



# GROUP PROGRAMS



URBAN  
ADAMAH

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## GROUP PROGRAMS

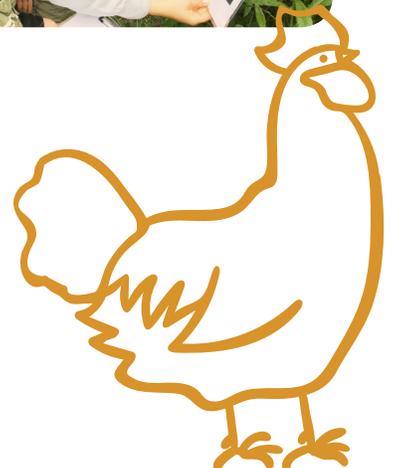
For Schools | Congregations | Other Groups

## MEMORABLE FARM EXPERIENCES

Urban Adamah offers an exciting menu of farm-based programs for groups of children, teens and adults at our farm in Berkeley, California.

Each of our experiential farm programs is designed to foster connections—to ourselves, to each other, to the food we eat, and to the natural world. We believe that by growing these connections we increase our individual and collective ability to bring our world more closely into alignment with the core Jewish values of *chesed* (kindness), *tzedek* (justice) and *ahava* (love).

Since we opened in 2010, we have earned a reputation for creative, unique and inspiring programs that are welcoming to all. We welcome groups of all cultural and religious backgrounds, and adapt programs to meet the needs of each group we serve.





## PROGRAM DESIGN

Drawing on the richness of Jewish tradition and practices of sustainable agriculture, our programs integrate fun hands-on farm activities with story, ritual and song to create truly memorable learning experiences. Our programs include age-appropriate farm projects—planting, harvesting, building and animal tending—all of which contribute to the production of fresh food for our weekly free Farm Stand, benefiting those in need in our local community. Programs also often include community-building games, inspirational Jewish learning, art and crafts, and/or farm-to-fork food preparation.

Our programs are offered year round and are typically 1.5-2.5 hours long, depending on the age, needs, and interests of the group. We work with groups large and small, and often offer multiple activities simultaneously by dividing large groups into smaller teams. We offer multi-session programs to groups who are able to come to the farm more than once. We always create our programs alongside teachers and program directors, depending on interest and farm task availability. We are flexible and able to adapt our programs to fit all groups of pluralistic Jewish practice, public schools, and ages.

We invite groups to have lunch on our site and enjoy the farm after their program. (Please check in with program staff to ensure site availability.)

## OUR SITE

Our urban farm and education center is located at 1151 Sixth Street in West Berkeley, California (near Gilman St). Our two-acre campus includes a dedicated Children's Garden, greenhouses, several teaching and program tents, an aquaponics system, chicken coop, worm composting operation, goat pen, beehives, native species gardens and dry creek, orchard, and garden beds growing a wide range of vegetables and herbs. Other facilities include a teaching kitchen, as well as a 36-bed retreat center. All food is prepared under the guidance of Urban Adamah staff or by select preferred caterers in our full-size vegetarian kitchen. Food can be prepared and supervised for *kashrut* upon request.

## FEES & SCHEDULING

Urban Adamah's program fees are based on program duration and number of participants. We've provided sample programs for you to consider on the following pages. We offer 20 subsidized programs for school groups in our community who otherwise would not have access to farm-based learning. Please call us to discuss your needs and we will be happy to develop a program proposal tailored to your group.

For more information or to schedule a program, please contact **Liliana Jacobs**, Youth & Family Programs Educator, at [liliana@urbanadamah.org](mailto:liliana@urbanadamah.org) or by phone at 510-649-1595, ext 107.

We look forward to seeing you on the farm!



Urban Adamah seeks to build a socially just and environmentally sustainable world through service-learning programs that integrate Jewish tradition, sustainable agriculture, mindfulness practices and direct social action.

Our urban organic farm provides fresh produce to surrounding low-income communities at no cost and serves as a Jewish environmental education and community center for the greater Bay Area.

All of our programs bring people together to learn and serve in ways that invite sharing and celebration, and strengthen social networks on and off the farm. Informed by Jewish and environmental values and motivated by social justice,

Urban Adamah's programs inspire people of all ages and backgrounds to help make the world a better place.

## YOUTH PROGRAMS

\* These sample programs can be combined to meet your groups' interests and needs.

### PRESCHOOL

#### Farm Helpers

\$400, 1.5 hours, cost for 20 participants

Even small hands are powerful tools. Young children discover their ability to care for farm animals, grow plants, and build healthy soil. We cultivate curiosity, connection, and care by infusing our programs with songs, stories, and games that allow the farm to come to life in the best of ways.

### GRADES K – 5

#### Sun, Soil, Water, Air

\$450, 2 hours, cost for 20 participants

Experience the wonder of the four elements as we explore the farm, plant seeds and build bricks out of earth. Full of sensory engagement and embodied activities, this program is a perfect introduction to our farm and all that it offers.

#### Animal Friends

\$450, 2 hours, cost for 20 participants

Meet the many animals who call Urban Adamah home—from chickens and goats to worms and insect pollinators. We will explore their habitats, tend to their needs and find out how the health of our human community is connected to the health of the community of animals around us.

#### Flowers & Fruits

\$450, 2 hours, cost for 20 participants

Bring your curiosity on this adventure through the life cycle of flowers and fruits on our farm. We'll explore the many flower varieties that grow here, become flower-dissecting detectives and meet the many hard-working pollinators that make it possible for flowers and food to flourish on our farm.

#### Farm to Fork

\$450, 2 hours, cost for 20 participants

Take a delicious journey through the food cycle on our farm. We'll learn about the growing habits and cultural history of different vegetables and herbs as we harvest from the earth with gratitude, using our own hands. We'll take the harvest to our new community kitchen where we'll explore some earth-friendly technologies—a bicycle-powered blender, a solar oven, and/or a wood-fired earthen stove—and use one or more of them to prepare a farm fresh snack.



## YOUTH PROGRAMS

### GRADES K – 5 CONTINUED

#### **The Wonders of Native & Medicinal Plants**

\$450, 2 hours, cost for 20 participants

Become immersed in the magic of Bay Area medicinal plants on our farm through plant identification, interactive games, and medicine-making. We will harvest and dry our own herbs, and/or make tea, salve, dream pillows or other herbal treats.

#### **Farming in our Watershed**

\$450, 2 hours, cost for 20 participants

How is farming related to the creek? Farms use water, and our water use affects our watershed! Urban Adamah borders Codornices creek, a waterway with native species of plants and animals. This creek was a source of life for the Ohlone native people. Explore creek ecology, learn the history of the creek, look for trout, and become stewards of the creek through hands-on activities.

#### **HaMotzi Lechem – Bread from the Earth**

\$450, 2 hours, cost for 20 participants

Journey through the ancient process of *hamotzi lechem min ha-aretz*—bringing forth bread from the earth. We will form new connections with one of the most ancient Jewish ritual foods (bread) as we harvest, thresh and winnow wheat, grind it into flour in our hand-powered grain mill, and bake bread on a wood-fired earthen stove.

#### **Preserve the Harvest**

\$450, 2 hours, cost for 20 participants

Transform this season's abundance into next season's delicacy. We will discover centuries-old traditions of preserving agricultural bounty for future seasons – and even future generations! Learn how to make pickles, sauerkraut, kimchee, and more. Leave with your very own handmade goodies to share with family and friends.





“Our experience on the Urban Adamah farm made Judaism come to life in incredible ways—from saying the *bracha Hamotzi* (blessing over bread) over pita bread, after grinding the flour ourselves, to a live representation of the practice of *pe’ah* (leaving the corners of our fields for the poor).

Staff expertly handled the students utilizing hands-on activities and experiential games to engage all of us. The staff was flexible and genuinely interested in tying in relevant parts of our curriculum with our time on the farm.

The experience made Jewish values come to life in ways that are sometimes challenging within the confines of a classroom.”

— Hadas Rave,  
Judaics Teacher Contra  
Costa Jewish Day School

## YOUTH PROGRAMS

### Natural Building

\$450, 2 hours, cost for 20 participants

Come get your hands dirty and build with us. For thousands of years, cultures around the world have been building beautiful structures out of the natural materials most abundant in their bioregions. Learn how to use the clay-rich soils of the Bay Area to build ovens, benches and, even, houses. Projects vary depending on our current farm projects.

### TEEN PROGRAMS: GRADE 6 & UP

#### Jewish Food Justice

\$450, 2 hours, cost for 20 participants

Discover how the tradition of *peah* has its roots in biblical agricultural laws requiring farmers to share their harvest with those in need. We’ll investigate these laws and experience the justice traditions of Jewish agriculture through creative game-based learning and hands-on work projects that support the growing of food to share freely with those in need at our weekly Free Farm Stand.

#### Work Party | Service Project

\$1,200, half-day, cost for 40 participants

Help our farm grow! From soil amending and planting, to harvesting for our Free Farm Stand, to natural building, we will engage your group in season-appropriate work projects that contribute to nourishing the greater Berkeley community. Participants will harvest insights from the day during pre- and post-project activities and conversation.





## OUR FARM BY THE NUMBERS

Last year, we...

- Grew 10,000 pounds of produce.
- Gave away 90% of the food we grew through local food pantries.
- Contributed 2,500 volunteer hours to food and agriculture projects and organizations in the Bay Area.
- Ran summer camp sessions for 455 children and youth.
- Provided farm-based education and holiday programs to 9,500+ participants.
- Graduated 26 Urban Adamah Fellows, who are stepping into leadership roles in the fields of the environment, education and Jewish life.
- Partnered with more than 60 Bay Area organizations—synagogues, JCCs, camps and schools—to provide programs for their constituents on and off the farm.

## TEENS & ADULTS

### **OMG: Heschel's "Radical Amazement"**

\$450, 2 hours, cost for 15 participants

Through this multi-sensory workshop, we explore and practice the state that Abraham Joshua Heschel called "Radical Amazement." The farm is our doorway into this other realm of consciousness, as we use the tools of Jewish tradition, mindfulness, and hands-in-earth activities to experience the world- and ourselves-in new ways.

### **Secrets of the Hebrew Calendar**

\$450, 2 hours, cost for 15 participants

Exploring the Hebrew calendar reveals ancient wisdom and surprising secrets. Through texts and hands-on activities, we discover the agricultural roots of the Jewish holiday cycle and other deep connections between Jewish time and nature's rhythms.

### **Jewish Agricultural Traditions**

\$450, 2 hours, cost for 15 participants

Ever heard of the Jewish Farmer's Almanac? Some people call it the Torah. In this session, we explore the biblical roots and modern relevance of traditions dealing with sustainability and social justice in Jewish agriculture.

### ***Kashrut* in the 21st Century: What is "Fit" Food in Today's World**

\$450, 2 hours, cost for 15 participants

In a time of global warming and persistent poverty, what is fit to eat? In this session we explore the basic tenets of *kashrut*—the laws that have governed how Jewish people have eaten for centuries, and explore what Jewish ethical eating might mean today. We invite participants to ask questions inspired by the traditions of *kashrut* about the what, when and how of ethical eating in our own lives and communities.

### **Reinventing the Blessing: A New Take on Ancient Practice**

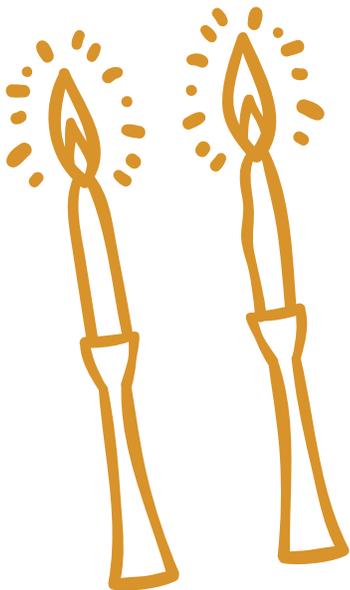
\$450, 2 hours, cost for 15 participants

Traditionally, we have translated the beginning of the classical Jewish blessing as "Blessed are You, Lord, King of the Universe, who has commanded us to..." But what if one doesn't believe in a God who commands? And what if the description of God as "Lord" and "King" doesn't resonate? In this session we'll examine and re-imagine various types of traditional blessings, and explore ways to use them to bring greater consciousness, gratitude and connection into our lives.



“At Urban Adamah, our students learn the most organic Torah of all, directly from skilled and loving experiential educators who weave Jewish wisdom into embodied learning of soil and sustenance. They seem to be growing joy and connection, above all, over there at the farm.”

— Judy Massarano,  
Judaics Teacher, Oakland  
Hebrew Day School



## HOLIDAY PROGRAMS · ALL AGES

### Hands-on *Shabbat*

\$450, 2 hours, cost for 20 participants

Prepare for *Shabbat* like a Jewish farmer. We'll press grapes to make our own juice for *kiddush*, bake fresh pita bread on a wood-fired earthen stove and roll our own beeswax candles. Programs for older kids and adults might explore ancient and contemporary texts about *Shabbat*.

### The Season of Joy: *Sukkot* on the Farm

\$450, 2 hours, cost for 20 participants, available within 4 weeks of *Sukkot*

Celebrate *Sukkot*, the fall harvest festival and season of joy, on our Jewish farm. *Sukkot* marks the completion of a full cycle of farming and the arrival of the rainy season. Come enjoy the festival's juiciest offerings: we'll build natural shelters, harvest from the farm and explore the practices of food preservation and seed saving. We might even make up our own rain dance.

### The Festival of Spring: Passover on the Farm

\$450, 2 hours, cost for 20 participants, available within 4 weeks of Passover

Celebrate liberation as we prepare for Passover—the festival of Spring—with the abundance of our farm. Be ready for a challenge: we'll create kosher *matzah* by making dough with wheat from the farm, firing it over an earthen stove and cleaning up each crumb in less than 18 minutes! We'll also taste the sweetness of freedom as we make *charoset* on a bicycle-powered blender and harvest materials from the farm to make our own *seder* plates.

## HEBREW HOMESTEADING · ALL AGES

### Hebrew Homesteading—Craft Making

2–3 hours, maximum 20 participants, price depends on craft selection

Create and craft with us as we build skills to live more sustainably and connect in new ways to Jewish tradition. We offer age- and season-appropriate crafts, and tailor the activity to your group.

Options include:

- Earth Crafts: Felting with sheep's wool, weaving baskets, making cordage (rope) from natural fibers, recycled paper making, fire by friction, herbal salves and syrups, and seed saving.
- Food Crafts: Making yogurt, cheese, chocolate, pita, hummus, fermentation, and pickling.
- Jewish Crafts: *Mezuzah* making, hand-washing cups with recycled materials, earthen menorahs, and *kiddish* cup making.



## RESIDENTIAL RETREAT CENTER

Price upon request, maximum 36 participants

Imagine sleeping in California's first residential Jewish urban farm, waking in the morning to an egg breakfast fresh from the hens, spending your day surrounded by the beauty of gardens and greenhouses, while never leaving the city!

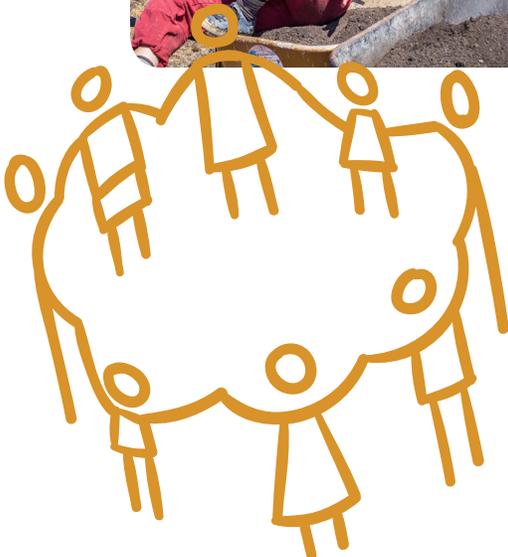
Urban Adamah brings the country experience to Berkeley through our multi-day *Shabbatons* and retreats at our urban organic farm. We can plan your program and provide educators or you can use our farm campus to run your own immersive experience, catered by one of our select preferred caterers. If you dream it, we can create it!

Our 3-day / 2-night farm programs integrate the best of what Urban Adamah has to offer:

- Hands-on farm projects
- Jewish learning on social justice and sustainability
- The freshest organic, farm-to-fork food
- Community-building activities
- Evening campfires with storytelling, singing, and s'mores
- *Shabbat* services and Torah study
- Yoga and meditation
- Real nature connection in the heart of Berkeley
- Exploration of our neighborhood restored creek

**Food and Lodging:** Up to 36 people are invited to stay in our new Camp Street Residence here on the farm. Enjoy ample community space, bunk beds, and your own cozy corner on the farm. All food is prepared under the guidance of Urban Adamah's catering in our full-size vegetarian kitchen, which can be prepared and supervised for *kashrut* upon request. Groups may be self-catered or may use an outside caterer for an extra fee.

**Inquiries:** For more information, including sample schedules and rates, please contact **Ari Eisen**, Public Programs & Retreat Center Director, at [ari@urbanadamah.org](mailto:ari@urbanadamah.org) or by phone at 510-649-1595 ext. 106.



## OUR EDUCATION TEAM



**Ariela Ronay-Jinich, Education Director**

Ariela loves how Jewish stories, values, and practices come to life on the farm as children and families harvest, tend, plant, cook, eat, and play together. Ariela's professional background includes more than 10 years of teaching and designing curriculum at the following organizations: Teva Learning Center, Camp Tawonga, Wilderness Torah, Chochmat Halev's Hebrew School, Gan Shalom Preschool, and Edah. At Urban Adamah, she loves supporting youth, families, and schools to experience holistic learning grounded in service and community values. Winner of 2015 Helen Diller Family Award for Excellence in Jewish Education.



**Maddy Winard, Youth and Family Programs Manager & Camp Director | JOFEE Fellow**

Maddy is excited to bring her experience working with kids, teens, and families to the farm at Urban Adamah! Maddy loves connecting Jewish values and ritual through outdoor exploration, food harvesting, and cooking. Maddy graduated from UC Santa Cruz in 2015 with a major in Community Studies, and minors in Sociology and Jewish Studies. Prior to working at Urban Adamah, Maddy served the Bay Area Jewish community as an educator at URJ Camp Newman and Congregation Beth Am.



**Liliana Jacobs, Youth and Family Programs Educator & Group Programs Coordinator**

Lili first fell in love with farming as a student at UC Davis, where she stumbled upon the student farm community, and went on to study Sustainable Agriculture & Food Systems. Her time there and on several farms since then have led her to understand that there is a special sort of magic that happens when people connect while getting their hands dirty and planting seeds. Her belief that everyone should have the opportunity to learn about where their food comes from, have access to healthy food, and thus empower themselves and their communities, prompted her to work for two years as a FoodCorps/Americorps service member, running a high school student farm in the Sierras one year and two urban gardens in Oakland elementary schools the next.

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In addition to Ariela, Liliana, and Maddy, Urban Adamah utilizes an extensive network of local adjunct Jewish, environmental, and farm educators.





## TEACHER TRAININGS & PROFESSIONAL DEVELOPMENT FOR YOUR STAFF

Urban Adamah's half-day, full-day, and multi-session trainings help educators and staff teams integrate nature-based experiential education and Jewish learning across the grades, pre-K and up. For more information, contact **Ariela Ronay-Jinich** at [ariela@urbanadamah.org](mailto:ariela@urbanadamah.org).

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We have been honored to run programs for a wide range of organizations, including:

Allendale Elementary School  
American Jewish World Service  
Bay Area Midrasha  
Bay Area Mitzvah Corps  
B'nai B'rith Youth Organization  
Bentley School  
Birthright Next  
Black Pine Circle  
Brandeis Hillel Day School  
Calvary Church  
Camp Tawonga  
Challah for Hunger  
Colibrí Preschool  
College Preparatory School  
Congregation Beth Am  
Congregation Beth El  
Congregation Beth Israel  
Congregation Beth Shalom  
Congregation Beth Sherith Israel (Family Day)  
Congregation Netivot Shalom  
Contra Costa Jewish Day School  
Covenant Ministry Church  
Diller Teen Fellows  
East Bay Council of Rabbis  
East Bay Minyan  
Ecole Bilingue French Immersion School  
Edah Learning Community  
Greenleaf Elementary School  
Hazon  
Hearts Leap School  
Hoover Elementary School

Institute for Urban Homesteading  
Jewish Community Center of the East Bay  
Jewish Community Center of San Francisco  
Jewish Community High School of the Bay  
J-Serve/B'nai B'rith Youth Organization  
Kehilla Community Synagogue  
Kids Speaking Spanish Preschool  
The Lake School  
Lifelong Medical Clinic  
Merritt College  
Moishe House Oakland  
New School of Berkeley  
Oakland Hebrew Day School  
Oakland Unified School District  
Oceanview Elementary School  
Oshman Family Jewish Community Center  
Palo Alto Jewish Community Center  
Peninsula Jewish Community Center  
Pursue  
Rodef Sholom  
Rosa Parks Elementary  
Sherith Israel  
Sid Jacobson JCC  
Special Needs Initiative, East Bay Federation  
Temple Sinai  
Think College Now  
United Synagogue Youth  
Wilderness Torah  
The Woolman School  
Yavneh Day School  
Yeshiva University