DEC 7-8TH
Camp McDowell - Nauvoo, AL

YOUTH FOOD & FARM FORUM

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

FOR YOUTH AGES 14-21

ALABAMA ASSOCIATION OF RCD 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 Please let her or any ASAN staff member know if you DO NOT want your image not to be published on ASAN’s website, social media, and other publications.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](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!

**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

FRI 10:50-11:45AM
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 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 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

FRI 3:00-5:00PM
HOGL 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

FRI 10:15-11:15AM
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 Parish, featuring Frannie Koe and Liz Davis

SAT 3:00-5:00PM
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 dispossessed local communities can seize the kitchen on their own terms. — Faron Levesque

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