

“Everything Old is New Again”

2013 Schedule of Events

In the Auditorium:

11:00AM	Jennifer Adler, MS, CN	“Wild Foods 101: Foraging for Health, Beauty and Natural Remedies”
12:00PM	Chef Maxime Bilet	“Eliminating Boundaries for the Future of Food”
1:00PM	Chef Lindsey	“Healthcare and Health Food-Closing the Gap”
2:30PM	Dr. Robin DiPasquale, ND, RH	“From Garden To Apothecary & Everything In Between”
3:30PM	Kelly Morrow	“Nutritional Support for Detoxification”

In The Workshop Gazebo:

10:00 AM	Suzanne Jordan	“Challenges and Changes in Modern-Day Wildcrafting”
11:00 AM	Crystal Hamby	“The Healing Properties of Honey and Vinegar: How to Make Ancient Remedies for Home Use”
12:00PM	Michele Milligan	“Renaissance of the Medicine Cabinet”
1:00PM	Georgiann Lilgreen	“Working With Natural Dyes”
2:00PM	Firefly Kitchens	“Fermented Foods: Health Benefits and Recipes for Daily Life”
3:00PM	Sarah Klippel	“Kitchen Medicine: Your Grandmother’s Medicine is Hiding in Your Kitchen”
4:00 PM	Jenn Dazey,	“Old World Herbs As Cutting-Edge Antibiotics”

In Room 63:

11:00AM	Sheila Kingsbury	“Modernizing Traditional Elixirs”
12:00PM	Kaleb Lund	“Plants and Planets: An Astrological System of Medicine”
1:00PM	Heidi Bohan	“Traditional Skills for a Sustainable Future”
2:00PM	Dave Boehnlein	“Permaculture and Indigenous Medicine Systems in the Amazon”
3:00PM	Arlene Thomas	“Choosing Quality Water”

On the Main Stage:

10:30 – 11:30	Groove Messengers	Jazz/Pop/R&B
11:45 – 1:00	The Winterlings	Folk
1:15 – 2:30	John Hibbs and Friends	Old Time/Bluegrass
2:30 – 3:00	Bastyr Drumming Group	African Drumming
3:15 – 4:15	Nu Klezmer Army	Traditional Klezmer
4:30-5:00	Hula Club	Interactive Hula Demo

Featured Plant Walks in the Bastyr Garden and Forest:

Herb Walks Depart from the Garden Gazebo Every Hour

10:00AM	Jennifer Eveskige & Travis Simpson	Sacred Seeds Trail Tour
11:00AM	Abe Lloyd	“Ethnobotany and Wildfoods”
1:00PM	Suzanne Jordan	“Native Plants for Medicine and Food”
2:00PM	Eric Yarnell	“New Uses for Old Pacific Northwest Plants”
3:00PM	Shelagh Brown	“Herbal stars: Popular Herbs, Sustainability and Commercial Use”
4:00PM	Alexis Durham	Bastyr Garden Tour

Cooking Demos in the Nutrition Kitchen (Room 8):

10:30AM	Chloe Friedland	“Summertime Sauces”
12:00PM	Carly Kellogg & Emily Clairemont	“Seasonal Springtime Empanadas”
1:30PM	Ellie Freeman	“Mastering the Mediterranean Mez”

In the Kids’ Tent:

Acupuncture Available from 10-5: meet outside Room 40

All Day Discover a range of activities for kids of all ages!

About our Keynotes Speakers:

Dr. Robin DiPasquale, ND, RH (AHG) has been working in the healing arts for 30 years. In the area of botanical medicine she is published and teaches throughout the U.S., Canada and Italy. She is known nationally and internationally for her work in herbal medicine and gemmotherapy. She served as the chair of botanical medicine at Bastyr for eight years and launched the Bachelor of Science in Herbal Science program. Robin teaches people how to develop their own personal relationships with the healing plants through growing, harvesting and making medicine.

Maxime Bilet is the co-author of Modernist Cuisine: The Art and Science of Cooking, which received the 2012 Book of the Year Award from the James Beard Foundation. For six years, he was the Director of Culinary Arts and Sciences at The Cooking Lab where he led research and development. He currently volunteers with the Hunger Intervention Program’s community kitchen, the Gossett Place youth center, and the Quick! Help for Meals program.

Jennifer Adler, MS, CN is a recognized food expert, chef and founder of Passionate Nutrition, a nutrition practice with six locations throughout the Puget Sound. Jennifer promotes a ‘delicious and whole person approach to health’ and provides individual and family nutrition counseling. Jennifer is a Certified Nutritionist in Washington State, an adjunct faculty member at Bastyr and co-founder of the International Eating Disorders Institute.