 to our destinations! We recommend a bike that you can stand over with your feet on the ground. If your bike is much smaller than this, your riding may be more difficult. 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.

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

Sincerely,

Justin Frawley  
Summer Camp Program Coordinator  
[JFrawley@shelburnefarms.org](mailto:JFrawley@shelburnefarms.org)  
(802) 985-0327

## 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:

- 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
- 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 would like to learn more about you. Please take some time to answer the questions below. Your responses will help us plan our week!**

Your Name:

What are your favorite outdoor activities?

What excites you about coming to camp?

What are your favorite foods/meals?

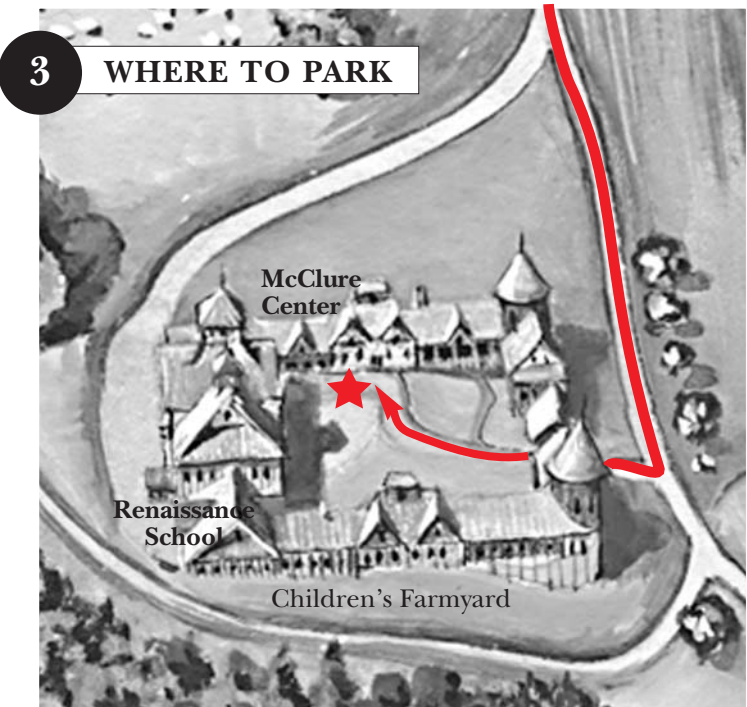
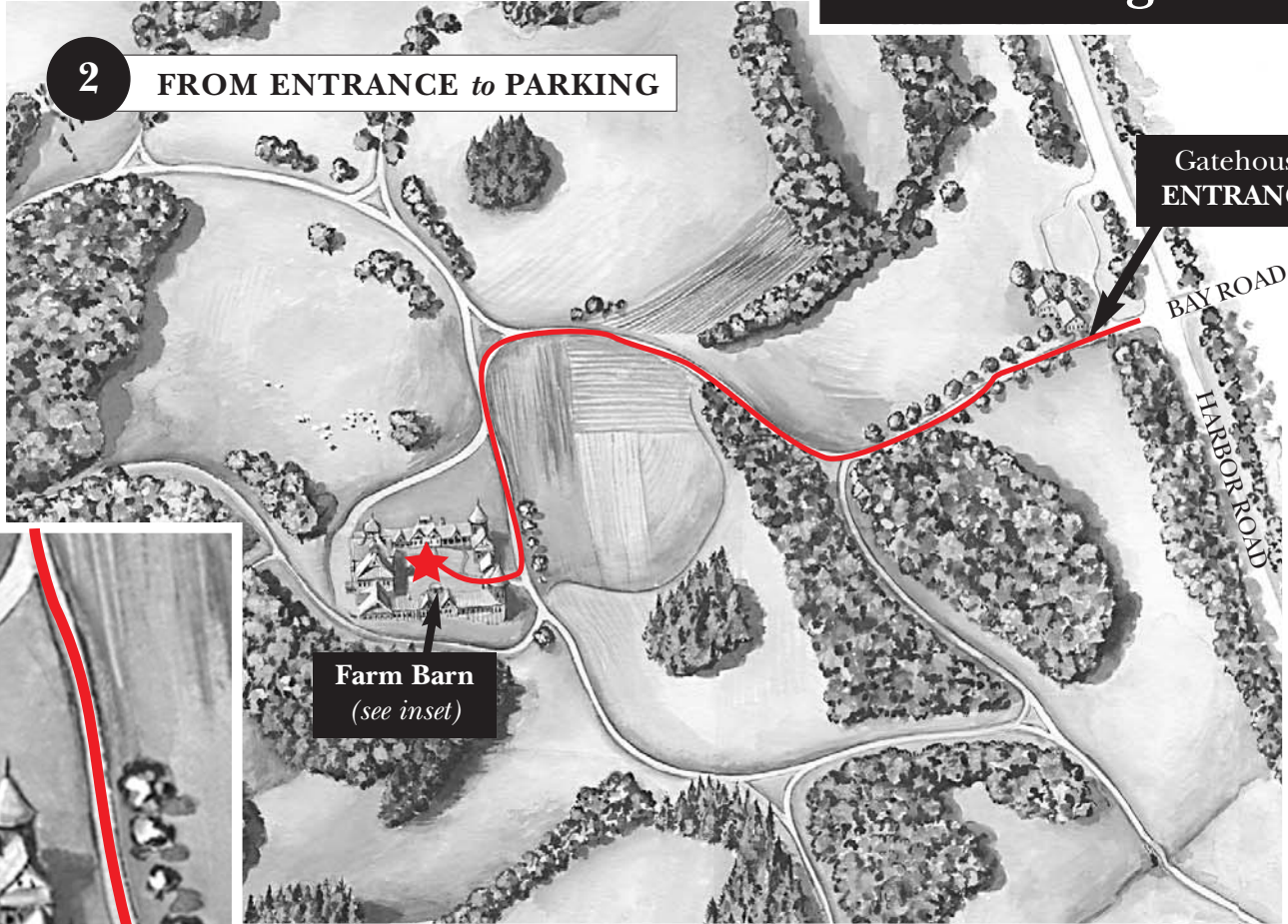
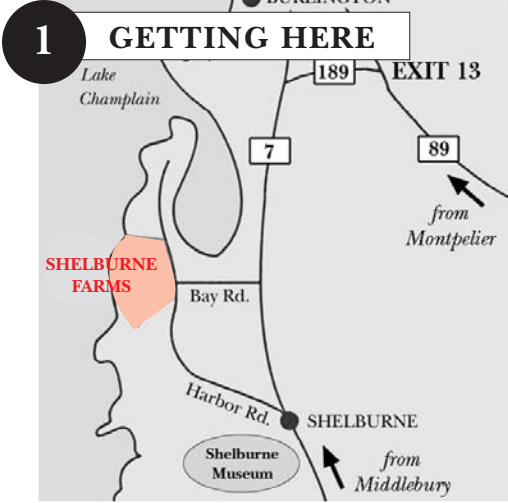
If we were to ask your closest friends and family to describe you in five words, what words do you think they would use?

Is there anything else you would like to share with us?

Please return at least one week before camp to Justin Frawley – [jfrawley@shelburnefarms.org](mailto:jfrawley@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](http://www.pueblo.gsa.gov/cfocus/cfallergies04/t_focus2.htm)

series  
of  
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. | <a href="http://www.unfi.com">www.unfi.com</a>                             | 800-877-8898 |
| • The Gluten-Free Pantry     | <a href="http://www.glutenfree.com">www.glutenfree.com</a>                 | 800-291-8386 |
| • Enjoy Life Foods           | <a href="http://www.enjoylifefoods.com">www.enjoylifefoods.com</a>         | 888-503-6569 |
| • Rebecca's Nut Free         | <a href="http://www.rebeccasnutfree.com">www.rebeccasnutfree.com</a>       | 978-352-6644 |
| • Miss Roben's               | <a href="http://www.allergygrocer.com">www.allergygrocer.com</a>           | 800-891-0083 |
| • VermontOne                 | <a href="http://www.vtone.com">www.vtone.com</a>                           | 802-879-7127 |
| • Gluten-Free Mall           | <a href="http://www.glutenfreemall.com">www.glutenfreemall.com</a>         | 707-537-3011 |
| • Cherrybrook Kitchen        | <a href="http://www.cherrybrookkitchen.com">www.cherrybrookkitchen.com</a> | 866-458-8225 |
| • Gluten-Free Pantry         | <a href="http://www.glutenfree.com">www.glutenfree.com</a>                 | 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](http://www.fda.gov)

International Food Information Council  
1100 Connecticut Avenue, NW  
Suite 430  
Washington, DC 20036  
202-296-6540  
[www.ific.org](http://www.ific.org)

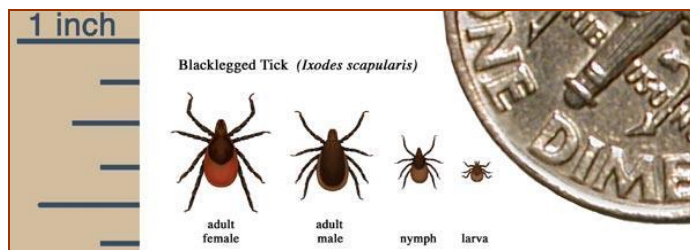
Food Allergy and Anaphylaxis Network  
11781 Lee Jackson Hwy, Suite 160  
Fairfax, VA 22030  
1-800-929-4040  
[www.foodallergy.org](http://www.foodallergy.org)

peanut allergies

## The best way to prevent Lyme disease is to prevent tick bites.

### To prevent tick bites:

- Stay on hiking trails. Avoid walking through high grass and bushy areas.
- Use insect repellents that are labeled for ticks. Follow the directions on the label carefully. For more information on the safety and efficacy of repellents please go to <http://cfpub.epa.gov/oppref/insect/>.
- Permethrin is an insecticide that can be applied to clothing or gear. If you spend a lot of time in tick habitat, wearing permethrin-treated clothing can be very effective at reducing your exposure to ticks.
- Wear long pants and long-sleeved shirts to minimize skin exposure to ticks.
- Wear light colored clothing so that it is easier to see ticks, and tuck your pants into your socks. Wearing permethrin-treated gaiters may also be helpful.
- Check yourself, your children and your pets for ticks daily and remove ticks promptly. A tick may look like nothing more than a new freckle or speck of dirt.
- Shower soon after you come inside if you have been in tick habitat.



The blacklegged tick, commonly known as the deer tick, is responsible for the transmission of Lyme disease.

### If you find a tick on you or your pet:

- There is no need to panic. Not all ticks are infected, and in order to transmit Lyme disease, most ticks must be attached for at least 36 hours.
- Using a pair of pointed tweezers, grasp the tick by the head or mouthparts right where they enter the skin. DO NOT grasp the tick by the body. Without jerking, pull firmly and steadily outward.
- Wash your hands and the area of the bite with soap and water.

### Look for signs of Lyme disease and other tickborne diseases:

- An early sign of Lyme disease can be a rash that spreads but is not itchy or painful. It generally occurs three days to one month after a tick bite.
- Other signs of Lyme disease and other tickborne diseases include tiredness, fever, body aches and joint pain.
- If you think you may have Lyme disease or another tickborne disease, contact your healthcare provider.
- Lyme disease and most tickborne diseases can be treated successfully with antibiotics.



## What to do if you have a tick bite

### Remove the Tick

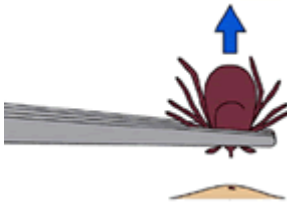
Try to remove the tick as soon as you discover it because prompt removal can prevent Lyme disease. It can take 36 hours for a tick to transmit the bacteria that causes Lyme disease to you.

#### To safely remove ticks:

1. Use fine-tipped tweezers and firmly grasp the tick close to the skin. Avoid touching the tick with your bare hands.



2. With a steady motion, pull straight up until all parts of the tick are removed. Do not twist or jerk the tick. Do not be alarmed if the tick's mouthparts remain in the skin. Once the mouthparts are removed from the rest of the tick, it can no longer transmit the Lyme disease bacteria.



**DO NOT** use petroleum jelly, a hot match, nail polish, or other products to remove a tick. These methods are not effective.

### Thoroughly wash your hands and the bite area

After removing the tick, wash your hands with soap and water or use an alcohol-based hand sanitizer if soap and water are not available. Clean the tick bite with soap and water or use an antiseptic such as iodine scrub or rubbing alcohol.

### Watch for symptoms of Lyme disease

If a tick is attached to your skin for less than 36 hours, your chance of getting Lyme disease is small. But just in case, monitor your health closely and be on the alert for symptoms of Lyme disease. Symptoms may begin as soon as 3 days after a tick bite or as long as 30 days after, but they usually appear within 1 to 2 weeks. Contact your healthcare provider if you develop a rash or flu-like symptoms such as fever, headache, joint pain, muscle aches and fatigue soon after a tick bite.