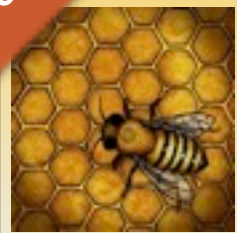


MAY 6, 2012

CC101 SPECIAL EDITION NEWSLETTER



# REAL FOOD SYMPOSIUM III

IT'S ALL ABOUT THE FOOD!



CULTURE CLUB 101

*Sunday May 6th, 2012*  
9:00 am - 7:00 pm  
at the Sheraton Hotel in Pasadena

For more information, symposium itinerary, event cost & registration, go online to: [www.RealFoodSymposium.com](http://www.RealFoodSymposium.com).

## SPECIAL GUEST SPEAKERS

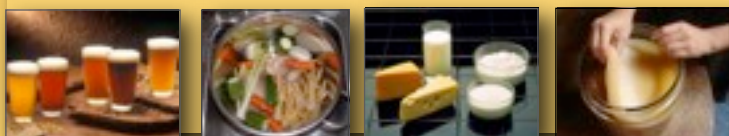
## WORKSHOPS

## DEMONSTRATIONS

## DELICIOUS "REAL" FOOD LUNCH

## "REAL" FOOD VENDORS

## RAFFLE PRIZES



REGISTER BY APRIL 16TH TO GET THE EARLY BIRD SPECIAL!

## SPEAKERS & WORKSHOP LEADERS

### THE GAPS DIET (PRESENTATION)

**Anna Hammalian**



Among the few health care advocates that are Certified as a GAPS practitioner. Anna works closely with children & adults with Autism, ADD, ADHD, Asthma, Allergies, autoimmune disorders and much more. Through Diet, Detoxification and Supplementation, Anna has seen transformations in her clients while healing through the GAPS program.

### HOME BEER BREWING (WORKSHOP)

**Dr. Dan Berisford**



A winner of the Sierra Madre Homebrew Festival, Dan has been home brewing since 2004. He currently teaches introductory beer brewing classes at Culture Club 101 in Pasadena, which covers basic brewing techniques, as well as organic and gluten free brewing options. Dan got his start in home brewing while pursuing a PhD in Aerospace Engineering/Fluid Dynamics from the University of Texas at Austin. His current brewing interests include gluten-free brewing and brewing with non-traditional ingredients.

### FRESH RAW MILK CHEESE MAKING FOR THE HOME KITCHEN (DEMONSTRATION)

**Steve Rudicel & Gloria Putnam**



Mariposa Creamery is a micro-dairy at the historic Zane Grey Estate in the suburban neighborhood of Altadena, in the foothills north east of Los Angeles. The Owners, Steve Rudicel and Gloria Putnam keep approximately 10 Nubian goats, milk them by hand, and make a variety of cultured milk products including cheeses. Their cheeses are not for sale, but they specialize in teaching you how to make your own dairy products from high-quality & cruelty-free milk you can buy at the store.

## "REAL" FOOD VENDORS

### **Culture Club 101**

[www.CultureClub101.com](http://www.CultureClub101.com)

### **Real Food Devotee**

[www.RealFoodDevotee.com](http://www.RealFoodDevotee.com)

### **Institute of Domestic Technology**

[www.instituteofdomestictechnology.com](http://www.instituteofdomestictechnology.com)

### **Backyard Bee's**

[www.backyardbees.net](http://www.backyardbees.net)

### **Selah Wellness:**

[www.selahwellness.net](http://www.selahwellness.net)

### **Rosann Volmert D.O.**

[www.drvolmert.com](http://www.drvolmert.com)

### **Organic Pastures Dairy**

[www.OrganicPastures.com](http://www.OrganicPastures.com)

### **Kombucha Kamp**

[www.kombuchakamp.com](http://www.kombuchakamp.com)

### **Coconut Cow**

[www.coconutcow.net](http://www.coconutcow.net)

### **Dey Dey's Best Beef Ever!**

[www.BestBeefEver.com](http://www.BestBeefEver.com)

### **Mestiza Coconut Honey**

[www.mestizacocosugar.com](http://www.mestizacocosugar.com)

### **Weston A. Price Foundation**

[www.westonaprice.org](http://www.westonaprice.org)

### **Miranda Barrett:**

[www.mirandabarrett.com](http://www.mirandabarrett.com)

### **Bezian's Sourdough Breads**

[www.beziansbakery.com](http://www.beziansbakery.com)

### **Seychelle Water Filtration**

[www.seychelle.com](http://www.seychelle.com)

### **The Organic Cellar**

<http://www.theorganiccellar.com>

### **Arroyo Food Co-op**

[www.arroyofoodcoop.com](http://www.arroyofoodcoop.com)

**Tuition: \$120.00**

**Early Bird Price thru April 16th - \$95.00**

**At the Door \$135.00**

## **KOMBUCHA KAMP (PRESENTATION & DEMONSTRATION)**

### **Hannah Crum**



Creator of Kombucha Kamp, Hannah has mentored 1000's of home brewers around the world. She has been featured as The Kombucha Mamma on the Veria Network as well as in BevNet, Whole Life Times Magazine, LA Times Best Bets, Vital Juice and many more. Her speaking engagements include the Freestone Fermentation Festival, Eat Real Festival, Green Festival, and the upcoming Weston A Price Conference in Santa Clara (November 2012).

## **COOKING GAPS STYLE (DEMONSTRATION & WORKSHOP)**

### **Monica Ford**



A Traditional Foods chef, Monica caters to celebrities with fast-paced careers, & works with health practitioners who believe Real Food is an important building block for lasting health in their patients. Monica also offers classes and private coaching in traditional food preparations like Yogurt, Kombucha, Lacto-Fermented Sodas, Sauerkraut, Kimchee, Sourcing Food Locally, Home Cooking and more. Monica's Mantra? Get Real. Be Well.

## **COOKING GRASS FED BEEF ON A BUDGET**

### **John de Bruin (DEMONSTRATION & WORKSHOP)**



Owner of Dey Dey's Best Beef ever, has a small cattle ranch near Santa Barbara where he follows the brilliant sustainability protocols created by Joel Salatin. John is passionate about educating the public about the amazing benefits of eating natural, grass-fed beef and chicken.

## **SHARE THE RAW MILK SECRET (PRESENTATION)**

### **Mark McAfee**



Founder of Organic Pastures Dairy, and Chairman of the Raw Milk Institute in California. Mark is internationally recognized as an expert in raw milk production and regularly speaks throughout the U.S. and abroad. As an experienced medical educator, Mark tirelessly works to "Share the Secret" of raw milk and it's amazing health benefits.

## **THE ART OF BEEKEEPING (PRESENTATION)**

### **Janet Andrews & Kelly Yrarrázaval**



Co-founders of Backyard Bees, Inc., began rescuing and relocating local honeybee colonies in 2007. With the plight of the honeybee in decline, women, beekeepers, gardeners and mothers have joined Janet and Kelly to bring back the craft of beekeeping and heighten awareness of the value of growing and harvesting food sources locally & sustainably. Janet and Kelly will discuss the story of their success as honey producers, beekeeping basics & the benefits of pure honey.

## **GROWING IT FORWARD (DEMONSTRATION)**

### **Nysha Dahlgren**



Creator of Ardenwoods Edibles, a small wholesale culinary nursery in Pasadena, Nysha has been involved in growing food since she was 8. Every year Nysha and her father would plan and plant a backyard plot that raised everything from tomatoes to pumpkins. Currently studying to be a Holistic Nutritionist and a Psychology of Eating Coach, Nysha is also educated in Sociology and Landscape Architecture.