

"Food and Medicine on the Wild Side"

Keynotes in the Auditorium

- 10:30am Johnathan Sundstrom "Bring some wild into your kitchen! Explore the natural bounty of the Northwest with Chef John Sundstrom of Lark"
- 11:30am Amy Stewart "A Cocktail Party from the Garden"
- 1:00pm Jo Robinson "Magnify Your Health Benefits from Eating Fruits and Veggies – Timely New Advice for Shoppers, Cooks, and Gardeners"
- 2:30pm Todd Caldecott "Food is All Around You (Unless You're in a Shopping Mall)"
- 3:30pm Glenn Herlihy "Building a Public Food Forest"

Gazebo Workshops

- 10:00am Eaglesong Gardener "Letting the Wild Edge In"
- 11:00am FireFly Kitchens "The Secret's Out...It's Sauerkraut!"
- 12:00 pm Diana Pepper "Heal Locally! Vibration Essences of Wild Pacific NW Flowers and Trees"
- 1:00pm Crystal Hamby "Wild Weed Herbal Healing Balms"
- 2:00pm Alexis Durham "Wild at Heart"
- 3:30pm Travis Simpson "Introducing Sacred Seeds"
- 4:00pm Jenn Dazey "Where the Wild Things Grow: Backyard Medicines Everyone Should Know"

In Room 63

- 10:00am Katherine Raymer "Likable Lichens"
- 1:00pm Heidi Bohan "Traditional Food Plants of the Pacific Northwest"
- 4:00pm Rachel Steendahl "Food, Farm, and Community: A Hands-on Adventure at Quillascut Farm"

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Plant Walks in the Garden and Forest

- 10:00am Karen Bender – Western Herbs
- 11:00am EagleSong Gardener – Wonder Walk
- 1:00pm Suzanne Jordan - Wild Medicinal Plant Walk
- Shelagh Brown – Herbal Traditions: East Meets West
- 2:00pm Brandon Testa – Herbs and Beer
- 4:00pm Travis Simpson - Sacred Seeds Trail Tour

Music on the Main Stage

- 1000 - String Thyme - Acoustic
- 1100 - Drum Circle - African Drumming
- 1200 - The Winterlings - Folk
- 1pm - John Hibbs and Highbsters - Ol' Time/Bluegrass
- 2pm - New Klezmer Army – Traditional Klezmer
- 3pm - Groove Messengers – Jazz/Pop/R&B
- 4pm - Scott Lindenmuth – Jazz Guitarist

Cooking Demos in the Nutrition Kitchen

- 11:00am Casey Giltner "Beyond the Sting: Cooking with Nettles"
- 12:30pm Christine Arenberg "Fantastic Foraged Flowers"
- 2:00pm Christine Ralutz "Fabulous Fiddlehead Ferns"

Kid's Tent

All Day ~ Come discover the fun for kids of all ages!!

About our Keynote Speakers:

Amy Stewart is the award-winning author of six books on the perils and pleasures of the natural world, including four New York Times bestsellers, such as *The Drunken Botanist* and *Wicked Bugs*. Amy has written for the New York Times, the Washington Post, and many others. She is the co-founder of the popular blog *GardenRant* and is a contributing editor at *Fine Gardening* magazine.

Todd Caldecott is a clinical herbalist and Ayurvedic practitioner based out of Vancouver, BC. He is the author of *Food As Medicine: The Theory and Practice of Food and The Divine Science of Life*. He has been in clinical practice since 1996 and has spoken at numerous botanical medicine conferences and colleges.

Glenn Herlihy is the cofounder for the Beacon Food Forest, a Seattle based Sculptor and Permaculture Designer/Builder. Glenn has worked in the landscape business for 23 years while co-founding New Volute Inc. an architectural/garden sculpture business. His main interest is in creating beauty by combining his skills in visual arts and landscape design for public benefit.

John Sundstrom is the Chef/Owner of Lark. He has been cooking for over 20 years, most of that in Seattle with time spent at Raison d'etre, Campagne, Café Sport, and Dahlia Lounge. While at Earth & Ocean John was named a Food & Wine Magazine Best New Chef. John has been featured on the Food Network's "Best of Show" and "Food Nation" and featured in the PBS original series "Chefs a-field". He is also a frequent guest on Seattle's public radio station.

Jo Robinson is a bestselling, investigative journalist who has spent the past 15 years scouring research journals for information on how we can restore vital nutrients to our food. Her insights into the benefits of raising animals on pasture have been featured in scores of magazines, newspapers, and radio shows.

