



Northern Sustainability Symposium: May 3-5, 2013

Lunch and Learn Schedule

*****Reservations Recommended**

Friday, May 3

LUNCH at **The Angry Trout Café**; prices vary as participants will order from menu
Reservations through North House required; limited to 35 guests.

LEARN with Gigi Stafne: Ideas to Inspire: Healing the Human Tribal Circle

Join Master Herbalist and North House Instructor Gigi Stafne for a lunch and learn session that will feed your soul as well as your stomach! Gigi will reflect on lessons learned while living simply and sustainably.

What seem like small steps may actually be the keys to creating individual health & happiness, ultimately healing the human tribal circle.

Saturday May 4

LUNCH catered by **The Pie Place** \$12; reservations recommended
Spring Vegetable Stew with Sweet Potato Dumpling and a slice of pie

LEARN with The Northwoods Foods Project: Get Growing: Starting a Garden!

While it's deeply rewarding to grow your own food, gardening is not always as easy, natural or idyllic as it sounds. To help beginning gardeners get growing, the Northwoods Foods Project of Cook County has established a garden mentorship program to match experienced growers with new green-thumbs. Farmer Melinda Spinler, an experienced mentor, will present along with her garden mentee. They'll discuss successes, challenges and offer tips for beginning gardeners. Get inspired and informed: gardening season is just about here!

Sunday May 5

LUNCH Bring Your Own Brown Bag; no reservations needed.

LEARN with In Transition 2.0 Film Screening (97 min)

In Transition 2.0 is an inspirational immersion into the Transition movement, gathering stories from around the world of ordinary people doing extraordinary things. You'll hear about communities printing their own money, growing food everywhere, localizing their economies and setting up community power stations. It's an idea that has gone viral, a social experiment that is about responding to uncertain times with solutions and optimism. In a world that is awash with gloom, here is a story of hope, ingenuity and the power of growing vegetables in unexpected places.



**LUNCH & LEARN RESERVATION FORM
NORTHERN SUSTAINABILITY SYMPOSIUM
MAY 3-5, 2013**

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

DATE	COST	ATTENDEES	SUBTOTAL
Friday 5/3/2013	N/A		
Saturday 5/4/2013	\$12		
Sunday 5/5/2013	N/A		

TOTAL: _____

Reservations available by phone (218.387.9762) or mail. Please enclose check or credit card information (see below). Return to NHFS, PO Box 759 Grand Marais, MN 55604.

Credit Card Type: Visa, Mastercard, Discover, AmEx

Credit Card Number: _____

Exp Date: _____

Name: _____

V-code (3 digits on the back of the card): _____

****Reservations are highly recommended****