

# Cuisine

Here are some sample selections from our daily menu, prepared by our gourmet chef with the tongue and body in mind in the style he mastered at the Art Residence in Tzfat:

**Breakfast** – fresh milk, butter, plus 3 of: breads, eggs, oatmeal, polenta, pancakes, granola, yogurt, salads, veggies, fruit

**Lunch** – tahini plus 2 of: fish, rice, pizza, mac 'n cheese, mock tuna salad, fried eggs 'n potatoes, millet, eggplant parmesan, peas, corn, carrots, a fermented dish such as sauerkraut

**Dinner** – soup of the day plus 1 of: chicken, potatoes, green beans, beans 'n rice, squash lentil curry, acorn squash with buckwheat

Daily Schedule	
6:00 AM	Early wakeup
6:15 AM	Midrash/Mussar
7:00 AM	Wakeup
7:15 AM	Leining
7:45 AM	Shacharis
8:45 AM	Breakfast
9:30 AM	Halacha
10:30 AM	Tea and cakes
10:45 AM	Fun activity
11:15 AM	Tanach
12:45 PM	Lunch
1:30 PM	Mincha
1:45 PM	Skill - practice
2:45 PM	Swimming
3:30 PM	Mishna (Boys)
4:45 PM	Chips and dips
5:00 PM	Sport/Hiking
6:00 PM	Supper
6:45 PM	Skill - theory
7:45 PM	Recap/Review
9:00 PM	Reflect/Absorb
9:30 PM	Arvis
9:45 PM	Bedtime

# Curriculum

**We've been blessed with an incredibly talented team going into our opening season. Here is a partial list of skills our campers will be exposed to over the summer:**

- **Acknowledgement** – noticing, appreciating and expressing gratitude for the good in life
- **Breadmaking** – choosing a grinder, making sourdough starter, pull and fold, proofing
- **Cob brickmaking** – selecting soil, sand, straw and water, determining proper mix
- **Composting** – vermicomposting, compost tea, carbon/nitrogen ratio, turning, aging
- **Cybercrime** – Digital surveillance, spoofing, phishing, vulnerable infrastructure
- **Fermenting** – kimchi, chutney, sauerkraut, pickles, kombucha, lactic fermentation
- **First Aid** – medical emergencies, patient assessment, scene assessment, injuries, trauma
- **Food Prep** – understanding tastes, salts, oils, vinegars, acid/base, sweet/sour, contrasting colors
- **Healthy relationships** – honesty, empathy, communication, consistency, reciprocity, boundaries
- **Mindfulness** – mastering breathing, mastering thoughts, emotions, anxiety, anger
- **Money/Gainful Employment/Home Economics/Parenting** in The Great Reset
- **Motion wellness** – stretching for flexibility, balance and strength, breakdancing, acrobatics
- **Music** – rhythm, timing, transpose, tempo, structure, notation, chords, scales, keys
- **Natural climate control** – orientation, landscaping, thermal mass, wind tower and solar chimney
- **Off-grid living** – low-to-no power lifestyle, appliances, heating and cooking, cooling and storing
- **Outdoor safety** – weather, fire, solar cooking, wood splitting, drinking water, sheltering
- **Preserving** – alcohol, oil, vinegar, salt preservation, dehydration, cold storage
- **Seedlings** – cultivation and transplant for market gardening and year-round gardening
- **Soil Chemistry** – humus and buffering/exchange capacity, soil pH and bioavailability
- **Sprouting** – choosing seed, using light, moisture, soil, sprout combinations, use in food
- **Stewardship** – soil, groundwater, surface water, forest, wetlands, erosion control
- **Swimming** – competitive strokes, starts, turns, dives, underwater swimming, breath-holding
- **Survival in the wild** – plant/mushroom identification: edible, medicinal, useful, toxic
- **Understanding AI/biopiracy/global trade/robotics/nanotechnology**
- **Understanding Big Ag/Coal/Data/Ed/Food/Meat/Oil/Pharma/Science**
- **Understanding hormone disruption/GMOs/EMFs/biodiversity loss**
- **Understanding the industrial/military/pharmaceutical/medical/dental/prison complex**
- **Water** – choosing/designing a filter, history of water, rainwater, surface water, groundwater
- **Wildcrafting** – medicinal tinctures, alcohol vs glycerol, essential oils, hydrosols
- **Zmimos** – classical/modern, sad/happy/informational, tune, meaning, context, background