

Grain School | Day 1

January 13th | Meeting location UCCS, University Hall, Beth-El College of Nursing and Health Sciences, Foyer & Class room (next to Foyer)

LOCATION LINK: <https://www.google.com/maps/d/viewer?mid=1Ewlg96evFhPULnFF-OidHsf35Tc&ll=38.89555663746978%2C-104.80248660000001&z=15>

BREAKFAST AT BETH-EL COLLEGE OF NURSING/HEALTH SCIENCES FOYER

7:30am- Registration and Breakfast in Foyer

LECTURE BLOCK FRIDAY MORNING

Time allotted | 8:30am -12:00pm |

| Time | Presentations |
|---------------|---|
| 8am | Welcome Nanna Meyer, Bill McDorman, Lee-Ann Hill |
| 8:20am | Setting the stage: Local Food Revolution Michael Brownlee, Local Foodshift, CO |
| 8:30-9:15am | Seeds and Grains Bill McDorman, Rocky Mountain Seed Alliance |
| 9:20-10:00am | Modern Wheat Margaret Harris, Associate Prof, Health Sciences, UCCS |
| 10:00-10:15am | Grain Literacy Break: 10:00 – 10:15am |
| 10:15-10:55am | Pesticides and Grains Janel Owens, Associate Prof, Chemistry, UCCS |
| 11:00-11:30am | Botany & Breeding Bill McDorman, RMSA |
| 11:35-12:05pm | Barley Breeding Brigid Meints, PhD Student, The Bread Lab, WSU |

LUNCH- FARMHOUSE/SUSTAINABILITY DEMONSTRATION HOUSE

Time allotted | 12:30-1:30pm |

BREAKOUT SESSIONS FRIDAY AFTERNOON (HANDS ON BLOCK)

Time allotted | 2pm-5pm | Choose 1

Roaring Fork and Lane Shuttle leaves at 1.30pm from Farmhouse (Sean Svette)

1. Baking SCHOOL Artisan Bread

Baking with Whole Grains: Artisan Bread Baking, Roaring Fork (up) (P)

Andre Kempton (Wild Leaven Bakery, Taos, NM), Shawn Saunders, Michael the Baker

2. Baking SCHOOL, Artisan Pizza, Flatbreads, Naan

Going 100% Whole Grain at Home: Flours & Starters, Roaring Fork (down) (P)

Mona Esposito (Noble Grain Alliance, Boulder, CO) and Marilyn Kakudo

3. Cooking SCHOOL

Cooking with Whole Grains: Lane Center (P)

Lyn Harwell (Seeds Community Café, Colo Springs, CO) and Nuwane Kirihennedige

4. Grain Production & Trials: Farmhouse/Sustain house

Jacob Cowgill (Prairie Heritage Farm, MT), **Lee Ann Hill (Laughing Wolf Farm, CO)**, Will Frost, Brigid Meints, Dan Hobbs, Demetria Stephens

Harvest/Cleaning

Kelley Jennings (UCCS Farm), Patrick Hamilton, John Ellis

Milling

Ben Butler (Hayden Flour Mills, AZ)

Grain School | Day 2

January 14th | Meeting location UCCS Roaring Fork, Kettle Creek Room

BREAKFAST - ROARING FORK KITCHEN

7:30am SWELL Team (with Daniel Asher): Make your own pancakes with heritage grains

LECTURE BLOCK SATURDAY MORNING KETTLE CREEK ROOM, ROARING FORK DINING HALL

Time allotted | 8:30-12:45pm |

| Time | Presentations |
|---------------|--|
| 8:25am | Morning Reflection Grain Production: What does it take? |
| 8:30-9:00am | From Grain Trials to CSA Jacob Cowgill, Prairie Heritage Farm, MT |
| 9:05-9:35am | Turkey Red Wheat Demetria Stephens, Stephens Land and Cattle, KS |
| 9:40-10:10am | From Grain to Loaf at Home Ralph Bush |
| 10:10-10:25am | Grain Literacy Break: 10:05-10:25am |
| 10:25-10:40am | Grain Trial Updates Nanna Meyer, Lee-Ann Hill, Mona Esposito Incredible Grains: |
| 10:45-11:30am | The Wild Origin of Grain , Lee De Haan, The Land Institute. KS |
| 11:30-12:15pm | Local, heritage, and organic: The story of the Wong Family Karen Dotson, BKW Farms, AZ The Art & Craft of Milling Heritage Grains |
| 12:15-12:45pm | Milling Ben Butler, Hayden Flour Mills, AZ |

LUNCH - ROARING FORK DINING HALL

Time allotted | 12:45-1:30pm |

BREAKOUT SESSIONS SATURDAY AFTERNOON (HANDS ON BLOCK)

Time allotted | 2pm-5pm | Choose 1

Shuttle leaves Roaring Fork to Farmhouse/Sustain House at 1.45pm)

| |
|---|
| 1. Baking SCHOOL Artisan Bread Baking with Whole Grains: Artisan Bread Baking, Roaring Fork (up) (P) Andre Kempton (Wild Leaven Bakery, Taos, NM) , Shawn Saunders, Michael the Baker |
| 2. Baking SCHOOL, Artisan Pizza, Flatbreads, Naan Baking with Whole Grains: Pizza, Naan, Flatbreads, Roaring Fork (down) (P) Kelly Whitaker (Basta Pizza, Boulder, CO) , Mona Esposito , Russ Saunkeah, Jennie Danfors-Furman |
| 3. Cooking SCHOOL Cooking with Whole Grains: Global Kitchen (P) Daniel Asher (River and Woods, Boulder, CO) , Russel Allen, Hannah Smith |
| 4. Grain Production & Trials: Farmhouse/Sustain house Jacob Cowgill (Prairie Heritage Farm, MT) , Lee-Ann Hill (Laughing Wolf Farm, CO) , John Ellis, Will Frost, Brigid Meints, Dan Hobbs, Demetria Stephens Harvest/Cleaning Kelley Jennings (UCCS Farm) , Ralph Bush, Patrick Hamilton Milling Ben Butler (Hayden Flour Mills, AZ) |

GRAIN SCHOOL PUBLIC FORUM- KETTLE CREEK ROOM, ROARING FORK 6-10PM

Dedicated to Lee Willoughby, founder of the Pikes Peak Region's Ancient Grain Movement

6:00-6:10pm **Introduction & Welcome** Nanna Meyer and Bill McDorman

6:10-6:30pm **Local Food Revolution** Michael Brownlee

6:30-6:45pm **A Conversation with Artisan Bakers, Brewers, Chefs** (Nanna Meyer)

Andre Kempton, Shawn Saunders, Lyn Harwell, Daniel Asher, Chef Russel Allen, Kelly Whitaker, Mona Esposito, Chef Russ Saunkeah, Duncan Sill & Dan Irion

7:00-7:35pm **The Bread Lab & Barley** – Brigid Meints

7:40-8:15pm **The Land Institute & Perennial Grain** – Lee De Haan

8:20-8:55pm **BKW Farms: It's local, organic, and heritage!** – Karen Dotson

9:00-10:00pm **Farmer Panel: Local Grain Revolution** – moderated by Michael Brownlee

Farmers:

Dan Hobbs, Hobbs Family Farm, Avondale, CO

Patrick Hamilton, Venetucci Farm, Colorado Springs, CO

Demetria Stephens, Stephens Ranch and Cattle, Jennings, KS

John Ellis, Longmont, CO

Paul New, White Mountain Farm, Mosca, CO

Will Frost, Frost Farm, Fountain, CO

Jacob Cowgill, Prairie Heritage Farm, Powers, MT

Chris Gosar, Mountain Mama Milling, Monte Vista, CO

Grain School | Day 3

January 15th | Meeting location UCCS Roaring Fork, Kettle Creek Room

BREAKFAST- KETTLE CREEK ROOM, ROARING FORK

7:30am- SWELL

LECTURE BLOCK SUNDAY MORNING, KETTLE CREEK ROOM

Time allotted | 8:30-12:35pm |

| Time | Presentations |
|---------------|--|
| 8.25am | Morning Reflection 8:25am Incredible Grains continued... |
| 8:30-9:15am | Growing Quinoa in the San Luis Valley Paul New, White Mountain Farm, CO |
| 9:20-10:05am | Indigenous Corn Eric Whyte, Ute Mountain, CO |
| 10:15-11:00am | Café Style Grain Discussion with Kelley Jennings (UCCS Farm), Donna LaChey (Hillbilly Farm), Paul New, Eric Whyte Grain Goodies on tables |
| 11:00-11:45am | Gluten Free Eating Margaret Harris, Associate Prof, Health Sciences, UCCS |
| 11:50-12:35pm | Culinary use of Barley Brigid Meints, Bread Lab, WSU |

LUNCH- ROARING FORK DINING HALL

Time allotted | 12:45-1:45pm |

Introduction of meal by Executive Chef and UCCS DHS

WORKSHOP BLOCK SUNDAY AFTERNOON: LOCAL GRAIN REVOLUTION

Time allotted | 2pm-3:45pm |

| Time | Presentations |
|-------------|---|
| 2:00pm | Local Grain Revolution Michael Brownlee |
| 2:30-3pm | Split into topics: Bakers, Brewers, Millers, Chefs, Growers, Educators, Marketing |
| 3-3:15pm | Action Tables with Table Lead communicating group message Grainy Goodies on tables |
| 3:15-3:45pm | Bill & Nanna Reflection & Service Learning 3.15pm Lee-Ann: Grain & Seed Pledge & Evaluations |

HAPPY HOUR AT UCCS CLYDE'S GASTROPUB! BREWING BEER WITH LOCAL GRAIN 4-6PM

Bar Food: Flatbreads, Breads, Rocky Mountain Cheeses, and Farmhouse Pickles; drink ticket provided

Triple S Brewing Company with Steve Stowell

Grain to Glass Barley Project at Taos Mesa Brewing Company, Taos, NM & the Barley Project, Dan Irion and Duncan Sill