

SACRED SEEDS

FUTURE GREENHOUSE

THE NUTRITION GARDEN

SHADE HOUSE

STUDENT RESIDENTIAL VILLAGE

GAZEBO WORKSHOPS

HERB GARDEN

FIRST AID

TOURS & WALKS START HERE

GAZEBO

PLANT SALE

RAFFLE PRIZES

STAGE

INFO

GREENHOUSE



BASTYR DAYCARE AREA

TENTED AREA NUTRITION TABLES

MORE INSIDE

- STAIRS TO:
- AUDITORIUM
- BOOKSTORE
- CAFETERIA
- RESTROOMS

ELEVATOR

TO KITCHEN ROOM 8 →

ROOM 63 LECTURES

WELCOME TO THE FAIR!!

SUGGESTED \$5 DONATION

START HERE

# FAIRGROUNDS!

WELCOME TO BASTYR UNIVERSITY

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 REVISED 2014: STACY WALLACE

# BASTYR UNIVERSITY

## HERB & FOOD FAIR

May 21, 2016

### Speakers in the Auditorium

10am – Anne Biklé and David Montgomery  
“Cultivating Health in the Garden and the Gut”

11am – Tom Malterre  
“Plant Love vs Pollution: A Story of Miscommunication” **(Keynote)**

12:30pm – Chris Killham  
“The Shaman’s Pharmacy” **(Keynote)**

2pm – Deanna Minich  
“The Diet Debate and the Future of Food: How to Eat for Health and Prevention of Disease” **(Keynote)**

3:30pm – Eric Yarnell  
“How Gut Bacteria Affects Herbs and Food”

### Talks in Room 63

10am – Kaleb Lund  
“Clearing the Air: the Fact or Fiction of Medical Marijuana”

11am – Philip Lee  
“Food Literacy - Building a Better Community Through Food”

12pm – Suzanne Jordan  
Herbs and Practices for Stress and Grief Relief

1pm – Caitlin Gilson  
“Growing Food and Medicine with Backyard Permaculture Polycultures”

2pm – June Jo  
“In Pursuit of Fresh, Flavorful and Soulful”

3pm – Karen Bender  
“Herbs for Everyday: Ideas on Incorporating Herbs Into Daily Life”

4pm – John Thompson  
“Using Your Quantum Energy to Stay Healthy and Youthful”

### Workshops in the Gazebo

10am – William Dean  
“Stoking Agni”

11am – Crystal Hamby  
“Essential Oils for Mind Body and Soul” (Demo)

2pm – Joyce Netishen  
“Flower Power: An Introduction to Using Flower Essences” (Demo)

3 pm – Julie O’Brien  
“Fresh and Fermented” Firefly Kitchen (Demo)

4pm – Jenn Dazey

“Five Commonplace Herbs to Use Sparingly”

### About Our Keynotes

**Dr. Deanna Minich** is an internationally recognized health expert with more than twenty years of experience in nutrition, mind-body health and functional medicine. Dr. Minich holds Master’s and Doctorate degrees in nutrition and lectures throughout the world on health topics, teaching patients and health professionals about nutrition. She is a Fellow of the American College of Nutrition, a Certified Nutrition Specialist, and a Certified Functional Medicine Practitioner. Currently, Dr. Minich teaches for the Institute for Functional Medicine and for the graduate program in functional medicine at the University of Western States.

**Tom Malterre**, NS, CN is an author and educator of the genius of life and all it has to offer. He likes to emphasize how air, water, food, microbes and plants provide us with an amazing ability to thrive on this planet. He is currently a faculty member of the Institute for Functional Medicine and a Certified Functional Medicine Practitioner. Along with his wife, Ali, Tom has co-authored the popular cookbooks Nourishing Meals, The Whole Life Nutrition Cookbook and his latest, The Elimination Diet.

**Chris Kilham** is a medicine hunter, author and educator. The founder of Medicine Hunter Inc., Chris has conducted medicinal research in over 40 countries. Chris is the FOX News Medicine Hunter and appears on FOX News Health TV both online and in US and international television markets. He also writes a weekly FOX News Health Column and is on the Medical Advisor Board of the Dr. Oz Show. He is the author of fourteen books, including Hot Plants, The Five Tibetans, Psyche Delicacies, Tales from the Medicine Trail and Kava, Medicine Hunting in Paradise.

### Cooking Demos in the Nutrition Kitchen

10:00-10:45am – Kelsey P. and Katherine R.

12:30-1:15pm – Kelly Cammermeyer

1:45-2:30pm – Aaron Cohen

3 pm—Autumn Martin “Hotcakes”

### Sacred Seeds Booth

11am and 1pm Nettle Cordage Demonstration

### Herb Walks in the Forest and Gardens

10am – Liz Wing

“Pain Relieving Herbs”

11am – Shelagh Brown

Herbal Allies for Grief, Loss, and Emotional Trauma”

12pm – Jenna Biollo

“A Rainbow of Herbs”

1pm – Giulia Ricciardi

“Cardiac and Venous Herbs”

2pm – Michayla Conrad

“Sacred Seeds Trail Walk”

3pm – Blake Kovner

“Introduction to Herbal Allies: Find the Plants That Are Calling to You”

4pm – Anna Sitkoff

“Edible and Medicinal Plants and Mushrooms of Saint Edwards”

### Kids’ Tent

All Day – Come discover fun for kids of all ages!

### Music on the Main Stage

10:30am – Tribal Fusion Belly Dance Troupe

11:15am – Scott Lindenmuth

12:30pm – Groove Messengers

1:45pm – John Hibbs and the Highbsters

3pm – The Winterlings

4:15pm – The Western Red Penguins