

Eat Smart – Eat Local

# FALL 2006 CONFERENCE

Reconnecting Farms  
With Communities



## OCTOBER 6 & 7

Registration Deadline: October 1

University of Maine  
Farmington

*Western Mountains Alliance in partnership  
with Maine Alternative Agriculture  
Association with support from the  
W.K. Kellogg Foundation*

***“Regardless of the genes, it is the diet, nutrition and exogenous toxins to which one is exposed that determine health and disease. Most important of which is diet and nutrition.”*** - Dr. Arden Andersen

Please join us for two days in October as we learn more about, learn how to, and learn why reconnecting farms with communities is so important – now.

### DAY ONE

#### **Farm-to-School**

***How do we do it?***

**8:00 a.m. Registration & Coffee**

**9:00 a.m. Opening & Welcome**  
*First Lady Karen Baldacci*

**9:15 a.m.**

**Where do Maine schools stand  
on Farm-to-School programs?**

Guest Speaker: Ron Adams, President, Maine Food Service Association & Food Service Director, Gorham School System.

**10:15 a.m.**

#### **BREAKOUT I**

**Food Service and Farmers**

Facilitator: Richard Harris, Food Service Director, MSAD 54, Skowhegan, Maine, Panel: Maine & N.H. farmers who are making the farm/school connection.

#### **BREAKOUT II**

**Nutrition and Community Health**

Facilitator: Eileen Liddy, Franklin County Healthy Communities Coalition  
Panel: TBA.

**11:30 a.m. – 12:30 p.m.**

#### **BREAKOUT III**

**DOD Fresh - Federal School Lunch Money for  
Local Farm Products**

Facilitator: Walter Beesley, Maine Dept. of Education.

#### **BREAKOUT IV**

**Gardens & Greenhouses –**

**Creating Student Demand for Good Food**

Facilitator: Don White, former Ag Coordinator, MSAD 34, Belfast, Maine.

**12:30 – 1:45 p.m. - Local Foods Lunch**

**2:00 – 3:00 p.m.**

**“Save Time & Costs, Create a Buzz with Farm to  
School - and the Kids Love It!”**

Guest Speaker: Anthony Geraci, Food Service Director, Con-Val School District, Peterborough, New Hampshire.

**3:15 – 4:15 p.m.**

#### **BREAKOUT SESSION V**

**A Common Farm/Public Health Policy**

Panel: Mark Muller of the Institute for Agriculture & Trade Policy, Kathleen Welsh, Department of Community Health at UMF, John Harker, Maine Dept. of Agriculture.

#### **BREAKOUT SESSION VI**

**Getting Parents Involved – It’s Critical!**

Facilitator: Robert Zundel, parent and business owner.

#### **FARM VISIT**

**Demonstration Greenhouse**

Greenhouse Coordinator John Pino at the Marble Farm, Holley Road, Farmington.

John has been “winter farming” in Maine for more than a dozen years. As part of the Eat Smart Eat Local Initiative, he is managing unheated greenhouse production to demonstrate techniques and economic viability of growing winter greens in Maine.

**5:00 - 7:30 p.m.**

**Cocktails and dinner**

**Presenting a gourmet local foods feast!**

**8:00 - 9:15 p.m.**

**“Food Without Thought: How U.S. Farm Policy  
Contributes to Obesity”**

Mark Muller of the Institute for Agriculture & Trade Policy.

**DAY TWO**  
**Local Foods - Why now?**

*"(While) agriculture is the major source of poisons in and on our food ... Nutrition comes from agriculture and only agriculture. Farmers truly hold in their hands the health, well-being and longevity of their fellow humans."*

- Dr. Arden Andersen

**8 a.m.**  
**Registration and Coffee**

**9:00 a.m.**  
**The Link Between Agriculture and Human Health**

Guest Speaker: Dr. Arden Andersen

Both an agronomist and a medical doctor, Dr. Arden Andersen, D.O., Ph.D., is one of the world's top consultants on advanced soil and crop management and a practicing physician. The author of several books on biological agriculture, his most recent publication, *Real Medicine, Real Health*, addresses the health consequences of conventional food production.

Dr. Andersen's full day presentation is an in-depth look at soil microbiology and how it supports (or fails to support) plants and livestock, and the health of the humans who eat both.

For farmers, this presentation addresses the importance of carefully managing the "livestock" under the surface of the soil.

For consumers, including nutritionists and institutional food providers, Dr. Andersen's accessible explanation of the complexities of soil science makes sense of the question: "If it all looks alike, does it really matter where food comes from and how it is raised?"

**12:00 – 1 p.m. Local Foods Barbeque**

**4 p.m.**  
**Close**

Western Maine is part of a growing national movement to bring food production home and support rural economies, conserve the environment, and ensure greater food security.

In 2005, the Western Mountains Alliance with funding from the W.K. Kellogg Foundation and in partnership with the Maine Alternative Agriculture Association began a two-year initiative to promote and stimulate local farm production for local consumers.

**FOR MORE INFORMATION :**



PO Box 29  
Farmington, ME 04938  
Telephone: 207-778-7274  
E-Mail: wma@maine.edu

[www.westernmountainsalliance.org](http://www.westernmountainsalliance.org)

**To register, complete registration form included and mail with your registration fee to the Western Mountains Alliance by Oct 1. Please make checks payable to the Western Mountains Alliance.**

**Childcare may be available. Please contact the Alliance at 207-778-7274 for more information.**

**Directions to the University of Maine at Farmington**

**From the SOUTH**

Take the Maine Turnpike (U.S. Route 95) North to Exit 112B in Augusta.  
Follow Route 27 North to Farmington.

Or, take the Maine Turnpike (U.S. Route 95) North to Exit 75 at Auburn.  
Follow Route 4 North to Farmington.

**From the WEST**

Follow U.S. Route 2 East to Farmington.

**From the NORTH and EAST**

Take the Maine Turnpike (U.S. Route 95) to Exit 157 Palmyra/Newport.  
Follow U.S. Route 2 West to Farmington.

**Local Hotels & Motels**

Colonial Valley  
(207)778-3391 or toll free (800)684-2800  
[www.colonialvalleymotel.com](http://www.colonialvalleymotel.com)  
593 Wilton Rd. Farmington  
Rates: \$44-52

Mount Blue Motel  
(207)778-6004 or toll free (866)778-6004  
[www.mountbluemotel.com](http://www.mountbluemotel.com)  
454 Wilton Rd. Farmington  
Rates: \$44-60

Farmington Motel  
(207)778-4680 or toll free (800)654-1133  
[www.farmingtonmotel.com](http://www.farmingtonmotel.com)  
489 Farmington Falls Rd. Farmington  
Rates: \$40-99 (coupons on website)

Whispering Pines Motel  
(207)645-3721 or toll free (800)626-7463  
[www.thewhisperingpinesmotel.com](http://www.thewhisperingpinesmotel.com)  
183 Lake Rd. Wilton  
Rates: \$60-129

**Eat Smart – Eat Local**  
**2006 Conference Registration**

**REGISTRATION FEE DUE BY OCTOBER 1**

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_

**Please check one:**

- Farmer
- Educator
- Nutritionist
- Food Service Professional
- Other \_\_\_\_\_

**Please indicate Breakout Sessions you are interested in on Day One (select one for each time slot):**

**10:15-11:15 BREAKOUT SESSIONS**

- I. Food Service and Farmers
- II. Nutrition and Community Health

**11:30-12:30 BREAKOUT SESSIONS**

- III. DOD Fresh
- IV. School Garden/Greenhouse

**3:15-4:15 BREAKOUT SESSIONS**

- V. Creating Policy
- VI. Getting Parents Involved
- VII. Farm Visit

**Early registration by September 15:**

- Cost per person for two-day event: \$75.00

**Registration after September 15:**

- Cost per person for two-day event: \$90.00
- Cost per person for Day One only: \$45.00
- Cost per person for Day Two only: \$45.00