

FARM 2 TABLE

TU B'SHEVAT

January 26-28, 2018



ramahdarom.org

Exceptional experiences in Jewish living and learning all year long.



Welcome!

Thank you for joining Ramah Darom for our second annual Farm 2 Table Tu B'Shevat. We are so excited about the retreat, and hope that you have an amazing experience!

This weekend we will come together to celebrate Tu B'Shevat, the Jewish festival of trees, with delicious, organic, locally-sourced meals prepared by our stellar Ramah Darom Executive Chef Todd Jones, in partnership with Souper Jenny, our farm to table guest chef.

Throughout the weekend you will have the opportunity to experience ways YOU can make a difference through inspiring learning sessions with Rabbi Justin Goldstein, Jeffrey Cohan, and Naftali & Anna Hanau. You will have the opportunity to spend time with the farm animals of Ivy Rose Farms, learn about urban farming and get your hands dirty planting with Jonathan Tescher, Robby Astrove, and Laura Labovitz. And while you are connecting to the Earth and your Jewish roots, we will all have a chance to connect to one another, as we grow and build this special community through Shabbat and the weekend.

If you have any questions throughout the weekend, please do not hesitate to find one of our amazing Ramah Darom Staff—we are always happy to help!

Looking forward to a beautiful weekend together,



Eliana Leader

and the Ramah Darom Retreat Center Team

FARM²TABLE TU B'SHEVAT

Daily Schedule

FRIDAY: JANUARY 26

TIME	ACTIVITY	LOCATION
3:00 pm - 5:00 pm	Registration	Welcome Center
4:00 pm - 5:30 pm	Pita Making for Shabbat	Pizza Oven
4:00 pm - 4:45 pm	Walking Tour of Camp	Meet at the Welcome Center
5:00 pm - 5:30 pm	Feed the Farm Animals with <i>Laura Labovitz</i>	Farm
5:00 pm - 5:30 pm	Community Candle Lighting	Main Dining
6:00 pm - 7:00 pm	Kabbalat Shabbat and Ma'ariv with <i>Sunmoon Pie and Rabbi Justin Goldstein</i>	Synagogue
7:15 pm - 8:15 pm	Shabbat Dinner	Lakeside Dining
8:30 pm - 9:45 pm	The Full Moon Connection – Tu B'Nissan, Tu B'Tishrei, Tu B'Shevat, together we will look at the relationship midwinter and the equinoxes and how that plays into our calendar and why Tu B'Shevat is not an arbitrary designation, even as a tax day with <i>Rabbi Justin Goldstein</i>	Synagogue
	Teen Torah – A learning session just for teens with <i>Robbie Medwed</i>	Library

FRIDAY: JANUARY 26

TIME	ACTIVITY	LOCATION
9:45 pm - 11:00 pm	Oneg and Singing with <i>Sunmoon Pie</i>	Mountainside Dining
	DIY Fair: Check out different tables where you can make overnight oats for breakfast, mix together moisturizer, taste-test chocolate and more!	Mountainside Dining
Night Listeners available from 8:30 pm - 11:15 pm		

SATURDAY: JANUARY 27

TIME	ACTIVITY	LOCATION
8:00 am - 8:30 am	Feed the Farm Animals with <i>Laura Labovitz</i>	The Farm
8:30 am - 9:30 am	Breakfast	Lakeside Dining
9:00 am - 9:30 am	Meet the Farm Animals of Ivy Rose Farms with <i>Laura Labovitz</i>	The Farm
9:30 am - 12:00 pm	Traditional Shabbat Morning Service with <i>Rabbi Justin Goldstein</i>	Synagogue
9:30 am - 10:30 am	Shabbat Zimrah- A Family Musical Shabbat Service with <i>Sunmoon Pie</i>	Multipurpose Room
10:45 am - 12:00 pm	Into the Wilderness- A Shabbat Morning Hike	Depart from the Portico
12:00 pm - 1:00 pm	Shabbat Lunch	Lakeside Dining
1:15 pm – 2:30 pm	Panel Discussion: What do you serve for Shabbat? How do you meet your values in a Jewish way? With <i>Naftali and Anna Hanau, Jeffrey Cohan.</i> <i>Moderated by Rabbi Justin Goldstein</i>	Synagogue
	Kids' Only! Waterfall Hike	Depart from the Portico

SATURDAY: JANUARY 27

TIME	ACTIVITY	LOCATION
2:45 pm – 4:00 pm	What's Jewish About a Local Food Economy? <i>With Rabbi Justin Goldstein</i>	Synagogue
	Holy Spirits: History and Halacha Through Taste and Text (21 and Up Only) <i>with Robbie Medwed</i>	Mountainside Dining
	Kid's Only! Tu B'Shevat Scavenger Hunt	Depart from the Portico
4:00 pm – 5:30 pm	Shabbat Menucha- Rest and Rejuvenate	
5:15 pm - 5:45 pm	Feed the Farm Animals <i>with Laura Labovitz</i>	The Farm
5:15 pm - 5:45 pm	Mincha (Afternoon Prayer Service)	Synagogue
5:45 pm - 6:45 pm	Fermenting for Kids	Main Dining
5:45 pm - 6:45 pm	Aromatherapy 101 <i>with Robyn Diamond</i>	Multipurpose Room
6:30 pm - 6:45 pm	Ma'ariv (Evening Prayer Service)	Synagogue
6:45 pm - 7:15 pm	Havdallah <i>with Sunmoon Pie</i> and Plant-Your-Own Besamim	Main Dining
7:15 pm - 8:00 pm	Kids' Tu B'Shevat Seder <i>led by Robbie Medwed and Counselors</i>	Mountainside Dining
7:15 pm - 8:15 pm	Farm to Table Tu B'Shevat Seder and Dinner	Lakeside Dining

SATURDAY: JANUARY 27

TIME	ACTIVITY	LOCATION
8:00 pm - 9:30 pm	Kid's Movie: FERNGULLY- A fairy who lives in FernGully, a rainforest in Australia, and was told humans are extinct. When a logging company comes near the rainforest, she sees that they do exist, and accidentally shrinks one of them: a boy. Now her size, the boy, Zak, sees the damage that the company does and helps Crysta to stop not only them, but an evil entity named Hexxus, who feeds off pollution.	Multipurpose Room
8:30 pm - 10:00 pm	Film Screening: FED UP- Everything we've been told about food and exercise for the past 30 years is dead wrong. FED UP is the film the food industry doesn't want you to see. From Katie Couric, Laurie David and director Stephanie Soechtig, FED UP will change the way you eat forever.	Library
10:00 pm – 11:15 pm	Bonfire, Jamming and Late Night Bar (BYO Instruments)	Lakeside Firepit
Night Listeners available from 8:15 pm - 11:15 pm		

SUNDAY: JANUARY 28

TIME	ACTIVITY	LOCATION
8:00 am - 8:30 am	Feed the Farm Animals with <i>Laura Labovitz</i>	The Farm
8:00 am - 8:30 am	Shacharit (Traditional Morning Prayer Service) with <i>Rabbi Justin Goldstein</i>	Synagogue
8:00 am - 9:00 am	Breakfast	Lakeside Dining
9:00 am - 12:30 pm	Morning Farm 2 Table *TRACKS* <i>See descriptions on next pages</i>	
12:30 pm - 1:30 pm	Farm 2 Table Community Lunch- Join us for our final Farm 2 Table feast featuring a Souper Jenny soup bar and more.	Lakeside Dining

MORNING TRACKS

TRACK	DESCRIPTION	LOCATION
1	<p>Connecting With Our Food Source: Experiencing A Kosher Shechita <i>with Naftali and Anna Hanau:</i> Join Naftali & Ana Hanau for a morning of in-depth learning about Kosher Shechita, combined with the experience of being a part of the shechting of 3 chickens from Ivy Rose Farms. This track will begin with an orientation, then will move to the farm for the shechting. Participants will then be “hands-on” in helping to pluck, process, Kasher, and package Kosher ready-to-eat poultry.</p>	Meet in the Multipurpose Room
2	<p>Shmitah, The 7 Species And Beyond: Learning And Cooking Through A Jewish Lens <i>with Rabbi Justin Goldstein and Jeffrey Cohan:</i> Spend your morning with Rabbi Justin Goldstein as you learn about Shmita (the Jewish Land Sabbatical), and how it can apply to your life today. Then delve into a hands-on cooking demo with Jeffrey Cohan, as you prepare a delicious ‘Seven Species’ salad based on the Shivat HaMinim described in Deuteronomy.</p>	Meet in the Synagogue
3	<p>Zadie Project-Giving Back To The Clayton Community <i>with Chef Jenny Levinson, Cara Langston and The Northeast Georgia Foodbank:</i> Chef Jenny is teaming up with the Northeast Georgia Foodbank. Learn about the amazing work Chef Jenny is doing with the Zadie Project, a project that provides fresh soup to food-insecure kids in Atlanta. Then work with Cara Langston to cook and prepare soup to be distributed to food insecure kids in Rabun County and Northeast Georgia.</p>	Meet in the Mountainside Dining
4	<p>Growing Ramah Darom- Planting and Gardening <i>with Robby Astrove and Jonathan Tescher:</i> Spend the morning digging in the dirt! Learn the basics of planting and pruning, then put that knowledge to work as you help to plant and prune the Ramah Darom orchard, and add to the plants all around Ramah Darom’s campus.</p>	Meet in the Library



Meet Our Program Partners

HAZON

The word Hazon means *vision* and Hazon works to create a healthier and more sustainable Jewish community, and a healthier and more sustainable world for all.

Hazon was founded in 2000 and has grown every year since. Based in New York City and at the Isabella Freedman Jewish Retreat Center, in Falls Village, CT, Hazon has staff in Detroit, Boulder and Denver. They welcomes participants of all religious backgrounds and none, and works closely with a wide range of institutions and leaders across the Jewish world.

Hazon's programs are multi-generational and give entry points for Jews of all backgrounds who are concerned about the environment and the world. Hazon serves a national and international population; members of every denomination and those who are unaffiliated; intergenerational from children to seniors – including families and singles, with a particular focus on young adults interested in developing the skills to take on leadership roles in their communities and make a difference in the world.



Learn more at hazon.org

GROW & BEHOLD

Grow & Behold is the culmination of decades of passion for healthy, sustainable food, good cooking, and the community that gets built around the table. It is sustained by their deep relationships with their partners, including multi-generational slaughterhouses and family farms.

Grow and Behold does not compromise on quality or our environmental standards, because they are producing meat that you trust and that they want to eat themselves



Owners Naf and Anna Hanau take great care every step of the way to make sure the meat is raised well, processed humanely, expertly butchered, carefully packaged, delivered seamlessly and prepared with confidence in your kitchen, thanks to their recipes, tips and terrific customer support. It is Naf and Anna's great pleasure to bring these delicious meats to your table.

Learn more at growandbehold.com



Meet Our Rabbi in Residence



RABBI JUSTIN GOLDSTEIN

Rabbi Goldstein was born and raised near Chicago, IL. Ordained in 2011 by the Ziegler School of Rabbinic Studies at the American Jewish University, where a deepened respect and admiration for Jewish culture and heritage crystallized, Rabbi Goldstein contextualizes life in the 21st century within the timeless wisdom of the Jewish tradition. Currently, Justin serves as the rabbi of Congregation Beth Israel in Asheville, NC where he lives with his wife and

daughter. A 2012-2013 Rabbis Without Borders Fellow, Rabbi Goldstein is committed to respecting all expressions of the Jewish tradition, recognizing that there is truth even in perspectives with which we may disagree. In addition to being published in various compilations, learning guides and websites, Rabbi Goldstein is a frequent contributor to Shema, The Jew and the Carrot, The Forward, and Hazon.

Learn more about Rabbi Goldstein at bethisraelinc.org

Meet Our Chef in Residence



JENNY LEVISON (SOUPER JENNY)

A native of Atlanta, Jenny opened her first restaurant 18 years ago with only 2 employees, and today has four restaurants and employs a staff of 48. Also known as the original "Soup Diva" Jenny spends most of her time reinforcing her mission of hospitality one bowl of soup at a time. Most recently, Souper Jenny has started her own nonprofit, The Zadie Project, in honor of her father, her inspiration to become a cook. Through this initiative Souper Jenny

has committed to cook and deliver 400 quarts of soup weekly to hungry families in Atlanta. When she is not slinging soup, Jenny is an actress and enjoys performing in local theaters.

Learn more about Soup Jenny at souperjennyatl.com



Meet Our Facilitators

ROBBY ASTROVE is an environmental educator and fruit tree arborist in Atlanta, GA specializing in edible landscaping, native plants, and teaching. He is the Park Ranger at the Arabia Mountain Nature Preserve and consults with organizations and local governments engaged in the food and environmental movement. Robby is responsible for planting over 60 orchards in the city and is a regular presenter at conferences and gatherings supporting outdoor education, agriculture, and forestry. His social enterprise Fruit Forward Orchards plants fruit trees and berry bushes providing direct food access to Atlanta's food desert communities. Robby helped establish the Ramah Darom orchard last year, and we're glad he's back.

JEFFREY COHAN is the Executive Director of Jewish Veg, an international organization which encourages and helps Jews to embrace plant-based diets as an expression of the Jewish values of compassion for animals, concern for health, and care for the environment. He is also the author of *The Beet-Eating Heeb*, the leading blog on the theology of veganism. He earned his bachelor's degree in political science from UC Berkeley and his master's in public management from Carnegie Mellon.

ROBYN DIAMOND is the Marketing Professional for Ramah Darom, and a Certified Integrative Nutrition Health Coach. She received her training from the Institute of Integrative Nutrition and is Board Certified through The American Association of Drugless Practitioners. After many years of "follow doctor's orders" to combat her Crohn's Disease, she took her health into her hands and turned to nutrition and lifestyle to heal her body. She now leads workshops and classes on healthy living and nutrition.

ANNA & NAFTALI HANAU first met while working on an organic Jewish Farming Fellowship farm in rural Connecticut. Founded in 2010, the couple's Brooklyn-based startup, Grow and Behold Foods, sells kosher OU Glatt pastured beef and poultry from livestock raised on small and sustainable family farms. The couple—communications director Anna, a published author and Jewish educator, and CEO Naftali, a horticulturist by trade and Jewish ritual slaughterer (shochet)—never planned to enter the kosher meat business. But Anna says the idea for Grow and Behold took root after she and her husband discovered a frustrating hole in the kosher foods market. The meat and poultry Anna and Naftali offer are raised on independent farms in Pennsylvania and Maryland that echo the couple's values around animal welfare and environmentally sustainable agriculture.

LAURA LABOVITZ grew up in Sandy Springs, GA, then moved to Colorado where she fell in love with farming. She now lives on her farm in North Georgia with her animals: horses, llamas, goats, chickens, ducks, rabbits, dogs, and cats. Laura's passion started with wanting to live a more sustainable lifestyle, which has quickly grown into a desire to help teach others how to live a sustainable urban life. Laura is actively working towards turning her farm into an educational space and working on multiple side projects too.

MICHAEL LEVINE is the guitarist of Sunmoon Pie, an Atlanta-based Jewish music duo with his singer-songwriter wife Bonnie Levine, known for alternative Jewish prayer melodies & meditative Hebrew kirtan-inspired chants. Michael is the co-founder of The Learning Groove music & movement, the music producer of the first

Meet Our Facilitators

four NY Times-Bestselling Pete The Cat picture books, and a singer-songwriter who has opened for such bands as Dave Matthews Band and Counting Crows. Bonnie and Michael are married with two children, Eden and Emet, and regularly perform and lead Jewish prayer experiences.

ROBBIE MEDWED is an Atlanta-based educator, political activist, consultant, and cocktail enthusiast. He is a Judaics teacher at the Epstein School in Atlanta, and the former Education Director of SOJOURN, the Southern Jewish Resource Network for Gender and Sexual Diversity. He has a weekly opinion column at The New Civil Rights Movement and has written in many publications including Slate, Grok Nation, the Jewish Food Experience, and more. He can be heard occasionally on the "Breakroom" on Georgia Public Broadcasting's On Second Thought. His cocktail recipes and articles can be found at koshercocktail.com.

JONATHAN TESCHER is an organizer and entrepreneur with experience in food, social enterprise, nonprofits, and community development. He started the East Atlanta Village Farmers Market and worked with state and federal agencies to become the first farmers market in Georgia to accept SNAP benefits (formerly food stamps). While the Farmer Services Coordinator at Georgia Organics, Jonathan consulted farms and farmers markets throughout Georgia and worked across the industry with suppliers, distributors, retailers and academia. Jonathan holds an MBA from Georgia State University and a BA in marketing from The University of Texas.

Who's on Campus? Say Hi to Our Ramah Darom Staff



Eliana Leader
Retreat Center
Director



Katie Hendricks
Hospitality
& Sales



Todd Jones
Exec Chef &
Food/Beverage
Manager



Emily Kaiman
Retreat Center
Programming



Robyn Diamond
Marketing
Specialist



Anthony Franklin
General Manager



Michael Fingerman
Youth
Programming



Andrea Cohen
Camp Registrar



Justin Thompson
Assistant Facilities
Manager



See you again soon at Ramah Darom!



Passover Retreat

Mar. 29- Apr. 8, 2018

CURRENTLY SOLD OUT.

Email mfingerman@ramahdarom.org to be placed on the waiting list.



Shavuot Retreat

May 18-22, 2018

Ramah Darom and Pardes Institute for Jewish Studies are teaming up to bring you a meaningful and educational Shavuot retreat.

Sign up for Shavuot Retreat by Feb. 15th and receive 15% OFF your TOTAL registration with the code F2T15.



Camp Ramah Darom

June 12-Aug. 6, 2018

Come for a "Taste of Ramah" or spend the whole summer. We promise you days and nights filled with adventure and fun, rooted in a strong foundation of Jewish learning.



Summer Family Camp

June 27-July 1 or July 25-July 29

A fun-filled camp experience for the entire family. Best suited for children ages 3-10. Two sessions available.



Limmud

Aug. 31-Sept. 3, 2018

Join us and Limmud Atlanta + Southeast to craft your own Jewish experience and meet people who share your curiosity and enthusiasm.

Learn about all that Ramah Darom offers: Camp Ramah Darom, year-round programs and rental opportunities at