

# A Day at the Ranch

*The purpose of the day is to inspire individuals and organizations to take action that helps TomKat Ranch advance its mission of raising healthy food on working lands in a way that regenerates the planet and inspires others to action.*



We invite you to join us for fun and discovery in a classroom like no other! **The Day at the Ranch** is a hands-on program created to share powerful and useful lessons and insights from the natural world with those who are working to care for it. Working closely with horses and nature, this one-day course is designed to illuminate connections between healthy lands, food, people, and communities and empower leaders in social impact, environmental stewardship, education, agriculture, energy, and more to work productively together to change the world in a sustainable, regenerative way.

## **Agenda - 10 am - 4 pm**

**10:00 am:** Arrival (Gather up)

**10:15 am:** Welcome Circle (Welcome/Introductions/Ranch Rules/Grounding Exercise)

**10:30 am - 12:30 pm:** Ranch Workshops (Gallop or Garden Workshop)

**12:30 pm - 1:30 pm:** Regenerative Lunch (Welcome by Chef about local food)

**1:00 pm - 3:00 pm:** Ranch Workshops (Field Walk or Gallop or Garden or Culinary Workshop)

**3:00 pm - 3:15 pm:** Closing Circle (Takeaways)

**3:15 pm:** Happy Trails

Your visit to the Ranch can include a farm-to-table meal sourced from our local community of farmers and prepared by our onsite chef. Our meals are inspired by seasonal ingredients, regenerative land practices, and nutrient dense foods.

## **Please choose two educational experiences from the offerings below.**

- [Field Walk](#) with Ranch staff to learn about regenerative agriculture and stewardship.
- [Gallop](#), an equine experience to increase your awareness and build strong purpose and intention.
- [Taste of Place Culinary Workshop](#) to broaden your knowledge of how to use seasonal ingredients and the importance of soil health for raising healthy, delicious food.
- [Sun and Soil Garden Workshops](#) to introduce you to regenerative agricultural practices and how they apply to small-medium sized vegetable and perennial flower gardens.

If you are interested in learning more, please email [gatherings@tomkatranch.org](mailto:gatherings@tomkatranch.org)

Sincerely,

The Team at TomKat Ranch