

# The Vermont Traditional Foods and Health Symposium

*made possible by the generous support of The Forrest C. and Frances H. Lattner Foundation.*

## SCHEDULE

*(Subject to Change)*

### Thursday, JUNE 13

**Location:** Film House, [Main Street Landing](#), Burlington, VT

**Time:** 7:00 - 9:00 PM

**Film Screening:** [Genetic Roulette, The Gamble of Our Lives](#); A Film By Jeffrey Smith, Narrated By Linda Oz

### Friday, JUNE 14

**Location:** Coach Barn, Shelburne Farms, Shelburne, VT

8:00-9:00 AM ..... Doors Open: Registration and Exhibits

9:15 AM ..... Welcome

9:30-11:30 AM ..... [Dr. Cate Shanahan](#), *The Genetics of Success: How Diet Shapes a Child's Future*

11:30-1:00 PM .... Lunch Break, Exhibits

1:00-1:15 PM ..... Announcements and Introduction

1:15-4:15 PM ..... [Nora Gedgaudas](#), CNS, CNT, *PRIMAL BODY, PRIMAL MIND: Lessons from the past and a diet for our future*

4:30 PM ..... Announcements

4:30- 7:00 PM ..... Learning Stations (see below)

5:00-7:00 PM ..... Tasting Dinner by the Farmhouse Group

### Saturday, JUNE 15

**Location:** Coach Barn, Shelburne Farms, Shelburne, VT

8:00-9:00 AM ..... Doors Open: Registration and Exhibits

9:15 AM ..... Welcome

9:30- 11:30 AM ..... [Cathy Eason](#), BS, NTP, LMT, CHFS, CGP, *Get Cultured! Enjoy Traditional Ferments and Heal the Gut with the GAPS Diet*

11:30-1:00 PM ..... Lunch, Exhibits

1:00-1:15 PM ..... Announcements

1:15-4:15 PM ..... [Sally Fallon Morell](#), *Traditional Diets: The Key to Vibrant Health*

4:30 PM ..... Closing

**Registration is required to attend the Symposium.** In order to make the program accessible, the program is being offered at a **sliding scale fee**. Please click [here](#) to register.

### **Benefits accompanying your registration:**

- explore the teachings of four nationally and internationally recognized speakers
- experience locally produced and nutrient-dense lunches
- enjoy a tastings dinner based on traditional diet principles
- learn techniques for preparing traditional foods through learning stations
- explore exhibits offered by local, regional, and national organizations and businesses dedicated to healthy food systems
- network with other Traditional Diet enthusiasts!

### **Meals**

Food provided to participants throughout the event will align with the principles presented by the speakers including nutrient-dense, locally and organically grown vegetables, pastured and grass-fed meat and raw dairy products. A “grazing” dinner, catered by Frank Pace of the Farmhouse Group, will be offered by local chefs and producers highlighting the simplicity of eating whole, nutrient-dense foods including charcuterie, fermented vegetables, raw milk cheese, grass-fed beef, bone marrow and broth, pastured pork. Local producers will be conducting hands-on demonstrations focusing on fermented foods, organ meats, sprouted nuts and grains, bone broths, traditional fats, and raw milk.

### **Learning Stations**

- **Fermented Foods** *Jason Frishman, Folk Foods*
- **Sauerkraut & Kimchi** *Doug Flack, Biodynamic Farmer, Flack Family Farm*
- **Traditional Fats** *Briton Laslow and Dominic Barone Butchers from Black River*
- **Organ Meats** *Briton Laslow and Dominic Barone Butchers from Black River*
- **Bone Broth**, *Melanie Christner, Honest Body, NTP, CHFS, CGP*
- **Raw Milk** *Lindsay pHarris, Family Cow Farmstand*
- **Raw Milk Cheese** *Zac Schafer, Cheesemaker, Shelburne Farms*
- **Soaking Grains, Nuts and Seeds** *Caroline Homan, Burlington Chapter Leader, Weston A. Price Foundation*
- **Kombucha** *Jeff Weaber & Mike Kin, Founder and Head Brewer, Aqua Vitea*
- **Sourdough Bread**, *Heike Meyer, Bee Sting Bakery*

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