



Agritourism Learning Retreat 2022

Wickham Farms – Tuesday, July 12th, 2022

Presented by NAFDMA

Time	Location	Sessions
8:00am	Hotel Departure	
8:30 - 9:00am	Events Barn	Arrival - Coffee/Donuts, etc.
9:00 - 10:30am	Events Barn	General Session - Intros/History/Big Move
10:45am - 12:00pm	Farm	Guided Farm Tour - Hayrides
12:00 - 1:30pm	Lunch	Fresh Grill/Pizza/Shakes and Cakes/Kitchen
1:45 - 2:45pm <i>(Breakouts)</i>	Food Barn	Food Concessions
	Main Barn - Upstairs	Handling HR
	Events Barn	Financials
3:00 - 4:00pm <i>(Breakouts)</i>	Food Barn	Food Concessions
	Main Barn - Upstairs	Handling HR
	Events Barn	Financials
4:15 - 5:15pm	Events Barn	General Session - Lessons We Have Learned
5:30pm	Load Buses	Long Acre Farm Dinner



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Time	Location	Sessions
8:00am	Hotel Departure	
8:30 - 9:00am	Events Barn	Arrival - Coffee/Donuts etc.
9:00 - 10:00am	Events Barn	General Session - Preparing for the Big Game
10:15 - 11:15am (Breakouts)	Main Barn - Upstairs	Nuts & Bolts of Rebuilding
	Bakery	Homemade High-Volume Food and Beverage
	CSA Barn	All Things CSA
11:15am - 12:15pm	Farm	Walkabout On Your Own Tour
12:15 - 1:45pm	Lunch	Fresh Grill/Pizza/Shakes and Cakes/Kitchen
1:45- 2:45pm (Breakouts)	Corn Barn	Organic Marketing
	Events Barn	Extending Our Season
	Main Barn - Upstairs	Employee Engagement & Harnessing Talent
3:00 - 4:00pm (Breakouts)	Corn Barn	Organic Marketing
	Events Barn	Extending Our Season
	Main Barn - Upstairs	Employee Engagement & Harnessing Talent
4:15 - 5:15pm	Event Barn	General Session - No Questions Left Unanswered
5:30pm	CSA Barn	Dinner



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Wickham Farms - Thursday, July 14th, 2022

Presented by NAFDMA

After two structured days of learning about Wickham Farms while the farm is closed, you can now explore "behind the scenes" while the farm is open. Using all the information our hosts from Wickham Farms have shared, you can see the practices in implementation with the public. There are no scheduled sessions for this day, and you can stay for as long or as little of the day as you would like (or as your travel schedule may allow). Details of the farm include:

Yoga in the Lavender, 9-10 am

Participants will be guided through gentle flows/ movements to warm up our bodies and release any stress or tension we may be holding onto within our minds and bodies. Then we will move into holding poses to increase strength, flexibility, and focus. We will finish our practice with a guided meditation to encourage relaxation and stress-release. This is a wonderful way to connect with your own body and mind while unwinding from a busy day. Practicing yoga outdoors, in the lavender fields, allows us to let go and deepen our connection with the peace that lives within us and the peace that surrounds us. In a world where we are so often rushing from one thing to the next, this practice of slowing down is so important. Give yourself this gift and you will leave feeling centered, refreshed, and calm.

Wickham Farm Attractions

The farm will be open from 10am - 7pm. Seasonally available, all attractions will be open to the public as listed on their website at <https://wickhamfarms.com/plan-your-visit/farm-attractions/>. Food and drink options will be available throughout the farm, and all farm attractions are open and included in guest admission (Free for ALR attendees)! Visit the bakery and retail barn, see the food venues in operation, and watch farm staff interact with guests

Lavender Days

The farm will be open from 10am - 7pm for Lavender Days, showcasing nine varieties of fragrant lavender. Hayrides will be available to shuttle guests to the lavender and flower fields. More information is available at <https://wickhamfarms.com/events/lavender-festival/>.

CSA Preparation

Out in the vegetable fields, the farm team will be harvesting and washing vegetables for CSA pickup.