

# 5th Annual All About Food:



*Registration Scholarships available*

networking health canning  
allergens learning education  
cooking Macomb FOOD sustainability  
vegetables fruits farmers  
partnerships agriculture compost

\$15 early-bird registration by December 31, 2014,  
\$20 regular registration January 1-31, 2015  
\$25 at the door (Walk-ins limited)

**Tuesday,  
March 15, 2016**

8:00am - 3:30pm  
Macomb Community College  
University Center  
44575 Garfield Rd.  
Clinton Twp., MI 48038  
[www.macombfood.org](http://www.macombfood.org)

CEU's available, please email the following to [waraksar@macomb.edu](mailto:waraksar@macomb.edu) with a subject line: Farm to Fork  
Please include Full Name, Full Address, Date of Birth. When your request has been completed, you will receive a Certificate of Completion from Macomb Community College with .7 earned CEU's mailed to your home.

Early Bird Registration by Feb 15, 2016 - \$20  
Regular Registration Feb 16 - 29, 2016 - \$25  
Walk-ins (limited number available) - \$30  
Student Pricing - \$20  
Checks payable to: Macomb Food Collaborative  
send to:  
**Macomb Food Collaborative/MSUE**  
21885 Dunham Rd, Ste. 12, Clinton Twp, MI 48036  
Online registration available at:  
[www.macombfood.org](http://www.macombfood.org) (fees apply)

Name \_\_\_\_\_  
Organization \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Cell \_\_\_\_\_  
Email \_\_\_\_\_

*Indicate which session you would like:*

## Session 1

☐ A ☐ B ☐ C ☐ D ☐ E ☐ F

## Session 2

☐ A ☐ B ☐ C ☐ D ☐ E ☐ F

## Session 3

☐ A ☐ B ☐ C ☐ D ☐ E ☐ F

## Session 4

☐ A ☐ B ☐ C ☐ D ☐ E ☐ F

**Certificate of attendance requested** ☐

**Vegan Lunch** ☐ **Gluten-Free Lunch** ☐ **Other Lunch** ☐

By attending this conference, I hereby consent to having my photo taken and used to promote future events.

## CONFERENCE SCHEDULE

8:00	Registration, Networking, Displays
8:45	Welcome by Macomb Food Collaborative President; Dr. James Jacobs, MCC President; Mark Hackel Macomb County Executive; and Jill Bommarito, Keynote Speaker from Ethels Edibles.
10:00 - 10:45	Workshop Session 1
11:00 - 12:00	Workshop Session 2
12:00 - 1:00	Local Food Lunch, Table Discussions
1:00 - 1:45	Workshop Session 3
2:00 - 3:00	Workshop Session 4
3:00	Closing Remarks & Evaluation

[facebook.com/MacombFoodCollaborative](https://www.facebook.com/MacombFoodCollaborative)

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#macombfood

## FEED THE NEED

Non-perishable food is being accepted at the conference for the Macomb Food Program



The Macomb Food Program serves people in need of food throughout the County of Macomb via a network of 52 pantry distribution sites. After the holidays food quantities become depleted and it is typically when food volumes to feed the hungry are low. Please considering bringing a non-perishable food donation to help feed the hungry in Macomb County.



## KEYNOTE SPEAKER



# Jill Bommarito

Founder and CEO, Ethel's Edibles Gluten Free Baking Company

Ethel's Edibles is a manufacturer of simple, old-fashioned decadence and home of the original Pecan Dandy Bars, which also happen to be gluten free. Jill founded Ethel's Edibles in 2011 when the Bommarito extended family was struggling with Celiac Disease. What started out as a means for Jill to bring joy to family with food rapidly grew and now reaches across the nation. Ethel's Edibles launched as a wholesale manufacturer in 2011 with 10 clients and now distributes nationwide.

Jill has a passion for the entrepreneurial world. Working with others in the startup phase and sharing knowledge with youth interested in business is an important part of giving back. Some of Jill's philanthropic efforts include Recovery Park of Detroit, Crossroads of Michigan, mentoring local entrepreneurs, and supporting local food and education organizations such as Detroit Food Lab and Detroit Food Academy. Jill is committed to diversifying the Michigan economy by growing agricultural sales. She has collaborated with the Michigan Department of Agriculture and Michigan State University Product Center, specifically to grow Michigan butter through the Michigan Milk Producers Association, making it available now through large distribution channels throughout the Midwest. Being part of the solution for Detroit and the state of Michigan another is a driving force behind Jill moving into the food sector, from the realm of real estate and banking.

In November 2013, Jill was chosen to participate in the inaugural Detroit Goldman Sachs 10,000 Small Business Program, graduating in 2014. In February 2014, Governor Snyder awarded Ethel's Edibles Start-Up Company of the Year for Macomb County. In November 2015, Ethel's was awarded Start-Up to Watch at the Making it in Michigan Annual Conference by the Michigan State Product Center. Ethel's Edibles rapid growth continues with the goal to be the leading retailer of simple, old-fashioned decadence in the nation.



WORKSHOP SCHEDULE

SESSION 1 — 10:00 - 10:45AM

**A Michigan Produce:**  
**The Health Implications from Field to Fork**  
*Lori Yelton, Nutritionist at Food and Dairy Division of MDARD and Tim Slawinski, Emerging Issues Specialist at MDARD*

From field to fork the diversity of harvested foods in Michigan is only second to California. The health benefits of these crops are plentiful. If they are not handled correctly the benefits of nutrition can turn to food borne illness. Get an overview of what the nutritional benefits are as well as an update on the Food Safety Modernization Act.

**B Antibiotics in the U.S. Food System**  
*Kate Sutcliffe is a MPH student at the University of Michigan, who studies antibiotic resistance and epidemiology and has participated in a health fellowship seeking to remove antibiotics from the food system.*

What are antibiotics doing in our food system, and why should I care? This presentation explores how antibiotics entered our food system, how the practice affects our health, and current efforts to change agricultural use of antibiotics. We will also identify ways persons at all levels of the food system – from farmer to food business owner to consumer – can work to remove antibiotics from their food.

**C The Benefits of MAEAP Verification and how it can Address Livestock Issues**  
*Rob Malcomnson has been assisting Lapeer and Macomb County farmers lower risk to the environment through best management practices and currently operates a diverse farm in Davison.*

What is MAEAP Verification, what are the benefits to consumers, and how can farms get verified? This presentation will also address how verification can help address current livestock issues in suburban areas.

**D Growing your Small Farmers Market**  
*Cyndi Kramer is a pathological volunteer, finding most of her passions serendipitously.*

Starting a community farmers market is exciting. We began six years ago with seven vendors and are now a 30+ vendor twice weekly community event. Let’s talk about how we got from there to here!

**E Basic Backyard Gardening**  
*Mary Gerstenberger is a Master Gardener, Master Composter and is currently the Consumer Horticulture Coordinator for Macomb County MSU Extension.*

This presentation will cover all the basics of vegetable gardening: site selection and soil preparation, planting times, vegetable health, seeds vs. transplants, pest management and garden maintenance.

**F How to Dialogue on Diet: Fostering Healthier Eating through Popular Education**  
*Christina Flier, Southeast Area Farmers Market Manager and Toni Scott, Our Kitchen Table cooking and gardening coach.*

Do you teach people about healthy eating? Our Kitchen Table shares how they use popular education and journal-based handouts to generate compelling dialogue in group education settings.

SESSION 2 — 11:00AM - 12:00PM

**A Economic Development in the Food Sector: The Impact of Eastern Market Corporation's Detroit Kitchen Connect Program**  
*Anika-Kafi Grose is the Detroit Kitchen Connect Coordinator at Eastern Market Corporation. She has a background in entrepreneurship, education and leadership development and works at EMC to further advance economic development in the food sector.*

We will discuss the impact of incubator kitchen programs on current and previous participants, where the greatest impact has been made, and mapping the needs of growth and development of these programs within the tri-county area. We will also discuss growing a regional network of incubator and accelerator kitchens with additional processing to grow and nurture small businesses through the pipeline.

**B Understanding Food Hubs**  
*Garrett Ziegler is a Community Food Systems Educator with MSU Extension and currently co-leads the statewide CFS workteam for Extension.*

This presentation will explain what a food hub is and what a food hub does. Participants will develop a better understanding of the role that a food hub can plan in creating a sustainable, value based local food supply chain.

**C Farmland Preservation and Local Food Movements**  
*Jonathan Jarosz is Executive Director of Heart of the Lakes and was recently named by Governor Snyder to serve on the state's Agriculture Preservation Board; previous positions include Director for University Outreach at the University of Michigan Flint. Julie Stoneman is Associate Director of Heart of the Lakes; previous positions include Executive Director of the Land Conservancy of West Michigan. Chris Bunch is the Executive Director of Six Rivers Land Conservancy and is an experienced land protection professional with long-time service to the conservation field in professional and volunteer capacities; previous positions include Executive Director of the Medina Summit Land Conservancy in Medina, OH.*

Farmland preservation (both temporary and permanent protection measures that ensure lands will stay in agricultural production for a definitive period of time) promotes farming by providing a stable land base, stimulating reinvestments in rural economies, and helping new farmers access and afford farmland. Using case studies, Heart of the Lakes will share why farmland preservation is vital to sustainable agriculture and how an alliance between proponents of local food and farmland preservation can support shared goals, including a robust state Michigan Farmland and Open Space Preservation program.

**D Easy and Fun Fermentation**  
*Rachel Cuschieri-Murray and Renee Pokoj have been fermenting at home with a fury since they learned how delicious and healthy these items are. Now they travel around Metro-Detroit sharing their good news with others.*

Learn how to create the delicious fermented treats your body craves while you hear their health benefits. Any food can be fermented but we will be covering some of the simplest recipes for classic pickled vegetables and fermented beverages so you can get started at home that night! Samples will be provided.

**E Key Levers for Accelerating Farm to Institution**  
*Nicki Milgrom is the Sustainable Food and Healthy Communities Director at the The Ecology Center in Ann Arbor and Lindsey Scalera is an Independent Food Systems Advocacy Consultant, who has most recently worked with the National Sustainable Agriculture Coalition, and the MSU Center for Regional Food Systems. They have each been involved with the Washtenaw Food Policy Council in addition to advocating for good food policy in their “day jobs”, and each serve in leadership and advisory capacities for this phase of the PA88 Farm to Institution study in Washtenaw County.*

This presentation will report the outcomes of a study now underway to identify key levers of change to accelerate Farm to Institution purchasing in Washtenaw County. The study is funded by Washtenaw County Public Act 88 Funds, and is focused on economic factors surrounding Farm to Institutional relationships. It will provide an up-to-date, evidence-based summary of the challenges involved in the development of Farm to Institution in the county, and the key opportunities advocates have to address those challenges at the local, state, and federal levels.

**F Getting Wild in the Garden**  
*Bryan Mets is an Organizer, Designer, and Freelance Writer homesteading in Ray.*

Use native species to create vibrant and productive gardens. This presentation will explore the geological history and pre-settlement plant communities in Macomb County. Native species as well as their more productive or ornamental analogues will be presented with common uses.

SESSION 3 — 1:00 - 1:45PM

**A From Cans and Commodities to Green and Gardens**  
*Deanna Rivers Chisholm is an Academic Specialist at the Native American Institute at Michigan State University.*

This presentation will share findings in relation to the food needs specific to Native American people living in the Metropolitan Detroit area. Data presented will be based on a recently conducted comprehensive needs assessment survey from the seven counties in or around the Detroit Metropolitan area conducted by the North American Indian Association and Michigan State University.

**B Hosting a Farmers Market at a Healthcare Site**  
*Eileen Miskiewicz is the Retail Food Services and Farmers Market Manager at Beaumont Hospital in Royal Oak.*

This presentation will provide an overview of the benefits of having a farmers market and community gardens in a Healthcare setting, how to start and maintain a successful market and gardens, and recognizing what works and what doesn’t for your customers and vendors.

**C The Many Facets of Food Justice: What is food justice?**  
*Lottie Spady, food justice activist and Our Kitchen Table consultant and Stelle Sloomaker, Our Kitchen Table communications manager and peer educator*

Discover the many facets of food justice and how you can take action to make it a reality with Our Kitchen Table staff that helped develop its Food Justice series.

**D The Food Safety Modernization Act Final Produce Rule: What’s in it and how does it affect me?**  
*Phil Tocco is an Extension Educator with MSU Extension in Jackson County. He educates the State’s fresh produce growers and some consumers in issues of produce safety on the farm.*

Released in the Fall of 2015, the final produce rule of the Food Safety Modernization Act, is the first law in U.S. history to regulate the growing and shipping of fresh produce. Find out what’s in this very important law, how it may impact consumers, and how producers might need to change how they handle produce.

**E What Does it Take to Start a Business?**  
*Wendy Richardson is an experienced business professional whose area of expertise includes market research, and assisting companies to start and grow at the Michigan Small Business Development Center*

Join Wendy from the Michigan Small Business Development Center to learn about resources to help you start and grow your business.

**F How the Healthy Hunger Free Act has Impacted School Food Service**  
*Caroline Dylewski has been the Nutrition Services Supervisor for the last 9 years and is also a School Nutrition Association of Michigan state wide trainer. She graduated in 1996 with a degree in Hospitality Business. Her strong business background has helped keep her Nutrition Service Programs profitable.*

This session will discuss the changes of the law, through the Healthy Hunger Free Kids Act, and how those changes impact school menus. In light of that information, we will also explore innovative ways to feed and keep students happy at lunch.

SESSION 4 — 2:00 - 3:00PM

**A Producing Freezer Meal Kits in Community Kitchens**  
*Anna Dawson is a Cornell trained Home Economics teacher, small scale food processor, kitchen designer and farmer (grains, dairy, beef, and vegetable) committed to training local cooks of all ages to reduce food waste while creating the healthiest, tastiest frozen foods accessible to all income levels.*

This session will demonstrate how to freeze, VAK-PAK and combine ingredients to create Freezer Meal Kits that meet the nutritional needs and cultural preferences of individuals, families and small group feeding sites. Meal pictures on card stock labels empower local cooks and food entrepreneurs to compete successfully with highly processed store brands while reducing local food waste, teaching cooking skills and building community sustainability.

**B What’s Next for Local Food? Incubators, Food Hubs, and the Rise of Farm to Jar**  
*Stefanie T. Stauffer, PhD is the Program Manager at Tilian Farm Development Center in Ann Arbor Township and the grower and owner of Nightshade Farm Industries, a farm to jar salsa and hot sauce operation powered by her heirloom tomato and peppers.*

The local food movement in Michigan has come a long way in a short period of time and continues to inspire those around the country. So what is next for local food in the Great Lakes State? Given the constraints of production volume, regulatory changes with FSMA, and oversaturation of CSAs and farmers markets, in order to be successful, many local producers are participating in farm incubators, food hubs, and value-added production in order to increase the viability of their small-scale local food businesses.

**C The *edible flint* Local Food System Initiative in Flint, MI**  
*Terry McLean is a Community Food Systems educator with Michigan State University Extension, supporting local and statewide initiatives such as edible flint, MI Farm to School, the FoodCorps National Service Program and the Michigan Good Food Charter*

This session will explore how urban agriculture, community gardening and nutrition education as a comprehensive approach to building community can positively impact public health, maintain vacant and abandoned land, work with disenfranchised youth and empower residents to make a difference in their neighborhoods. This presentation will tell the story of a local food system initiative in Flint, Michigan.

**D The Buzz about Honey Bees**  
*Francois Faloppa is a culinary instructor at Macomb Community College and keeper of bees.*

This presentation will explain the importance of honey bees as they relate to our food production, the decline of the honey bee population, and the rise and importance of urban beekeeping. We will also explore options to begin keeping bees.

**E Real Food 101: Do You Know What You Are Eating?**  
*Sheryl Shenefelt is an author of five nutrition books with Dr. David Brownstein as well as a nutritional consultant dedicated to serving the nutritional, lifestyle and wellness needs of individuals and families.*

This session will discuss health issues as a result of SAD diet vs. health with a nutrient dense diet. We will share information about the Weston A. Price diet, real food vs. fake food, pastured meats, healthy fats, and why to avoid sugar and white flour. We will also share resources for healthy foods.

**F Soups Made Easy**  
*Francine P. Salvatore is a Macomb Culinary graduate with 17 years of experience owning her own catering business.*

This session will demonstrate how to make homemade soup, easily, using simple ingredients.