

Notes from Evergreen



Summer Camper explore our grounds and record their experiments.



UPDATE

- *Growing in the Garden a Huge Success*
- *October Arts Workshop Announced*
- *Happy Summer Campers*
- *Harvest Event Raises \$600*

Growing Lifelong Healthy Habits

It's always exciting when a pilot program takes flight, and Evergreen's Kindergarten Garden Discovery program, a project in partnership with the Western Maryland Health System and Mount Savage School, did just that in the 2015-2016 school year.

The program demonstrated a 15% increase in student food science and nutrition literacy. Students were found to retain that knowledge (77% retention rate) over the course of the year, and were influenced to consume more fruits (44% increase) and vegetables (11% increase).

The program started with 35 students, and included: an introductory student field trip to Evergreen to highlight the basics of good nutrition, where food comes from, and how it grows; weekly classroom activities; quarterly Family Fun Nights; monthly parent/student "eat the rainbow" lunches; classroom teaching tools; and the creation of a schoolyard garden.

Mount Savage will continue the program in the fall, and South Penn is adopting the program for their 2016-17 students (more than 70 children) and has asked Evergreen to implement its pre-K Growing in the Garden program for its Judy Center students (more than 75 children).

AES Warrior Run and American Woodmark volunteers helped build an Under the Evergreens Nature Play Space for our youngest explorers. Many thanks to all, including those not pictured!



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Creating Happy Campers

It's rare for a parent to rave about her child trying bok choy or gush about her son's newfound interest in roly-poly bugs. But it's just one of the many "I can't believe you got my child to do/try" moments we heard about during our four week-long summer day camps this year.

- Our Arts in the Outdoors campers became fearless art explorers as they painted portraits of fruits and vegetables, made prints by using chemical reactions, wrote stories about their own personal Evergreen trees, and tried their hands at Chinese brush painting.
- Our Young Naturalists campers (children entering first through third grades) dove into their exploration of our forest and pond, its soil, and the "critters" and birds that live at the Evergreen. They even designed an experiment to test what conditions or food roly-poly bugs prefer.
- Our Food Scientists campers investigated and planted seeds, learned about food preservation by making strawberry jam, built solar cookers to make s'mores, explored soil composition, and harvested produce from our Hoop House (greenhouse).
- Our Planet Doctor campers planted a rain garden, led a pond safari, competed in a Water Olympics, explored the use of alternative energy, and learned how to identify and measure trees.

At each week-long camp, campers and our educators were joined by Western Maryland Health System's Jen Thomas who led fun outdoor games to encourage exercise and active play. The Evergreen Heritage Center Foundation is grateful for funding from the Wolfe Trust of the WMHS Foundation, which funded twenty camp scholarships for children qualifying for USDA's Free and Reduced Meal program.

Again, our many thanks to all the families who allowed their children to participate in our Summer Camp programs. We hope to see you and your kids at our camps next year.



Calling All Creatives

Imagine having the opportunity to help area children explore their world through creative expression. As part of our Arts in the Schools program, we're hiring a Contractual Arts Educator. It's the perfect job for an experienced teacher.

We're in search of a highly self-motivated, creative instructor for an established interdisciplinary art enrichment program offered to public school children, grades 3 and 5, throughout Allegany County.

The work is seasonal as a part-time independent contractor from November to March, averaging approximately 6 hours/day on a flexible schedule. The candidate should feel comfortable implementing art instruction with other integrated curricular components and should understand how to manage art materials and a classroom environment, while working with other experienced colleagues in a team teaching atmosphere. Candidate must be highly organized and punctual. Minimum requirements are a college degree in art education, studio art, education or related field; reliable transportation; demonstrated ability to work with children in a school environment; and ability to pass a background check. Preference given to certified teachers or those with experience in program management who are interested in taking on a shared leadership role for this program. Competitive pay commensurate with experience and level of responsibility. Submit cover letter and resume/CV to foundation@evergreenheritagecenter.org. *Please share this opportunity with your contacts!*

Greening Our Community

Evergreen opened its doors to the public for special agriculture-related events this spring and summer with the goal of educating the public about using medicinal herbs and planting wildflowers (also known as native plants). On May 21st, more than 200 people tiptoed through rain showers to explore our Herb Expo, featuring the sale of medicinal plants and herbs, local vendors, tours of the Barn and Museum, and art activities. Three months later, our Fall Harvest & Plants Sale on August 27th drew a crowd of 200.

On one of the hottest days of the summer, children wove baskets from cattail reeds or embarked on a nature scavenger hike, groups of friends sipped freshly made apple cider, and volunteers from the Mt. Savage 4-H Club sold their freshly harvested fruits and vegetables. Families toured Evergreen's 18th century barn and museum while others chatted with vendors, observed a wool spinning demonstration, or purchased plants grown on-site at Evergreen's Nature Nursery. And all for a great cause.

The end of summer event raised over \$600 to benefit the Evergreen Heritage Center's agriculture and healthy living programs.

Evergreen is grateful to all who attended, especially vendors Catoctin Botanicals, Fur Reals, Lemmon Brothers Farm Sugar Camp, Mountain Hollow Store, Moonwood Botanicals/Mountain Hollow Farm, Mt. Savage 4-H Club, Shift: A Farm to Table Eatery, That Root Beer Man, and Wynter's Haven as well as beekeeper Ben Cooper (and his honeybees), local talented musicians, and other dedicated volunteers.



E-Newsletter Available

Evergreen now offers a "greener" way to stay in contact with our organization. To subscribe to an emailed version of our newsletter, simply email news@evergreenheritagecenter.org and we'll add you to our list.



October 2016 Art Workshop

Join us on Sunday, October 23rd from 1-4 PM at the Evergreen Arts Studio.

Introduction to Chinese Brush Painting:

Learn to use traditional materials and techniques to create up to five paintings using inks and water-based media. You'll use time-honored skills adapted to your own personal style. Fee: \$50.

No prior art experience is required. Our studio is a supportive environment for beginner artists. All materials and light refreshments are provided. Bring a friend. Call 301-687-0664 for more information or email artsofevegreen@gmail.com with your registration questions.

EHC Art Programs are funded in part by the Allegany Arts Council.



EVERGREEN HERITAGE CENTER

15603 Trimble Road NW
Mount Savage, MD 21545

EVERGREEN HERITAGE CENTER FOUNDATION

101 Braddock Heights
Frostburg, MD 21532
301-687-0664 (office)
703-326-0425 (cell)
foundation@evergreenheritagecenter.org

We Host Events!

Our secluded location eliminates distractions, yet is a short drive away. We are just outside Mount Savage, only 15 minutes from Frostburg and Cumberland. Our green facility can accommodate your meeting or event for up to 50 people. Guests may enjoy tours of the historic Evergreen Museum, barn, and walking trail. Catering services are also available.

