

- 7th Annual Local Food Conference -



Do It Yourself!

Friday & Saturday, March 22-23, 2013

at the David L. Lawrence Convention
Center - Downtown Pittsburgh -



FarmToTablePA.com

A portion of proceeds from Local Food Tasting Registrations benefit Grow Pittsburgh, an urban agriculture nonprofit organization in Pittsburgh, PA



- Thank you to our Sponsors -



Pittsburgh Post-Gazette®



Welcome to Farm to Table!

Welcome to our 7th annual Farm to Table Conference!

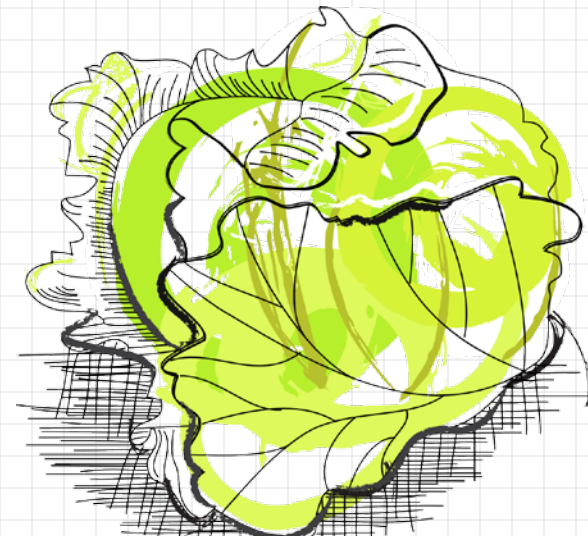
We are so excited to bring you a great line-up of speakers and demonstrations that will educate and encourage you to "Do it Yourself." We invite you to visit each exhibitor and learn how you can access local sources of dairy, meat, veggies, fruit and pantry items all year round.

Anyone can take charge of what their families are eating - and **now is the time for action.** Eating locally and managing your food and nutrition is not a new fad - our parents and grandparents have practiced this long before the wave of big farms and convenience foods took over.

We see change happening every day! We are delivering more Fruit Bowls and have doubled the number of Farmers Market on Wheels programs for employers in Pittsburgh who are ready to make the change from donuts and bagels in the break room to fresh, whole, locally produced food.

Thank you for your continued support. Please enjoy the talks, exhibitors and demonstrations today - and try juicing, raising chickens or get a raised bed going this spring!

**ERIN HART
LIZ KANCHE
BOB HAGAN**





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Speakers & Demonstrations

Friday, March 22, 2013

C Alcove C **3** Room 323 **C** Concourse C

- 10:30 AM -

C **RUSTY ORNER, QUIET CREEK HERB FARM**
Herbal Soap Making

3 **NIGEL TUDOR, WEATHERBURY FARM**
Grass Fed Beef

- 11:30 AM -

C **SCOTT GRZYBEK, ZUKAY LIVE FOODS**
Fermentation 101: A Starters Class into this Beautiful, Ancient Art of Preservation

3 **EMILY STEVENSON, PLEASANT VALLEY FARM**
Canning 101

- 1:00 PM -

C **DAVID SEWAK, BERGLORBEER FARMA**
Mycelium Mayhem: Mushrooms for Hobby, Income and Companion Planting

3 **JEFF LEINDECKER, ALLEGHENY COUNTY CONSERVATION DISTRICT**
Fresh Eggs Daily from your Backyard Chicken Flock

- 2:00 PM -

C **NICHOLAS YON, TURNER DAIRY**
DIY: Make Fresh Whipped Cream and Butter at Home

- 2:30 PM -

C **CARRIE HAHN, WESTON A. PRICE FOUNDATION**
Don't Toss the Bones! Bone Broth is Beautiful.

3 **LIZ KANCHE, AMERICAN HEALTHCARE GROUP**
Integrating Farm to Table and Wellness

- 3:30 PM -

C **DORIT BRAUER, MEDITATION**
Food Blessing Meditation

3 **JAKE SELTMAN, GROW PITTSBURGH**
School Gardening 101: The foundation for starting a successful school gardening program.

Speakers & Demonstrations

Saturday, March 23, 2013

C Alcove C **3** Room 323 **C** Concourse C

- 10:30 AM -

C **CHRISTOPHER T. RIHN, MD & CHEF GREG ANDREWS, WESTMORELAND CENTER FOR INTERNAL MEDICINE PC AND THE SUPPER CLUB**

Farm to Heart: Applying Farm to Table to Your Health

3 **WILL CLOWER, MEDITERRANEAN WELLNESS**
Grocery Store Tour: Walking you through the miles and miles & aisles and aisles

C **KERRY & TOMMY BOEHNER, MOTHER & SON TEAM**
Lessons from a 9 year old: Why I choose Healthy Food

- 11:30 AM -

C **REGINA KOETTERS, MARTY'S MARKET**
Closing the Gap between Farm & Table

3 **LESLIE BONCI, MPH, RD, CSSD, LDN, UPMC CENTER FOR SPORTS MEDICINE**
Performance Eating – Fuel Your Body, Don't Fool your body

C **RUSTY ORNER, QUIET CREEK HERB FARM**
Herbal Soap Making

- 1:00 PM -

C **LEAH LIZARONDO, THE BRAZEN KITCHEN**
Plants Not Pills: Deliciously DIY to Prevent Diabetes, Heart Disease and Cancer

3 **JEFF BERTA, ALWAYS SUMMER HERBS**
Honeybees: What is going on? How can you help?

C **ELIZABETH PAGEL-HOGAN, SWEET TOOTH COMMUNICATIONS**
Kids Tasting Party! Featuring my Food Notebook

- 2:00 PM -

3 **DANA PHILLIPS, YOUNG LIVING**
Essential Oils for Health

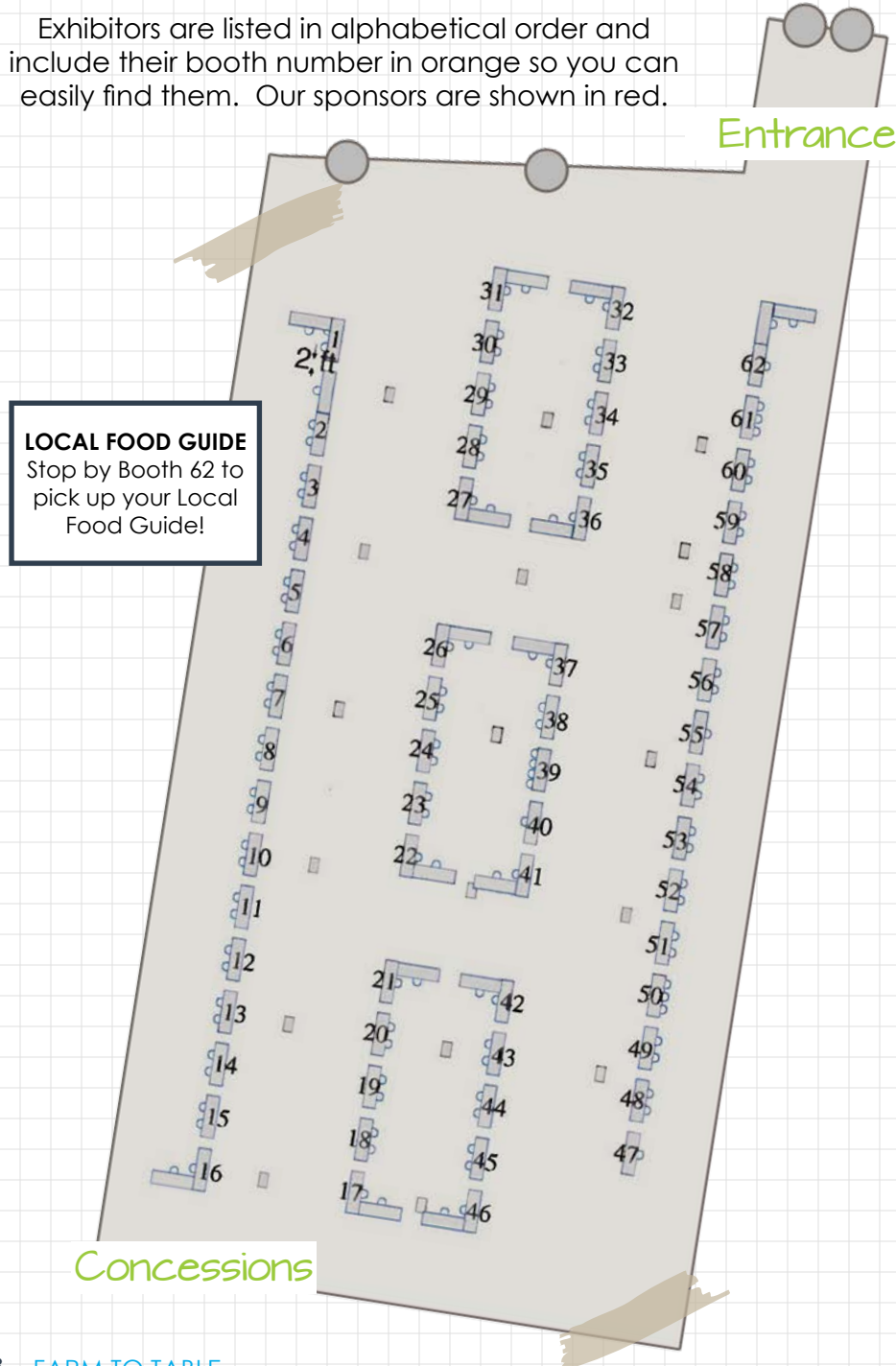
- 2:30 PM -

C **JANET MCKEE, HOLISTIC HEALTH COUNSELOR/FOUNDER OF SANAVIEW**
Food as Medicine: The Power of Food to Heal

3 **MARTIN AND DELIA WACH, GREEN WHEELING INITIATIVE**
A Model for Moving Beyond Sustainability to Profitability for Small Farms

- Exhibit Hall Map -

Exhibitors are listed in alphabetical order and include their booth number in orange so you can easily find them. Our sponsors are shown in red.



- Farm to Table Exhibitors -

**ALLEGHENY COUNTY
HEALTH DEPT. WIC
PROGRAM 32**
412-350-7238
Pittsburgh, PA

**ALLEGHENY COUNTY
CONSERVATION DISTRICT 3**
412-241-7645
Pittsburgh, PA

**AMERICAN HEALTHCARE
GROUP 62**
412-563-8800
Pittsburgh, PA

**ART INSTITUTE; THE
CULINARY PROGRAM 57**
412-291-6220
Pittsburgh, PA

BARRE 8
855-502-2773
Pittsburgh, PA

BERGLORBEER FARMA 9
814-467-8762
Windber, PA

BREADSPREADS BY SUSAN 56
724-587-5970
Avella, PA

BRENCKLE'S FARM 7
724-774-2239
Zelienople, PA

BUILDING NEW HOPE 60-61
412-421-1625
Pittsburgh, PA

BUMBLE BERRY FARMS 13
814-279-8083
Somerset, PA

CHATHAM UNIVERSITY 12
412-365-1289
Pittsburgh, PA

**CHRIS DOUBLE CUSTOM
WOODWORK 62**
814-964-2961
Warren, PA

**CHRISTIAN W. KLAY WINERY
24**
724-439-3424
Chalk Hill, PA

CHUCK'S SALSA 59
724-516-5708
Baden, PA

CLARION RIVER ORGANICS
412-418-2596
Sligo, PA **55**

**COMMUNITIES ALLIANCE
FOR RESPONSIBLE ECO-
FARMING (CARE) 4**
717-249-5629
Carlisle, PA

COVENTRY CARES 33
1-855-87-CARES
Pittsburgh, PA

DILLNER FAMILY FARMS 2
724-444-6594
Gibsonia, PA

**EDIBLE ALLEGHENY
MAGAZINE 11**
412-431-7888
Pittsburgh, PA

**FARMERS' COOPERATIVE
MARKET OF EAST LIBERTY**
724-478-4361
Pittsburgh, PA

FRANKFORD FARM FOODS
724-352-9500
Saxonburg, PA **44**

GIANT EAGLE 31
412-963-6200
Pittsburgh, PA

GLADE RUN ADVENTURES
724-452-4453
Zelienople, PA **30**

GMO FREE PA 0
724-591-3174
Glenmoore, PA



- Farm to Table Exhibitors -

GOODLIFE JUICES LLC
412-523-7274

GRANDMA Z'S MAPLE HAUS 54
412-297-3324
Aspinwall, PA

GREATER PITTSBURGH FOOD BANK 29
412-460-3663
Duquesne, PA

GREEN MOUNTAIN ENERGY
412-225-5887
Pittsburgh, PA 42

HARRY'S HEALTHY HUMAN
412-573-9705
Pittsburgh, PA 14

HUNGRY FOR TIME 19
412-944-6464
Pittsburgh, PA

JUICE PLUS TOWER GARDEN 27
443-340-2928
Westminster, MD

LANCASTER TRADING HOUSE, INC 46
717-684-9808
Lancaster, PA

LAUREL VISTA FARM 53
814-443-2415
Somerset, PA

LIVING YOUR HEALTH 14
412-657-7368
Pittsburgh, PA

M & M ROBERTSON FARMS & GREENHOUSE 35
814-358-2882
Sligo, PA

MARBURGER FARM DAIRY 16
724-538-4800
Evans City, PA

MARTY'S MARKET 51
412-586-7177
Pittsburgh, PA

MT. LEBANON PARTNERSHIP 36
412-531-9593
Pittsburgh, PA

NATIONAL HEALTH FEDERATION 25
412-828-9542
Verona, PA

NORTH HILLS COMMUNITY OUTREACH 20
412-487-6316
Allison Park, PA

NUTRADENTIST, LLC 23
412-831-9700
Bethel Park, PA

PASA (PA ASSOCIATION FOR SUSTAINABLE AGRICULTURE) 41
412-365-2987
Bakerstown, PA

PASTURE PERFECT BEEF 48
724-992-0942
Grove City, PA

PATHWAYS TO SMARTCARE 62
412-563-8800
Pittsburgh, PA

PHIPPS CONSERVATORY AND BOTANICAL GARDENS 43
412-622-6915
Pittsburgh, PA



JANET MCKEE - SANAVIEW
724-417-6695
Pittsburgh, PA 10

MARINO CHIROPRACTIC P.C. PITTSBURGH POST GAZETTE
412-421-3060
Pittsburgh, PA 22

- Farm to Table Exhibitors -

PITTSBURGH PUBLIC MARKET
412-281-4505
Pittsburgh, PA 17

PLEASANT VALLEY FARM 15
814-755-3911
Tionesta, PA

PRETZEL CRAZY 52
412-526-1300
Pittsburgh, PA

REJUVITRITION 63
412-558-0636
Pittsburgh, PA

REVIBRANCE 14
724-472-8773
New Kensington, PA

SCHNEIDER'S DAIRY 49-50
412-881-3525
Pittsburgh, PA

SITOS LLC 47
412-414-5209
Pittsburgh, PA

SKINOURISHMENT, INC. 28
1-877-966-2600
Wimberley, TX

SMALL FARM CENTRAL 6
412-567-3864
Pittsburgh, PA

SUMMER SMILES HONEY APIARY 45
814-525-0306
Johnstann, PA

SWEET TOOTH COMMUNICATIONS 26
412-999-1219
Pittsburgh, PA

TABLE MAGAZINE 34
412-362-1211
Pittsburgh, PA

TAIT FARM FOODS 18
814-466-2386
Centre Hall, PA

THREE CHEERS FARM 38
814-275-2857
New Bethlehem, PA

WHO COOKS FOR YOU FARM 37
814-256-3858
New Bethlehem, PA

WOMEN FOR A HEALTHY ENVIRONMENT 0.5
412-420-2290
Pittsburgh, PA



TURNER DAIRY FARMS 58
412-372-2211
Pittsburgh, PA

UPPER CERVICAL HEALTH CENTERS 16.5
724-553-8526
Cranberry, PA

VENTURE OUTDOORS 21
412-255-0564
Pittsburgh, PA

WALNUT HILL FARM 37
724-866-3190
Sharpsville, PA

WE ADD UP 39
440-289-9245
Willoughby, OH

WEATHERBURY FARM 5
724-587-3763
Avella, PA

YELP 1
412-315-8088
Pittsburgh, PA

YOUNG LIVING ESSENTIAL OILS 62
412-403-4510
Pittsburgh, PA

YOUTOPIA WELLNESS SOLUTION 14
412-420-5188
Pittsburgh, PA

ZERO FOSSIL
412-600-5678
Pittsburgh, PA

ZUKAY LIVE FOODS 40
610-286-3077
Elverson, PA

- Farm Fresh Breakfast -

- Saturday, March 23, 8-10am -
Pre-Registration Required

Thank you to East End Food Coop, Paragon & Clarion River Organics for contributing the food for the Farm Fresh Breakfast.

8:30 - 9:15 am

CHERYL R. BAGLEY, NTP, CHFS, ART CULINARE

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9:15 - 10:00 am

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Food for thought

food studies

Discount grocery or farmers market? Fast food or slow food? The decisions we make every day about what we consume affect more than just our wallet. That's part of the reason why Master of Arts in Food Studies students at Chatham University work with local farms and food purveyors as part of their degree.

Raw and surprising, pastoral and intensive, the Food Studies program at Chatham lets graduate students explore modern food production and the impact of our eating habits on local and global communities. That makes Chatham's Food Studies program just one more example of how big thinking helps our students see the world in a different way.

chatham.edu/foodstudies

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- Local Food Recipe -

SITO'S MEDITERRANEAN GRILLED CHICKEN SALAD Sito's

INGREDIENTS

1 cup organic spring mix
1 cup organic romaine lettuce
1 small tomato cut into pieces
1 small cucumber chopped into pieces
sliced red onion
Kalamata Olives (pitted)
1/4 cup authentic feta cheese
1/2 cup chick peas (drained and rinsed)
Marinated, cooked Chicken Breast
Sito's Mediterranean Salad Dressing

DIRECTIONS

1. Rinse, cut and marinate chicken breast with Sito's Mediterranean Salad Dressing.
 2. Cover and chill in refrigerator for 2 hours.
 2. Sautee Chicken in skillet.
 3. Mix all ingredients (except chicken) in large bowl.
 4. Add Sito's Mediterranean Salad Dressing and toss with ingredients.
 5. Add chicken on top of salad, serve and enjoy!
- *Shake Sito's Mediterranean Salad Dressing extremely well before pouring.

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SITO'S
Mediterranean



Salad Dressing & Marinade
www.sitosfoods.com

- Local Food Recipe -

KIM CHI

Quiet Creek Herb Farm

INGREDIENTS

15 lbs. chopped Napa cabbage

7 ½ T. salt (or ½ T. salt per pound)

Mix salt with the cabbage and let wilt for a few hours, while chopping the other vegetables and making the pepper sauce. This will make it easier to pack into the jars.

3 ½ lbs (or more) chopped carrots, daikon radishes, onions, leeks, etc.

3 C pepper sauce, as follows

DIRECTIONS - PEPPER SAUCE

3 C dried hot peppers, such as Anaheim, chile, cayenne, etc.

1 C powdered brown rice

3 C water

2 C fish sauce

5 cloves garlic, pureed in ¼ C water

¼ C dried ginger, or fresh to taste

DIRECTIONS - KIM CHI

Mix all ingredients together and pack into jars, leaving space at the top for the Kim Chi to expand as it ferments.

Lid the jars, leaving enough looseness for the carbon dioxide to escape as it ferments. Set in a bowl or deep pan and let ferment for 3-7 days, to taste.

Tighten lid and refrigerate.



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- Local Food Recipe -

CHUCK'S QUESO FRESCO DIP

Chuck's Salsa

INGREDIENTS

1 jar Chuck's Salsa (mild)

1 hunk of Queso Fresco Cheese

2 fresh Banana Peppers

1 package of fresh Italian sausage

DIRECTIONS

Dice up fresh banana peppers and Queso Fresco cheese. Combine peppers, cheese and jar of Chuck's Mild Salsa and bring to a boil. Slowly reduce heat as cheese begins to melt and stir often. Heat Italian sausage in separate pan. Chop and break apart as it cooks. You want these to be chopped into fine pieces. Add the cooked sausage to the pot of salsa, cheese and peppers. Grab a bag of your favorite chips or pretzels and serve.



Chuck's Salsa has never compromised its taste by adding preservatives or fillers, often found in many other brands of salsa. Every jar of our salsa contains the exact same ingredients as the day we started making it in our very own kitchen!

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- Local Food Recipe -

KEN & RICK'S SWEET ONION & GARLIC JAM DIP RECIPE

Laurel Vista Farms

INGREDIENTS

¼ cup or so (2-3oz) Somerset sweet onion & garlic jam (more or less to your taste)
1 8oz block of Cream Cheese

DIRECTIONS

Soften the cream cheese by allowing it to sit at room temperature for 15 to 20 minutes or by microwave at defrost for 1 to 2 minutes.

Whip with jam until fluffy. Serve with your favorite crackers or chips.

- Local Food Recipe -

VEGAN ORGANIC MILLET WITH LOCAL VEGETABLES & HERBS

Lean Chef en Route - Zest Wishes

INGREDIENTS

1 quart vegetable broth, homemade or store bought
1 pound organic millet
1 small red onion, finely chopped
1 bunch basil, chopped
½ pound carrots, finely chopped or shredded
2 green bell peppers (organic preferred), seeded; diced
2 cloves garlic, minced
zest and juice of 2 lemons
1 ounce olive oil
salt to taste
pepper to taste

DIRECTIONS

In a large sauce pan, bring broth to a gentle boil over medium heat.

Cook millet covered until liquid is absorbed. Fluff it with a fork; then let cool in fridge for 5 minutes.



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- Local Food Recipe -

VEGAN ORGANIC MILLET WITH LOCAL VEGETABLES & HERBS

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½ pound carrots, finely chopped or shredded
2 green bell peppers (organic preferred), seeded; diced
2 cloves garlic, minced
zest and juice of 2 lemons
1 ounce olive oil
salt to taste
pepper to taste

DIRECTIONS

In a large sauce pan, bring broth to a gentle boil over medium heat. Cook millet covered until liquid is absorbed. Fluff it with a fork; then let cool in fridge for 5 minutes.
In a large mixing bowl, combine all ingredients; mix thoroughly. Season with salt and pepper.
ferments. Set in a bowl or deep pan and let ferment for 3-7 days, to taste. Tighten lid and refrigerate.

- Local Cocktail Recipe -

IT'S ALWAYS SUNNY IN PITTSBURGH

Red Star Kombucha

DIRECTIONS

In a pint glass fill with ice and add:
2 oz sweet tea vodka
½ lemon squeezed
6 oz Red Star Kombucha Original Green
Garnish with Lemon

Enjoy!

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