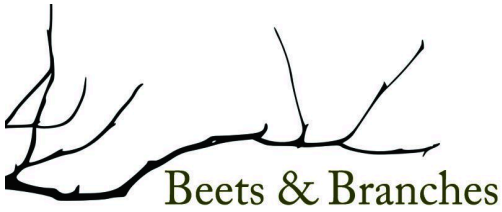
Beets & Branches created the following *Artist Information Package* in 2024 as part of their Balancing Act Level UP! Pilot Project.

Please credit Beets & Branches and Balancing Act if you use, cite, or share information from this resource.

If you have any questions or would like to discuss these materials, please contact Balancing Act at balancingact@theatredirect.ca.



# Beets & Branches
# Artist Information Package

*This package contains detailed information that was sent to guests at the first Nature & Nurture gathering held in September 2023. It is useful to see the level of care that went into organizing the event and the way that those details were communicated out.*

## Food and Meal Plan

*There are numerous vegetarians in the group and a couple tree nut allergies.
*Bring your own coffee and tea, We have almond milk and cream.
*Keep in mind we won't have a tonne or refrigerator space, but both trailers will have a small fridge.
*We have the following in the garden for all to use: onions, garlic, carrots, kale, tomatoes, some green beans, potatoes, green peppers, eggs, and maybe watermelon.
*There is also a local market down the road with vegetables, fruit, cheese, and meat.
*There is also a small grocery store around the corner.

This is what I am thinking for food, please let me know if you have any questions or concerns or other ideas.

Saturday Lunch Provided Upon Arrival
Sandwiches
Tomato, cheese, breads, mayo, onion, lettuce, and sliced turkey, with carrots and hopefully green beans.

Saturday Dinner Potluck
We can do a huge dish of roasted beets, carrots, potatoes, garlic, and onion, served with hummus. We can do a big cherry tomato and basil salad as well.
*The house oven will be in use for this but not the stove and we have a couple BBQs we can use, as well as camping stoves.

Sunday Breakfast
Everyone brings a fruit to contribute.
We will supply oatmeal and maple syrup.

Sunday Lunch
We will do up a huge vegetarian pasta salad—gluten free pasta, lentils, tomatoes, green beans, mayo, and balsamic.

Sunday Dinner
BBQ: we will supply burgers and veggies burgers, with leftovers and some vegetables from the garden.

## Location and Directions

[ADDRESS AND DIRECTIONS SHARED]

## Schedule/Agenda

| **Day One: Saturday September 2nd** | | |
|---|---|---|
| 11:00 - 12:30 | Arrive, Set Up, Lunch | Lunch Provided - stuff for sandwiches layed out so you can make a sandwich upon arrival. |
| 12:30 - 1:00 | Welcome & Introductions | |
| 1:00 - 2:00 | Garden Walk, Harvest & Prep | |
| 2:00 - 5:00 | Discussion & Creative Time | Childcare provided |
| 5:00 - 5:30 | Prep for Dinner | |
| 5:30 | Dinner - Potluck | We can harvest beets, carrots and potatoes and roast them up<br>Tomato and basil salad |
| 7:00 | Fire | |
| 9:00 | Night Creative Time | |

| **Day Two: Sunday, September 3rd** | | |
|---|---|---|
| 7:30 - 8:30 | Breakfast | Everyone bring fruit to contribute<br>Big batch of oatmeal provided |
| 8:30 - 9:30 | Harvest & Prep | |
| 9:00 - 10:00 | Creative Time & Arrival of other families | |
| 10:00 - 10:30 | Welcome & Introductions | |
| 10:30 - 11:30 | Onkwehonwe Games workshop | |
| 11:30 - 1:00 | Lunch | Big Pasta salad, ingredients provided |
| 1:00 - 4:00 | Discussion & Creative Time | Childcare provided if wanted |
| 4:00 - 5:00 | Dinner Prep, Pack Up | |
| 5:00 | Dinner | BBQ burgers & veg burgers provided |

## Things to Bring

- Large jug of drinking water
- Shoes that can get dirty
- Rubber boots
- Rain gear if necessary
- Food (snacks, something for the potluck dinner on Saturday, fruit to contribute to breakfast on Sunday)
- Whatever you need for coffee and tea; you will have access to the house and kitchen and we will have a couple camp stoves set up and potentially one in your trailer.

## Things to Know

- We have a lot of bugs, including bees, wasps, mosquitos, and ticks. None of these should be bad in September, but if anyone in your family has allergies, please come prepared.

- The ticks we have here are not the ones that carry Lyme disease, but we often do tick checks before bed just to be on the extra safe side.
- There is a lot of pollen.
- We have a dog, she is very friendly and great with kids. Let me know if you or anyone with you have concerns about dogs.
- We will be recording video at times throughout the weekend. On Sunday, there will be a videographer present.

## Photo and Video

We will be taking photos and recording video. Craig Chambers will be here to record video and take photos on Sunday. These videos and photos will be used for support material. Also, Balancing Act would like to use some of the photos and we will have photo release forms on-site, but please let me know if you are uncomfortable with any of this.

## Health

One thing we haven't talked about is health and sickness. Most importantly, we want everyone to feel comfortable, so please let me know your level of comfort, especially if something becomes uncomfortable for you during the weekend. Although most kids haven't started school yet, sicknesses are already beginning to spread. My kids started school on Monday, however they are home now due to being covered in poison ivy :/ (not from our property :) If anyone is experiencing any cold or COVID symptoms, reach out to me and we will assess on a case-by-case basis.