

**Wednesday, October 22nd**

**Lander Public Library**

*200 Amoretti St.*

Time	Carnegie Room
6:00-7:00pm	<b>THINK FILM FEST: Screening of PBS's <i>Farm to Fork Wyoming</i> Episode "School Lunch"</b> With discussion hosted by <i>Wind River Farm to Plate</i> <i>Carnegie Room</i>
7:30-9:00pm	<b>THINK FILM FEST: Screening of "Seeds of Time"</b> <i>Carnegie Room</i>
9:00-10:00pm	Join Rose Burke for follow up discussion @ <i>Cowfish Bar</i>

\* *Think Film Fest is free and open to the public*

**Thursday, October 23rd**

**Lander Library & Downtown Lander**

Time	Lander Public Library <i>200 Amoretti St.</i>	Around Lander
4:00-5:00pm	<b>KIDS AFTER SCHOOL PROGRAM: Sally Soil and her Mother Earth Oven</b> , for school aged kids <i>Little Theater</i>	Participants are encouraged to explore local food offerings around Lander such as GFB Burgers at the Gannet Grill or Beef Breseola at SEGO or sample the Microbrews at the Cowfish
5:00-6:00pm		<b>Kundalini Yoga with Annie Reber</b> All levels are welcome. Mats and props provided. @ <i>Ananda Yoga Studio (378 Main St.)</i>
6:00-7:00pm	<b>THINK FILM FEST: Screening of "The Greenhorns"</b> <i>Carnegie Room</i>	<b>Wyoming Beef Tasting Event with LocalFest Keynote Speakers</b> @ <i>Middle Fork Restaurant (351 Main St.)</i> Hosted by Will Winter and Steve Campbell- Enjoy local beef appetizers created by the Middle Fork as Will and Steve discuss the fine points that influence flavor and texture in beef. Some aspects include forage, grain or grass finish, butchering and hang time, genetics and nutrition. Meet the ranchers and sample their products as Will demonstrates how not to kill a great steak or burger on the grill! Cash beer and wine bar available. <b>Limited to Taste Comparison ticket holders</b>
7:00-8:30pm	<b>THINK FILM FEST: Screening of "American Meat"</b> <i>Carnegie Room</i>	
8:30-9:30pm	Join Rose Burke for follow up discussion @ <i>Cowfish Bar</i>	

\* *Think Film Fest is free and open to the public*

**Friday, October 24th  
Lander Community Center**

TIME	Room 1	Room 2	Room 3	Room 4	Parking Lot EXPO Space
	Registration, Booths set up all day in the Foyer Hall & Great Room				
8:00-8:50am	YOGA: Sun Salutations with Heidi Weber in the Great Hall (mats provided)				
9:00-9:50am	<b>Rancher Intensive Workshop</b>  Welcome & Introductions  Grazing Management Based on Four Ecosystem Processes Part 1 Jim Gerrish	<b>Farm to School and More- A Report From the Big Horn Basin:</b> Jeremy Smith, <i>Sheridan County School District 1</i> & Remy Cline, <i>Big Horn Economic Development</i>	<b>Renewable Energy in Wyoming</b> Donn Randall <i>Wyoming Business Council</i>	<b>Guidelines &amp; Requirements for Selling Non-Potentially Hazardous Foods</b> Stephanie Styvar <i>Wyoming Dept. of Ag.</i>	
10:00-10:50am		<b>Growing Food and Leaders Across Wyoming's Cultural Divide</b> Gail Woodsum, <i>Albany County's Feeding Laramie Valley</i> & Dr. Sutton, <i>Blue Mountain Associates of the Wind River Indian Reservation</i>	<b>Saving Your Own Seeds</b> Mae Smith <i>UWyo. Extension</i>	<b>Food Inspection and Licensing Requirements</b> Stephanie Styvar <i>Wyoming Dept. of Ag.</i>	
11:00-11:50am	<b>Grazing Management Based on Four Ecosystem Processes Part 2</b> Jim Gerrish		<b>Nature's Mineral Manual</b> Will Winter, DVM <i>Grassfarmer Supply</i>	<b>Niche Markets for the Urban CSA</b> Annie Scott <i>Butter Bean Greens</i>	
Lunch 11:00am-2:00pm	COWBELLES OFFER BEEF BRISKET FOR SALE ON THE DECK- \$5 (OR INSIDE DEPENDING ON WEATHER)				
1:00-1:50pm	<b>Rancher Intensive Workshop</b>  Selecting Cattle for Functional Efficiency & Profitability Steve Campbell	<b>Triple Crown Commodities: The Online Farmer's Market</b> Scott Zimmerman <i>Rocky Mnt. Farmer's Union</i>	<b>Understanding the Role of Good Microbes on the Ranch and in the Belly</b> Will Winter, DVM <i>Grassfarmer Supply</i>	<b>What Organic Meats Mean to Consumers &amp; Why Producers Should Respond to Demand</b> Rod Morrison <i>Rocky Mountain Cuts</i>	<b>Soils Table Presentation</b> NRCS team
2:00-2:50pm		<b>Laramie's Big Hollow Food Co-Op</b> Marla Peterson <i>Big Hollow Co-op</i>	<b>You and Your Banker: Wyoming Agriculture &amp; Small Businesses</b> Bryan Neely <i>CB&amp;T</i>	<b>Raising Pastured Poultry</b> Hudson Hill <i>UWyo. Extension</i>	<b>Dutch Oven Cooking Demo</b> Jack Schmidt
3:00-3:50pm	<b>Three Biggest Lies in Livestock Medicine</b> Will Winter	<b>Building the Local Food Bridge to Schools, Restaurants &amp; Food Services</b> Brook Brockman <i>Wyoming Dept. of Ag.</i>			<b>Mobile Processing Unit Demo</b> Steve Doyle
4:00-4:50pm		<b>Local Food Advocacy Panel Discussion</b> Speakers TBA	<b>Health Benefits of Grass Fed Meat &amp; Dairy Products</b> Steve Campbell <i>Tailor Made Beef</i>		
5:00-8:30 pm	<b>GALA SUPPER</b> <i>FOR GALA TICKET HOLDERS ONLY</i>				

**Saturday, October 25th  
Lander Community Center**

Morning	Room 1	Room 2	Room 3	Community Center Kitchen	Parking Lot EXPO Space
Registration, Vendor Booths are set up all day in the Foyer Hall & Great Room					
8:00-8:50am YOGA: All Levels Flow with Gina Clingerman in the Great Hall (mats provided)					
9:00-9:50am	<b>Rancher Intensive Workshop</b>	<b>Beekeeping Workshop</b> Chris Thompson <i>Spinjack Farms</i>	<b>Specialty Crops and Hoop House</b> Ted Craig <i>Wyoming Dept. of Ag.</i>	<b>Nutrient Dense Cooking with Veggies and Grains</b> Mary Joyner Greene	<b>Mobile Processing Unit Demo</b> Steve Doyle & Jack Schmidt
10:00-10:50am	Toxins Out, Minerals In: Just For the Health of It Steve Campbell	<b>Beehive Construction Demo</b> Chris Thompson <i>Spinjack Farms</i>	<b>Starting Plants Indoors &amp; Seed Saving</b> Jennifer Thompson <i>Barnyards &amp; Backyards</i>		<b>Kid Friendly Cooking - Fun for Kids in the Kitchen</b> Anna Smedts & Stephanie Oland
11:00-11:50am	<b>Grazing Cell Layout &amp; Design</b> Jim Gerrish		<b>Food As Medicine</b> Will Winter DVM <i>Grassfarmer Supply</i>		
12:00-12:50pm LUNCH BREAK					
1:00-1:50pm	<b>Rancher Intensive Workshop</b>	<b>Unconventional, But Tried and True WY Gardening Methods</b> Sue Schamel	<b>Toxins Out, Minerals In: For the Health Of It</b> Steve Campbell <i>Tailor Made Beef</i>	<b>Getting the Most from your Cow Share from the Butcher</b> Hudson Hill & Bridger Feuz <i>UWyo. Ag. Extension</i>	<b>Lander Arts Center hosts an interactive kids crafts table</b> <i>(In Foyer Hall)</i>
2:00-2:50pm	<b>Understanding the Role of Good Microbes on the Ranch and in the Belly</b> Will Winter	<b>More Unconventional, But Tried and True WY Gardening Methods</b> Sue Schamel	<b>100 Years in Red Canyon a Local Ag Ecosystem</b> Nan Slingerland, Jack States & Karen Mott, <i>Spear S Ranch</i>		
3:00-3:50pm	<b>Question &amp; Answer Session</b> Jim Gerrish Steve Campbell Will Winter		<b>The Family Dairy Cow or Goat</b> Hudson Hill <i>UWyo. Ag. Extension</i>		
4:00-4:50pm		<b>The Health Benefits and History of Raw Milk</b> Curtis Haderlie & Martha Berkesch <i>Weston A. Price Foundation</i>	<b>A Progressive Step Backward</b> Mike Ridenour <i>Meadow Maid Foods</i>	<b>Cooking with Legumes</b> Diane Saenz <i>UWyo. Extension</i>	<b>Pairing Food &amp; Brews: Focus on Thai Food</b> <b>Nate of Lander Brewing Co. offers tasting and microbrew pairing insight for meals</b> <b>(in Bar Area)</b>
5:00-5:50pm	<b>Panel Discussion: Beef Production for the Local Market</b> Speakers TBA	<b>Dairy Herdshares and Raw Milk in Wyoming Panel Discussion</b> Speakers TBA			
6:30-8:00pm Wrap Up Party @ Lander Bar					

**Sunday, October 26th  
Downtown Lander & Farm Tour**

<b>Time</b>	<b>Lander Bake Shop</b>	
9:00am-10:30am	<p align="center"><b>Taking It Home--Post Conference Wrap Up Session</b>            All LocalFest participants along with educators, panelists, policy makers and advocates are welcome to join us for this "Taking it Home" conversation about the role that each of us have in preserving and enhancing our Wyoming food economy from the grocery store to the Statehouse.  <b>Meet at Lander Bake Shop</b>  <i>265 Main Street in the Bossert Building</i></p>	
10:30am-11am	<p align="center"><b>Participants meet in the Bossert Building parking lot for Farm Tour or Tour d'Coop</b>            Carpool to Spear S Farm &amp; Ranch in Red Canyon            Tour d'Coop begin and end here</p>	
11am-2:30pm	<p align="center"><b>Farm &amp; Ranch Tour at Spear S Farm &amp; Ranch</b>            Hosted by Nan Slingerland and Karen Mott</p>	<p align="center"><b>Lander Tour d'Coop with Lander Running Club</b></p>
3:00pm	<p align="center"><b>End of festivities</b></p>	