



GROWING ROOTS

FOR HEALTHY COMMUNITIES



We're getting back to our roots! We're excited to be able to bring a cultural perspective to our conference this year.

This year's theme is all about celebrating the diversity of farming and traditional cooking methods that make eating local fun, educational and enriching.

FRIDAY & SATURDAY, MARCH 24-25, 2017

Without you, we wouldn't be here!
Thank you to our guests and the following sponsors:

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Thank you to PAEYC for sponsoring teachers to receive free ACT 48 credits!

Greetings Local Food Lovers,

We're returning to our roots this year...our theme is **Growing Roots for Healthy Communities**. We're celebrating the diversity of farming and traditional cooking methods that make eating local fun, educational and enriching. **Stop by the Republic Food Enterprise Center Cooking Stage** to learn about flavors, cooking techniques and ingredients from across the US and around the world.

Throughout 2017 we will be providing more opportunities for buyers/consumers to connect to local farms and food/beverage producers. American HealthCare Group is committed to continuing the growth of the Farm to Table Pittsburgh Program. We will continue to encourage our audience to steer business and resources to farms, small food businesses and non-profit organizations working on food security and wellness.

Our goals are simple:

- Generate more demand for local farm products and/or locally produced food
- Provide information about healthy food to all consumers, across all socio-economic levels
- Provide opportunities for business-to-business relationships to develop

Stop and see us in the Pathways to SmartCare Wellness Lounge or the American HealthCare Group exhibit table!

Event Schedule

Friday, March 24, 2017

- 10am-5pm Exhibit Hall Open (see page 22 for list)
 10:30am Speakers & Demo Sessions Start (see page 5)
 3:30pm Last Session Starts
 5 - 8pm Friday Night Local Food Tasting & Concert (see page 11)

Saturday, March 25, 2017

- 9:00 - 10am Burgh Bits & Bites Private Tour (see page 16)
 10am-5pm Exhibit Hall Open (see page 22 for list)
 10:30am Speakers & Demo Sessions Start (see page 16)
 3:30pm Last Session Starts
 4 - 6pm Farm to Flask Craft Mixology Event (see page 20)

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Speaker Schedule

Room Location Markers



Carrot Stage, Stage A
(Exhibitor Hall)



Broccoli Room
Alcove A - PAWAgn Stage
(Facing River)



Project Lunch Tray Stage
(Exhibitor Hall)



Hot Pepper Stage, Stage B
(Exhibitor Hall)



Tomato Stage
Republic Food Stage
(Exhibitor Hall)

Friday, March 24, 2017

Exhibit Hall Open All Day, 10am - 5pm

10:30 am



Take Back Your Plate: How Flawed Dietary Guidelines Ruined Our Health and Our Farm Economy

Jennifer Calihan, Eat the Butter



Simple Whole Food Living Building the Foundation for a Healthy Lifestyle

Melissa Kuhla, CPT Integrative Health Coach



Why Local Mushrooms Make Sense for Optimal Health

Rusty Orner, Quiet Creek Herb Farm and School of Country Living



Healthy Eating Simplified: A Primer on Plant-Centered Meals

Sally Lipsky, Food for Health



Friday, March 24, 2017





11:00 am

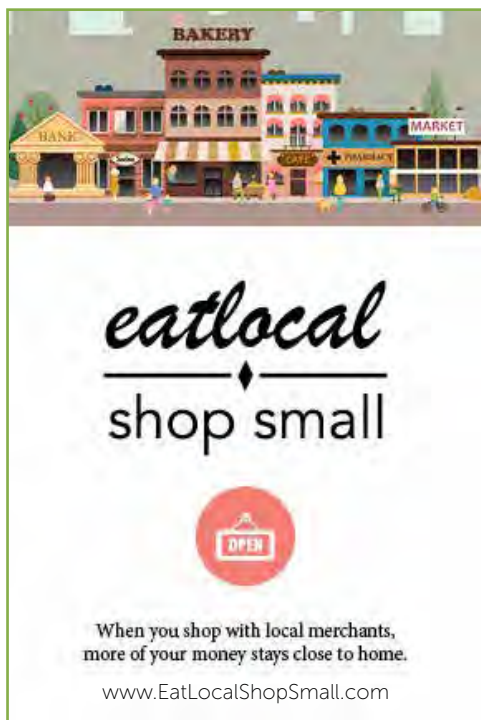
Yoga with The Yoga Whole - Wellness Lounge

11:30 am

- 
Pittsburgh to Emlenton, a boy's dream!
 Warren Thomas, Bay Tree Farm
- 
Gut Health, Sugar and YOU!
 Celia Kinville, Health & Wellness Consultant
- 
Increasing Academic Achievement: Creating a Healthier School Culture
 Deanna Lacek Philpott, Action for Healthy Kids
- 
A Real Community Garden
 Ayanna Jones, Sankofa Village Projects

12:30 pm

- 
Eco Food Labels: History, Health and Consumer Clarity
 Nicolette Spudic, Pick your Poison Consulting
- 
The Secrets of Abundance in Farming and Life
 Janet McKee, Sanaview Farms
- 
Introduction to 5-2-1-0
 Kelly Regan, Let's Move Pittsburgh
- 
African Foods Past and Present
 Olafemi Mandley, African Foods Past and Present





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Friday, March 24, 2017


1:30 pm

 **The Future of Local Food in Pennsylvania**
Cheryl Cook, Chief Innovation Officer, PA Department of Agriculture

 **Live the Less Toxic Life**
Stephanie Bedilion, NTP

 **DIY Cleaning**
Rachel Radke, Naturally Clean Pittsburgh

 **Little Locavores Farm to School Assembly**
Susan Lee, American HealthCare Group

 **Can you taste the difference? Myths and Truths of Farm to Table Restauranting**
Ruthie Dell, Toasties Sustainable Table

2:00 pm

Yoga with The Yoga Whole - Wellness Lounge



Grab & Go · Hot Bar · Juices & Smoothies · Organic Groceries

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Friday, March 24, 2017

2:30 pm

- 
Republic Food Enterprise Center: promoting the economical, physical, and environmental health of our community by making local, healthy food available to everyone!
 Bob Junk, Republic Food Enterprise
- 
Value Added Producer Grant Program
 Amanda Hope, USDA Rural Development
- 
Essential Oils for your Health
 Claire Orner, Quiet Creek Herb Farm and School of Country Living
- 
Crockin' at Home
 Lisa Kozich, Crock Pot Moms and America Talks TV

3:00 pm

Yoga with The Yoga Whole - Wellness Lounge

3:30 pm

- 
The Why, When and How of Soil Testing (Bring your soil results!!)
 Monica Pape, The Accidental Agronomist
- 
Meat-Eating in a Sustainable Food System
 Hannah Ridge, Ethical Farming Fund
- 
Using Behavioral Approaches to Encourage Healthy Eating with Children
 Sally Dean M.S., Dean Behavioral Consulting, LLC





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Friday Night Local Food Tasting & Concert

5-8pm, Registration Separate from Conference

Join us from 5-8pm on Friday evening after the conference ends for an intimate gathering of farm exhibitors and like-minded locavores. This relaxed get together features local food, wine and beer samples. Experience live and local music from Slide Worldwide



Visit the registration desk to see the exhibitor menu and to purchase tickets.

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Community Kitchen Pittsburgh
presents
Project Lunch Tray 2017

Project Lunch Tray 2017 brings together 16 teams of Junior Chefs and Professional Chef Mentors to reimagine school lunches.

Join us in the main exhibit hall from 11:00-2:00, for samples of healthy and kid-approved school food, and to see who the winners of the competition are!



Cafeteria + Classroom + Kitchen + Home

Our Youth and Community Education Programs offer hands-on food education to support youth, families and communities and encourage empowering choices.

A special thank you to all of our sponsors, volunteers and participants!
12.



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Saturday, March 25, 2017

Exhibit Hall Open All Day, 10am - 5pm

9:00 am

Burgh's Bits & Bites Private VIP Tour
(Registration sold separately)



10:00 am



Project Lunch Tray
Community Kitchen Pittsburgh

10:30 am



Innovations for Local Food Accessibility
Christian Ference, Cropolis



Organic Certification: Dispelling the Myths, Misconceptions, and Confusion Associated with the Transition to Organic Certification
Eric Hanson, Baystate Organic Certifiers



Love Your Liver: Nutrition Tips for all Levels of Liver Disease
Meghan Zook, RD, LDN, UPMC Center for Care of Infectious Diseases

11:30 am



The Importance of Supporting Community Owned Food Businesses
Deidre Kane, 52nd Street Market



Growing a School Garden
Bernadette Hurst, St. Bernard School



How to Make Shockingly Delicious & Healthy Power Snacks
Sharon Gregory, The Happy Vegan

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PA-WAgN Speaker Track

Alcove A - Broccoli Stage

9:30am: **Preserving the Harvest**

Susan Marquesen, Penn State Master Gardener & Master Preserver

11:30am: **Digging Into Culinary Tourism: A Primer for Farm Owners**

Mary Miller MPH, LDN, RDN Owner, The Fork and The Road

12:30pm: **The Herb Garden Turned Into Retail Value**

Rusty or Claire Orner Quiet Creek Herb Farm and School of Country

1:30pm: **Helping Pollinators Around the Garden**

Philip Bauerle, Penn State Master Gardener Living

2:30pm: **Culinary Herbs**

Silloo Kapadia, Penn State Master Gardener and Past Chair of the Western PA Unit of the Herb Society of America

3:30pm: **Heirloom Tomatoes**

Barb Kline, PA WAgN, Penn State Master Gardener



PA Women's Agricultural Network (PA-WAgN)

Mission:

Pennsylvania Women's Agricultural Network (PA-WAgN) is a membership organization that seeks to encourage, empower and support women and girls involved in agriculture in Pennsylvania. We:

- 1) Build skills through education and mentoring.
- 2) Raise awareness and connections through networking and outreach.
- 3) Promote and sustain diversity and inclusion of girls/ women interested in farming.

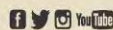


➤ PA-WAgN offers:

- Study circles
- Farm walks
- On-farm education
- Hands-on workshops
- Conferences
- Networking opportunities
- Leadership trainings
- Business skill workshops

➤ FREE Membership

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We are supported through grants from the United States Department of Agriculture, Pennsylvania Department of Agriculture and donations.



PennState Extension

**PA-WAgN Proudly Supports
the Allegheny County Master Gardeners**

Saturday, March 25, 2017

12:30 pm

 **Let's Explore the Sustainable Side of the Cultural District's Food Scene**

Cory Van Horn, Food Guy Adventures

 **Food Sensitivity**

Ilona Berkoben, MD, IHB Consulting

 **Arancini House Shares The Wonders of Sicilian Street Food**

Joe Arancini

1:00 pm

Yoga with The Yoga Whole - Wellness Lounge

1:30 pm

 **National Security Briefing: Farm to School**

Aryanna Berringer, American Nutritional Security

 **Savor the Season**

Laura Yautz, RDN, LDN, Savor the Season

 **Mason Jar Salads: Prepping easy, healthy lunches that are ready on-the-go**

Maya Henry, Meals with Maya

2:00 pm

Yoga with The Yoga Whole - Wellness Lounge

2:30pm

 **Backyard Chickens: Knowing and Changing the Laws**

Phil Tompkins, Rent the Chicken

 **Essentials for Your Herbal Medicine Cabinet**

Jessica Graves, Una Biologicals

 **ROOTS Cookbook Demo**

Jackie Page-Heidelberg, Jackie Kennedy Catering





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Saturday, March 25, 2017

3:00 pm

Yoga with The Yoga Whole - Wellness Lounge

3:30pm



How to Use Natural Healing in Your Personal Health Care Program

David G. Speer, Ph.D



Attracting Pollinators to Your Garden or Farm

Candy DeBerry, Washington and Jefferson College



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Saturday, March 25, 2017

FARM TO FLASK

4-6pm, Registration Separate from Conference

Get a taste of our region's local distilled spirits at the Farm to Flask craft mixology event on Saturday, March 25, the last day of the 11th annual Farm to Table Pittsburgh Conference.

Visit the registration desk to see the exhibitor menu and to purchase tickets.

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Exhibitor List

Exhibit Hall Open All Day: 10am-5pm

Thank you to all our exhibitors for making our conference great for attendees. This year you can purchase meals and beverages from Farm to Table Cafe Exhibitors. Explore the Mind-Body Connection at the Pathways to SmartCare Wellness Lounge. Sponsors in yellow!



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ingredients

- 1/2 Cup Popcorn Kernels
- 3 Tablespoons Canola or Peanut Oil
- 1/4 Cup Olive, Canola, or Peanut Oil
- 3 1/2 Tablespoons Buttermilk Powder
- 1 Tablespoon Powdered Milk
- 2 Teaspoons Smoked Paprika
- 2 Teaspoons Kosher Salt, or to taste
- 1/4 - 1 Teaspoon Chili Powder

full recipe at:
theunvirtuousvegetarian.com

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