



Northern Sustainability Symposium: May 1-3, 2015

Lunch and Learn Schedule

*****Boxed Lunches need to be pre-ordered by April 28*****

Friday, May 1

LUNCH at Noon: at North House, catered by Dockside Fish Market, BYO Brown Bag lunches are welcome. Choice of smoked salmon or trout wrap in a tortilla shell, w/ homemade sauce, leaf lettuce and swiss cheese. Veggie wrap available. Served with chips, pickle and fruit.

LEARN with Restoring Lake Superior's North Shore Forest with Becky Bartol

Lake Superior's North Shore Coastal Forest is a landscape of outstanding scenic qualities, high value natural resources, and incredible recreational opportunity. The forest is the essence of the North Shore economy and life-style. For those who live here and the thousands who visit each year, nurturing a healthy forest is critical to the sustainability of this unique and special place. The North Shore Forest Collaborative was formed in the interest of promoting a healthy forest ecosystem for today and generations to come. Learn about efforts to restore the conifer forest along the North Shore and how you can take an active role in making that restoration happen.

Saturday May 2

LUNCH at Noon: at North House, catered by The Pie Place BYO Brown Bag lunches are welcome Wilderness Chicken Salad Sandwich on Cranberry Wild Rice Bread, chips, pickle and an Ultimate Chocolate Chip Cookie. Gluten free and veggie options available upon request

LEARN with Boreal Birch Syrup: The Syrup of the North

Move over maple: birch trees make their own deliciously different sap that can be boiled and transformed into birch syrup. Savory but mildly sweet, birch syrup is made right across the border by Boreal Birch Syrup, just outside of Thunder Bay. Join harvester Dave Challen as he discusses the process of syrup making and shares a few recipes that celebrate this treat from the boreal forest.



LUNCH & LEARN RESERVATION FORM
NORTHERN SUSTAINABILITY SYMPOSIUM
MAY 1-2, 2015

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

DATE	COST	ATTENDEES	Options (circle)	SUBTOTAL
Friday 5/1/2015	\$13		Salmon Trout Veggie (sorry, no GF)	
Saturday 5/2/2015	\$13		Vegan Gluten Free Both	

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): _____

****Box lunches must be reserved by Tuesday, April 28 ****