

**Kenai Local Food Connection
presents ~**

THE 3RD ANNUAL, BEST EVER

HARVEST MOON

LOCAL FOOD FESTIVAL

August 6-15



2015 PROGRAM

brought to you by our generous sponsors:



as well as donations from local food producers

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Thursday, August 6

3:30-5:30 pm

at the Kenaitze Dena'ina Wellness Center

TALK: The Art of Fermentation

with acclaimed author **Sandor Katz**

Sandor Ellix Katz is a fermentation revivalist. His interest in fermentation grew out of his overlapping interests in cooking, nutrition, and gardening. His books **Wild Fermentation** (2003) and **The Art of Fermentation** (2012), along with the hundreds of fermentation workshops he has taught around the world, have helped to catalyze a broad revival of the fermentation arts. The New York Times calls Sandor, a self-taught experimentalist who lives in rural Tennessee, "one of the unlikely rock stars of the American food scene." **The Art of Fermentation** received a James Beard award, and in 2014, Sandor was honored with the Craig Claiborne Lifetime Achievement Award from the Southern Foodways Alliance. For more information, check out Sandor's website www.wildfermentation.com.

Come learn about the ancient and universal practice of fermentation. Explore the illustrious history of fermented foods and beverages and their integral role in human cultural evolution. Empower yourself with basic fermentation concepts and simple techniques for fermenting these healthful foods in your home.

Be part of the fermentation revival!

Friday, August 7

7-9 pm

at the Kenai Visitors Center

TALK: Fermentation - An Every Day Miracle

with acclaimed author Sandor Katz (see bio prev page)

What exactly is fermentation, and why is it so important? Come learn about how many everyday foods, everywhere, are fermented, and the important practical benefits of this process. Understand how fermentation transforms nutrients in foods, and why certain fermented foods can be so good for us.

Saturday, August 8

11 am-1 pm

at the Soldotna Farmers Market, Kenai Spur & E Corral

CHEF AT THE MARKET: Simple and Delicious

with Ally Bril of Ionia

Ally is a mother of three and accomplished head cook at Ionia, an eco-village on the Kenai Peninsula. From an early age at Ionia, the little boys and girls begin to absorb the art and love of cooking by watching and helping their elders. Growing, harvesting, and preparing food provide the rhythm of life. Ally is known in the community for her healthy delicious meals.

You never knew kale and nappa cabbage could be so amazing! Come and try their flavors for yourself after Ally transforms the glistening fresh greens she finds at the market into simple, delicious dishes.

Monday, August 10

4-6 pm

at the Kenai Peninsula Food Bank

LOCAL BERRY WALK

with UAF Cooperative Extension Service

Where are those luscious berries hidden? Join us for a walk to find the likely spots, learn to identify the best edible berries, and learn about berry plant habits.

6-7:30 pm

at the Kenaitze Dena'ina Wellness Center

FERMENTATION WORKSHOP:

Miso & Shoyu, complete protein from the Orient
with Connor Eller of Ionia

Connor is an amazing chef but his passion is all things fermented. He loves to include wild vegetables in all kinds of pickles – kim-chee, sauerkraut, takuan, brine pickles, koji pickles, and chutneys. He also produces miso, soy sauce, vinegars, ciders, tempeh, and sourdough breads, all prepared community style. He has traveled to Africa and Asia and explored traditional ways of cooking.

You may have enjoyed savory miso soup at an Asian restaurant, with a bit of seaweed and tofu floating in it, or maybe you cook it at home. Join us for a hands-on demonstration of making miso and shoyu (soy sauce) from scratch. Learn how these culinary basics from the Orient are traditionally made, beginning with barley or rice koji, and the important benefits of this process. This class is for the dedicated fermenter.

Tuesday, August 11

FAMILY FARM TOURS:

The Central Peninsula would not be what it is today without the homesteading families that first started farming here in the 1950's. These tours are an opportunity for families with children of any age to visit local farms run by multi-generational farm families, two of which go back to homesteading days! Come on out for one or all three of the tours. The tours will start promptly at the advertised times, so please plan accordingly.

Lancashire Farms, 37075 Nicholas View Ln, Soldotna

Directions: Between Sport Lake Road and Kenai Auto on the Kenai Spur Hwy, turn west on Lancashire Lane. Cross a short section of pavement and stay left on the dirt road. Follow signs for parking.

Tour Times: 11 am-12 pm & 6:45-7:45 pm

Have you ever wanted to see where eggs come from, or meet a sheep, or see how a beehive works? At Lancashire Farms you can experience all of those things. Kids as well as adults will enjoy this up-close look at a working farm that produces eggs, chickens, honey, jam, and woolen products.

CHEF AT THE MARKET 3:30-5 pm

at the Farmers Fresh Market

Kenai Peninsula Food Bank

Stop by to visit with Willow King and try free samples of some of the fresh, tasty treats that she prepares using local organic ingredients and serves at her funky new food truck, Where It's At.

Ridgeway Farms, 5220 Strawberry Road, Kenai

Directions: Take Kenai Spur Hwy to Mile 4.75 between Soldotna and Kenai and turn east on Strawberry Road. Ridgeway Farms is straight ahead on the right.

Tour Times: 12:15-1:15 pm & 5:30-6:30 pm

Ridgeway Farms grows over 45 different types of greens, vegetables, and herbs for their CSA (Community Supported Agriculture) subscription service. Fourth-generation farm kid, Taylor Shelden, and her mom, Nicole, will lead educational activities highlighting where our food comes from.

Jackson Gardens, 48195 John's Road, Soldotna

Directions: Drive 7 Miles past Soldotna towards Homer to Mile 103, Turn left on John's Road. Proceed 1500 feet and park along the road. Jackson Gardens is on the right.

Tour Time: 2-3 pm

At Jackson Gardens, you will see all kinds of plants growing, from berries, apples, and plums, to sweet potatoes and corn, to a rainbow of flowers! The proprietors, Bobbie and Harold Jackson, are a wealth of information and would be happy to answer any questions you might have about growing your own garden. Come and be inspired!

Tuesday, August 11

6-7:30 pm

at the Kenaitze Dena'ina Wellness Center

FERMENTATION WORKSHOP:

Sourdough Basics, natural leavening

with Brandy Nelson

Brandy Nelson is a wife to an amazing husband, Ryan, and the mother of her three favorite children, Daisy, Cole, and Rory. She grew up on her parents' homestead near Kasilof. Her kitchen often looks like a science lab with all the sprouting, fermenting, and food experiments stashed around. Through some health challenges, she became interested in a whole foods diet and discovered the health benefits of natural leavening, also referred to as sourdough. She made her very first sourdough starter from scratch about two years ago and has been baking with it ever since. She now loves teaching sourdough baking to anyone who wants to learn!

Through the fermentation process often referred to as “sourdough” or “natural leavening,” wheat is broken down into a much more digestible food that has many health benefits when consumed, especially when compared to conventionally prepared wheat products. Sourdough starter can be used for making bread, crackers, pancakes and waffles, tortillas, muffins, and so much more. Come and learn the basics of how to start, maintain, and care for sourdough starter. There will also be a few basic recipes provided. Please bring a glass jar or bowl if you would like to bring some sourdough starter home.



Wednesday, August 12

11 am-6 pm

at Soldotna Creek Park

KIDS' DAY

It's Kids Day at the Wednesday Public Market with live music by Hobo Jim and Mike Morgan starting at noon, and Jumpin' Junction's inflatable play structure, all free of charge. The Alaska Marine Conservation Council will be there with the Alaska Seafood Mobile. Starting at 3 pm, they'll be serving up free samples of ciopinno, a classic stew made with fresh Alaska seafood, courtesy of Snug Harbor Seafoods.

The Alaska Marine Conservation Council is a member organization made up of commercial, recreational, and subsistence fishermen. AMCC advocates for resilient coastal communities with thriving working waterfronts, and the healthy marine ecosystems needed to sustain them.

Locally-owned Snug Harbor Seafoods processes and sells wild Alaskan seafood. Their retail store is located at Mile 14.5 K-Beach Road.

Wednesday, August 12

2-7 pm

at Alaska Berries Winery

WINE TASTINGS

over 21 only

During regular business hours (Wednesday-Sunday, 2-7), please open the gate and drive in. Once in the parking area, please close the gate. Call 252-8511 for assistance.

Alaska Berries was the first, and is now the only, winery in the state that is certified as 100% Alaska Grown. They insure the highest quality fruit is picked at its peak of ripeness. You will see the care and consideration that is given to the farm and their unique berry wines at this local estate winery.

6-7:30 pm

at the Kenaitze Dena'ina Wellness Center

FERMENTATION WORKSHOP:

Alaska Ferments, pickling with fish

with Susie Jenkins-Brito

Susie Jenkins-Brito grew up in Alaska hunting, fishing, and gathering. Susie currently resides in Dillingham, Alaska with her husband and their two children. She loves to cook and to spend time outdoors with her family. She also teaches dance and has taught several cooking classes in Dillingham. When she is not doing any of those things, she can usually be found studying since she is attending nursing school. She shares her adventures on her blog at www.setthenet.com.

Pickling salmon is a great way to enjoy local fresh-caught fish. This class will teach you each step of the process. You will learn how to salt the salmon, which vinegars work best, and even how to make your own pickling spice.

Thursday, August 13

6-8 pm

at the Kenaitze Dena'ina Wellness Center

TALK: Human Health and the Microbiome

with Dr. Gary Ferguson, AK Native Tribal Health Consortium

Dr. Gary Ferguson is Aleut/Unangan, originally from the Shumagin Islands community of Sand Point in the Aleutian Region of Alaska. He serves the Alaska Native Tribal Health Consortium (ANTHC) as the Director of Wellness and Prevention and also practices at Avante Medical Center in Anchorage. He completed his Doctorate in Naturopathic Medicine at the National College of Natural Medicine in 2001 and has been working in the Alaska Tribal Health System for the past 14 years. He is co-producer of the Alaska Native Tribal Health Consortium Store Outside Your Door Initiative (www.storeoutside.com), addressing food and nutrition security for the First People of Alaska.

Recent research has been showing a strong connection between overall health and our microbiome (the microbial communities that live in and on our bodies). In this talk, Dr. Gary will share the latest research, along with practice-based evidence from a variety of systems of knowledge on how our healthy microbiome relates to our wellbeing.

Friday, August 14

6-6:30 pm

at the Kenaitze Dena'ina Wellness Center

FERMENTATION WORKSHOP:

Cucumber Pickles for Kids

with Eve, Ellen, and Rosalie of Ionia

These kids love to cook and eat simple whole foods, especially crisp-sour-juicy pickles straight from the jar.

Bring the kids to learn how to make the simplest pickles ever with cucumbers and dill fresh from local gardens. Everyone will help cut cucumbers and bring their own jar home to ferment. All ages welcome.

6:30-8 pm

at the Kenaitze Dena'ina Wellness Center

FERMENTATION WORKSHOP:

Kraut & Kimchee

with Connor Eller of Ionia

Connor is an amazing chef but his passion is all things fermented. He loves to include wild vegetables in all kinds of pickles – kimchee, sauerkraut, takuan, brine pickles, koji pickles, and chutneys. He also produces miso, soy sauce, vinegars, ciders, tempeh, and sourdough breads, all prepared community style. He has traveled to Africa and Asia and explored traditional ways of cooking.

Become brave and experimental with lactic acid ferments! There are wonderful sweet, crisp, and spicy pickles waiting to be prepared from the bounty of your garden. Connor will guide you through how to pickle all kinds of vegetables as you prepare your own jar to ferment at home.

Saturday, August 15

10 am

at the Orca Theater on K-Beach Road

FILM: Seeds of Time

A perfect storm is brewing as agriculture pioneer Cary Fowler races against time to protect the future of our food. Seed banks around the world are crumbling, crop failures are producing starvation and rioting, and the accelerating effects of climate change are affecting farmers globally. With little time to waste, Fowler embarks on passionate and personal journey that may save the one resource we cannot live without: our seeds.

Admission: 2 cans of food for the Kenai Peninsula Food Bank.

2-4 pm

at the Kenaitze Dena'ina Wellness Center

FERMENTATION WORKSHOP:

Tasty Tempeh, a Southeast Asian soybean delicacy with Ally Bril of Ionia

Ally is a mother of three and accomplished head cook at Ionia, an eco-village on the Kenai Peninsula. From an early age at Ionia, the little boys and girls begin to absorb the art and love of cooking by watching and helping their elders. Growing, harvesting, and preparing food provide the rhythm of life. Ally is known in the community for her healthy delicious meals.

Tempeh is a unique treat that is originally from Indonesia. It is high in protein, highly digestible, and rich in vitamin B12 and minerals. It also lowers cholesterol and blood sugar, and is versatile and delicious. Learn how to prepare tempeh from start to finish in this class. You can taste samples, as well as take some home to ferment and cook.

Kenai Local Food Connection

*Our mission is to support local food
by fostering healthy eating.*

About Us

The Kenai Local Food Connection is a grassroots group of local food advocates, growers, parents, cooks, and friends. Some of us also work in positions dedicated to food and health. We are forging connections within our community to increase access to local foods and knowledge about healthy eating. Our efforts grow each year in support of food security and health in the communities of Kenai, Soldotna, Kasilof, Sterling, and Nikiski.

*sign up for our newsletter:
kenailocalfood@gmail.com*

The Issue

Alaska currently imports 98% of our food. This means we could run dangerously low on food in an emergency, which is not good for our health or economy. However, the local food movement is alive and well, right here on the Kenai Peninsula! Whether it's 100 people each growing one cabbage in their back yard, or one farmer growing 100 cabbages, or people making those cabbages into sauerkraut, food security in Alaska is increasing. Barley farmers in Delta Junction are creating niche markets for their crop, and local brewers and fishermen are growing their businesses for their children - all of these efforts add to the movement. It is quite possible to grow almost all that we need right here in Alaska, once the will is there to do it. Let's grow the 2% of our food sourced locally to 3% and eventually all the way to 100%, one meal at a time!

www.kenailocalfood.org
LIKE us on  *kenailocalfood*