

# 21<sup>st</sup> Annual Herb and Food Fair Schedule

## Auditorium

### Keynote speakers:

11:30 am – Mark Williams  
2:00 pm – Valerie Segrest

## Room 63

10:00 am – Dr. Benjamin Boonchai Apichai: “Pain Management with Chinese Herbs”  
11:00 am – “Keeping Our Cultures Alive: A Student Panel”  
12:30 pm – Dr. Jiwan Shakti Genceli: “Ayurvedic Nutrition”  
1:30 pm – Janna Taylor: “Traditional Food Preservation”  
2:30 pm – Dani Hoots: “9 Herbs of Odin: Viking Traditions of Herbal Medicine”  
3:30 pm – Jacquie Hill: “Plants of the Finnish Traditions: The Kalevala and Sami Cultures”

## Gazebo

10:00 am – Diana Law: “Improving Digestion: Herbal and Functional Approaches”  
11:00 am – Ebony Caldwell: “Connecting with your African Roots”  
12:00 pm – Suzanne Tabert: “Herbal Medicine and Health Practices in the Eastern European Tradition”  
1:00 pm – Dr. Jenn Dazey, AHG: “Culinary Forestry: How Functional Foods can Save Family Trees”  
2:00 pm – Dr. Robin DiPasqualie: “Herbs of Ayurvedic Medicine”  
3:00 pm – Dr. Jessica Gee: “A Conversation about acknowledging cultural appropriation”  
4:00 pm – Natalie Hammerquist: “Decentering the Teacher”

## Walks:

10:00 am – Lauren Flanagan: “Plant ID & A Conversation on Environmental Reciprocity”  
11:00 am – Kaylee Spiderwings “Preserving Native Medicines”  
12:00 pm – Emer: “Medicine and Mysticism: Native Plants of Ireland”  
1:00 pm – Dr. Brendon Fegan: “Traditional Chinese Medicine Herbal Walk”  
2:00 pm – Crystal Hamby: “The Medicine Chest of the Forest: Discovering Herbs of the PNW Bioregion in Support of Good Health”  
3:00 pm – Elaynee Eden “Medicinal Herbs of the Mediterranean with a Culinary Lens”  
4:00 pm – Rebecca Benfield: “Herbs of the Appalachian Region”

## Nutrition Kitchen

10:30 - Jenny Pak - “Chocolate Macaroon Tarts”  
12:00 - Julie O’Brien from Firefly- “Probiotic peanut butter”  
2:00 - Tiffany Cole - “Caramelized Shiitake Spread”  
3:30 - Kristen Cortina - “Ginger Tea with Almond Thumbprint Cookies and Homemade Jam”