

Northwest Real Food Youth Convergence: Cross-Cross Pollinating Ideas & Action



February 12-14, 2010
University of Montana
Missoula, Montana

Friday February 12th

5:30pm - Check in: Union Center (UC -Atrium South 1st floor)

7 - 8:30pm - Dinner in the UC (3rd floor foyer/room 330)

8:30-9:30pm - Evening activity in the (UC)

10pm - Depart for housing (3RD floor meeting foyer)

10:30pm – Bed @ St. Paul's Church

Saturday February 13th

8 - 8:45am - Breakfast (2nd floor UC Commons)

15 min - Break

9 - 10:15am - Convergence Welcome (Theater)

Logistics, program run down, expectations, information
Intro. to the Real Food Challenge and the Real Food Wheel

15 min - Break

10:30 - 12pm Workshop Session I

See workshop descriptions for locations & other details

12 - 1:30pm Lunch & Network (2nd floor UC Commons)

1:30 - 2pm Reconnect (2nd floor UC Commons)

2 - 3:30pm - Workshop Session II

See workshop descriptions for locations & other details

15 min - Break

3:45 - 6pm – Field trip/Teach-in Workshop Session

See workshop descriptions for locations & other details

6:30 - 7:30pm Dinner (2nd floor UC Commons)

7:45 - 9:30pm – Evening panel (Room 330)

9:30pm – Depart for housing (3RD floor meeting foyer)

10:00pm – Bed

10:30pm - Lights out

Sunday February 14th

8 - 8:45am -Breakfast (2nd floor UC Commons)

15 min - Break

9 - 10:30am - Workshop Session III

See workshop descriptions for locations & other details

15 min - Break

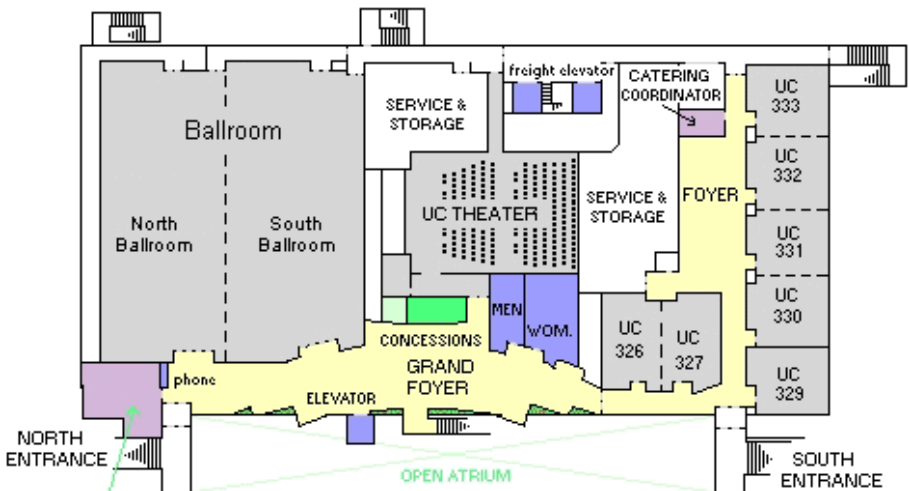
10:45 - 12pm Open Space/breakouts

Locations will be assigned

12 - 12:30pm – Convergence Closing (Theater)

12:30pm – Bag Lunch Pick-up & Farewells

All convergence events take place in the University Center (UC) on the campus of the University of Montana



UC 3rd Floor

Saturday

Workshop Session 1

Prospective: Idea exchange on the meaning of sustainable agriculture

Room 327 *Karl Arne, Tyrrell Hibbard, Kelly & Pete Mahaffy*

Hear ideas in this facilitated discussion about different concepts of sustainable agriculture. The four panelists bring a wealth of knowledge and diverse experiences to this engaging discussion. Come prepared to share your ideas and opinions of what sustainable agriculture means to you.

A Chicken on a Tractor? Exploring the problems, purpose, and practices of the Whitman College Organic Garden and its Chicken Tractor Project.

Room 327 *Robin Lewis*

The Whitman Student-run organic garden has been around for over ten years and serves to educate, engage, and inspire students on our campus. One of the most exciting and educational activities we do is raise and slaughter chickens. The purpose of this workshop is to use the chickens as a case study to explore ideas and means of garden management, student engagement, understanding community laws and restrictions, logistics of getting materials, addressing conflict/differing views, and using gardens to create dialogue about larger food issues. Practical information on and specific implementation of a chicken project at other schools can be addressed. The workshop will also deal with holistic and fundamental questions about the role of the student garden on college campuses.

What it is and how they're run: Co-ops 101!

Room 330 *Helen Bennet & Lydia Cudill*

What is a co-op really? Are they just for chickens? Come figure out what it means to be and build a co-op. Learn about the 7 co-op principles, decision-making techniques, and hear about examples of successful co-op models. Helen and Lydia bring experience as members and organizers of housing co-ops, food co-ops, and school oriented co-ops. Bring questions, excitement, and personal experience (if you have it) to share!

Seedy Fundamentals: an intro to GMO's

Room 331 *Kiki Hubbard*

Seeds are the most fundamental piece of agriculture, yet a handful of firms now control much of the supply. These companies are not focused on agricultural systems that support sustainability but rather genetically engineered crops that present unique challenges to farmers of all conventions. This workshop will provide an overview of concerns around genetically modified organisms (GMOs) as well as opportunities to take important and timely actions on the issue.

Workshop Session II

Climate Change & Agriculture: a delicate balance

Room 326 *Nicole Wagner*

Presentation and interactively led discussion on climate change implications for agriculture, presenting case studies and examples of current phenomenon and future predictions of agriculture and climate change relationships. A discussion on how food systems can help mitigate climate change will be incorporated.

Organizing a Real Food Campaign

Room 327 *Katelyn Hale & Lyra Leigh-Nedbor*

So you've learned all about real food through conference calls, hands-on experience and here at the Convergence. But the question still looms: How do I get others involved? Where do I begin organizing a campaign? What are the next steps? This workshop will give you ideas and information on resources, activities and opportunities for getting your campaign off the ground.

Working with farmers: translating Farmeres

Room 330 *Kyra Williams & Kevin Moore*

Farmers are the backbone of our entire food system, yet many food service operations do not know how to work with them and vice versa. Both have a language all their own and often need a translator to get them started. This workshop will provide information on how get the conversation started and explore the many opportunities and barriers that exist when working with farmers in a food service operation.

What do we want? MORE GARDENS

Room 331 *Tara Brown, Grace Zalenski & Jared Schy*

Want to dig dirt, eat REALLY LOCAL food, and create a magnet that will attract all of the coolest people on your campus? Come brainstorm about obstacles to creating and sustaining student-run gardens at your school, and work together to come up with ways to overcome these obstacles. Special sections will include "This is What Bureaucracy Looks Like!" and "Ah, crap! Midterms!" Because this will be a collaborative effort, all levels of experience are welcome.

Saturday Afternoon

Field-Trip/Teach-in Workshop Session

No lawyers allowed: tools for students and normal people to build a better food system through policy change.

Room 326 *Crissie McMullan*

For our movement to be successful, we must get our hands dirty not only on the farm, but also in the tangle and turmoil of local, state and federal policy-

making. After all, a myriad of carefully crafted policies got our food system into this mess in the first place. It's going to take the same sort of conscientious decision-making to get us out. This workshop will share examples of policies that can and do make a difference, give tips to make advocacy both effective and fun, and directly engage participants in influencing legislation currently being debated in Congress.

PEAS Farm Tour

Meet @ home-base (meeting room foyer)
Led by Ian Finch

UM Flats & Missoula Community Kitchens

Meet @ home-base (meeting room foyer)
Led by Lyra Leigh-Nedbor & Ky Nayfield

Saturday Evening Panel

Determining Food Sovereignty in a Global Age: Who should have control?

Room 330

Food Sovereignty is the concept of independent authority over one's food and food community. This panel will examine the meaning and understanding of "real food" in a modern world.

Hollie Greenwood MS, CNC, certified nutrition consultant and a certified personal chef. Owner of Real Cooking.

Kristen Lee Charlson is publishing editor of *edible*Missoula.

Paul Haber is a Professor in the Department of Political Science at the University of Montana. One of his specializations is sustainable development in Latin America.

Daniella Pirani is a new intern at *edible*Missoula and recent graduate of the University of Gastronomic Sciences in Italy.

Lindsey Aull is a farmer/student with plenty of experience working around Montana and Oregon. She has a special interest in fair trade.

Crissie McMullan is the program manager for Grow Montana.

More formal introductions will take place at the beginning of the panel

Sunday

Workshop Session III

Bacteria Wrangling: Adventures in Fermentation

Room 330 *Ky Nayfield*

Providing a brief overview on fermentation covering the principles, benefits, and reasoning behind the process, this demonstration will cover how to start

your own batch of sauerkraut. Samples of mature sauerkraut will also be passed around the attending group. Samples of kombucha and kefir will also be offered and talked about. The session also covers sourdough, beer, wine, and mead making, followed by a Q and A session.

Farm worker exploitation, modern-day slavery, and the role of students and allies in the struggle for “fair food”

Theater *Natasha Noriega-Goodwin*

This participatory workshop will explore the “Dine with Dignity” campaign and the crucial role students can play in it – including concrete next steps for those who want to plug in. In Student/Farmworker Alliance (SFA) we see our solidarity work with the Coalition of Immokalee Workers (CIW) as an avenue towards collective liberation and thus social, economic and environmental justice. We will discuss aspects of the SFA's and CIW's unique organizing philosophies, on-the-ground concrete victories, and current campaign and strategies. In our work towards advancing the Campaign for Fair Food we are deeply committed to techniques of popular education to build conscientization(cohesion) and internal leadership. We will touch on the agricultural industry itself; what role Aramark and Sodexo have in creating and maintaining farmworker poverty; what connections the CIW's struggle has with our own objectification, exploitation, and liberation as students and youth; and the broader implications of this national farmworker solidarity movement.

Organizing a Real Food Campaign

Room 331 *Lyra Leigh-Nedbor & Katelyn Hale*

See workshop session II description

Open Space workshop

Rooms:

A free form workshop style where convergence participants propose a theme or concept that they would like to exchange ideas on and become the leaders of an interactive experience.

Biographies:

Crissie McMullan is Project Director for Grow Montana and agriculture specialist for The National Center for Appropriate Technology. As part of her work with Grow Montana, Crissie has researched, written, and shepherded four bills into state law that:

- * Opened Montana's \$33-million institutional food market to local farmers and ranchers
- * Created a statewide study committee to recommend improvements in local food processing and distribution
- * Legalized mobile slaughter units so that local ranchers can harvest animal's on-farm and sell the meat at any Montana retail, restaurant, or

direct market. Crissie also founded and led the nation's first FoodCorps, a team of full-time AmeriCorps VISTA volunteers creating and developing farm to cafeteria programs across Montana. Crissie does not have a law degree.

Grace Zalenski is a sophomore at Lewis & Clark College. She spends much of her time figuring out how to dismantle things (be they mathematical equations or the military-industrial complex), in contrast to which her work in the garden is refreshingly constructive.

Helen Bennett & Lydia Caudill are students in the Community, Environment, and Planning program at the University of Washington in Seattle. Both are interested in food security and building a happy food system for all. Helen is an active member of the Sherwood Co-operative, where she lives and is working on a project called SLICE: Strengthening Local Independent Co-ops Everywhere. Last year she organized a CSA for young Jewish people in Seattle. Lydia is currently working on a refugee farm project with Burundi and Somali Bantu refugees to develop an 11-acre farm with the intention to become locally integrated and financially secure. She has also worked with a Seattle- based catering company to make important connections for the Farm to School movement.

Jared Schy is a sophomore at Lewis & Clark that is constantly changing his mind about things. One thing is for sure, though. He LOVES working in his (and everyone's) gardens at school. There is nothing sweeter than your own little plot of sovereign territory in the middle of your campus free from the bounds of the man (or woman) that is the administration. As for hobbies, he greatly enjoys cracking crunchy leaves with his younger sister.

Karl Arne holds a Ph.D. in organic chemistry and began his career in pesticides by synthesizing novel pyrethroid insecticides for the FMC Corporation. For the past 28 years he worked for the EPA before retiring in 2008. Prior to joining the Regional Office, he worked at the EPA Headquarters Office of Pesticide Programs, where he was primarily involved in risk assessment for pesticides in food. For about ten years, Karl has served on the Stewardship Council of the Food Alliance, a Portland based non-profit that certifies sustainably grown food. He also serves on the Board the Northwest Coalition for Alternatives to Pesticides.

Katelyn Hale lives in Portland, Oregon where she graduated from Lewis & Clark College in May. After attending various Real Food Challenge gatherings she is stoked to encourage young people to be active in their communities and create social change. When she isn't working on RFC stuff, though, she gets excited about compost, bikey fun, brunch potlucks, and making things colorful.

Pete and Kelly Mahaffy, young organic dairy farmers with Organic Valley Cooperative, milk 115 jersey cows on a 200-acre, intensive grazing farm in Coos Bay, Oregon. They strive to create a farm that their 3 daughters will

appreciate as they grow up and someday want to come back to. Mid-March thru late October, the cows are on a 16- to 21-day intensive grazing rotation to take advantage of the ideal forage growing climate of the south coast. The Mahaffys take pride in their lush healthy pastures using shrimp and crab shells from the local seafood processor as fertilizer and walking the cows to the feed rather than bringing the feed to the cows reducing the use of fossil fuels on their farm. By allowing the cows graze for most of their daily nutritional requirements, they are able to sustainably produce healthy and nutritionally dense milk that is both delicious and refreshing.

Kevin Moore Originally from the Bay area was drawn to Montana for its mountainous beauty, wonderful wilderness and delicious food. He was in the first group of FoodCorp VISTA Volunteers working as the farm to college coordinator with the University of Montana Western. He is now the Farm to Cafeteria Connections Program Coordinator with Grow Montana.

Kiki Hubbard has worked for a number of organizations on agricultural biotechnology issues as a researcher, writer, and organizer. She recently authored a report for the Farmer to Farmer Campaign on Genetic Engineering, titled: Out of Hand: Farmers Face the Consequences of a Consolidated Seed Industry. She currently works for the Organic Seed Alliance and Center for Rural Affairs, and serves on the board of directors for the Alternative Energy Resources Organization, a Montana-based sustainable agriculture organization.

Ky Nayfield is a recent transplant to Montana from Gainesville, Florida where he interned on an organic farm and helped start a food co-op. He is currently in graduate school for Social Work, focusing on just and sustainable food systems.

Kyra Williams grew up in Shaftsbury, Vermont and became interested in local food issues after working on a farm there. She graduated from Bates College in Maine in 2009 with a B.A. in American Cultural Studies completing a community-based undergraduate thesis working with a local refugee farming project. Kyra moved to Montana in 2009 to work as a VISTA volunteer with UM Dining Services as their Farm to College coordinator.

Lyra Leigh-Nedbor is a graduate student in Nutrition and Sustainable Food Systems at Montana State University. She spent 2009 as the FoodCorp VISTA Volunteer with the Farm to college program at MSU. Prior to moving to Montana, she lived in Poultney, Vermont here she got her B.S. in Sustainable Agriculture & Food Production from Green Mountain College.

Natasha Noriega-Goodwin is a national co-coordinator of the Student/Farmworker Alliance (SFA), a national network of students and youth organizing in partnership with the Coalition of Immokalee Workers (CIW) to improve wages and working conditions for Florida farmworkers

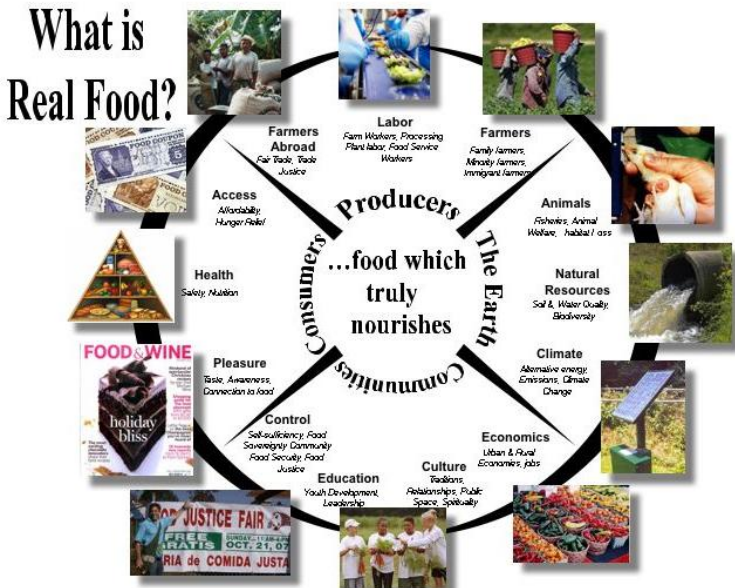
and end modern-day slavery in the fields. Youth organizing through SFA has been a key component of the CIW's Campaign for Fair Food, contributing to hard-fought victories against Taco Bell, McDonald's, Burger King, Subway, Whole Foods and Compass Group. Currently, SFA leads the national Dine with Dignity campaign calling on campus food service providers to enter into agreements with the CIW to guarantee fair wages and just treatment for tomato pickers.

Nicole Wagner is currently a Montana State University researcher in the Department of Land Resources and Environmental Sciences. She received her B.S. and M.S. in agricultural engineering from the University of Minnesota. Her M.S. thesis focused on the development of solar panels in greenhouses to increase light levels. She received her Ph.D. in 2004 at Montana State University in agroecology.

Robin Lewis is loco for local agriculture, having seen firsthand the social, environmental, and personal benefits of this rad form of farmin'. When she's not studying Environmental Politics and Education, her time is generally filled with cooking delicious meals and finding the next dance party.

Tara Brown is a sophomore at Lewis and Clark College majoring in Environmental Studies. When not filling out budget requests, she enjoys reading, dreaming, losing things, and plotting how to get her next hug.

Tyrrell Hibbard is the Market Connections Producer Coordinator for the Western Sustainability Exchange.



Notes:

Tear off & Leave at Registration Table



NOMINATION FORM

*Nominate yourself or someone you know for a leadership position.
See job description sheets for more info.*

Nominee: _____

School: _____

Email: _____

Phone: _____

Position (Circle): National Team Regional Field

Organizer

Nominator (if different): _____

Contact Information: _____

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Environmental Studies Program



Thank you to the wonderful growers, producers & retailers who donated food to our event

Nancy's Culture Dairy & Soy	Amaltheia Organic Dairy	Wheat Montana
Montana Coffee Traders	Farms For Families	Timeless Seeds
Orchard at Flathead Lake	Garden City Fungi	Le Petite Outre
Bernice's Bakery	Country Pasta	Annie's
Organic Valley	Lifeline Creamery	Equal Exchange
The Good Food Store	Big Sky Premium Meats	Guayaki Mate
Bagels on Broadway	The Huckleberry People	
Western Montana Growers Coop	Bozeman Community Food Coop	

**A special thank you to UM Catering Services & Events Planning
for all their help in putting this together**