

# Distance Camp: Colonial DIY

## Thursday

- 9:00am Welcome and Share  
After everyone arrives, they can share anything that they did the night before.
- 9:10am John Derham/Doctor Introduction  
Using paintings and other images, campers will learn about Colonial doctors and how they took care of patients in the 18th-century.
- 9:15am Herbal Remedies and Garden  
The group will start their own greenhouses and plant a few herbs to start a garden including Mint, Echinacea, Lavender, Lemon Balm and Chamomile.  
**Kit Materials: Herb garden kit (including 8 peat pellets, a bag of seeds, plastic container), 1 cup water (not included in kit)**
- 9:35am Intro on Quilting and Harriet Power  
Campers will learn about the crafts and skills of enslaved women and make their own paper quilts.  
**Kit Materials: Paper, bag of colorful paper shapes, glue stick**
- 1:30pm Live on Zoom: Dan Smith, Beekeeper