


Northern sustainability symposium: **foods**

*courses, seminars
community gatherings* May 5-8, 2011




North House Folk School
Grand Marais, MN | www.northhouse.org | 218-387-9762

Northern sustainability symposium: **foods**

May 5-8, 2011 | Place-based food traditions

Event Coursework *(registration required)*

Ovencrafting: Building & Baking in the Oversize Oven | May 4-8
Sausages for the Summer Grill | May 6
Intensive Gardening: Saving Money, Eating Better | May 6-8
Green Medicines | May 6
Cooking with the Seasons w/ Chez Jude | May 6
Ancient Grains | May 6-7 & May 7-8
Prepare and Preserve Healthful Meats | May 7-8

Community Gatherings

Fri, May 6 | 7 pm | Presentation: "Supersize It? No, Localize It!:
Creating a Local Food System" with David Abasz
Fri, May 6 | 8:30 pm | Film Screening: "Queen of the Sun"
Sat, May 7 | 5:30 pm | Wood-fired Community Pizza Bake Potluck
Sat, May 7 | 7:30 pm | Featured Presentation: "How Bread Changed
My Life, or Everything I Know I Learned by Sticking My Head in
an Oven" with Kim Ode

Seminars, Demos & Tours

Fri, May 6 | Noon | Lunch & Learn: "Slow Foods" w/ Jodi Belluz
of Belluz Farms at the Angry Trout Cafe
Sat, May 7 | 9-11 am | Family Program: "Everybody Eats Dirt!"
w/ North House Staff
Sat, May 7 | 10 am | Farm Tour: "Lakeview Dairy" w/ David Berglund
Sat, May 7 | Noon | Lunch & Learn: "Growing for Income in the
North Country" w/ The Northwoods Food Project
Sat, May 7 | 1:30-4 pm | Workshop: "Eating Seasonally All Year
Long" w/ Jodi Belluz of Belluz Farms
Sun, May 8 | Noon | Lunch & Learn: Family Brown Bag Lunch
and Family Film Screenings

For more info or to register for courses visit www.northhouse.org



North House Folk School | Grand Marais, MN
www.northhouse.org | 218-387-9762