

GROUP 1 WORKSHOP DESCRIPTIONS - 10:30 a.m.

Harvesting Justice for Farmworkers ~ *West Cosgrove*

New York's farmworkers form the backbone of the state's multi-billion dollar agricultural industry, but these workers are excluded from basic labor law protections under state and federal law. This statutory relic of the Jim Crow era deprives more than 80,000 farmworkers of the rights that other workers take for granted. My workshop will present the current situation of farming in New York as well as the lived reality of farmworkers. I will also include the efforts currently being made to better the lives of farmworkers and to offer ways that people can become involved in this movement.

West Cosgrove moved to New York in the summer of 2014, after living and working for 20 years on the U.S.-Mexico border, where he founded Project Puente to do educational work along the border and Casa Puente, a hospitality house which serves the needs of interns and volunteers working in the non-profit sector in El Paso. Prior to this West served as a Lay Missioner with Maryknoll, living and working for eight years in Venezuela. He has a Masters degree in Religious Education from Seattle University. He received the 'Border Heroes' award from Las Americas Immigrant Advocacy Center in El Paso, Texas for his years of working for justice and advocating for immigrant's rights along the U.S.- Mexico border. Before joining Rural & Migrant Ministry he was an intern at the Community of Living Traditions at the Stony Point Center, an intentional community of Christians, Jews and Muslims, working for social justice through the practice of non-violence. West loves to bicycle and hike and is the proud father of three daughters, Sara, Maura and Julia and two granddaughters, Olivia and Ariela.

Rural and Migrant Ministry is a statewide organization with offices/centers in the Hudson Valley, Sullivan County, Long Island and here in western New York. We are a 36 year old organization who works with rural leaders, both young and older, who are committed to equality within our New York community. We also support people in faith, labor and university communities who seek to stand with rural leaders as allies.

For Profit Philanthropy ~ *Jeffrey Goldfarb, Adam Goldfarb & Chintan Shukla*

When people think of philanthropy they think of the traditional means of pursuing it: private foundations, community foundations, bequests and trusts...just to name a few. However, with the rise of the millennial generation, new ways of giving back to the world are gaining momentum. One such way is the B Corp movement and all that it espouses. Adam Goldfarb and Jeffrey Goldfarb, from Goldfarb Financial, will discuss their recent findings around the drivers of for-profit philanthropy, the benefits of it, its drawbacks and its place in the future.

Jeffrey Goldfarb, Certified Financial Planner, is the founder of Goldfarb Financial. A native of Buffalo, NY, his passion for financial planning began at eight years old where he was captivated by stock market updates delivered in the lobby quotron at Bache & Company. The image stayed with him – even while attending Boston University’s School of Education and subsequently teaching hearing impaired and autistic children. Jeffrey later returned to Buffalo to follow a career in finance – founding Jeffrey M. Goldfarb & Associates (now

Goldfarb Financial) in 1988. He is an active community member with roles including past president and cofounder of Sportsmen’s Americana Music Foundation and International Institute Board of Directors. Jeffrey has a BA degree in Political Science from the University at Buffalo and M.Ed. from Boston University. He has been practicing for 29 years and received his chartered advisor of Philanthropy from the American College in 2014.

Chintan Shukla is an investment executive and portfolio manager at Goldfarb Financial. He became a CFA charterholder 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.

Adam Goldfarb is a financial advisor and community liaison with Goldfarb Financial. He assists individuals, families, small businesses and not for profit organizations through important transitional periods in professional and personal development, beyond retirement, and beyond succession. In addition, he counsels clients on ways to achieve their personal and community goals. Adam is an active community member serving on the boards of the Salvation Army, the University at Buffalo’s Center for Entrepreneurial Leadership Alumni Association, the Rotary Club of the Buffalo Niagara Medical Campus and the WNY Planned Giving Consortium where he also sits on the Speakers Bureau. He has a BA degree in Classics and Philosophy from Colby College and a MS degree in Higher Education Administration from Buffalo State College.

Guts n Brains n Ruts n Strains: Colonization and the Possible/Probable Effects on the Human Gut Micro-biome ~Chandra Maracle

In the past at WOYP Chandra has discussed a Haudenosaunee relationship to food, traveling the road from the Skyworld to the West Side of Buffalo, with fork in hand. Continuing on that journey, She is exploring the link between "outer world" global colonization and "inner world" microbiology, asking: How have people and places and the bacteria that sustain them changed since European arrival to Haudenosaunee territory? Her guess is the inner landscape known as the "bio-terrain" is a reflection of the outer landscape of environmental devastation.

Chandra F. Maracle is the mother of four daughters. At any given moment she is thinking about, talking about, preparing, serving or eating food. She was born and raised on the West side of Buffalo and later studied at Cortland College, University of Buffalo and University of Salamanca, Spain. She has worked as Youth Leader at Native American Community Services in Buffalo, Graduate Assistant in Native American Studies at UB and Cultural Resource Specialist at the Native American

Magnet School #19. She was a Diversity Educator with the National Conference for Community and Justice, co-founder of the Indigenous Women's Initiatives and has certifications as a practitioner of Massage, Reiki and Yoga. Chandra is co-founder and Nutrition Coordinator of Skaronhyase'ko:wa Tyohterakentko:wa tsi Yontaweya'tahkwa/the Everlasting Tree School and president of the Kanyen'keha Revitalization Society. She is currently a Collaborator on The Legacies Project: An Intergenerational/Intercultural Exchange of People Transforming the Food System through York University in Toronto. She was a collaborator on the Healthy Roots committee and developed the Haudenosaunee Food Guide for the Community Challenge. Chandra is founder of Kakhwa'on:we/Real People Eat Real Food, exploring links between food, people, language and land. She recently completed a second year in the Onkwawen:na Kentyohkwa adult Mohawk language immersion program. She lives on the Six Nations of the Grand River Territory where she is often found on her Stand Up Paddleboard.

Ten Easy Seeds to Save ~Petra Page-Mann

Description: Does your cilantro bolt too early? Do you wish you had earlier tomatoes? Do you want greens that grow better in the winter? All these are possible when you save your own seed (not to mention that it's fun and easy). Learn the easiest seeds to save in your garden next season.

Petra Page-Mann (Fruition Seeds) Raised in the Finger Lakes of New York, Petra spent over a decade traveling the world, working for one of the smallest seed companies in the world & also one of the largest before returning to co-found Fruition Seeds in 2012. Be inspired by 350+ varieties at www.fruitionseeds.com and follow Fruition Seeds on Instagram & Facebook. If she's not farming she is singing, on her bike, hunting mushrooms or sharing a feast with a friend..

Buffalo's Backyard Remedies: Using Abundant Local Plants for Medicine & Food ~Sarah Sorci

Wild medicinal and edible plants abound in western NY, and many are found in our own backyards. Community Herbalist Sarah Sorci will introduce us to the unique properties of plants like mullein, self-heal, dandelion, nettles, elderberries and more. Learn to safely identify and sustainably harvest each plant. We will discuss simple recipes and enjoy samples. Sarah will connect wild-harvesting to the broader picture of a sustainable WNY food & medicine system.

Sarah Sorci is a 2014 graduate of the Blue Ridge School of Herbal Medicine's Holistic Herbalism Program, and the owner of Sweet Flag Herbs. She loves working with medicinal plants that are locally abundant and easy to cultivate, getting to know our WNY ecosystem more deeply. She offers wellness and garden consults, as well as numerous educational events. Her background in natural and organic farming, horticultural therapy, and cooking & nutrition education shape her work with Sweet Flag Herbs. More info at www.sweetflagherbs.com.

Plant-Based Approach to Health ~Andrea Spako, B.S., NSCA-CPT

This presentation will review our current health in relation to our food system by comparing the Standard American Diet and a Whole Plant-Based Lifestyle. It will be explained how our current food system goes against the Haudenosaunee thinking. After this presentation, you will understand how food is not only the marker of disease but the solution to disease."

Andrea Spako is a member of the Seneca Nation of Indians. She graduated Cum Laude from UB in 2006 with a B.S. in Exercise Science. She supervised the Exercise Prescription Program at the Seneca Nation Health System for 11 years. While she was an Exercise Specialist, Andrea developed and offered exercise prescription for patients, physical activity programs for youth, mindfulness and yoga classes for all ages, and strength and balance classes for the older adults. Andrea developed a DVD in 2009 called "Movement is Medicine", which has been distributed to over 50 tribal programs across the country. Andrea has been active on various committees designed to improve the health of the Seneca people. As Andrea listened to hundreds of stories from patients trying to improve their health, she realized a major oversight. In these discussions, food was only viewed as a marker for disease but never a solution for disease. In the past 5 years, Andrea changed her own diet transitioning from the Standard American Diet to a whole plant-based diet. As she felt healthier and did more research on the whole plant-based diet, she realized that this information needed to be distributed among her patients. After all, this lifestyle practically mimicked a traditional diet of her ancestors. She has since made it her mission to inform people about the Standard American Diet and to encourage them to transition to a whole plant-based way of eating. Andrea is obtaining her Professional Plant-Based Culinary Certificate and a Plant-Based Nutrition Certificate through T. Colin Campbell Center for Nutrition Studies. She believes that traditional ways, cooking mindfully and knowledge of a whole plant-based diet is what can decrease the suffering of chronic diseases that we see today.

The Next Generation Vs Climate Change

~ Ingabire Adam with Lucy Handman and Birch Kinsey

Ingabire Adam, Lucy Handman, and Birch Kinsey from Massachusetts Avenue Project (MAP), present this multi-generational workshop on the effect the food system has on climate change and the way youth can contribute towards making changes to slow down climate change. Through icebreakers, energizers, and invited presenters, the workshop will highlight the difference between climate change and climate justice, explore food and agricultural solutions to cool the planet, and hear perspectives on the power of the youth voice.

Ingabire Amida Adam was born in the Congo, and raised in Kenya. At 13-years old, her family moved to the United States. She is now a junior at Emerson School of Hospitality in Buffalo, NY. Ingabire started working at MAP in the summer of 2014. She originally came to the organization because she wanted a job, but now realizes how much MAP has changed her life. Ingabire is interested in food justice because she believes you are what you eat and gives back to the community by working at the organization. After high school, Ingabire plans to go to college and pursue a career as a fashion and media blogger.

Lucy Handman is a senior at City Honors High School. She has worked at MAP for the last few years. This past summer, she served as a Community Organizer, canvassing in the lower West Side of Buffalo, MAP's neighborhood, and designing a workshop for the upcoming NEASAWG Conference. Lucy has represented MAP at conferences such as the New Economy Coalition's CommonBound and NESAWG's It Takes A Region, as well as attended a trip to NYC to collaborate with other youth food organizations. In addition to her participation in MAP, she has frequented the Just Buffalo Writing Center for the last three years, and become one of JB's Youth Ambassadors in her second year. There, Lucy continues to highlight the connection between food and climate justice activism.

Samiyah "Birch" Kinsey is a junior at City Honors High School in Buffalo. Birch started working at MAP in the summer of 2015 and feels that her experience there has been a monumental part of her growing up. Birch's family is very big on food, yet a history of disease that her parents have insisted can be changed if they eat right, formed the basis of Birch's food activism. Birch enjoys learning about food systems from the dirt up. She prefers to work on the farm (despite compost turning) because, as she says, it is so rewarding to see her efforts literally blossom before her eyes. Recently Birch became interested in understanding the school to prison pipeline. She hopes to one day open a juvenile correctional facility pilot based on education and rehabilitation through agriculture.

GROUP 2 WORKSHOP DESCRIPTIONS - 11:45 a.m.

Growing Food on a Budget - Building on Interest in Gardening to Provide Produce to Food Pantries and the WNY Food Bank: An Introduction to the NYS Seed to Supper Effort.

~Sharon Bachman

NYS Seed to Supper (S2S) is a comprehensive beginning gardening experience focused on low budget strategies with community development and relationship building at its core – relationships among community program partners and between program participants. It gives novice gardeners the tools they need to connect with others in community, grow in confidence, and successfully grow a portion of their own food on a limited budget. In New York State, Seed to Supper is a joint effort between our statewide hosting agency, Cornell Garden- Based Learning, and county-based Cornell Cooperative Extension educators.

Partnerships in Cornell Cooperative Extension between educators involved in horticulture (Master Gardener Programs) and Eat Smart/SNAP Ed are essential. Together these educators reach out to those affiliated with food banks, housing

authorities, community centers, Head Start and other hunger-relief agencies seeking to form partnerships where Seed to Supper classes and workshops can be offered allowing participants to form connections in their communities, grow fresh produce, prepare nutritious foods and learn new life skills. Seed to Supper began at the Oregon Food Bank then expanded to partner with Oregon State University Extension Master Gardener Program to be offered in collaboration with community-based host agencies throughout the state of Oregon.

Sharon Bachman has a degree from Cornell University in Agricultural and Biological Engineering. She has worked for Cornell Cooperative Extension of Erie County since March 2008 as an Agriculture and Natural Resources Educator. Sharon has worked with the CCE Erie Master Gardener Volunteer Program since 2014 training more than 40 new volunteers. She provides oversight to our over 100 volunteers as they earn their annual requirement of 30 hours of volunteer service where they utilize research-based information to educate the public on the best practices in consumer horticulture and environmental stewardship. In addition, to working with our Seed to Supper efforts since late 2015, Sharon has also been involved in engaging our volunteers in research with Cornell on the control of the red lily leaf beetle, an invasive pest attacking ornamental lilies, and training CommuniTree Stewards to care for juvenile trees in an effort supported by the Buffalo Green Fund.

Standing Rock, Linda Black Elk

Linda Black Elk (Catawba Nation) is an ethnobotanist specializing in teaching about culturally important plants and their uses as food and medicine. Linda works to build curriculum and ways of thinking that will promote and protect food sovereignty, traditional plant knowledge, and environmental quality as an extension of the fight against hydraulic fracturing and the fossil fuels industry. She has written for numerous publications, and is the author of "Watoto Unyutapi", a field guide to edible wild plants of the Dakota people. Linda is the mother to three Lakota sons and is a lecturer at Sitting Bull College in Fort Yates, North Dakota. Since 2001, she has taught many courses from English, Math and Native American Studies, to Science Education and Ethnobotany.

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

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.

Climate Change and Food Security ~*Jack Kanack*

This presentation will be on Climate Change and how it will have an impact on peoples 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 talk about the "Greenhouse Effect", the Greenhouse gasses, and how temperatures are responding to increases in these Greenhouse gasses. He will discuss how the Jet Stream is affected by Climate Change, and then the discussion will focus on the Northeast United States where temperature and precipitation trends will be discussed.

Jack will then talk about agriculture and ocean food security concerns along with introducing and explaining "Chilling Degree Hours". He will wrap up the discussion with explaining why we are entering Earth's sixth great mass extinction and my 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. Radio Weather Show Monday's from Noon to 1 PM on 91.3 FM WBNY. His signature issue is Climate Change; he is very concerned about the direction the world is taking regarding our climate and environment.

But I eat organic, grass fed, cage free, free range, wild caught, sustainable..... ~*Sue Keleher*

Most of us try to choose the healthiest sources of protein for our families, ourselves, and the environment but are they? How much protein do we really need? Let's compare some of the ins and outs of various sources of protein.

Susan Keleher RD, CDN has been a registered dietitian for 19 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).

Farmers Markets ~*Kelly Ann Kowalski*

In this workshop you can expect to learn about the different farmers market in this area. Learn how each of the local markets has something different and exciting to offer you. We will talk about some of the history of the markets and

how to create relationships with the growers. We will also discuss the many programs that help assist income eligible folks to fresh local produce.

Kelly Ann Kowalski , Food For All Director at the Network of Religious Communities. Kelly Ann has spent her entire adult life working with income eligible households. As the director of Food For All she assist folks in applying for SNAP benefits, educates people on how to access food through, federal nutrition programs, farmers markets. She also advocates for families who are not food secure on a local state and federal level. Kelly Ann enjoys connecting folks to fresh local food through farmers markets, local farms , Community Gardens and Community Supported Agriculture and teaching folks how to grow, cook and preserve local food.

The Answer to Health is at the End of Your Fork ~*Jessica Meyers Altman*

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.tastespotting.com, www.foodgawker.com, and www.findingvegan.com.

Fermented Foods 101 ~*Carol Poliner*

An ancient and fascinating way of preserving food is by lacto-fermentation. This centuries old technique was commonly used in kitchens all across America until the mid-1900s, then fell by the wayside with the arrival of commercial canned goods. But guess what? Fermented foods are making a comeback! There is a renewed interest in this food preservation method that not only adds flavor but also tons of healthy probiotics and increased nutritional value. You will learn the difference between foods that are truly fermented and those that are mass-produced in a vinegar brine and only appear to be fermented.

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.

“Farming looks mighty easy when your plow is a pencil and you're a thousand miles from the corn field.”

~Dwight D. Eisenhower

