



A Typical Adamah Farm Fellowship Day

*Please note that this is an example of a typical daily schedule. Schedules may differ considerably depending on the season you attend and the faculty.

6:00am-7:00am Avodat Lev (Service of the Heart)

Every morning, we start the day with prayer, chanting, meditation and creative sharing. We find our collective voice, chanting short phrases from Shacharit (the morning liturgy) to open our hearts to ourselves, each other and the world.

7:00am-9:00am- Breakfast and Chores

After Avodat Lev, we set off on bicycles to feed the chickens and goats, schlep compost, tidy Beit Adamah (the Adamah communal home), and prepare breakfast, among other chores. Most of our farm-fresh meals are prepared and enjoyed at Beit Adamah.

8:30am-12:00pm-Field Session

Our diversified, regenerative farm includes vegetables, agroforestry, pasture, compost production, and a mix of perennials. We assist in all aspects of farm production including weeding, trellising, mowing and upkeep. Fellow's seed, plant, harvest, and prepare vegetables for our CSA (Community Sustained Agriculture), local food pantries, as well as the [Isabella Freedman Jewish Retreat Center](#) and ourselves.

12:00pm-1:30pm-Lunch at Beit Adamah

We eat most of our meals at Beit Adamah where fellows take turns cooking for the cohort with farm fresh ingredients. Meal prep is done in Beit Adamah's kosher kitchen as a 2-person chore. We accommodate different dietary needs, and love to enjoy meals together whether in the backyard, or at the communal kitchen table.

1:30pm-4:30pm-Field Session

The second field session is usually similar to the first session, described above.

4:30-6:00pm-Structured/Experiential Learning

Classes are taught by Adamah Fellowship faculty and guest teachers either indoors, on the field or on the Isabella Freedman Jewish Retreat Center campus. See below for examples of the classes we teach.

6:00pm-7:00pm-Dinner at Beit Adamah

We encourage fellows to eat bulk ordered and farm-grown food as much as possible. Adamah is a great place to improve your cooking skills, too!

7:00pm-8:30pm-Structured/Experiential Learning

(Sessions usually end 5-10 minutes early to allow for transition time)

Learning at Adamah

Below is a list of our areas of learning/ "Learning Trails," and classes we've taught in the past. This list is subject to change, depending on the cohort, time of year, guest teachers, etc.

Learning Trails

Rooting in Place 🏠

Building Community 🤝

Being Jewish ✡️

Cultivating Skills 🥕

Pursuing Justice 🗳️

Classes	Core Concepts/Arc
How to Have a Fellowship Meeting	🏠 🤝 ✡️ 🥕 🗳️
Intro to Agroforestry	🥕
Adam & Adamah	🤝 ✡️ 🗳️
Comparative Agricultures	🥕 🗳️ 🏠
Dairy Fermentation	🥕
Active Listening	🏠 🤝
Holy Day Cycles	🏠 ✡️
Perennials	🥕
An Altar of Uncut Stone (Sacred Objects)	🤝 ✡️
Nonviolent Communication	🤝 🥕 🗳️
Medicine Making & Preservation	🥕

Dust	
Field to BA Eating/Eco	
History of Adamah	
Lactofermentation	
Forest Walk (Plant/Mushroom ID, foraging)	
Klaf (parchment) Making	
Food and Farm Policy	
Compost	
Community Listening Hour	
Blessings: Sources & Tributaries	
Natural Dye	
Beekeeping	
Soils	
Seed Saving	
Interdependent Republic of Housatonica	
Jewish Animal Ethics	
Farming: Blessing or Curse?!	
Scribing Jewish Text	
Climate Change & Agriculture	
Shechitah Processing	
Internalized Antisemitism	
Field Planning	

Get a J.O.B.	 
Speak Your Truth	
Life After Adamah	 