

Get back to nature at Fiddlehead Care Farm

[Jaime Neefs](#) September 14, 2017



Situated in beautiful Dufferin County, one hour north of Toronto, is a special kind of farm and outdoor space for children and families. Unlike a traditional working farm, [Fiddlehead Care Farm](#) follows a UK-based model that supports individuals with developmental, physical, emotional and behavioural needs in a therapeutic, farming environment. However, any visitor to the farm is sure to leave with their daily dose of vitamin N: nature!

My visit to Fiddlehead Care Farm included two hours of uninterrupted time outdoors. The calming farm landscape, accessible nature trail, and close animal interactions helped me feel *connected* to nature rather than *next* to nature.

I also got to meet with the team at Fiddlehead, including an adorable Vietnamese pot-bellied mini pig named Luna.

Breanne Mathers, a therapist first and a farmer second, told me that continuous inspiration for Fiddlehead Care Farm comes from Richard Louv's book [Last Child in the Woods](#). The entire property delivers a total sensory experience, regardless of age or ability.

Activities and experiences at Fiddlehead include, but are not limited to, gardening, hiking, building, harvesting, meditating, crafting and socializing.

Fiddlehead Care Farm

426059 25th Sideroad
Mono, ON
L9V 1E2

Contact:

Email: fiddleheadcarefarm@gmail.com

Facebook: [GrowWithFCF](#)

Twitter: [@GrowWithFCF](#)

See for yourself, in the following photos, how a farm can make you feel.



About the Author

Jaime Neefs, a kinesiology graduate and child life specialist, can almost always be found on a soccer field. Turf or grass, she's out there using her 20+ years playing experience to coach and referee youngsters just starting out. Besides soccer, Jaime enjoys running, road tripping, and adding bacon to every recipe. Follow Jaime on Twitter, @ [JaimeNeefs](#).