



FOR IMMEDIATE RELEASE

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Heritage Grain “All-Stars” to Teach Groundbreaking Grain School Course at University of Colorado Colorado Springs

Innovative educational course will focus on supporting local heritage grain systems

Locally grown and milled grains are the missing component in many regional food systems. Now an educational course at UCCS, Helen and Arthur E Johnson Beth-El College of Nursing and Health Sciences — Grain School—aims to change this paradigm by training and empowering people to once again grow, mill, and steward heritage grains.

Grain School will take place from January 13–15, 2017 at UCCS. The landmark course is a collaborative effort of the University of Colorado and Rocky Mountain Seed Alliance (RMSA), a regional seed conservation nonprofit. The course is open to the public, and University of Colorado students will receive college credit for participating.

The innovative curriculum will cover a range of topics including the history of landrace grains, crop breeding, nutritional and health issues, baking and fermentation, cooking, and small-scale production techniques. Local and visiting experts in local grain farming, milling, and baking will facilitate the course alongside Dr. Nanna Meyer (Assoc. Professor, Dept. of Health Sciences) and RMSA’s Bill McDorman.

An all-star cast of guest presenters will be featured throughout the three-day event, including some of the top movers and shakers in the world of heritage grains. **Andre Kempton** of Wild Leaven Bakery in Taos, NM is a true master of his unique craft—bread making unlike anything seen and tasted before. He will teach students the art of baking and fermenting with ancient and heritage grains. Boulder chef and pizza maker, **Daniel Asher** (Rivers and Woods) and **Kelly Whitaker and Mona Esposito** (Basta Pizza and Noble Grain Alliance), will highlight whole grain cooking and pizza making with rare varieties of health-boosting heritage grains. Local chef **Lyn Harwell**, well known through Seeds Community Café, will lead students in vegan, whole grain cooking. **Lee DeHaan**, one of the foremost scientists at the prestigious Land Institute in Salina,

Kansas, will present on his pioneering work in perennial grain breeding and production. The Bread Lab, an innovative entity at Washington State University, with **Brigid Meints**, doctoral student mentored by Bread Lab director, Steven Jones, PhD, will share her knowledge on rare varieties of barley. And **Jacob Cowgill** of Prairie Heritage Farm in Power, Montana will present on ancient and heritage grains, such as Emmer and Rusak wheat, gained through years of stewardship, alongside the **Stephens** (Jennings, KS) and **Wong** families (Tucson, AZ), presenting on Turkey Red wheat and BKW's famous White Sonoran wheat, respectively. From farmers to millers, such as **Ben Butler** from Hayden Flour Mills (Phoenix AZ) to Health Sciences, Chemistry, and Farming Faculty at UCCS, Grain School brings the entire *Grain Chain* to the table!

Registration and more details are available on the RMSA website (www.rockymountainseeds.org) or here: <http://www.event.com/d/5vqc48>. For immediate questions, please contact Nanna Meyer nmeyer2@uccs.edu or Lee Ann Hill at lee-ann@rockymountainseeds.org.

GRAIN SCHOOL PUBLIC FORUM

On Saturday, January 14th from 6-10pm, Grain School at UCCS opens its doors to the community with an Artisan event, highlighting the top presenters of Grain School and celebrating bakers, brewers, and chefs through the sharing of their craft. In addition, the forum lets the voices of our farmers be heard, who understand what it takes to regionalize grain production and who can speak to the opportunities when alternative grains are added to a small or medium-size farm. While largely left out of the local food movement, ancient and heritage grains are gradually becoming part of the Local Food Revolution, and thus, a community's health promotion and food resiliency agenda. Join us for these fascinating conversations! The forum is free but please sign up:

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