

“Sustainable Nutrition and Healing” 2009 Schedule of Events

In Room 186:

12:00-1:00 Richo Cech “Adventures in Zanzibar”
A lively photographic tour of the Spice Islands of East Africa, including a colorful and aromatic display of indigenous medicinal herbs and spices.

1:30 - 2:30 Kären Jurgensen “The Sustainable Kitchen”

In The Workshop Gazebo:

11:00 – 12:00	Jenny Perez	“Multi-Purpose Plants”
12:00 – 1:00	EagleSong	“Healing from the Ground Up: Connecting People, Plants, and the Earth”
1:00 – 2:00	Diana Pepper	“Flower and Tree Essences: Nature’s Gift for Sustainable Healing”
2:00 – 3:00	Jenn Dazey, ND	“Choosing NW Native Plants for Commonly Used Herbs”
3:00 – 4:00	Debra Brammer, ND	“Growing Good Digestion”
4:00 – 5:00	Crystal Stelzer	“Simple Home Remedies”

Featured Plant Walks in the Bastyr Garden and Forest:

Herb Walks Depart from the Garden Gazebo

11:00 - 12:00	Danielle Jalbert	“Brilliant Herbs”
12:00 – 1:00	Eric Martin, MS, LAc	“NW Herbs Used in Chinese Medicine”
1:00 – 2:00	Alex Reimann	“NW Native Neighbors: A Walk in the Woods”
2:00 - 3:00	Eric Martin, MS, LAc	“Backcountry Use of NW Herbs on the Trail”
3:00 - 4:00	Ryah Nabielski	Vegetable Garden tour
4:00 – 5:00	Alex Reimann	Bastyr Garden Tour

On the Main Stage:

10:00 – 11:00	The Bastyr Choir	Choral Music and Sing Along
11:00 – 1:00	Mostly Neighbors	Down Home Old Time Music
1:00 – 2:00	Kubatana	Marimba Music
2:00 – 4:00	The Tallboys	Old Time Appalachian Music
4:00 – 5:00	Lee Dennis	Singer/Songwriter

In Room 63:

11:00 – 12:00	Heidi Bohan	“Traditional Knowledge for Preventative Health in Local Native Communities”
12:00 – 1:00	Kelly Morrow, MS, RD, CD	“Helping Kids be Healthy Eaters”
1:00 – 2:00	Robert Allen Bartlett	“Spagyrics: Creating Superior Natural Medicine using the Ancient Art of Alchemy”
2:00 – 3:00	Eliza Carlson, MS, CN	“Sustaining Emotional Health through Natural Nutrition”
3:00 – 4:00	Eric Yarnell, ND	“Endangered Medicinal Plants: Our Ecological Crisis”
4:00 – 5:00	Steve Given, DAOM, LAc	“Chinese Herbal Medicine: A Historical Perspective”

Cooking Demos in the Nutrition Kitchen (Room 8):

10:15 - 11:15	Karen Goobes Anne Massey Walter	“Foods to bring you back to Life”
11:30 - 12:30	Linda Alva	“Spices of Life”
12:45 - 1:45	Kelly Cantrell	“Simple and Fresh Summer Salads”
2:00 - 3:00	Carole Freeman	“Quick Summer Party Bites”
3:15 - 4:15	Jeff Basom	“Cooking in Season, Spring: Asparagus, Greens, and Strawberries”

In the Kids’ Tent:

All Day	Face Painting, Veggie Sculptures, Leaf Rubbings, Bean Art, Rutabaga Races, Dinner Napkin and Placemat Making
11, 1, and 3	Kids Garden and Forest Walk- sign up in advance

Acupuncture Available from 10-5 : meet outside Room 40

About our Keynote Speakers:

Richo Cech started his professional work as an archaeologist and ethnobotanist in East Africa. Upon his return to the United States in 1978, he began cultivating and saving the seeds of medicinal plants. Over the years, this collection has become the basis for Horizon Herbs, “Sowing seeds worldwide for the benefit of people, plants and the planet.” Richo is the author of the widely acclaimed and quoted “Horizon Herbs Growing Guide and Catalog” as well as “Making Plant Medicine” (2000), “Growing At-Risk Medicinal Herbs” (2002), and “The Medicinal Herb Grower” (2009). Richo uses what he calls “natural gardening techniques” to cultivate 1,000 species of medicinal plants at Horizon Herbs Seed Farm in Williams, Oregon. Recently he has botanized in China and Africa, resulting in the introduction of many new and exciting medicinal herb species to gardeners throughout the world.

Kären Jurgensen is currently the Chef Instructor at Quilliscut Cheese Company’s Farm School and at Seattle Culinary Academy. She teaches professional chefs, culinary students and agricultural professionals about farm to table practices and philosophy. Kären was the founding president of the Seattle chapter of Chefs Collaborative, and is a member of Slow Food, Women Chef’s and Restaurateurs, and Les Dames de Escoffier. She is the co-author of “Rethinking the Kitchen: The Sustainable Kitchen Handbook” and “Chefs on the Farm.”

BASTYR STUDENT COUNCIL
Traditional Medicinals®

The ROOT CONNECTION

washington

association

FULL CIRCLE FARM
local organic artisan

naturopathic

physicians

find your naturopathic doctor
at: www.wanp.org

eat. live. be happy.

