

GROUP 1 WORKSHOP DESCRIPTIONS - 10:45 a.m.

Saving Seed in Your Home Garden

Does your cilantro bolt too quickly? Do you wish you could enjoy tomatoes earlier? Saving seed in your garden is not just a hobby: it is your opportunity to select seeds adapted to your exact needs and conditions. Come learn the easiest vegetables, flowers and herbs to save seeds of and how to select them for resilience.

Petra Page-Mann (Fruition Seeds) is a life-long seed saver and native of the New York Finger Lakes. She has traveled the world studying sustainable agriculture. She saves the seeds of countless organic, regionally adapted vegetables, herbs and flowers to make organic gardening easier and more successful in the Northeast. If she's not in her garden, she's likely hunting mushrooms, singing or sharing a meal with someone she loves.

Introduction to Emotional Freedom Techniques or Tapping (EFT)

You will learn the basics of EFT, how to apply it to your daily life to reduce stress, calm fears, relieve pain and so much more! EFT often works when nothing else will.

Annette M. Romeo is a Certified EFT Practitioner, specializing in trauma relief. She has a 25-year background in biomedical research, and currently has a growing EFT Practice in Amherst NY, where she lives with her husband Bob and their two dogs, Russell and Ms. Magoo.

Glyphosate: The Most Widely Used Pesticide in the World

In this presentation we will explore glyphosate, the primary ingredient in Roundup. Glyphosate has an interesting history. We will review how glyphosate works, some of its characteristics, acceptable daily intake levels, residual levels, health implications from exposure and environmental issues.

Susan Keleher RD, CDN has been a registered dietitian for 18 years, graduating from the State University of N.Y. College at Buffalo in 1998. She has been employed with Lake Plains Dialysis in Medina and Batavia, N.Y. for nearly 17 years. Susan is also a team member/facilitator with Rochester Lifestyle Medicine, helping people prevent, treat, and reverse many common chronic health conditions, using a whole-foods plant-based diet based on CHIP (The Complete Health Improvement Program).

Public transportation in WNY with Emphasis on the Importance of Public Transportation to Healthy Food Access: an Overview

Douglas Funke is a long-time transit advocate and user. He joined the Citizens for Regional Transit (CRT) Executive Board Member in 2010 and became its President in 2013. As a CRT Board Member, Doug has supported a wide range of transit promotional and educational efforts including briefings to government legislative bodies and agencies. He also operates a part-time consulting business, Human First Ergonomics, where he offers ergonomics consulting to customers.

Before becoming a CRT Board Member and starting his consulting business, Doug worked for over 30 years as a research engineer at Calspan, Veridian, and General Dynamics. Most recently he managed the design, development, and deployment of numerous Intelligent Transportation Systems (ITS). Doug has an MS in Industrial Engineering and certifications in project management and ergonomics. He lives with his wife Dolores and has three grown children, Carolyn, Christopher, and Adam.

Stormwater Management, Green Infrastructure & Sustainable Landscaping

PUSH began working on Green Infrastructure installations in its West Side Green Development Zone in 2009 including rain gardens, green roofs and bioswales. Following the success of our neighborhood-scale projects,

PUSH Blue was established in 2013, effectively creating a crew of talented people to address the sustainable landscaping needs in and around Buffalo.

Joshua Smith is a local expert in sustainable landscaping with over 20 years of experience. He has worked with PUSH Blue since its inception. PUSH Blue is a full-service, community-based Sustainable Landscaping contractor that specializes in Stormwater Management and Green Infrastructure projects. We focus our work on projects that are responsible to our communities, our clients, our workers and our environment.

Plant-Based Nutrition for the Prevention & Reversal of Disease

Jessica will present the health benefits of plant-based nutrition as the prevention and reversal of many Western diseases. She will discuss foods that should be included in a healthy diet and how to transition to a plant-based way of life.

Jessica Meyers Altman is a certified plant-based chef and has a certification in plant-based nutrition. She is a passionate educator and has taught science, community gardening, and food education for the last 17 years. She holds a Master's in Science Education and is a certified NYS biology teacher. Jessica now combines her passion for cooking & gardening with her passion for teaching. She writes recipes and photographs her food for her blog, www.gardenfreshfoodie.com, which is devoted to plant-based, gluten-free, seasonal recipes. Jessica teaches as an adjunct professor at Daemen College, as well as healthy cooking classes in the Buffalo, NY area wherever there's a table and an outlet! Her recipes are featured on the One Green Planet and the Food Revolution Network (a program begun by John Robbins, of Diet for a New America & The Food Revolution). Her recipes have been featured on The American Heart Association, Forks Over Knives, www.tastepotting.com, www.foodgawker.com, and www.findingvegan.com.

What Does Buffalo's Outer Harbor Have to Do with Food?

Buffalo's Lake Erie Waterfront on the Outer Harbor continues to be the site of substantial conflict. What happens in the next few years on the land and in this water will set the direction for the future of our city for decades. And, no, we are not proposing growing food in the contaminated soils. However, this landscape has significant contributions to make toward the region's food supply through its environmental services, its habitat values, pollinator conservation areas, and the proposed Revival Fields. Come and hear how you can be involved.

Jay Burney is Director of Times Beach Nature Preserve and also heads up the Pollinator Conservation Society; Margaret Wooster is former ED of Great Lakes United, has worked with Riverkeeper on Habitat and is author of two books, Somewhere to Go on Sunday and Living Waters. Jay and Margaret are members of Concerned Citizens for the Outer Harbor.

Food and Climate Justice: What Is the Relationship?

Climate Change is arriving much faster than scientists predicted, with more and more violent weather events. Many of these are occurring in places that we have relied on for food stability during the 20th century, and it is predicted that we will experience global food security. Food is an issue of justice; part of our discussion will focus on climate justice issues that will emerge in the near future. For example, how might WNY think about food security and sustainability through local foods and agriculture? Among other issues, this workshop discusses how towns can take advantage of Erie County's Agricultural Districts and ensure that residents can have the "Right-to-Farm" under the aegis of NYS Ag(riculture) and Markets law and regulations.

Roger Cook and Lynda Schneekloth are co-facilitators of the Climate Justice Coalition of Western New York and work with the Sierra Club Niagara Group. Keith Tripi is a lawyer who worked with Grand Island residents to ensure their farming rights.

Bomb Trains: A Threat to NY State Groundwater and Aquifers

Each day 100's of tanker cars, each carrying 30,000 gallons of dangerous Bakken crude oil, travel on tracks through our state. Most of the criticism of these trains centers around the explosive nature of their cargo. While they are extremely dangerous, there's an additional safety issue which is not widely recognized: a leak (with or without fire) from just one tanker car can permanently (at least on the scale of a human lifetime) destroy an aquifer or groundwater system. NY State has many aquifers directly under CSX owned tracks between Rochester and Schenectady NY. Many farms reside along those tracks and depend on the purity of those aquifers and groundwater. The Great Flats Aquifer near Schenectady NY, which supplies drinking water to over 150,000 people, lies underneath CSX tracks that carry bomb trains each day. I will discuss past derailments in NY State which caused still-ongoing pollution of groundwater by toxic hydrocarbons.

Dr. Bowman graduated from SUNY Albany in 1982 with a PhD in cell biology. He came to Buffalo to work at UB. Following years of basic research on cell membranes, he retired as a Research Assistant Professor. During that time Dr. Bowman co-authored 20 refereed papers, numerous invited papers, and guest-lectured many times. Following retirement, Charley served the WNY Peace Center for 2 years as its Interim Executive Director and after that started Renewable Energy Task Force, which is now called the Environmental Justice Task Force. He currently serves as co-chair along with Frank Gage. He is currently serving on the executive committee of the Niagara Sierra Group and is a member of WNY Drilling Defense. After the 2014 ban on hydrofracking, WNY Drilling Defense turned its attention to Bakken oil carrying (Bomb) trains coming through Upstate NY. Charley has been active in stopping the increase storage capacity of butane and natural gas under Seneca Lake. Acting as a member of We Are Seneca Lake, he has been arrested 3x for blockading the gates of Crestwood Energy on the shores of Seneca Lake. He's also been arrested for blockading the entrance to Hancock Field drone base near Syracuse while acting as a member of Upstate Coalition to Ground the Drones and End the Wars.

Stop the Pipeline, Standing with Standing Rock. (See www.worldonyourplate.org for information)

Shontae Buckley & Agnes Williams

GROUP 2 WORKSHOP DESCRIPTIONS - 12:00 p.m.

Lessons from the Garden.

If you are looking for ways to share the excitement of school gardens with other teachers or administrators, or if your interest is in supporting our many community garden projects, then come hear the benefits of garden-based learning programs. Let's rally others and build enthusiasm for your garden ideas through this research-based workshop filled with simple creative gardening activities.

For over 30 years, Mrs. Patricia Hull has been teaching and sharing her joy of gardening with children of all ages. Born and raised in Buffalo, N.Y., she is the author of the book Lessons From The Garden endorsed by Sally Cunningham as a model for school garden programs. Lessons From The Garden is available from Amazon.

Climate Change and Food Security

This presentation will be on Climate Change and how it will have an impact on people's way of life with emphasis on food security issues. Jack will stress the urgency throughout the talk for an immediate end to all fossil fuel use

and give numerous examples of how Climate Change is impacting our planet. He will discuss the "Greenhouse Effect," the Greenhouse gasses, and how temperatures are responding to increases in these Greenhouse gasses. Jack will discuss how the Jet Stream is affected by Climate Change and then focus on the Northeast United States temperature and precipitation trends. Agriculture and ocean food security concerns along with introducing and explaining "Chilling Degree Hours" will be covered. The discussion will wrap up with an explanation as to why we are entering Earth's sixth great mass extinction and worries for the future of this planet.

Jack Kanack is owner of Weathermedic, Inc (2010-Present) Weathermedic is a Weather Consulting/Applied Climatology Business. Education: BS Geosciences Buffalo State College, Buffalo, New York 1983. He is Vice President, Western New York Chapter of the American Meteorological Society. His signature issue is Climate Change; he is very concerned about the direction the world is taking regarding our climate and environment.

GMOs, Monsanto, and Higher Education: How our prestigious universities are becoming agents of disinformation on behalf of the biotech industry, and what we can do to stop it.

This lecture will explore the troubling phenomenon of University discourse being affected by corporate science--in particular, the debate on genetically modified organisms in our food supply. Robert will explain his experience at Ivy League Cornell University and how he became disillusioned with the growing trend of universities acting as cheerleaders for big agriculture. Solutions to this systemic problem, which are being implemented right now, will be discussed, and much more viable alternatives to the agriculture "problem" will be presented."

Robert Schooler is a Cornell University undergraduate with an interesting story. After taking years off to study agroecology and sustainability, he returned to campus to find Monsanto's presence looming ever-larger in influence. He decided to host an independent GMO course in response to Cornell's rhetoric and start an activism campaign to get Monsanto out of Cornell. He is deeply fascinated with agroecology, advanced nutritional healing, and philosophy of science.

American Food Culture and the Violence of Euphemisms

In this interactive workshop, we will explore how casual cruelty pervades the way many Americans think and talk about food. In particular, we will examine the role euphemisms play in masking the violence of meat production and consumption. By drawing comparisons to the use of Nazi propaganda against Jews and other minority groups in Europe, participants will gain a better understanding of how our words contribute to a culture of bias, discrimination, hatred, and even genocide against animals. In addition to working creatively in small groups, we will also hear from Animal Rights Advocates of Upstate NY (ARUNY) President Tina Kolberg via a recorded podcast on Rochester Free Radio 106.3 FM.

George Payne is a Visiting Professor of Philosophy at Finger Lakes Community College and Niagara County Community College. In 2014 he founded Gandhi Earth Keepers International, an online social justice network for activists devoted to environmentalism. He is also the host of the Broken Spear Vision on Rochester Free Radio 106.3 FM and writes regularly for a variety of local and national publications including the Fellowship of Reconciliation, Pace e Bene Campaign Nonviolence, CounterPunch, The Rochester Democrat & Chronicle, Rochester CITY Newspaper, Minority Reporter, and Talker of the Town.

Doing Good for Yourself and the World: Socially Responsible and Sustainable Investing

As a certified B Corp, it is Goldfarb Financial's goal to put capitalism to good use. One way of applying that to our business is Socially Responsible investing. In this presentation, we will show you how investing has evolved over the years and what tools are available today to make sure your portfolio doesn't just make you money but represents your values as a person.

Jeffrey Goldfarb, Certified Financial Planner, is owner and managing principal of Goldfarb Financial, a wealth-management firm in Buffalo, NY. He received his BA in political science from SUNY Buffalo and his Masters of

Education from Boston University. He has been practicing for 28 years and received his chartered advisor of Philanthropy from the American College in 2014. He is married and has two sons plus a wonderful dog!

Adam Goldfarb is a Financial Advisor and Philanthropic Consultant with Goldfarb Financial. He has a BA in Classics and Philosophy from Colby College and an MS in Higher Education Administration from Buffalo State College. He is an active member in the community, serving on the boards of WNY Planned Giving Consortium, the Salvation Army and BNMC Rotary Club.

Chintan Shukla is an investment executive and portfolio manager at Goldfarb Financial. He became a CFA charter holder in 2014. Chintan is constantly studying the market, preparing Morningstar stock reports and identifying investment strategies appropriate for his clients' risk tolerance. Outside of the office, he is always available for a healthy debate about his favorite football club, Manchester United. Chintan has a degree in Accounting from Gujarat University in India and an MBA from SUNY at Buffalo.

Making Finely Fermented Foods

The process of fermenting foods makes them more digestible along with adding powerful nutrition. Learn how to make your own fermented foods to excite your taste buds and preserve your food, all while bringing it to life! We'll show how anyone can easily do this at home and how fun and inexpensive it really is.

William Romanow and Donna Dudek have enjoyed fermenting for years and sharing it with others. William is a Certified Live Food Chef from Living Light Institute in CA. He's a Graduate of The Institute for Integrative Nutrition. Donna has worked in the Health and Wellness Industry for over 10 years. Both have completed a Health Ministry Course from Hallelujah Acres and studied Plant-Based Nutrition through The Cornell University eCourse. They are continually learning new fermenting tips, tricks and creating new recipes!

Better Health through Weston Price Principles

Can we be well fed but malnourished? Unfortunately, yes. In fact, this is the root cause for the dramatic deterioration in the health of our population. We will discuss how to nourish yourself and your family. I will explain why many traditional foods now considered unhealthy are, in fact, vital to growth and intellectual development of our children and are equally necessary to prevent chronic illness in adults. Come and learn about traditional foods and time-honored ways of preparing them to promote and preserve good health. The Weston Price Foundation is dedicated to restoring a nutrient-dense diet to the modern diet through research, education, and activism. It is based out of Washington, D.C. and has chapters all around the world.

Carol Poliner is an educational trainer in the natural and organic foods industry and previously worked for United Natural Foods. She has always had a passion for health and wellness. Carol is also co-leader of the Buffalo chapter of the Weston Price Foundation.

The Wonderful World of Heirloom Beans: History, Growing & Eating!

Remy will discuss the great history and diversity of heirloom beans and their importance. Techniques on growing will be discussed along with good ways to cook them. Samples will be shown.

Remy Orlowski is owner of The Sample Seed Shop since 2009. She is a nationally known expert on heirloom vegetables with a strong love of beans and tomatoes. Remy travels each year to the Sustainable Mountain Agriculture Center in Kentucky for an heirloom bean aficionado gathering to gain more knowledge and beans!

GMO & Herbicide Implications for Bees, Pollinators and Local Ecosystems

Healthy bees and pollinating insects ensure the widespread availability and diversity of your food choices and they play a vital role in successful agriculture. We will have commentary & discussion about the corporate influences on food choices and insecticide use--how it impacts food on your table.

Gerri Hens of Hens HoneyBee Farm is owner & operator of a successful organic apicultural operation for 28 years. She is the only USDA certified raw organic wildflower and tree varietal honey producer. Gerri is a Pride of NY producer, is former Vice-President of WNY Honey Producers of 10 years, and the Bee & Pollinator Insect Specialist for upstate NY. Gerri is a tenured outdoor educator and a retired SUNY college outdoor education program administrator, professor and coach. Hens is a major contributor of honey bee wellness and health management information in Ross Conrad's Natural Beekeeping textbook.

"Shé:kon Wathentón:nis (The Greens Are Still Growing): Adventures in Drought Gardening at the Tuscarora Nation"

This workshop will explore Laticia's experiences this summer when she started a garden at the Tuscarora Nation reservation community during one of the worst droughts in the Western New York region. She planted Three Sisters Haudenosaunee agricultural mounds, traditional rows and crops, and cultivated non-GMO heirloom seeds. She will discuss her stories of working with a challenging growing season, traditional teachings, language, food/ agricultural history, and climate change. This project, titled the "Grandma Garden" and presentation is sponsored by the Indigenous Women's Initiatives-The Seed Institute.

Laticia McNaughton, (Six Nations Mohawk) is a Ph.D. candidate in (Native) American Studies at the University at Buffalo. McNaughton's dissertation research examines Haudenosaunee (Iroquois) foods, food sovereignty practices, and the revitalization of traditional diet. Her personal wellness journey dealing with diabetes informs her research and inspired her to create a blog website. The "Indigenous Food Revolutionary" blog promotes indigenous wellness, cooking classes, foods, and language. www.indigenousfoodrevolution.blogspot.com She currently works with the Indigenous Women's Initiatives-The Seed Institute on the 2016 Grandma Garden traditional seed/gardening project and food preservation classes. an American Indian (Six Nations Onondaga/Wolf Clan), pursued her doctorate in and taught Native American Studies at UB. She also enjoys the creativity that artwork brings and has worked with Indigenous Women's Initiatives and its Seed Institute over many years.

Imperfect Veggies Going Mainstream!



Photo by Ms. Caitlin McNaney (grand-daughter of Rev. Scot McNaney)

Approximately 60 million tons of produce worth approximately \$160 billion is wasted by retailers and consumers every year – it is either thrown out/taken directly to a landfill, left in the field to rot, or fed to livestock. The produce above is an example of the rejected produce. Efforts are being made around the world to use this perfectly delicious, healthy, albeit imperfect appearing produce. Check out <http://www.endfoodwaste.org/ugly-fruit---veg.html> to learn more.