

# Grain School | Day 1

January 18<sup>th</sup> | Meeting location Berger Hall, University of Colorado, Colorado Springs (UCCS)

## BREAKFAST AT BERGER HALL

7:30am- Registration and Breakfast at Berger Hall

Granola, Muesli, Porridge, and Grits: The World of Heritage Grains at Breakfast

## LECTURE BLOCK FRIDAY MORNING IN BERGER HALL

Time allotted | 8:00-12:50pm |

## THE GRAIN CHAIN STARTS WITH FARMING: ROCKY MOUNTAIN FARMERS UNION

Time	Presentations
8:00am	<b>Welcome to Grain School: Nanna Meyer and Sean Svette</b>
8:25am-8:40am	<b>The Land Institute Opening by Fred Iutzi, President, The Land Institute</b> <i>Following the Journey of Grain Crops: After 10,000 Years</i>
8:45-10:00am	<b>The Grain Chain Starts With Farming</b> Moderated by Dan Hobbs & Aubriel Jones, RMFU <b>No Till</b> , Roy Pfaltzgraff <b>Organic</b> Jon Hammond, Tehachapi Heritage Grain Project, CA <b>Biodynamic</b> Demetria Stephens, Stephens Land & Cattle, Jennings, KS <b>Irrigated vs Dryland</b> Paul New, White Mountain Farms, Mosca, CO <b>Perennial</b> Fred Iutzi, The Land Institute Panel Discussion (10 min each with panel and discussion)
10:00-10:30am	<b>Grain Quality and Safety: From Farmgate to Bakery</b> Scott Baker and Michael Dee, Annex by Ardent Mills
10:30-11:00am	<a href="#">Grain Literacy Break (Merri Metcalfe, Bread Lab, WSU &amp; UCCS Grain Literacy Team)</a> <a href="#">Zero waste announcement, Sustainability Team</a>
11:00-11:20am	<b>Glyphosate and Wheat</b> Janel Owens, Assoc. Prof Chemistry, UCCS
11:20-12:20pm	<b>On-Farm Vertical Integration: from Farming to Baking, Malting, Brewing, and Farm to Table</b> Moderated by Harrison Topp, RMFU: Colorado Malting Co., Black Cat Bistro, Prairie Heritage Farm (10 min each with discussion in panel format)
12:20-12:50pm	<b>Grain Chains in the US</b> Moderated by Julie Zavage: <b>The Story of the Maine Grain Alliance</b> (Richard Roberts)

## LUNCH- ROARING FORK (SWELL TEAM WITH UCCS DHS)

Time allotted | 1-2.15pm | Sprouted Kamut Wintersquash Stew & UCCS Backyard Salad with Roasted Veggies, Artisan Cheese Board, Artisan Breads, Anson Mills GF Johnny Cakes, and GF Blue Corn Millet Brownies

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## WORKSHOPS FRIDAY AFTERNOON (HANDS-ON BLOCK, CONCURRENT SESSIONS)

Time allotted | 2.30pm-5pm | Choose 1 (note: Artisan Bread 1 & 2; Growing, Milling and Baking at Home; and Grain Chain 1&2 are 2-day workshops)

Shuttle leaves at 2.15pm from Roaring Fork to Lane Center, Farmhouse, and Nightingale Bread

**BREAD1. Artisan Bread 1** (SWELL Student: Krista) **Production** for forum, continues Saturday

Roaring Fork (upstairs bakery)

**Andy Clark (Moxie, Louisville, CO)** with David Kaminer, Raleigh Street Bakery, Denver, CO and Shawn Saunders, Sourdough Boulangerie, Colorado Springs, CO

**BREAD2. Artisan Bread 2** (SWELL Student:) **Production** for forum, continues Saturday

Nightingale Bakery, Colorado Springs, CO

**David McInnis (Nightingale Bread, Colorado Springs, CO)** with Andre Kempton, Wild Leaven Bakery, Taos, NM

**PASTRY. Whole Grain Pastries, Pies, and Desserts** (SWELL Student: Krista) **Production** for Saturday Dessert & Sunday Breakfast

Roaring Fork Catering Kitchen

Michelle Beaudin, Nightingale Bakery

**PASTA. Pasta Workshop with Whole and Heritage Grains and Sourdoughs** (SWELL Student: Shelby) **Production** for Saturday Lunch

Roaring Fork Global Kitchen

Ted Steen and Claudia Bouvier, Pastificio Boulder and Sal Proia, [www.salvatoreproia.com](http://www.salvatoreproia.com), Boulder

**GRAIN LADY. The Grain Ladies with the Whole Grain Wellness Experience** (Volunteer at LANE: Jenna)

Lane Center Teaching Kitchen

Mona Eposito, Grain Lady, Boulder CO, Nanna Meyer, UCCS, Jenna Polselli, UCCS TrueFood Graduate Student

**TORTILLAS. Making Tortillas and Tlacoyos – Mexico Style!** (SWELL Student: Brittany) **Production** for Saturday Lunch

Roaring Fork Grill

Raphael Mier, Fundación Tortilla de Maíz Mexicana, Mexico City, Mexico with Renata Altamirano-Garcia, Sports Dietitian Fellow, University of Utah

**PROTEIN FLIP. Sustainable – Healthy – Delicious: The Protein Flip with Heritage Grains** (SWELL Student: Hillary) **Production** for Saturday Lunch

RF Kitchen Table

Food Next Door Team (Yuka Sanui, Hillary Kave)

**AT HOME1. Grains at Home: Growing, Milling, and Artisan Baking** (SWELL Student: Lexie and UCCS Farm, continues Saturday)

UCCS Farmhouse

**Milling & Baking: Andrew Ross, Oregon State University, Paul LeBeau, Mock Mill (growing is on Saturday)**

**GRAIN CHAIN1. Forming the Colorado Grain Chain (1): workshop continues on Saturday!**

UC124 (downstairs from Berger Hall)

Dan Hobbs, Rocky Mountain Farmers Union, Richard Roberts, Maine Grain Alliance and Jon Hammond, Tehachapi Heritage Grain Project

**TRIALS. Trials, Selection, Breeding**

UC 307 (upstairs from Berger Hall)

Stephen Jones and Merri Metcalfe, The Bread Lab, Washington State University

**SPIRITS. Distilling with Heritage Grains Tasting** at Forum (UCCS DHS: Jeremy Tole)

Café 65

Dawn Richardson, Rising Sun Distilling and Felicia and Stephanie Ohnmacht, the Whiskey Sisters, Burlington, CO

Faculty Happy Hour & Dinner at Clyde's Gastro Pub UCCS! 6pm

# Grain School | Day 2

January 19<sup>th</sup> | Meeting location *UCCS Berger Hall*

## **BREAKFAST - ROARING FORK DINING HALL**

7:30am SWELL Team (with UCCS Chefs & SWELL team): Make Your Own Waffles with Heritage Grains

## **SYMPOSIUM SATURDAY MORNING AT BERGER HALL**

Time allotted | 8:45am -12:45pm |

Time	Presentations
8.45am	<b>Morning Blessing</b> , Miguel Santistevan, Taos, New Mexico
8:55-9:00am	<b>Symposium</b> Grain at the Confluence, moderated by Nanna Meyer
9:00-9:30am	<b>Grains in the Context of Time</b> Scott Ingram, Colorado College
9:30-10.00am	<b>Soil</b> Rudy Garcia, Natural Resources Conservation Service (NRCS)
10:00-10:30am	<b>Plants</b> Stephen Jones, Director of The Bread Lab, Washington State University
10:30-11:00am	<a href="#">Grain Literacy Break (Merri Metcalfe, Bread Lab, WSU &amp; UCCS Grain Literacy Team)</a>
11:00-11:30am	<b>Water</b> Justice Gregory J. Hobbs, Jr
11:30-12:00pm	<b>Fiber, Gluten, Starch, and Microbes</b> Andrew Ross, Oregon State University
12:00-12.30pm	<b>Nutrition, Health, and Performance</b> Nanna Meyer, UCCS
12:30-12:45pm	<b>Discussion</b>

## **LUNCH - ROARING FORK DINING HALL 1:00-2.15PM (SWELL TEAM WITH UCCS DHS)**

Time allotted | 1:00-2:15pm | Fresh Tlacooyos with Salsa, Guac, and UCCS Greens, Whole & Heritage Grain Pastas with UCCS Tomato Sauce & Food Next Door Protein Flip Burgers with Socca, Winter Pies

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## WORKSHOPS SATURDAY AFTERNOON (HANDS ON BLOCK, CONCURRENT SESSIONS)

Time allotted | 2.30pm-5pm | Choose 1

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**BREAD1. Artisan Bread 1** (SWELL Student: Krista) **Production** for Forum

Roaring Fork (upstairs bakery)

**Andy Clark (Moxie, Louisville, CO)** with David Kaminer, Raleigh Street Bakery, Denver, CO and Shawn Saunders, Sourdough Boulangerie, Colorado Springs, CO

**BREAD2. Artisan Bread 2** (SWELL Student:) **Production** for Forum

Nightingale Bakery, Colorado Springs, CO

**David McInnis (Nightingale Bread, Colorado Springs, CO)** with Andre Kempton, Wild Leaven Bakery, Taos, NM

**PIZZA. Pizza, Crackers** (SWELL Student: Brittany) **Production** for Forum Happy Hour

Café 65

Kelly Whitaker, Colton Steiner, Basta, Boulder & Noble Grain Alliance

**SOBA. Buckwheat Soba** (SWELL Student: Hillary) **Production** for Forum Taster

Roaring Fork Global Kitchen

Sonoko Sakai, Los Angeles CA

**AFRICA. Cooking with African Grains** (SWELL Student: Krista) **Production** for Forum Taster

RF SALAD PREP

Selassie Atadika, Midunu Restaurant, Ghana

**LOCAL. Local Colorado from Farm to Table: Black Cat Bistro** (SWELL Student: Shelby) **Production** for Forum Taster

Roaring Fork Kitchen Table

Eric Skokan, Farmer & Chef

**SCHOOLS. Cooking and Baking: Grain Literacy in Schools** (SWELL Student: Jenna)

Lane Center Teaching Kitchen

Micah Roseberry, Taos Farmhouse Café and Jennie Furman, Mountain Song School, Colorado Springs, CO

Jenna Polselli, TrueFood for TrueSport

**AT HOME2. Grains At Home: Growing, Milling, and Artisan Baking** (SWELL Student: Lexie and UCCS Farm), continued from Friday

UCCS Farmhouse

Small scale grain production, cleaning, and home-based milling and baking applications

**Ralph Bush, Airforce Academy (continuation from Friday), Paul Lebeau, Mock Mill**

**MILLING. The Art & Science of Milling** (SWELL Student: TBD)

Starts at UC 304, then goes to Nightingale Bread, ends at UCCS Farmhouse

Kris Gosar, Mountain Mama Milling, and James Brown, Barton Spring Mill

**GRAIN CHAIN2. Forming the Colorado Grain Chain (2): workshop continued from Saturday! – continues with Infrastructure & Economics (2:30-3:30pm)**

UC 124

Dan Hobbs, Rocky Mountain Farmers Union, Richard Roberts, Maine Grain Alliance and Jon Hammond, Tehachapi

Heritage Grain Project

**ECON. Infrastructure & Economics (3:30-5pm)**

UC124 and Plaza

Annex by Ardent Mills, Adam Ring & Julie Zavage, Ring-a-Ding Farm, Jason Griffith, Aspen Moon Farm, Carol Finnegan, College of Business

**MEDIA. Media, Culture, and Grain (3.30-5pm)**

UC 309

Andrew Calabrese, Media and Communications, CU Boulder

**BREWS. Malting & Brewing with Heritage Grains Tasting** at Forum (UCCS DHS: Café 65 Team)

Café 65

Josh Cody, Colorado Malting Company, Alamosa, CO and John Bricker, Three Barrel Brewing, Del Norte, CO

## UCCS GRAIN SCHOOL PUBLIC FORUM, SATURDAY NIGHT 5.30-10PM

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### LOCATION: BERGER HALL (DOORS OPEN AT 5.30PM)

5.30-6:00pm **Happy Hour and Market Place** (SWELL Students:)

6:00-6:10pm **Introduction & Welcome** Nanna Meyer

6:10-6:30pm **Celebrating Grain Artisans** (Nanna Meyer)

**Keynote**, introduction by Robin Margolin, Director Auxiliary Services, UCCS

6.30-7.00pm **Smitha Haneef**, Assistant Vice President, University Services, Princeton University

***Grain at the Confluence of Diversity, Inclusion, and Sustainability: The Role of Institutions in Feeding the Next Generation of Grain Citizens***

### Panel

7:00-8:00pm **Women in the Grain Movement** moderated by **Andrea Herrera**, Associate Vice Chancellor of Equity, Diversity and Inclusion UCCS and **Nanna Meyer**, UCCS

Mona Esposito, The Grain Lady, Boulder CO

Selassie Atadika, Midunu Restaurant, Ghana

Sonoko Sakai, Los Angeles, CA

The Whiskey Sisters (Felicia and Stephanie Ohnmacht), Burlington, CO

Aubriel Jones, Jones Organic Farms, Oshkosh, NE and Rocky Mountain Farmers Union

**The Land Institute Address**, introduced by Rocky Mountain Farmers Union

8.15-8.45pm **Fred Iutzi**, President of the Land Institute

***Following the Journey of Grain Crops: A Diverse, Perennial Future!***

**Returning to the Confluence: Calling on You for Grain Citizenship!**

8.45-9:00pm Nanna Meyer with UCCS Alumni – Grain Citizens!

Renata Altamirano-Garcia, MS, RD, Sport Nutrition Fellow, University of Utah

Alyssa Shrader, MS, RD, Health Sciences Instructor, UCCS

Merri Metcalfe, Doctoral Student, Washington State University

# Grain School | Day 3

January 20<sup>th</sup> | Meeting location *Berger Hall*

## BREAKFAST- BERGER HALL (SWELL TEAM)

7:30am Grain School Breads, Butter with Local Honey, GF Granola Parfaits

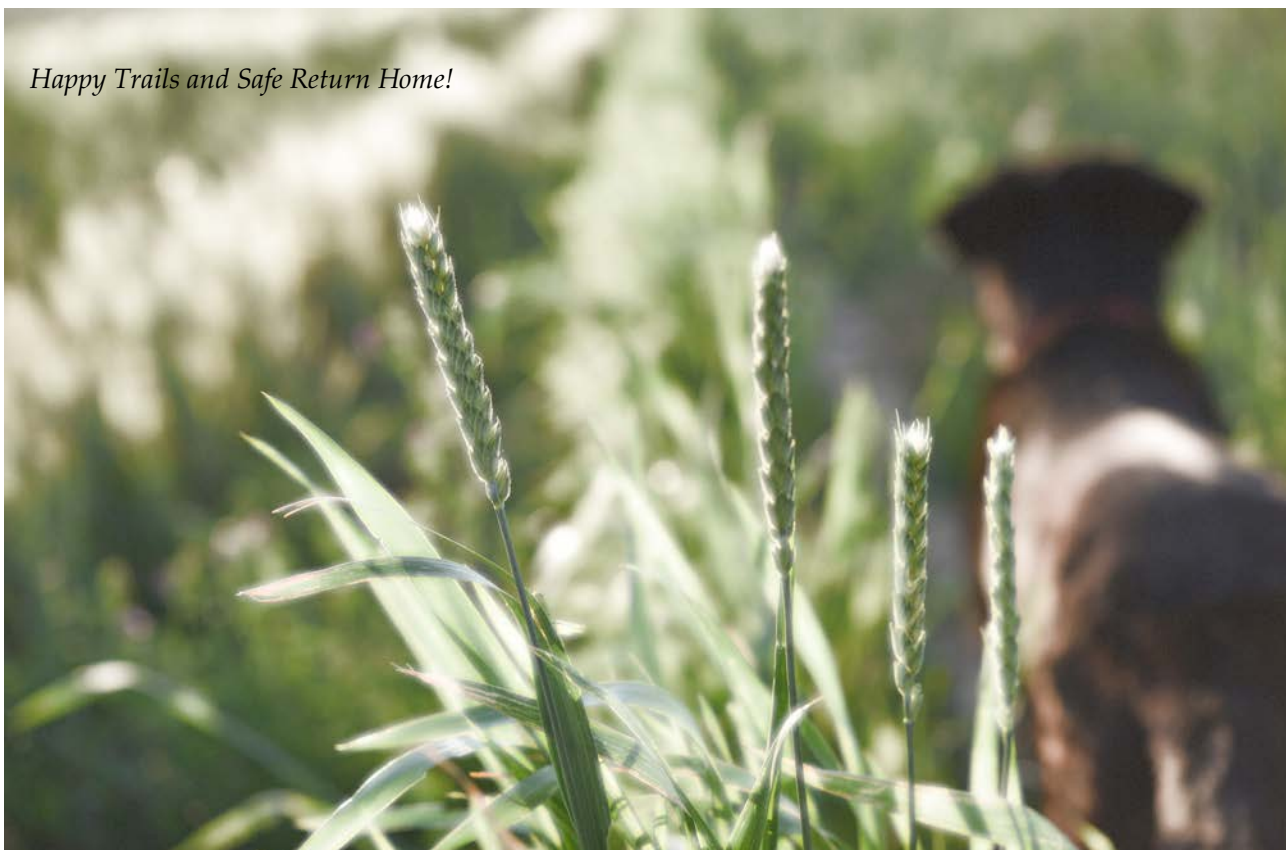
## LECTURE BLOCK SUNDAY MORNING, BERGER HALL

Time allotted | 8:15-12:45pm |

Time	Presentations
8:15am	<b>Hopi Morning Blessing</b> , Gerald Lomaventema, Shungopavi Village, AZ
8:30-8:55am	<b>The Meaning of Hopi Corn</b> , Gerald Lomaventema, Shungopavi Village, AZ
9:00-9:30am	<b>The Return of Mexican Corn, Amaranth, &amp; Beans</b> , Rafael Mier, Fundación Tortilla de Maíz Mexicana, Mexico City, Mexico
9.30-10.00am	<b>African Grains</b> , Selassie Atadika, Midunu Restaurant, Ghana
10:00-10:30am	<a href="#">Grain Literacy Break (Merri Metcalfe, Bread Lab, WSU &amp; UCCS Grain Literacy Team)</a>
10:30-10:45am	<b>The Colorado Grain Chain Announcement</b> Dan Hobbs, RMFU
10.45-11:15	<b>To Eat Gluten-Free or Not: Is the Answer in the Dough?</b> Margaret Harris, UCCS
11:15-12.00pm	<b>Looking Into The Future: School Grains</b> Moderated by Nanna Meyer, UCCS with Micah Roseberry, Jennie Furman, David Kaminer, Ted Steen, and Yuka Sanui
12:00-12:45pm	<b>Grain School Closure, Student information, Evaluations</b>

## GOOD BYE LUNCH- ROARING FORK DINING HALL

Time allotted | 1pm-2:30pm | Traveling through the World of Heritage Grains on a College Campus with Corey King, UCCS Associate Director of Culinary Services and the SWELL Team



*Happy Trails and Safe Return Home!*