

2018 YOUTH FOOD & FARM FORUM

DRAFT PROGRAM

THURSDAY DECEMBER 6

6:00-9:00	Registration open
6:00-9:00	Box dinner pickup (must reserve)
8ish until?	Campfire and socializing

FRIDAY DECEMBER 7

8:00-9:00	Breakfast
9:15-9:45AM	Welcome and Icebreaker
10:00-10:40AM	CHOOSE ONE: <ul style="list-style-type: none"> • How To Grow 101 - Jocelynn Horton + Tuskegee Representative • Greywater Systems For Farm and Home Life with Stephen Guesman + Zee Wilson
10:50-11:45AM	Youth Voice and Power Through Anti-Adulthood Work - Mark Bowen
12:00-1:00PM	Lunch
1:15-2:45PM	What is Equity and Why Does It Matter? - Mawiyah Patten
3:00-5:00PM	CHOOSE ONE: <ul style="list-style-type: none"> • Hog Butchery Demo and Debrief - Matthew Lawrence, Isaac Burnette, and Doug Allen • Young Veggies - Adyre Mason
5:00-6:30PM	"Market Fair" social, expo, and seed swap
6:30-7:45PM	Dinner
8:15-10:00PM	Social activities including stargazing (?) and jam-circle with Isaac Burnette
11PM	Quiet hours

SATURDAY DECEMBER 8

8:00-9:00AM	Breakfast
9:15-10:00AM	Elders in Agriculture Panel
10:15-11:15AM	Career Panel: Moderated by Ella Nichols, featuring Mark Bowen (Forsyth Farmer's Market), Frannie Koe, MD, Adyre Mason (The Veggie), Kathleen Kirkpatrick (Hometown Action), Sunni Parrish (Alabama Waldorf School), Collins Davis (Bluewater Creek Farm)
11:40-11:55AM	Group Photo
12:00-1:00PM	Lunch
1:15-1:55PM	Healing Through Food Q&A - Caroline Parrish, Liz Davis and Frannie Koe
2:00-2:45PM	CHOOSE ONE: <ul style="list-style-type: none"> • Introduction to Seed Saving - Jesse Schaeffer and Jerick Hamilton • Building Community Kitchens, Building Movements - Faron Levesque
3:00-5:00PM	CHOOSE ONE: <ul style="list-style-type: none"> • Culinary Foundations and Pork Cookery - Doug Allen • Medicinals for the Skin: From Ground to Medicine Cabinet - Cameron Strouss
5:15-5:45PM	G.R.O.W.T.H: Applying Farm Knowledge to Everyday Life - Jerick Hamilton
5:45-7:15PM	Dinner
7:00-9:00PM	Social activities
11PM	Quiet hours

FRIDAY 10:00-10:40AM

GREYWATER SYSTEMS FOR FARM AND HOME LIFE — Having an efficient farm is something people strive for. Taking advantage of a greywater system is a great start. By making use of this system, you can cut down on water costs, and helps revitalize your plants is a healthy and natural way. In this session you will learn the best ways to use a greywater system, along with good practices for keeping it continuously going. Greywater systems can also be used in the home, and Stephen Guesman will be discussing a few fundamental greywater and wastewater terms and solutions, before we delve into a conversation on greywater in agriculture. — *Zee Wilson and Stephen Guesman*

HOW TO GROW 101 — Want to know the basics of growing your own plants? Want to grow your favorite fruits/vegetables in your own yard but don't know how! Join us in the How to Grow Seminar, where we will go over the basics of how to grow your very own food. This seminar will teach you the do's and don'ts of gardening. You will also be able see real life examples of how to grow your very own plants and start growing some of your own! — *Jocelynn Horton and Tuskegee University Representative*

FRIDAY 10:50-11:45AM

YOUTH VOICE AND POWER THROUGH ANTI-ADULTISM WORK — This session will introduce youth to the concept of adulthood. Prompted by some questions, youth will reflect and discuss some of their experiences with adulthood (with one another), and the intersections of adulthood with race and gender. — *Mark Bowen and Zee Wilson*

FRIDAY 1:15-2:45PM

WHAT IS EQUITY AND WHY DOES IT MATTER? — At this session, participants will

develop a shared understanding of what equity means, and come to understand why the approaches of “diversity” and “inclusion” are not enough. Participants will have an opportunity to apply this equity lens to the work they are a part of in their communities, and to collaborate with one another to develop potential strategies to promote equity in our food systems, as it relates to race, age, and other identity markers. — *Mawiyah Patten*

FRIDAY 3:00-5:00PM

HOG BUTCHERY DEMO — We will be conducting a demo of butchering a hog donated to the forum from Sandee House of Friday Farms. We will be discussing the major cuts from a hog, places where choices can be made when getting a hog processed, causes of variation in meat quality and how to deal with them. This will be a fully interactive demo so bring your questions. The demo will be followed by a debrief lead by Isaac Burnette and Doug Allen, which will allow participants to process this experience and introduce next steps for pork cookery. — *Matthew Lawrence, Isaac Burnette, Doug Allen*

YOUNG VEGGIES — In this workshop, participants will learn about the benefits of plant-based eating, specifically in relation to energy, sports/athleticism, etc. Participants will learn about easy substitutes that would help ease the transition to plant-based eating and gain knowledge of new recipes through a demo focusing on lunches, weeknight dinners and teen-favorite foods. This workshop includes a food safety component as well!
— *Adyre Mason*

SATURDAY 10:15-11:15AM

CAREER PANEL — In this session we will be learning about different careers in food and farming from presenters who work in the fields of activism, nutrition, politics, cooking, farming, and education. — *Moderated by Ella Nichols, featuring Mark Bowen [Forsyth Farmers Market], Frannie Koe MD, Kathleen Kirkpatrick [Hometown Action], Adyre Mason [The Veggie], Collins Davis [Bluewater Creek Farm], and Sunni Davis [Alabama Waldorf School]*

SATURDAY 1:15-1:55PM

HEALING THROUGH FOODS — Learn how to heal your body through ways of healthy eating. Guided by two people who are experts in the field, this Q and A style workshop will teach you about how to choose the right foods to heal and nourish your body. — *Moderated by Caroline Parrish, featuring Frannie Koe and Liz Davis*

SATURDAY 2:00-2:45PM

INTRODUCTION TO SEED SAVING — By attending this session, you will gain a basic introduction to the concept of seed saving, including defining terms, a small hands-on section, and how to get started in your own garden/farm. I will also discuss my own seed saving projects and journey. This presentation will be lecture style with questions encouraged throughout. — *Jesse Schaffer and Jerick Hamilton*

BUILDING COMMUNITY KITCHENS, BUILDING MOVEMENTS — There exist so many examples of folks speaking their truth to power through food in the American South. In this session, we will dive deep into the people’s history of food anchoring what is referred to as “garden-to-table education” to several radical organizing traditions. From there, we will collectively map out some of the visionary and practical components of building a community kitchen within and without institutions like non-profits, universities, high schools, etc. We will come up with ideas for how to create the conditions where the most dispossessed and disinherited local communities can seize the kitchen on their own terms. — *Faron Levesque*

SATURDAY 3:00-5:00PM

CULINARY FOUNDATIONS AND PORK COOKERY — Learning basic culinary skills, kitchen sanitation, and seasoning ideas will serve young students now and in the future. This class will take the fresh pork butchered the day before and create dishes for sampling. This is a hands-on class with students taking part in the prep, cutting of vegetables, cooking, and plating of the recipes presented. All recipes served will be printed for attendees to take home. — *Doug Allen*

MEDICINALS FOR THE SKIN: FROM GROUND TO MEDICINE CABINET — This workshop is focused on medicinals for the skin and even in the winter we are able to collect the herbals necessary to make a skin salve that you can write home about! WE will have a brief introduction to herbalism, and medicinals for topical application, as well as when to use a salve, compress, or fomentation and then will move outdoors to harvest what we can to then finally use to make a skin salve. Hope you enjoy! — *Cameron Strouss*

SATURDAY 5:15-5:45PM

G.R.O.W.T.H. — This session will challenge you to use the farming skills you have learned in your everyday life. My session will teach you there’s more to farming than meets the normal eye! G.R.O.W.T.H will wrap-up the Youth Forum and give us a chance to think about what we’ve done and what’s next. — *Jerick Hamilton*