

# Northern sustainability symposium: foods

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

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

## Event Coursework - Educate.

Register for an event course—it's North House Folk School at its best, hands-on education to enrich lives and build community. Registration required, tuition and materials fees vary, see [www.northhouse.org](http://www.northhouse.org)

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

## Seminars, Demos & Tours - Engage.

Enjoy an afternoon seminars, discussions and celebration of the sustainable lifestyles. Some fees or registration required.

Fri, May 6 | Noon | Lunch & Learn: "Slow Foods" w/ Jodi Belluz of Belluz Farms at the Angry Trout Cafe | Prices vary; participants order from menu

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 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 the face of food in North America. Reservations through North House required; limited to 35 guests.

Sat, May 7 | 9-11 am | Family Program: "Everybody Eats Dirt!" w/ North House Staff | \$15 per adult/child pair; \$5/add'l child

Spring is springing, and the gardens are ready to plant. Before you can grow though, you'll need to get to know your cycles! Join the North House staff and unearth the magic behind your quiet but friendly soil critters and spores that help the plants grow and the flowers bloom. In this two hour family program, you'll explore maintaining healthy garden soils while making artful observations. Be an ecologist, mycologist or green thumb for the morning!



North House Folk School  
Grand Marais, MN | [www.northhouse.org](http://www.northhouse.org) | 218-387-9762

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Sat, May 7 | 10 am *meet at NHFS for car pooling*

**Farm Tour: “Lakeview Dairy” w/ David Berglund | Free**

David Berglund and his family have been providing Cook County with locally produced dairy, eggs, produce and meats for more than seven years. From their idyllic setting overlooking the big lake, Lakeview Dairy runs a closed circle operation—the only thing they purchase from “off the farm” is salt for cows. David will take participants on a tour of his farm, including the new calves, chickens, and four acres of vegetables, and provide insight into what it really means to eat locally.

**Sat, May 7 | Noon | Lunch & Learn: “Growing for Income in the North Country” w/ Northwoods Food Project | Catered by The Pie Place \$10/person or bring a brown bag lunch**

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 local production 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. Call for reservations.

**Sat, May 7 | 1:30-4 pm | Workshop: Eating Local All Year Long w/ Jodi Belluz of Belluz Farms | \$20**

One of the keys to building a new sustainable food system is remembering and practicing the tried and true food storage skills of just two generations ago. In this half-day workshop, learn how to plan and prepare to eat local year round. You’ll learn the basics of root cellaring including cellar design, storage varieties, storage conditions and even how to root cellar for apartment or condo living. Next, you’ll learn the basics of freezing and drying food, including estimated quantities for specific family sizes. And finally, you’ll learn how to can and preserve with each student taking home a jar or two to start off your pantry!

**Sun, May 8 | Noon | Family Film Screening | Family Friendly Lunch catered by Cook County Coop | \$10/ adult, \$6/child**

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 from the Cook County Whole Foods Coop.

*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!

## Community Gatherings

Join fellow students and community members for stimulating and engaging presentations and discussion about the future of place-based food traditions in the north.

**Fri, May 6 | 7 pm | Presentation: “Supersize It? No, Localize It!: Creating a Local Food System” with David Abasz**

David will explore our regions agricultural carrying capacity, share a vision of what a local food system could look like and offer steps we can take to “make a difference.” Questions explored include... Do we have enough land to grow our own food? What would a local diet look like? How many jobs would be created building a local food system? What would our towns, schools, businesses and farms look like if we “localized it?” Come hear the presentation and share in the discussion to follow!

**Fri, May 6 | 8:30 pm | Film Screening: “Queen of the Sun”**

**\$5 suggested donation**

In 1923, Rudolf Steiner, a scientist, philosopher & social innovator, predicted that in 80 to 100 years honeybees would collapse. His prediction has come true with Colony Collapse Disorder, where bees are disappearing in mass numbers from their hives with no clear single explanation. In an alarming inquiry into the insights behind Steiner’s prediction *QUEEN OF THE SUN: What Are the Bees Telling Us?* examines the dire global bee crisis through the eyes of biodynamic beekeepers, scientists, farmers, and philosophers. On a pilgrimage around the world, the film unveils 10,000 years of beekeeping, highlighting how our historic and sacred relationship with bees has been lost due to highly mechanized industrial practices. Featuring Michael Pollan, Vandana Shiva, Gunther Hauk and beekeepers from around the world, this engaging, alarming and ultimately uplifting film weaves together a dramatic story that uncovers the problems and solutions in renewing a culture in balance with nature.

**Sat, May 7 | 5:30 pm | Wood-fired Community Pizza Bake Potluck**

Bring your favorite pizza toppings to share and beverages (local, organic, fresh) for this casual, harbor-side pizza potluck as North House Folk School fires up the wood-fired oven and provides the dough. With so many “foodies” in attendance, there’s sure to be a bountiful and creative spread. No reservations required. Enjoy good company and good eats!

**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 | Free**

Kim Ode took Alan Scott’s oven-building class at NHFS in May 2003 because she wanted to make something tangible and physically demanding. A brick oven would do it, she thought. After weeks in her backyard mixing mortar and hauling bricks, she built her own oven—then realized she ought to revive dormant bread-baking skills. She discovered a bread club in St. Paul, which led to making her own sourdough starter, which led to the Minnesota Historical Society asking her to write a cookbook. Today, she’s an Emmy Award-winning baking expert in videos produced by the Star Tribune in Minneapolis, where she’s also a reporter. She bakes regularly in her brick oven, and still marvels at what happens when you try something you’ve never attempted.