



# Northern sustainability symposium: foods

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

# 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](http://www.northhouse.org)



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