

The Vermont Traditional Diets and Healthy Symposium
*this is made possible by the generous support of **The Forrest C. and Frances H. Lattner Foundation.***

Schedule*

Thursday, June 13

Location: Film House, [Main Street Landing](#), Burlington, VT

Time: 7:00 - 9:00 PM

Film Screening: [Genetic Roulette, The Gamble of Our Lives](#); A Film By Jeffrey Smith, Narrated By Linda Oz

Friday, June 14

Location: Coach Barn, Shelburne Farms, Shelburne, VT

8:00-9:00 AM Doors Open- Registration and Exhibits

9:15 Welcome

9:30-11:30 AM **Dr. Cate Shanahan, *The Genetics of Success: How Diet Shapes a Child's Future***

11:30-1:00 PM Lunch Break, Exhibits

1:00-1:15 PM Announcements and Introduction

1:15-4:15 PM **Nora Gedgudas, CNS, CNT, *PRIMAL BODY, PRIMAL MIND: Lessons from the past and a diet for our future***

4:30 PM Announcements

4:30- 7:00 PM Learning Stations (see below)

5:00-7:00 PM Tasting Dinner by the Farmhouse Group

Saturday, June 15

Location: Coach Barn, Shelburne Farms, Shelburne, VT

8:00-9:00 AM Doors Open- Registration and Exhibits

9:15 AM Welcome

9:30- 11:30 AM **Cathy Eason, BS, NTP, LMT, CHFS, CGP, *Get Cultured! Enjoy Traditional Ferments and Heal the Gut with the GAPS Diet***

11:30-1:00 PM Lunch, Exhibits

1:00-1:15 PM Announcements

1:15-4:15 PM **Sally Fallon Morell, *Traditional Diets: The Key to Vibrant Health***

4:30- Closing

**Subject to change*

Registration is required to attend the Symposium. In order to make the program accessible, the program is being offered at a **sliding scale fee**. Please click [here](#) to register.

Benefits accompanying your registration:

- explore the teachings of four nationally and internationally recognized speakers
- experience locally produced and nutrient-dense lunches
- enjoy a tastings dinner based on traditional diet principles
- learn techniques for preparing traditional foods through learning stations
- explore exhibits offered by local, regional, and national organizations and businesses dedicated to healthy food systems
- network with other Traditional Diet enthusiasts!

Meals

Food provided to participants throughout the event will align with the principles presented by the speakers including nutrient-dense, locally and organically grown vegetables, pastured and grass-fed meat and raw dairy products. A “grazing” dinner, catered by Frank Pace of the Farmhouse Group, will be offered by local chefs and producers highlighting the simplicity of eating whole, nutrient-dense foods including charcuterie, fermented vegetables, raw milk cheese, grass-fed beef, bone marrow and broth, pastured pork. Local producers will be conducting hands-on demonstrations focusing on fermented foods, organ meats, sprouted nuts and grains, bone broths, traditional fats, and raw milk.

Learning Stations

- **Fermented Drinks** *Jason Frishman, Folk Foods*
- **Fermented Vegetables** *Blake Hoberman*
- **Sauerkraut & Kimchi** *Doug Flack, Biodynamic Farmer, Flack Family Farm*
- **Traditional Fats** *Butchers from Healthy Living Market*
- **Organ Meats** *Butchers from Healthy Living Market*
- **Bone Broth** *Caroline Homan, Burlington Chapter Leader, Weston A. Price Foundation*
- **Raw Milk** *Lindsay Harris, Family Cow Farmstand*
- **Raw Milk Cheese** *Megan Holt & Zak Schafer, Cheesemakers, Shelburne Farms*
- **Soaking Grains, Nuts and Seeds** *Margaret Osha, Turkey Hill Farm*
- **Kombucha** *Jeff Weaber & Mike Kin, Founder and Head Brewer, Aqua Vitea Kombucha*
- **Sourdough** *Heike Meyer, Bee Sting Bakery*