

SEPTEMBER 26-29, 2019

FARMS, FOOD & HEALTH

WITH CULINARY MEDICINE TRAINING
FOR HEALTHCARE PROVIDERS

This Farms, Food & Health event is brought to you by the Groundwork Center for Resilient Communities in partnership with Munson Healthcare and the Great Lakes Culinary Institute.

The Groundwork Center for Resilient Communities is a nonprofit based in northwest Lower Michigan, collaborating respectfully with citizens and leaders to protect the environment, strengthen the economy, and build community.

We focus on solutions that improve daily life and build community health—things like food, energy, transportation, and economy. We work to build a thriving regional food system; to make our towns and villages stronger, more walkable, bike-able, and transit-friendly; and to develop local, clean energy. We seek to achieve on-the-ground results in northwest Michigan and leverage them to support other communities and improvements to state policy.

To discuss collaboration opportunities and/or sponsorship of future conferences and events or receive more information on Groundwork's food and farming program or farms, food and health projects, contact:
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GRAPHICS



FARMS, FOOD & HEALTH

EXPO

SEPTEMBER 27, 2019

HAGERTY CENTER
TRAVERSE CITY, MICHIGAN

KEYNOTE SPEAKERS

DR. STEPHEN RIVARD
Iroquois Valley Farmland REIT

DR. ORAN HESTERMAN
Fair Food Network

DR. DREW RAMSEY
Columbia Psychiatry

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FARMS, FOOD & HEALTH EXPO

10:00am-4:30pm

FOOD DEMO

10:30AM-11:00AM

FUEL YOUR TOMORROW

Speaker: Kaylee Davenport, FYT Health Foods

Ballroom D

Taste the Local Difference® presents: Fuel Your Tomorrow meal services with Chef Kaylee. This demo will feature pumpkin Mole Chili.

TAPAS TALK

11:15AM-11:30AM

FIGHT FIRE WITH FOOD: HOW TO STOP INNER CLIMATE CHANGE

Speaker: Dr. Deanna Minich

Ballroom B

Author, researcher and functional medicine-trained clinician Deanna Minich will offer a brief preview of her Saturday morning talk, “Fight Fire with Food: How to Stop Inner Climate Change.” Dr. Minich will also be available for a book signing at 1:00pm.

FOOD DEMO

11:45AM-12:15PM

TABLE HEALTH WITH CHEF LOGHAN OF PLANTED CUISINE

Speaker: Logan Call, Table Health

Ballroom D

Join Chef Logan of Planted Cuisine as we take a look into how dishes that incorporate both food systems and food as medicine principles can look, taste and inspire everyone.

TAPAS TALK

12:30PM-12:45PM

HEART DISEASE TO HEART HEALTH: REPLACING STATINS WITH CULINARY MEDICINE

Speaker: Ed Gergosian, Groundwork Center

Ballroom B

Follow one man’s journey from triple bypass surgery to a healthy heart and cholesterol levels managed by a whole food, plant-based diet.

FOOD DEMO

1:00PM-1:30PM

FRUIT AND VEGETABLE PRESCRIPITONS FOR HEALTH DEMO

Speaker: Jane Rapin and Michelle Smith, MSU Extension

Ballroom D

This demo will highlight a recipe featured at the Sara Hardy Farmers Market Prescriptions for Produce program and feature local ingredients.

TAPAS TALK

1:45PM-2:00PM

10 CENTS A MEAL FOR MICHIGAN’S KIDS & FARMS

Speaker: Diane Conners, Groundwork Center

Ballroom B

Learn about a cutting edge state program serving and engaging kids in eating healthy, locally grown food.

FOOD DEMO

2:25PM-2:45PM

FAVORITE RECIPIES FROM THE MUNSON MENU

Speaker: Darren Hawley, Sodexo, Munson Healthcare

Ballroom D

Chef Darren will offer a cooking demo featuring a seared salmon, sautéed greens, sweet corn & butter bean succotash dish.

TAPAS TALK

3:00PM-3:15PM

CATCHING UP WITH GROW BENZIE

Speaker: Josh Stoltz, Grow Benzie

Ballroom B

Grow Benzie has developed their space to include an incubator farm, community gardens, incubator kitchen, sewing studio, makerspace, food truck, and an edible trail system.

TAPAS TALK

3:30PM-4:00PM

GROWING TOGETHER IN MICHIGAN

Speaker: Sarah Eichberger, MSU Extension

Ballroom D

Growing Together in Michigan is a collaborative effort between MSU Extension Master Gardeners and Community Nutrition Instructors to provide more fresh produce, nutrition education/public health interventions, and gardening education to food pantries and other low-income food service sites.

TAPAS TALK

4:15PM-4:30PM

COACHING ATHLETES FOR HEALTHIER LIFESTYLES

Speaker: Marshall Collins, TBAISD

Ballroom B

Join Coach Marshall as he shares his insights and the motivations he uses to encourage young people towards positive health and eating behaviors.