

Sustainability Seminars

Friday, Nov. 2

10:30-Noon \$35

EAT WHERE YOUR FOOD LIVES

Monica Pope, Houston Chef and Restaurateur, T'afia

Seasonal produce and Texas artisanal food products are the inspiration for menus at T'afia, Monica's wildly successful restaurant in Houston. Monica's philosophy of cooking what the season gives produces simple, yet sensational dishes and promotes small farmers and ranchers. Enjoy a cooking demonstration while learning how Monica builds local ingredients into her menus.

Fri., Nov. 2

2:00-3:30 pm \$35

FRONTERA FOUNDATION-LOCAL and SUSTAINABLE

Rick Bayless, Restaurateur, Author and Founder of Frontera Foundation

Rick Bayless, owner and chef for two Chicago area restaurants, has been extremely influential in promoting a sustainable, regional cuisine and will share some of his success stories in this seminar. His beliefs on organic, local and sustainable have led to the creation of the Frontera Foundation, a nonprofit organization dedicated to promoting small sustainable farmers as well as helping them connect with area chefs.

Fri., Nov. 2

4:00-5:30 \$35

SUSTAINABLE SEAFOOD and a whole lot more

Eric Stenberg, Chef, Spanish Peaks Resort

Eric Stenberg is currently the Chairman of the Chef's Collaborative and a Chef for one of the most exclusive resorts in Montana. His passion for sustainability began during his work with Chef Greg Higgins in Portland, Oregon and has continued to this day. He will share his insights in the world of sustainable seafood, and how this brings the complete cycle of sustainability to the land of Big Skies and big Ranches! As well as how he successfully utilizes local ingredients in an environment with a 3 month growing season!

Saturday, Nov. 3rd

10:00 a.m. to 12:30 p.m. \$35

FARMSTEAD CHEESEMAKING

Dr. Larry Faillace, Three Shepherds Farm

In our final class put on with the American Grass Fed Association, we explore another aspect of the food industry that is impacted by grass fed animals. Join us for a workshop that will introduce the principles and techniques that guide the transformation of high quality grass fed milk in to delicious cheese. Larry will demonstrate practices used by Three Shepherds Farm in Vermont, which produces handcrafted raw milk cheeses.