



MAKE YOUR NEXT RETREAT UNFORGETTABLE WITH JOFEE PROGRAMMING!

JOFEE stands for Jewish Outdoor, Food, Farming, and Environmental Education. Hazon is the Jewish Lab for Sustainability, and at Isabella Freedman, we have been innovating and creating inspirational and life-changing experiences for over a decade. We invite you to join us in our mission to bring JOFEE to the world. Contact outreach@hazon.org to find out how you can organize a retreat with JOFEE programming.

JEWISH

וְשִׁנַּנְתֶּם לְבָנֵיכֶם

“Teach them to your children” (Deuteronomy 6:7)

Learn about Judaism’s deep connection with the Earth and sustainability using ancient texts and modern sources.

1. **Adam/Adamah:** Creation Stories and Finding Home 1 hr.
2. **Farming:** Blessing or Curse? 1 hr.
3. **Job:** The Voice from the Whirlwind – Job’s Ecological Vision 1 hr.
4. **Blessing:** Sources and Tributaries 1 hr.

OUTDOOR

לָרֶגֶל מֵאֶרֶץ

“Go forth from your land” (Genesis 7:12)

Isabella Freedman is home to a number hiking trails. Our experienced guides will lead you through our forest and to a new appreciation of the natural outdoors.

5. **Overlook Hike:** Steep at times, always rewarding 1 – 1.5 hrs.
6. **Long Hike:** Overlook hike plus blue trail with boulders 1.5 – 2 hrs.
7. **Night Hike:** Relax your vision and expand the reach of your other senses 1 - 1.5 hrs.



FOOD

אֲכִלָּה

"And you shall eat" (Deuteronomy 8:10)

8. **Pickling:** Learn about the science of lacto-fermentation, and make your own pickled seasonal vegetables that you can take home! *1 hr.*
9. **Challah Braiding:** Make a special blessing and delicious braided challah *1 hr.*
10. **Bike Blender:** Put the pedal to the metal and blend a smoothie with your exercise. It's the ultimate expression of human power! (Welcome table add-on)
11. **Capriccinos:** Up early? Watch our Adamah farmers milk the goats. Plus, bring your coffee for a fresh goat milk cappuccino. *45 min.* (Begins at 7:00am)

FARMING & ENVIRONMENT

צְמִחָה תְּבָרַךְ

"Its growth you will bless" (Psalms 65:11)

12. **Farm Tour:** Heirloom vegetables, permaculture orchard, herbs, compost, and chickens – the Kaplan Family Farm is just a short walk from the Isabella Freedman campus *1 hr.*
13. **Comparative Agriculture:** Behind the Labels. How do different farms work? What's the meaning of all those different labels? Become informed about what you are consuming *1 hr.*
14. **Microgreen Planting:** Get your green thumb! Plant your own microgreens that you'll be able to eat in a few weeks time. (Welcome table add-on)
15. **Meet the Goats:** Take a tour of our barnyard. Meet, pet, play with, and learn about our goat friends *1 hr.*