



# A Week in the Life of a HAP Student

**Lodestargardens.org**

While homesteading requires a great deal of daily resiliency, immediate problem solving, and constant re-prioritizing, it also requires a good deal of routine, especially when the homesteader has factored animals into the sustainable equation. Of course, the season and weather are the most formidable factors in determining what happens day by day on an off-grid homestead. Here, we offer an example of what life is like at Lodestar for a Homesteading Apprentice in the spring of 2021.

## Monday a.m.

- 7:15-7:50 dress according to the weather forecast and grab breakfast at the dorm
- 8:00-9:30 class: discuss assigned reading, a podcast, or take notes on guest lecturer
- 9:45-10:00 daily planning meeting @ library or main house – determine activities and make announcements/share observations/ask questions/ assign daily tasks
- 10:00-10:15 break
- 10:30-12:30 field work @ Lodestar (**teams assigned to work** in outside gardens, greenhouse, chicken coop, orchard, pond, shop, kitchen, facility and equipment maintenance, etc.)

## Monday p.m.

- 1:00-1:45 lunch @ the dorm
- 2:00-5:00** **jump into the van for a [weekly field trip to local farm/homestead/site of interest](#)**
- 6:00-7:30 supper @ the main house  
(planned/prepared by HAP student who has dinner assignment that day),  
end of the day recap conversation, kitchen clean up (day assigned to students),  
wrap up
- 7:45- back to dorm for the evening

## Tuesday a.m.

- 7:15-7:50 dress according to the weather forecast and grab breakfast at the dorm
- 8:00-9:30 class: discuss assigned reading, a podcast, or take notes on guest lecturer
- 9:45-10:00 daily planning meeting @ library or main house – determine activities and make announcements/share observations/ask questions/ assign daily tasks
- 10:00-10:15 break
- 10:30-12:30 field work @ Lodestar (**teams assigned to work** in outside gardens, greenhouse, chicken coop, orchard, pond, shop, kitchen, facility and equipment maintenance, etc.)

## Tuesday p.m.

- 1:00-1:45 lunch @ the dorm
- 2:00-4:00** **[Project Day 1](#) – everyone works on a common project @ Lodestar (planting seeds, prepping garden beds, practicing yoga, tai chi, meditation, ceramics, photography, writing circle, music share, etc. )**
- 5:00-6:30 supper @ the main house  
(planned/prepared by HAP student who has dinner assignment that day),  
end of the day recap conversation, kitchen clean up (day assigned to students),  
wrap up
- 6:45- back to dorm for the evening

### Wednesday a.m.

- 7:15-7:50 dress according to the weather forecast and grab breakfast at the dorm  
8:00-9:30 class: discuss assigned reading, a podcast, or take notes on guest lecturer  
9:45-10:00 daily planning meeting @ library or main house – determine activities and make announcements/share observations/ask questions/ assign daily tasks  
10:00-10:15 break  
10:30-12:30 field work @ Lodestar (**teams assigned to work** in outside gardens, greenhouse, chicken coop, orchard, pond, shop, kitchen, facility and equipment maintenance, etc.)

### Wednesday p.m.

- 1:00-1:45 lunch @ the dorm  
**2:00-4:30 Study/Read/Write/Walk/Bike - Solitude Time**  
**5:00-8:00 supper @ the main house**  
**(planned/prepared by HAP student who has dinner assignment that day),**  
**end of the day recap conversation, kitchen clean up (day assigned to students),**  
**movie, wrap up**  
8:15- back to dorm for the evening

### Thursday a.m.

- 7:15-7:50 dress according to the weather forecast and grab breakfast at the dorm  
8:00-9:30 class: discuss assigned reading, a podcast, or take notes on guest lecturer  
9:45-10:00 daily planning meeting @ library or main house – determine activities and make announcements/share observations/ask questions/ assign daily tasks  
10:00-10:15 break  
10:30-12:30 field work @ Lodestar (**teams assigned to work** in outside gardens, greenhouse, chicken coop, orchard, pond, shop, kitchen, facility and equipment maintenance, etc.)

### Thursday p.m.

- 1:00-1:45 lunch @ the dorm  
**2:00-4:00 Project Day 2 – everyone works on a common project @ Lodestar (planting seeds, prepping garden beds, practicing yoga, tai chi, meditation, ceramics, photography, writing circle, music share, etc. )**  
5:00-6:30 supper @ the main house  
(planned/prepared by HAP student who has dinner assignment that day),  
end of the day recap conversation, kitchen clean up (day assigned to students),  
wrap up  
6:45- back to dorm for the evening

### Friday a.m.

- 7:15-7:50 dress according to the weather forecast and grab breakfast at the dorm  
8:00-9:30 class: discuss assigned reading, a podcast, or take notes on guest lecturer  
9:45-10:00 daily planning meeting @ library or main house – determine activities and make announcements/share observations/ask questions/ assign daily tasks  
10:00-10:15 break  
10:30-12:30 field work @ Lodestar (**teams assigned to work** in outside gardens, greenhouse, chicken coop, orchard, pond, shop, kitchen, facility and equipment maintenance, etc.)

### Friday p.m.

- 1:00-5:00 lunch @ the dorm, clean up common areas and personal areas of dorm, deep clean bathrooms and showers, wash floors, outside maintenance of dorm,
- 5:30-7:30 supper @ the main house  
(planned/prepared by HAP student who has dinner assignment that day),  
end of the day recap conversation, kitchen clean up (day assigned to students),  
short movie/documentary/ optional, wrap up – [share weekend plans](#)
- 6:45- back to dorm for the evening

### Saturday and Sunday - Weekend off

Summer Schedule revision: May 30 – September 30, 2021

As mentioned earlier, our homesteading activities vary with the seasons, so in the summer months HAP students will be invited to harvest, process, package and [sell garden produce at a local market](#) held every Saturday 10:30 a.m. – 1:30 p.m. at the Stanford General Store about 15 minutes from our farm. The market process begins the day before the market, so three summer months every Friday will be spent cleaning the dorm and/or preparing for market the next day. This market community interaction will fulfill, in part, the field work requirements for their Lodestar Homesteading Certification.

**Monthly Silent Retreat Day:** Once a month students will be asked not to speak for a full day. The day will be spent in solitude and reflection. (Of course, this is suspended if an emergency situation occurs.)