Appleton Farms
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Farm School Programs
Pre-K through High School

Farm-based Education Programs
Connecting Children to Nature & Agriculture while
Supporting Massachusetts Science Curriculum Framework Standards
Learn & Discover
AT APPLETON FARMS
A Property of The Trustees

Rolling Grasslands, extensive forests, grazing livestock, stone walls, historic farm buildings — 1000-acre Appleton Farms offers a rare glimpse into New England’s agricultural past.

A gift of Colonel Francis R. Appleton, Jr., and his wife Joan, Appleton Farms is the oldest continuously operating farm in the country, established and maintained by nine generations of the Appleton family.

This working farm includes a 600-shareholder Community Supported Agriculture (CSA) program, a grass-based beef and dairy livestock program, as well as haying and composting operations. More than 12 miles of trails offer endless opportunities for hiking, biking, bird-watching, dog walking, and cross-country skiing.

Farm-Based Education Field Trips at Appleton Farms

At Appleton Farms we offer hands-on experiences connecting people to place. We believe that in order to protect what you love you must first come to know and understand it. We offer environmentally focused, farm-based education programs for pre-K through adults led by our farm education staff. Through educator-guided, experiential learning, students and visitors explore sustainable agriculture and conservation, gaining knowledge in life and earth sciences.

Massachusetts Science Curriculum Framework Standards

Our educational programs are tailored to fit within the standards for the Massachusetts Curriculum Frameworks. Please see our program descriptions for more information about which standards each program covers. Our programs can also be adapted to meet your educational needs. For more info contact our Farm Educator Kyle Jacoby at (978) 356.5728 x4117 or kjacoby@thetrustees.org
Dear Educators,

Here at Appleton Farms we invite teachers to enrich their curriculum through our farm-based, environmental education program. We provide this experience by promoting inquiry-based experiential learning opportunities focusing on agricultural and ecological themes tailored to Massachusetts Science Curriculum Framework Standards.

It is our goal to support the incredible work that is happening in your classrooms. The programs we offer at Appleton Farms engage students with the world around them through exploration of our farm, fields, and forests. We strive to create experiences that develop a sense of wonder and builds an enriched environmental literacy for every student.

In the following pages you will find a collection of our programs and activity offerings. They are designed with you in mind and are created with the high standards that comes with a Trustees program. We hope in this catalog you find something that excites you. We hope you want to build this partnership with us. For more information about programs we offer or general questions please do not hesitate to contact us. We look forward to seeing you on the farm!

Thank you,

Kyle Jacoby  Caroline Rouillard
Farm Educator  Engagement Manager
Pricing and Registration Information
for School Programs at Appleton Farms

1 ½ hours $8.00/student
2 hours $9.00/student
+2 hours TBD
General Tour $6.00/person

→ Small groups are welcome, however there is a minimum fee of $100 for all programs. For the general tour there is a $50 minimum fee.
→ Any program over 2 hours must be discussed with an Appleton Farms staff member.
→ If you would like to incorporate an Appleton Farms Cheese tasting it is an addition $1 per participant
→ Leaders and chaperons attend at no additional cost.
→ A deposit is not required to schedule a program

How to Register

Programs at Appleton are filled on a first come, first serve basis. Please contact our farm educator to schedule a trip. After registration is complete you will be provided with a confirmation letter, invoice (if needed), and directions to our property. At the time of arrival your payment will be expected in full. In order to cancel please provide us with two weeks notice. We are excited for your visit! Please feel free to contact our Farm Educator, Kyle Jacoby, with any questions or concerns.

To register or more info:
Kyle Jacoby, Farm Educator
Phone: 978.356.5728 x 4117 or email kjacoby@thetrustees.org

Anything Else I Should Know?

A program with Appleton Staff doesn’t have to be the only thing you do! We highly encourage all groups to each lunch on the farm. There are beautiful spots in our paddock and carriage barn to grab a bite. You are also welcome to take your group on a hike around the farm to enjoy the beautiful scenery or visit with some of the animals.

There will be plenty of parking during your visit to the farm. Notify the Appleton Staff if you plan to arrive in multiple cars so we can plan accordingly.
Soil Scientists  
Grade 1 - Grade 8  
Big Ideas: Life Cycles and Living/Non-living  
1.5 - 3 hours. Offered in fall & spring  

Connect to the ground beneath your feet! Experience the connection between soil and all living things. Through riddles and games, we will learn what makes up soil then head to the forest floor to discover decomposers. Using our decomposer field guide, we will compare what we find on the forest floor to what we find in the farm’s compost piles. We’ll take the temperature of our compost piles and compare different types of soil along our travels. Test your knowledge with Compost or Landfill and visit the cows to see where our compost ingredients come from. Our discoveries will teach us both the importance and fragility of our earth’s soil resources.  

Curriculum Framework: ES – Earth’s Materials #1, LS- Characteristics of Living Things #1, #2, #3, LS- Living Things and Their Environment #8, ES - Soil #4, #5, LS - Structures and Functions #3  

Forest & Farm as Home  
PreK-Grade 2  
Big Ideas: Basic Needs of Living Things  
1.5 – 2 hours. Offered in fall & spring  

Whether you are a seedling in the greenhouse, a hawk in the oak tree, or a newborn calf, there are a few basic things every living thing needs to stay alive on our earth. Explore the basic needs of all plants & animals –food, water, shelter, & air - by visiting different habitats on the farm. We will use our senses to taste, touch, see, smell, and hear our way around the farm. Games such as Cow vs. Chipmunk and activities the Fab 5 Scavenger Hunt will emphasize a living thing’s needs and preparations that take place, on the farm and in nature, to make sure these needs will be met through the coming season. Visit the farm animals to see these needs in action!  

Curriculum Framework: ES- The Sun as a Source of Light and Heat #4, LS – Characteristics of Living Things #1, #3, LS – Living Things and Their Environment #6, #7, #8
No Matter the Weather
Grade 1 - Grade 8
Big Idea: Weather and the Water Cycle
1.5 - 2.5 hours. Offered in fall, winter, & spring

Join us at Appleton Farms and learn about what life was like on an 18\textsuperscript{th} century farm. What did the weather mean for farmers? Learn the ways humans have adapted and innovated. Observe and record signs nature provides of upcoming weather and try your hand at predictions based on these signs. We will brainstorm why farmer's use greenhouses and learn about the Beaufort scale while we measure the wind’s force with our own wind sock. We'll cover the basic water cycle and make a rain cloud in a bowl. By the end of this program, we will understand why farmers spend their summers cutting hay and storing it in the hayloft and how to predict the weather by looking at the clouds.


Fall Farm Rhythms
PreK-Grade 5
Big Ideas: Life Cycles and Basic Needs
1.5 – 2 hours. Offered in fall

Discover the seasonal cycles and rhythms of farm life. What changes for our farm animals, our farmers, and the wildlife who call Appleton home in fall? Using our senses, our younger students will identify signs of the coming season on a farm walk-about. Older students will learn how and why seeds are dispersed in fall by using microscopes and recording their findings. We will learn about seed dispersal methods and identify who in nature and on the farm is storing food for winter. A harvest project will allow our smaller groups to help our farmers bring in a fall crop while our larger groups can visit the forest and farms to compare signs of seasonal changes in trees and wildlife.

Curriculum Framework: ES – Sun as a Source of Heat and Light, LS – Characteristics of Living Things #1, #3, LS – Living Things and Their Environment #6, #7, #8, LS - Characteristics of Plants and Animals #1, LS - Structures and Functions #2, #3, LS - Adaptations of Living Things #6, #7, #8, #9, #11

Sunshine Made My Milk
PreK-Grade 5
Big Ideas: Sun as a Source of Heat and Light and the Food Chain
1.5 - 3 hours. Offered in fall, winter, & spring

Explore the workings of a New England Dairy Farm! Visit our dairy barn, calves, grass pastures, winter barn, hay bales, cheese kitchen, and dairy store. Through our Rocks to Cheese activity, we will learn how the sun plays a role in creating cheese from rocks. Discuss how the sun is the energy that begins the cycle of grass to milk. Discover some of the tools a dairy farmer uses during the Keep In Mind memory game. Afterwards explore the milking parlor and cheese kitchen. Longer field trips can visit the compost piles and learn how we recycle nutrients on the farm. Smaller groups (30 or less) can add a butter making activity while everyone can meet our friendly Jersey cows!

Winter Animal Adaptations & Wildlife Tracking  
**Grade 1 - Grade 8**  
**Big Ideas: Adaptation**  
1.5 - 2 hours. Offered in late fall & winter

Investigate the fields and forests at Appleton for signs of life in the winter. What options do animals have in the winter? Our “Coping with Cold” game will teach the students about hibernation, adaption, and migration. We will compare and contrast the adaptations for both wild animals and farm animals. We’ll hone our skills at tracking animals by learn how to identify and classify different animals based on their footprint through the *Pitter Patter* activity. Get outside and track down signs of local wildlife on the snowy (or muddy!) paths of the Appleton Grass Rides. Through studying prints and observing real life examples in the forest students will learn about how an animal’s leg length, body type, and foot type provide a way to classify that animal as a straight walker, bounder, waddler, or hopper.

Curriculum Framework: ES – The Weather #3, ES – Periodic Phenomena #5, LS – Characteristics of Living Things #3, LS – Living Things and Their Environment #7, #8, Adaptations of Living Things #6, #7, #8, #9, Characteristics of Plants and Animals #1, LS – Living Things and Their Environment #6, #7, #8, #9

**Meet the Maples**  
**PreK-Grade 8**  
**Big Ideas: Life Cycles**  
1.5 - 2 hours. Offered in late winter-early spring (mid-February-March)

Learn the wonders of Sugar Maple trees and how we turn sap into sweet, sweet syrup. See how we tap a maple tree to collect sap and then visit our sugar shack to learn all of the ins-and-outs of maple syrup production. Make connections with the changing seasons and discuss what plants need to survive the long New England winters. Why can’t we get maple sap all year round? We will play our “Meet a Tree” game to get our senses primed before we taste the sweet treat they provide.

Curriculum Framework: ES – The Weather #3, ES – Periodic Phenomena #5, LS – Living Things and Their Environment #6, #7, LS – Structures and Functions #2, LS – Adaptations of Living Things #8, #9

**Root to Fruit**  
**PreK-Grade 5**  
**Big Ideas: Life Cycles and Parts of a Plant**  
1.5 - 3 hours. Offered in fall & spring

Investigate the life cycle of plants and learn what they need to survive. Compare life cycles of plants to life cycles of animals. Learn about how roots, leaves, stems and flowers work together to help a plant grow and reproduce. Where does our food come from? Games like “Tomato Planet” will teach us why some plants thrive and others struggle. Learn how farms help provide people with the food they need to grow and thrive. Explore the fruits and vegetables grown at Appleton and the ways that we preserve the harvest by canning, pickling, drying, and curing. Activities like “Grocery Bag Botany” will connect the food grown on the farm to the food in student’s lunchboxes. Smaller groups (30 students or less) may be able to get in the field to seed, weed or harvest!

Curriculum Framework: ES – Sun as a Source of Heat and Light, LS – Characteristics of Living Things #1, #3, LS – Living Things and Their Environment #8, ES – Soil #4, LS – Characteristics of Plants and Animals #1, LS – Structures and Functions #2, #3, LS – Adaptations of Living Things #9, #11
Spring on the Farm
PreK-Grade 5
Big Ideas: Life Cycles and Basic Needs of Living Things
1.5 - 2.5 hours. Offered in spring

Discover the beginning of the life cycle for plants and animals as new life is born. Investigate the life cycle of a plant and what they need to survive during the Fab 5 Scavenger Hunt. Visit the dairy barn or greenhouse and discover how our farmers provide the basic needs to the living things on the farm. Learn how the sun plays a role in the life of all living things. Stories, games, and up-close encounters in the farmyard will bring these lessons to life for our students. Smaller groups (30 students or less) may be able to help us with a seeding or transplanting project!

Curriculum Framework: ES – Sun as a Source of Heat and Light #4, LS – Characteristics of Living Things #1, #3, LS – Living Things and Their Environment #6, #7, #8, LS – Characteristics of Plants and Animals #, LS – Structures an Functions #3, LS – Adaptations of Living Things #9, #11

Custom Field Trips
PreK-Grade 8
1.5 - 3 hours. Offered in fall, winter & spring

We are always more then willing to work with YOU, the teachers, to create the perfect field trip for your students. See more than one program that interests you? It’s easy for us to combine different parts to create your own custom experience. Want something you don’t see? Feel free to reach out and we can brainstorm together. We are always open to new ideas!

General Tour
All ages
1 Hour Offered all year

Appleton Farms does so many amazing things. A general tour is a great way to get a quick snapshot of what happens here at the farm. Stop by the milking barn, creamery and carriage barn as our educators talk you through how we milk our cows, how cheese is made and get a quick visit with some of our barn animals. Our tours tend to be more Q&A and general on content. For more inquiry based and content focused lessons choose one of the options above.

To schedule, customize a program, or consult an educator about the curriculum, please contact:

Kyle Jacoby Farm Educator

Phone: 978.356.5728 x 4117 or email kjacoby@thetrustees.org
The Trustees

Who We Are
We are more than 100,000 people like you who love the outdoors, who love the distinctive charms of New England, and who believe in celebrating and protecting them, for everyone, forever.

Together with our neighbors, we protect the distinct character of our communities and inspire a commitment to our special places. Our passion is to share with everyone the irreplaceable natural and cultural treasures we care for.

What We Do
We enjoy and care for more than 100 special places – nearly 25,000 acres – all around Massachusetts. And we are actively building an extended family of friends and neighbors across the state that can help in their different ways.

What We Are Up Against
Through more than 125 years of hard work and high standards, The Trustees have built a sterling reputation and a stunning physical legacy.

Today, the places we care about are going fast, and the forces undermining them, including climate change, are moving faster. We need to tap the wellspring of people’s joy – in their communities, their heritage, and the natural world – and mobilize a whole new generation to care.

The Trustees adopted an ambitious Strategic Plan, Trustees 2018, that outlines our approach to conservation in Massachusetts over the next decade.

Join Us! Become a Member Today!
When you join The Trustees of Reservations, you become a partner in our mission to protect the best of Massachusetts - for everyone, forever. We can’t do it without you. As a member, you’ll receive free or discounted admission to every Trustees reservation, program, and event. Learn more at: www.thetrustees.org