



Northern Sustainability Symposium: May 5-8, 2011

Lunch and Learn Schedule

******Reservations Recommended***

Friday, May 6

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 Jodi Belluz of Belluz Farms: Slow Food

What exactly is “Slow Food?” Join Jodi Belluz for an introduction to this inspiring, global movement towards conscious eating. A non-profit member-supported association, Slow Food was founded in 1989 to counter the rise of fast food and fast life, the disappearance of local food traditions and people’s dwindling interest in the food they eat, where it comes from, how it tastes and how our food choices affect the rest of the world. Jodi has been involved with Slow Food Superior since its inception, and has been a delegate to the Terra Madre global gathering in Italy. Over a freshly prepared lunch, she’ll share stories from her experiences with Slow Food and lead a conversation about how the Slow Food movement is attempting to change to face of food in North America.

Saturday May 7

LUNCH catered by **The Pie Place** \$10; reservations recommended

Spring Vegetable Garbure (traditional French stew featuring leeks, cabbage, asparagus, fava beans and more), garlic-rubbed French bread, Rhubarb Crisp with Home-made Strawberry Ice Cream

LEARN with the Northwoods Food Project: Growing For Income in the North Country

Visit with producers that grow for sale: farmers' market, direct sales, CSA's, restaurant markets - all began from humble beginnings in their home gardens. Whether you are looking to scale up your own garden or wondering how to begin your own enterprise, visiting with other farmers always inspires. If you’re interested in learning about the varieties of local production available in the Northwoods - join us! This discussion is sponsored by the Northwoods Food Project, an organization devoted to improving the local food networks of Cook County.

Sunday May 8

LUNCH catered by the **Cook County Whole Foods Coop**

\$10 per adult; \$6 per child

Family-friendly sandwiches, salads, fruits, vegetables, and dessert; reservations recommended

LEARN Family Film Screening

It’s Mother’s Day! Celebrate the mothers in your life by celebrating Mother Earth. Bring the whole family down and enjoy a series of short films that tell the stories of gardens, eating and the natural world. Bring your own lunch, or treat mom and the family to a fresh, healthy and delicious lunch.

The Curious Garden (10 min): A little boy, Liam, discovers a struggling garden and decides to take care of it. As time passes, the garden spreads throughout the dark, gray city, transforming it into a lush, green world.

Lost and Found (24 min): One day a boy finds a penguin on his doorstep...an enchanting tale of loneliness and friendship based on the award-winning book by Oliver Jeffers.

The Goat that Ate Time (7 min): Henry the goat has a voracious appetite, but he doesn’t have enough time to indulge in his favorite activity—eating. He attempts to solve his dilemma in this award-winning animated short by devouring time itself, in the form of watches and clocks!



**LUNCH & LEARN RESERVATION FORM
NORTHERN SUSTAINABILITY SYMPOSIUM
MAY 6-8, 2011**

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

DATE	COST	ATTENDEES	SUBTOTAL
Friday 5/6/2011	N/A		
Saturday 5/7/2011	\$10		
Sunday 5/8/2011	\$10/adult \$6/kid		

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****