

DEC 7-8TH

Camp McDowell - Nauvoo, AL

YOUTH FOOD & FARM FORUM

FEATURING:

- PLANTING 101
- GREYWATER SYSTEMS
- ANIMAL BUTCHERING
- HEALING THROUGH FOOD
- UNDOING ADULTISM
- CAREER EXPO,
- & MORE!



FOR YOUTH AGES 14-21

ALABAMA ASSOCIATION OF



RC&D
COUNCILS

HOSTED BY:

ALABAMA SUSTAINABLE AGRICULTURE NETWORK



WELCOME TO THE 2018 ASAN YOUTH FOOD & FARM FORUM!

We are thrilled to host you for this exciting weekend of learning, socializing, brainstorming, and good eating! The info below will help you enjoy the weekend to the fullest. Please feel free to ask an ASAN staff person or Forum volunteer at any time, if you have questions.

MEAL TIMES: Meals are served family style, and start and end **PROMPTLY** at the indicated start/end times. Please help Forum organizers and Camp staff by being on time for meals!

COMMON SPACES AND QUIET

HOURS: Please take advantage of common spaces in your lodging areas and around camp. Please share space respectfully, label anything you put in the shared fridges, clean up after yourself, and be aware of your volume level throughout the day. Especially, please respect the 11pm quiet hours. Also note that you are sharing camp not only with other Forum-goers, but with several other events taking place at camp during the weekend.

PHOTOGRAPHS: A professional photographer will be taking photos throughout the Forum. Please let her or any ASAN staff member know if you do NOT want your image not to be published on ASAN's website, social media, and other publications. We will gladly respect your wishes.

JOIN ASAN! ASAN is a grassroots membership-based organization, and we need your support! If you value the community convened this weekend at the Forum, if you value the support and resources ASAN provides throughout the year, please become a member or renew your membership now! Forms are available at the registration table, or you can do it online at <http://asanonline.org/join-asan>.

CONCURRENT SESSIONS: While we'll be meeting as a whole group most of the Forum, several times we will split up into two groups, based on your interests. These sessions say "CHOOSE ONE" on the schedule above. Think about which session you may like to attend!

SCHEDULE AT A GLANCE

THURSDAY DECEMBER 6

6:00-9:00 Registration open, *Doug Carpenter*
6:00-9:00 Box dinner pickup (must reserve), *Doug Carpenter*
8ish until? Campfire and socializing, *inside/outside Doug Carpenter*

FRIDAY DECEMBER 7

7:45-4:00 Registration open, *Doug Carpenter*
8:00-9:00 Breakfast, *Doug Carpenter*
9:15-9:45AM Welcome and Icebreaker, *Stough Meeting Room*
10:00-10:40AM CHOOSE ONE:

- How To Grow 101, *Stough Meeting Room*
- Greywater Systems For Farm and Home Life, *Stough Library*

10:50-11:45AM Youth Voice and Power Through Anti-Adulthood Work, *Stough Meeting Room*
12:00-1:00PM Lunch, *Doug Carpenter*
1:15-2:45PM What is Equity and Why Does It Matter?, *Stough Meeting Room*
3:00-5:00PM CHOOSE ONE:

- Hog Butchery Demo, *Pottery Studio*
- "Young Veggies" Cooking Demo, *Teaching Kitchen*

5:00-6:30PM "Market Fair" social, expo, and seed swap, *Doug Carpenter*
6:30-7:45PM Dinner, *Doug Carpenter*
8:15-10:00PM Campfire, jam circle, and socializing, *inside/outside Doug Carpenter*
8:30-9:30 Stargazing walk, *meet by the bell outside Doug Carpenter*
11PM Quiet hours

SATURDAY DECEMBER 8

8:00-9:00AM Breakfast, *Doug Carpenter*
9:15-10:00AM Elders in Agriculture Panel, *Doug Carpenter*
10:15-11:15AM Career Panel, *Stough Meeting Room*
11:40-11:55AM Group Photo, *Doug Carpenter*
12:00-1:00PM Lunch, *Doug Carpenter*
1:15-1:55PM Healing Through Food Q&A, *Stough Meeting Room*
2:00-2:45PM CHOOSE ONE:

- Introduction to Seed Saving, *Stough Library*
- Building Community Kitchens, Building Movements, *Stough Meeting Room*

3:00-5:00PM CHOOSE ONE:

- Culinary Foundations and Pork Cookery - Doug Allen, *Teaching Kitchen*
- Medicinals for the Skin: From Ground to Medicine Cabinet, *Stough Meeting Room*

5:15-5:45PM G.R.O.W.T.H: Applying Farm Knowledge to Everyday Life, *Stough Meeting Room*
5:45-7:15PM Dinner, *Doug Carpenter*
7:15-10:00PM Social activities, *inside/outside Doug Carpenter*
11PM Quiet hours

PLENARY SESSION: Saturday morning we will attend part of the general Forum's plenary session as a whole group. This session will be an "Elders in Alabama Ag Panel." After breakfast on Saturday, stay in Doug Carpenter. After the panel, we will resume our Youth Forum workshops in Stough.

YOUTH FORUM MADE POSSIBLE BY:



FRI 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*

FRI 10:50-11:45AM

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

FRI 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*

FRI 3:00-5:00PM

HOG BUTCHERY DEMO — We will be con-

ducting 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. This is a hands-on workshop where participants will cook a plant-based meal together, learning valuable practical culinary skills. — *Hannah Feroce*

SAT 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]*

SAT 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*

SAT 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*

SAT 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 herbs 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*

SAT 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*

