



Chesapeake Bay Studies | May 2019

Program: Iron Chef Chesapeake w/ Avis Wheatley & Juan Angarita

Iron Chef, Chesapeake - Food production and farming are critical parts of our local environment. This year's focus is on the culinary side of the farm to table trend. Be ready to tromp through fields and carry the harvest to the kitchen! Through this experience, students will learn basic cooking skills, cook on a daily basis, and focus on local farms and restaurants around the Chesapeake. **Day trips**

Itinerary:

	Time	Activity	Location
Mon May 20	8:00 a.m. to 4:00 p.m.	Morning Farm Tour Afternoon Introduction to Cooking Techniques	Lockbriar Farms, Worton Gunston
Tues May 21	8:00 a.m. to 4:00 p.m.	Morning Farm Tour Afternoon Cooking lesson	Langenfelder Farm, Kennedyville Gunston
Wed May 22	8:00 a.m. to 4:00 p.m.	Morning and Afternoon Farm Tours	Emily's Produce and Choptank Sweets, Cambridge
Thu May 23	8:00 a.m. to 4:00 p.m.	Morning Farm Tour Afternoon Recipe and Cookbook Prep	Calico Fields Lavender Farm, Millington Gunston
Fri May 24	8:30 a.m. to 2:00 p.m.	Local foods feast/cookbook preparation	Gunston

What to bring:

Bag lunch on Monday, lunch at Gunston on Tuesday-Friday.

Dress Code:

Monday - Friday: Casual while neat and appropriate (closed toe shoes required, long hair secured).



Dear Families,

Bay Studies week is fast approaching. Students are meeting with trip leaders during ACT on April 16 and April 30 and have the following trip details, medical forms, and packing lists to share. The arrival and departure information for your program is listed below. Please take note of any departures or pick-ups that fall outside of Gunston's normal bus schedule. Your presence is required for the entire program; Mrs. Grabis must approve any absences prior to the trip. A doctor's note is required for illnesses during the week.

Iron Chef Chesapeake - Food production and farming are critical parts of our local environment. This year's focus is on the culinary side of the farm to table trend. Be ready to tromp through fields and carry the harvest to the kitchen! Through this experience, students will learn basic cooking skills, cook on a daily basis, and focus on local farms and restaurants around the Chesapeake. **Day trips**

Difficulty: 1/2 Comfort: 1

Iron Chef Chesapeake

Monday – Friday May 20 – 24, arrive by 8:00am and depart after 4pm daily

Attached to this letter are any recommended packing lists, supplies, and supplemental medical forms (*as needed for your trip*). *Completed forms are due back by end of the school day on Tuesday, April 30. Paperwork must be signed by parents or legal guardians only.* Missing or late paperwork will cause you to lose your seat! Please read your packing list closely, there is no such thing as bad weather, only bad clothing!

After reviewing your schedule, please sign this letter along with a parent, guardian or host parent, indicating that you have read and understand the obligations to bring in necessary paperwork and are aware of attendance requirements.

Sincerely,
Ms. Beck

(Student Signature)

(Date)

(Parent Signature)

(Date)