



Isabella Freedman

AN ADAMAH CAMPUS

Located on 400 acres in the Connecticut Berkshires, the Isabella Freedman Jewish Retreat Center offers year-round retreat facilities for organizations, private parties and professional groups.

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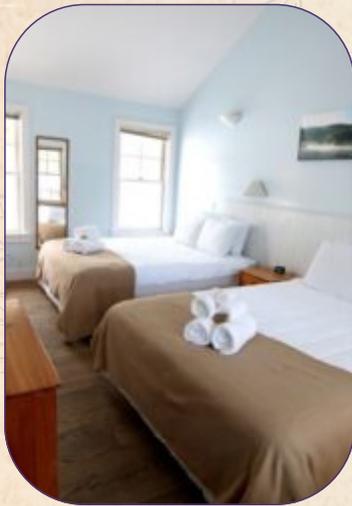
116 Johnson Rd, Falls Village, CT 06031



The following retreat package is based on the most common needs of retreat groups, and includes details about overnight accommodations, dining, meeting spaces, the natural landscape, Adamah offered programs and more. We can't wait to talk with you about your retreat vision and how Isabella Freedman can be your perfect host!

LODGING

Enjoy the comfort and charm of our country lodging. Nine lodges, each with its own unique character, house well-appointed climate-controlled rooms which accommodate up to 160 guests. Some buildings have rooms with private baths; others offer shared bathrooms for two or more rooms. Handicap-accessible rooms are available. Sheets, towels and pillows are included in your retreat fees. Room check-in is at 3:00 p.m. on arrival day, and 10:00 a.m. on departure date (with 11:30 a.m. site departure)



PRIVATE BATH

The most spacious of our lodgings, these 30 rooms each have a private bathroom and a mini fridge. Most have both a queen bed and a twin bed, but some have two queen beds, and some have a queen bed and two twin beds. Buildings: Weinberg, Scheuer, May & Pine.



SHARED BATH

A total of 14 rooms, each pair shares a full hallway bathroom. Rooms either have one queen bed, two twin beds, or a mix of queen and twin beds. Rooms either have a mini fridge or access to a shared refrigerator space. Buildings: Blue Heron, Maple & Cedar



DORM STYLE

These 18 rooms have either two twin beds or a bunkbed and twin bed, with access to a shared half bathroom and a private shower space in the interior hallway. Dorm rooms have access to shared refrigerator space in the building. Buildings: Elm & Kaufmann

FOOD SERVICE

All menus are created by Isabella Freedman's Executive Chef and reflect seasonal availability as well as what's being harvested that week from our farm. Meat and fish are sustainably sourced. Vegetarian options are always provided, and special requests can mostly be accommodated provided they are made at least 30 days prior to your retreat's start date. Our standard weekend menu is provided on the next page.

All meals are served in our lakeside dining hall that accommodates up to 120 guests. Additional guests can be seated in adjacent rooms. Larger groups may also choose to rent a tent and dine on our great lawn.

Mealtimes are 8:00 a.m. for breakfast, 12:00 p.m. for lunch and 6:00 p.m. for dinner, although Friday night dinner times change depending on the time of year. The dining hall is open for 1.25 hours during meal service (1.5 hours for shabbat dinner).

In addition to meals, we also provide an abundant welcome snack upon arrival as well as a more limited snack bar 24/7 throughout your stay. Coffee and tea are available from 7:30 a.m. to 8:30 p.m. each day.

Please note that for multi-night retreats, breakfast is served as the final meal on the day of departure, with room check out at 10:00 a.m. and a facility check out time of 11:30 a.m. An extra charge will be added if your group would like to have both breakfast and lunch on the final day, with a facility check-out time of 2:00 p.m. when available.

Our kitchen is under the strict kosher supervision of the *Hartford Kashrut Commission*, and there is a mashgiach present at all times.

Isabella Freedman allows groups to provide their own alcohol. If it is served in the main building (which includes the dining room) it must be kosher, wine must be *mevushal*, unopened, and checked by the Isabella Freedman mashgiach. If served in the retreat residences, the yurts, or around the campfire, kosher guidelines do not apply.





ISABELLA FREEDMAN WEEKEND MENU

Weekday menus provided upon request

Most allergies and dietary restrictions can be accommodated with advanced notice.

24-Hour Snack and Beverage Bar

- Organic, Fair-Trade Coffee & Tea
- Dairy Milk and Milk Alternatives
- Assorted Rice Cakes
- Sun Butter
- Adamah or local Jam

Friday Welcome Snack

- Adamah Farm Vegetable Crudité
- Assorted House made Dips:
Roasted Red Pepper, Hummus,
and Baba Ghanoush
- Assorted Crackers (including GF)
- Homemade Chocolate Chip
Cookies
- Agua Fresca

Friday Shabbat Dinner

- Challah, Grape Juice, and Wine**
- A Seasonal Vegetarian Soup: Butternut
Squash or Mushroom & Wild Rice
- Mixed Greens Salad
- Roasted Organic Chicken Marbella
- Maple Glazed Baked Tofu or Tempeh
- Crispy Potatoes with Fresh Herbs
- Plain Pasta, with Marinara on the side (GF
available upon request) *
- Braised Adamah Farm Greens
- Dessert: Ginger Berry Crisp

Saturday Breakfast

- Vegetable Quiche (GF option available)
- Oatmeal and Toppings
- House made Orange Muffin Tops and Other
Breads, with Butter and Assorted Jams
- Yogurt and Toppings
- Assorted Cold Cereals and Granola
- Hard Boiled Eggs
- Orange Juice
- Dairy Milk and Milk Alternatives

Saturday Lunch

- Challah, Grape Juice, and Wine**
- Hearty Grassfed Beef Stew (Cholent)
- Vegetarian Stew
- Purple Potato Kugel or Noodle Kugel
- Roasted Seasonal Squashes
- Braised Cabbage and Leeks
- Mixed Greens Salad
- Dessert: Pavlova

Saturday Afternoon Snack

- Adamah Farm Vegetable Crudité
- House made Dips: Mushroom Pate, Hummus,
and Baba Ghanoush
- Assorted Crackers (including GF)

Saturday Dinner

- Taco and Bowl Bar
- Poached Wild Salmon
- Braised Tofu
- Spanish Rice
- Black Beans
- Corn and Wheat Tortillas
- Extras: Guacamole, Lettuce , Shredded Cheese ,
Fresh Salsa, Roasted Corn, Lime Crema, Zhug
- Dessert: Horchata Rice Pudding

Sunday Breakfast/Brunch

- Bagel bar with Onions, Tomato, Cucumber,
Cream Cheese, and Capers
- Pasture Raised Scrambled Eggs
- Tofu Scramble
- Fresh Fruit, Yogurt and Granola and Assorted
Toppings
- Oatmeal with toppings
- Assorted Cold Cereals and Granola
- Orange Juice
- Dairy Milk and Milk Alternatives
- Agua Fresca

**For Jewish riitual purposes only

FACILITIES AND AMENITIES



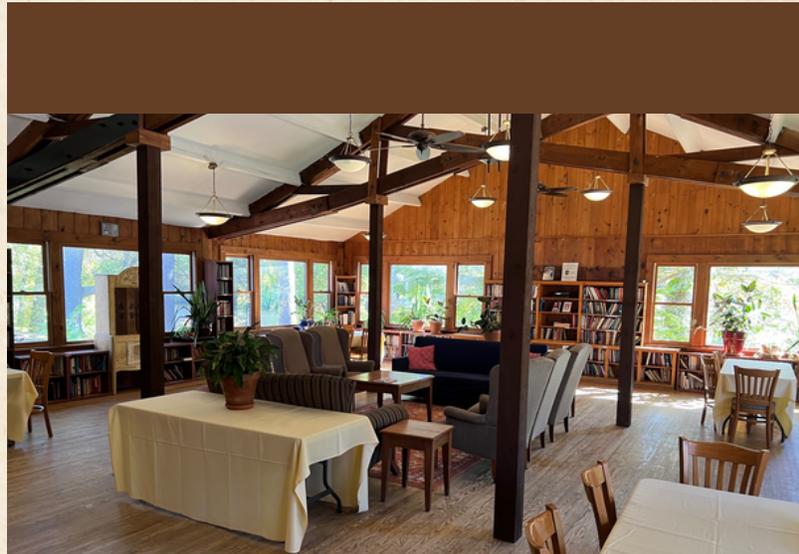
PROGRAM SPACES

These include:

- **Glass-walled synagogue** with inspiring views of the lake and mountains available for prayer use as well as meetings and classes suitable up to 100 people.
- **Multi-function lounge** suitable for up to 125 people
- **Large theater/recreation room** suitable for up to 140 people
- **Dining hall** with cathedral ceiling suitable for up to 120 people
- **Two 700 ft² air-conditioned yurts** suitable for up to 30 people in each
- Large screened-in gazebo suitable for up to 20 people
- **A game room** with ping pong, foosball and other amenities

Flip charts, white boards, projector and a PA system are available for meetings

A variety of indoor spaces designed for small or large gatherings can accommodate up to 140 people



LIBRARY



YURT

FACILITIES AND AMENITIES



OUR GROUNDS

- **Over 400 acres of forest** with four miles of marked trails with a half mile climb to a stunning overlook of the surrounding Berkshire Hills.
- **A 7-acre certified organic farm** with green houses, row crops, berry bushes, beehives, composting center with hens, a chicken coop and goat barn.
- **Freshwater lake** available for boating or swimming, available seasonally (note – no lifeguard on duty)
- **A Swimming pool.** Open June-August (lifeguard required for use, additional fee applies).
- **Fire circle**
- **On-site parking for up to 60 cars**
- **An eruv around campus**
- **Volleyball court**



ADAMAH PROGRAMMING

CONNECT YOUR GROUP TO THE RHYTHMS OF THE FARM AND THE FOREST

Enhance your retreat experience with programs led by our onsite Jewish environmental educators, farmers, and naturalists. Our specialists can offer any of the programs listed below and/or create specific programs to meet your group's needs. Prices for all programs depend on the specific program and group size.

New in 2024 and 2025: Every rental group receives one complimentary Adamah program! Ask your Retreat Coordinator for more information.



HIKE TO THE OVERLOOK



Come see the Housatonic Valley from above! We'll hike up through the sugar maples and oaks, ferns and fungi ending at a gorgeous view. This 1.5 hour hike goes outside the eruv.

FARM TOUR (SPRING)



Join us for a tour of the highly diversified Adamah Farm. What is regenerative farming? why organic? what is Jewish farming? How do we feed the soil to feed the plants that feed us, cultivate food security, and connect Jews to the land? The tour includes walking on uneven ground, outside the eruv.

GOAT TOUR



Take a walk to the farm up Beebe Hill Road and meet the sheep and goats. Learn about the animals, intensive rotational shepherding, shofars, and *klaf* making and how taking care of animals is woven throughout Judaism.

TREE WALK: CHESTNUTS AND THE MESSIAH



Take a short walk up Beebe Hill Road to the western edge of our farm to see our new Chestnut Orchard. Learn about trees, chestnuts, agroforestry (tree crops) ancient and modern, and how they fit into our heritage as Jews and farmers.

PICKLING: FOOD PRESERVATION THE ANCIENT WAY



We've been delighting retreat guests and Jewish communities throughout New England with our pickles, kraut, and other fermented delicacies since 2008. In this hands-on workshop, you'll learn all our secrets and leave with your very own jar of Adamah pickles or kraut. Yum!

Pricing, Contracts and Planning Your Stay

Isabella Freedman offers an all-inclusive pricing model based on a per person, per night rate which is dependent on a few factors including group size, time of year and length of stay.

Retreat contracts require a 50% deposit based on the minimum guarantee determined in conversation with our Retreat Sales Director. This deposit is non-refundable within 8 months of retreat start date. If retreat group cancels more than 8 months prior to retreat start date, Isabella Freedman will return the full deposit minus 20% (or 10% of the total contract value).

Comprehensive planning documents including a housing chart and schedule template will be made available to you to help organize your time here along with a dedicated Retreat Coordinator to help you with the planning of all your logistics and set up needs on site. Your Retreat Coordinator will also be here, on site with you during your retreat, to make sure all goes according to plan.

