LA VAQUERIE
FARM

Cooking and Culture

SUMMER Itineraries and Experiences

Program Structure
The program features hands-on cooking sessions, demonstrations, discussions about food and French culture, and food-focused field trips.

Students will prepare at least one meal daily, with some meals prepared for you to allow time for field trips and other enrichment. Meal preparation takes place in teams to ensure a comfortable and engaging experience in our charming French country kitchen.

DAILY SCHEDULE

8:30: Breakfast

9:30: Morning Session (Classes, demos, shopping or lunch prep)

12:30: Lunch

1:30: Afternoon Session (Classes, demos, field trip or dinner prep)

6:30: Dinner

8:30: Optional Evening Activities

Community Hour
Twice a week, the whole group participates in Community Hour. Whether you're tending to the garden or helping with shopping or taking care of our communal spaces, you'll participate in meaningful tasks that support daily life on the farm.

Day 1 – Arrival Day

Meet at Paris CDG airport and private transportation back to farm (about a 4-hour drive)

Day 2 - Orientation: Welcome to Normandy

10:00 – Kitchen induction: tools, layout, and expectations

12:30 – Lunch (Chef)

2:00 – Introduction to Normandy: regional history and tour of the farm

3:00 – Food safety workshop and knife skills workshop

6:30 – Dinner (Chef)

Day 3 – French Market

9:00 – Field Trip: French Market Shop

12:30 – Lunch out: Own choice at market

2:30 – Dinner Prep: Ratatouille and Fruit Salad Prep

6:30 – Dinner: Ratatouille, porkchops, fruit salad

Day 4 – Stock, Sauce, and Simple Bread Making

9:00 – Mirepoix and Stock

11:00 - Focaccia Making

12:30 – Lunch: Chicken Soup and Focaccia bread

2:00 – Coastal Hike

6:30 – Dinner Out

Day 5 – Eggs and Cheese

9:00 – Fresh mayonnaise, poached eggs

12:30 – Lunch: Salad Lyonnaise

2:00 – Fromagerie Cheese Shop Tour

3:00 – Cherbourg Specialty Shops Trip

6:30 – Dinner (Chef)

Day 6 – Cider Making Day

9:00 – Roux and béchamel sauce

11:00 – Lunch prep: Croque Monsieur and vinaigrette salad

12:30 – Lunch: Croque Monsieur and Salad

4:30 – Field Trip: Théo Capelle cider farm – tasting apple juice and vinegar

6:00 – Dinner: Saucisse Lentil and Cider

Day 7 – Windmill, Breadmaking and French Onion Soup

9:00 – Breadmaking at Windmill

12:30 - Lunch: Picnic at Windmill

3:30 – Dinner Prep: French Onion Soup

6:30 – Dinner: French Onion Soup

Day 8 – Isigny Butter and Caramels

9:00 – Field Trip: Isigny Sur Mer Caramel Factory

12:00 – Lunch Out

2:00 – American Cemetery at Omaha Beach

6:00 – Dinner (Chef)

Day 9 – Pastry and Beach Trip

9:00 – Lunch prep: Pastry/Quiche Lorraine and Vinaigrette

12:30 – Lunch: Quiche Lorraine and Salad

2:00 – Carteret Beach Trip

4:30 – Maison du Biscuit

6:30 – Dinner (Chef)

Day 10 – Crepe Making Day

10:00 – Crepe Making

12:30 – Lunch

5:30 – Galette making party.

6:00 – Dinner: Ham and Cheese Galettes and Salad

7:30 – Crepe Suzette Demo and Dessert

Day 11 – Seafood Day (Sat Aug 8)

9:00 – Portbail vendors

10:30 – Barneville Market

12:30 – Lunch: Own choice market

2:00 – Starter prep: Fruits de Mer platter

3:00 – Fish filleting demonstration

6:00 – Dinner: Fruits de Mer starter, Dorad and rice pilaf

Day 12 – Michelin Star Restaurant and Final Night

10:00 – Packing

11:30 – Lunch Out: Le Pily

6:00 – Final Night Make Your Own Pizza Party

Day 13 – Drive to Paris

10:00 – Packing

1:00 – Depart for Paris

5:00 – Check into Paris airport hotel.

Day 14 – DEPARTURE DAY

FIELD TRIP LIST

Nez du Jobourg Coastal Hike

Embark on a breathtaking hike along the dramatic cliffs of Nez du Jobourg, one of France's most stunning coastal landscapes. Marvel at sweeping views of the English Channel, hidden coves, and windswept heathlands teeming with wildlife. Perfect for nature enthusiasts, this walk combines invigorating hiking with awe-inspiring scenery.

City of Cherbourg

Dive into the vibrant port town of Cherbourg, rich in maritime history and culture. Stroll along the bustling harbor, visit the famous Cité de la Mer museum, or enjoy local seafood in charming restaurants overlooking the water.

Cherbourg Specialty Shops & Café Culture

Discover the city's finest *fromageries*, *boulangeries*, and *épiceries fines* on a guided tasting tour. Meet local artisans, sample handmade cheeses, pastries, and preserves, and enjoy café culture at its best with a leisurely lunch overlooking the harbor.

16th-Century Windmill & Traditional Breadmaking

Step back in time at a beautifully restored 16th-century windmill, where you will learn the traditional art of breadmaking. Experience the satisfaction of crafting your own loaf and savor the aroma of fresh, oven-baked bread.

Barneville-Carteret Lighthouse & Beach

Climb to the top of the Barneville-Carteret Lighthouse for panoramic views of the coastline before enjoying a leisurely stroll along the golden sands of its pristine beach. A perfect blend of adventure and relaxation.

Bricquebec Market

Experience the lively charm of the Bricquebec market, where locals gather to sell fresh produce, artisanal goods, and regional specialties. Immerse yourself in the authentic flavors and vibrant culture of Normandy.

Saint-Vaast Market & Oyster Tasting

Explore the bustling Saint-Vaast market, filled with stalls offering fresh seafood, cheeses, and other local delicacies. Meet oyster farmers and sample the region's world-renowned oysters straight from the sea.

Barfleur

Visit the postcard-perfect village of Barfleur, known for its cobblestone streets, granite houses, and scenic harbor. This tranquil gem holds the distinction of being one of *Les Plus Beaux Villages de France* (The Most Beautiful Villages of France).

Gatteville Lighthouse

Scale the iconic Gatteville Lighthouse, one of the tallest in Europe, for breathtaking views of the rugged coastline and sparkling sea. A must-see for lighthouse enthusiasts and adventure seekers alike.

Local Bakery Tour

Indulge your senses on a tour of a traditional Norman bakery, where the aroma of fresh baguettes and pastries fills the air. Watch artisans at work and enjoy tasting classic French breads and sweet treats.

Cider Making Tour

Discover the craftsmanship behind Normandy's famous ciders with a visit to the *Théo Capelle* cider house. Learn about the production process, stroll through picturesque orchards, and savor tastings of cider, vinegar, and apple juice.

Butcher Tour

Dive into Normandy's culinary traditions with a tour of a local butcher, displaying techniques honed over generations. Learn about regional cuts, sample cured meats and gain a deeper appreciation for this artisan trade.

Maison du Biscuit

Step into a vintage-style bakery and boutique at *Maison du Biscuit*, where traditional recipes and nostalgic packaging transport you back in time. Taste iconic French cookies, enjoy tea, and take home a sweet souvenir from this beloved Normandy institution.

Isigny-sur-Mer Dairy & Caramel Factory

Visit the legendary *Isigny A.O.P.* dairy, home to world-famous butter, cream, and caramels. Tour the production facilities, learn about the *Appellation d'Origine Protégée* system, and sample the rich flavors that define this iconic brand.

Le Pily Michelin-Starred Restaurant

Experience fine dining at *Le Pily* in Cherbourg, where Chef Pierre Marion transforms Normandy's coastal ingredients into contemporary culinary art. Enjoy a six-course tasting menu that celebrates precision, creativity, and local flavor.