

“REAL” FOOD SYMPOSIUM SCHEDULE

Time	Activities & Location	Activities & Location
8:00 – 9:00 AM	Registration & Meet the “Real Food Vendors	
9:00 – 10:15	Home Beer Brewing (Part I) with Dr. Dan Berisford <i>Justine’s - West</i>	The GAPS Diet with Anna Hammalian <i>Justine’s - Central & East</i>
10:15– 10:45	Break & Visit with the “Real” Food Vendors	
10:45 – 12:00	Growing it Forward with Ardenwoods Edible’s Nysha Dahlgren <i>Justine’s - West</i>	Cooking GAPS Style (The Basics) & Cooking Grass Fed Beef on a Budget with Personal Chef Monica Ford & Cattle Rancher John deBruin <i>Justine’s - Central & East</i>
12:00 – 1:30	Real Food Lunch & Visit with the Vendors	
1:30 – 2:45	Home Beer Brewing (Part II) with Dr. Dan Berisford <i>Justine’s - West</i>	Share the “Raw” Milk Secret with Mark McAfee of Organic Pastures Dairy <i>Justine’s - Central & East</i>
2:45– 3:15	Break & Visit with the “Real” Food Vendors	
3:15 – 4:30	Kombucha: Bubbly & Beneficial with Kombucha Kamp’s Hannah Crum <i>Justine’s - West</i>	Fresh Raw Milk Cheese Making for the Home Kitchen with Mariposa Creamery’s Steve Rudicel & Gloria Putman <i>Justine’s - Central & East</i>
4:30 – 5:00	Break & Visit with the “Real” Food Vendors	
5:00– 6:15	Home Beer Brewing (Part III) with Dr. Dan Berisford <i>Justine’s - West</i>	The Art of Beekeeping with Janet Andrews & Kelly Yrarrázaval <i>Justine’s - Central & East</i>
6:15 – 7:00	“Real” Food Vendor Raffle and Last Opportunity to Visit Vendors	
7:00 PM	“Real” Food Symposium Completion	Thank You For Coming!

*Times are Approximate.
Announcements will be Made During the Symposium*