



PROGRAM SCHEDULE | MARCH 2010

Faculty and session titles subject to change

Thursday, March 18

Optional Pre-Conference Events

12:00 PM ***Ehlers Estate Winery Tour & Lunch***

(\$75, pre-registration required)

Plan to arrive at Ehlers Estate (3222 Ehlers Lane, St. Helena, CA) by 12PM for a fun, educational event that will include a festive lunch, structured wine tastings, and an overview of the certified organic and biodynamic agricultural practices of this unique estate winery in the heart of Napa Valley that gives 100% of its profit to fund cardiovascular research.

12:15 PM ***An Insider's Tour of Select Napa Valley Wineries***

(\$50, pre-registration required)

Plan to arrive at the CIA between 12:15 and 12:30 PM for registration in the Atrium (1st floor) of the CIA at Greystone for behind-the-scenes tours of select Napa Valley wineries. Winery tour buses will board at 12:45 PM for departure at 1PM. Buses will return to the CIA by 4PM.

1:30 PM ***Knife Skills Workshop***

(\$85, pre-registration required)

Plan to arrive at the CIA between 1:30 and 1:45 PM for registration in the Atrium (1st floor) of the CIA at Greystone for this two-hour workshop on knife skills.

4:00 PM **Registration Opens**

CIA at Greystone Atrium (1st floor)

5:00 PM

Plenary Session I

Ventura Foods Center for Menu Research & Development (3rd floor)

Opening Remarks (15 minutes)

Healthy Kitchens, Healthy Lives: Welcome & Orientation

Presenters: **Charles Henning** (CIA)
 Greg Drescher (CIA)
 David Eisenberg, MD (Harvard)

Presentation (15 minutes)

Healthy Kitchens, Healthy Lives: Inspiration from World Kitchens

Presenter: **Amy Myrdal Miller, MS, RD** (CIA)

Culinary Presentations/Demonstrations

Exploring World Kitchens: New Inspiration for Vegetable Cookery

Moderator: **Amy Myrdal Miller, MS, RD** (CIA)

The California Produce Kitchen: Savory and Sweet Ideas (10 minutes)

Culinary Presenter: **John Ash** (chef, author, consultant)

The Italian Vegetable Kitchen: Inspiration for Beans & Greens (10 minutes)

Culinary Presenter: **Joyce Goldstein** (chef, cookbook author, consultant)

The Indian Spice Kitchen: Making Vegetables Craveable (10 minutes)

Culinary Presenter: **Suvir Saran** (chef, cookbook author, consultant)

Entertaining at Home: Quick & Easy Vegetable-Based Appetizers (10 minutes)

Culinary Presenter: **Billy Strykowski** (executive chef, *Cooking Light*)

6:30 PM

Reception and Exhibition Open

Historic Barrel Room (2nd floor)

Exploring a World of Healthy Flavors

The reception and exhibition is a walk-around event featuring healthy foods from Mediterranean, Asian, Latin American, and contemporary American kitchens prepared by the chefs of The Culinary Institute of America.

*** Experience suggests that this can easily serve as your evening meal.*

7:30 PM

Reception and Exhibition Close

*** If you choose to go out for dinner, please make reservations for 8:00 PM or later.*

Find links to popular Napa Valley restaurants at www.healthykitchens.org

Friday, March 19

- 7:00 AM** **Registration Opens**
CIA at Greystone Atrium (1st floor)
- Napa Valley Breakfast Buffet**
Ventura Foods Center for Menu Research & Development (3rd floor)
- 8:00 AM** **Plenary Session II**
Ventura Foods Center for Menu Research & Development (3rd floor)
- Presentation (45 minutes)*
Healthy Kitchens for Healthy Lives: Taking up the Challenge, Bridging Communities of Stakeholders
Presenter: **David Eisenberg, MD** (Harvard)
- 9:00 AM** **Plenary Session III**
Ventura Foods Center for Menu Research & Development (3rd floor)
- Presentation (50 minutes + 10 minutes for Q&A)*
What We Know About Opportunities to Optimize Our Diets
Presenter: **Walter Willett, MD, DrPH** (Harvard School for Public Health)
- 10:00 AM** **Stretch Break and Healthy Snack Tasting**
Ventura Foods Center for Menu Research & Development (3rd floor)
- 10:30 AM** **Plenary Session IV**
Ventura Foods Center for Menu Research & Development (3rd floor)
- Presentation (30 minutes)*
Principles and Strategies for Healthy Cooking: A Toolkit of Ideas
Presenter: **Scott Samuel** (CIA)
- Culinary Presentation/Demonstration (45 minutes)*
Whole Grains & Legumes: Ideas for Quick, Healthful Meals
Moderator: **Amy Myrdal Miller, MS, RD** (CIA)
Culinary Presenters: **Billy Strynkowski** (executive chef, *Cooking Light*)
 Joyce Goldstein (chef, cookbook author, consultant)
 Suvir Saran (chef, cookbook author, consultant)
 John Ash (chef, cookbook author, consultant)

- 11:45 AM** **Plenary V**
Ventura Foods Center for Menu Research & Development (3rd floor)
- Principles and Strategies for Healthy Cooking, Part II: A Focus on Healthy Carbohydrates***
Moderator: **David Eisenberg, MD** (Harvard)
- Presentation (40 minutes)*
Translating the Science on Glycemic Index and Glycemic Load: Advising Patients About Healthy Carbohydrates
Presenter: **Helen Delichatsios, MD** (Harvard Medical School)
- Presentation (20 minutes)*
Helping Patients Overcome the Challenges of Choosing Healthy Carbohydrates
Presenter: **Kathy McManus, MS, RD, LDN** (Brigham & Women’s Hospital)
- Culinary Presentation/Demonstration (15 minutes)*
Healthy Carbohydrates: Whole Grain Couscous as Inspiration
Presenter: **David Eisenberg, MD** (Harvard)
- 1:00 PM** **Seated Lunch**
Herb Terrace (front of Greystone)
- A “See One, Taste One” Lunch***
This seated lunch will include foods from the Thursday evening and Friday morning culinary demonstrations so attendees will get a chance to taste the demonstrated recipes...and hopefully then teach someone else how to make and enjoy them!
- 2:00 PM** **Optional Fitness Walking Tour of the Greystone Campus**
Meet at the front doors of Greystone for a 25-minute walk around the campus
Presenter: **Daniel Rooks, PhD** (Novartis)
- 2:30 PM** **Plenary VI**
Ventura Foods Center for Menu Research & Development (3rd floor)
- Presentation (50 minutes + 10 minutes for Q&A)*
Plant-based Foods, Longevity & Prevention of Chronic Disease and Deconstructing Popular Weight Loss Diets
Presenter: **Eric Rimm, PhD** (Harvard School for Public Health)
- Presentation (30 minutes)*
Creating the Perfect Plate
Presenter: **Mollie Katzen** (author)
- 4:00 PM** **Stretch Break and Healthy Snack Tasting**
Ventura Foods Center for Menu Research & Development (3rd floor)

4:30 PM

Plenary Session VII

Ventura Foods Center for Menu Research & Development (3rd floor)

Principles and Strategies of Healthy Cooking, Part III: A Focus on Fast, Healthful Meals That Answer the Question “What’s for Dinner?”

Moderator: **Amy Myrdal Miller** (CIA)

Culinary Demonstrations (45 minutes)

30-Minute Meals...in 15 Minutes or Less!

Presenters: **John Ash** (chef, author, consultant)

Patrick Clark (CIA)

David Eisenberg, MD (Harvard)

5:15 PM

Plenary Session VIII: Keynote Address

Ventura Foods Center for Menu Research & Development (3rd floor)

Presentation & Culinary Demonstration

Expanding the Palates and Horizons of Younger Consumers through Authentic Flavors, Sustainable Ingredients, and Education

Presenter: **Olivia Wu** (Executive Chef, Google)

6:00 PM

Program Concludes for the Day

***** Enjoy dinner on your own in the Napa Valley. Please make reservations for 6:30 PM or later. Find links to popular restaurants at www.healthykitchens.org***

Saturday, March 20

7:00 AM **Napa Valley Breakfast Buffet**
Ventura Foods Center for Menu Research & Development (3rd floor)

8:00 AM **KITCHEN SESSIONS AND WORKSHOPS**
There are three blocks of time for hands-on cooking opportunities scheduled for Saturday and Sunday. These sessions will give everyone attending the conference a chance to have a hands-on kitchen experience working alongside a CIA chef-instructor. Workshops are also being offered which, while not hands-on, focus on ingredients, tastings, techniques, demonstrations, and practical culinary strategies as well as counseling techniques that promote more healthful eating.

KITCHEN SESSIONS: BLOCK 1

Viking Kitchen (1st Floor) & Teaching Kitchens (3rd Floor)

Inside the Healthy Kitchen: New Skills for Healthier Lives

These hands-on sessions are intended to introduce attendees to the skills necessary to prepare several representative dishes from each of the food categories listed below.

A-1 *Cool Salads and Creative Dressings*
Chef Instructor: **Toni Sakaguchi (CIA)**

B-1 *Whole Grain Additions to Every Meal*
Chef Instructor: **Tucker Bunch (CIA)**

C-1 *Vegetables—Inspiration from World Cuisines*
Chef Instructor: **Thomas Wong (CIA)**

D-1 *Healthy Protein Cooking Made Easy*
Chef Instructor: **Patrick Clark (CIA)**

E-1 *Healthy Cooking with Nuts & Legumes*
Chef Instructor: **Victor Scargle (CIA)**

F-1 *Fruit-Based Soups, Salads, Sauces & Smoothies*
Chef Instructor: **Scott Samuel (CIA)**

WORKSHOPS: BLOCK 1

Various campus locations

Workshop I

Ecolab Theater (1st floor next to the registration area)

Spices, Herbs & Aromatics: Exploring Health and Culinary Benefits

Presenters: **Amy Myrdal Miller, MS, RD (CIA)**
Suvir Saran (chef, author, consultant)

Interest in and use of culinary spices and herbs is growing in this country. This workshop begins with a look at the evidence to support nutrition and health benefits of a variety of spices, herbs, and aromatics. The guest chef then leads participants through a tasting of spices, herbs, and aromatics as ingredients and as part of finished sauces. The chef will also demonstrate the use of a variety of spices, herbs, and aromatics, and provide practical advice on selecting, storing, and cooking with these flavorful ingredients.

Workshop II

Ventura Foods Center for Menu Research & Design (3rd floor)

Healthy Flavors of the Mediterranean: Ingredients and Flavor Dynamics

Presenters: **Kathy McManus, MS, RD, LDN (Brigham & Women's Hospital)**
Bill Briwa (CIA)

The traditional Mediterranean diet is associated with reduced risk of chronic disease. This workshop begins with an overview of the traditional and contemporary Mediterranean diets, including evidence showing how following a Mediterranean-style eating pattern can be an effective weight loss/management strategy. Participants then get to enjoy interactive culinary demonstrations and tastings of Mediterranean ingredients and dishes.

Workshop III-A

DeBaun Theater (1st floor, behind the campus book store)

Memorable Starts: Building a Better Breakfast

Presenters: **Connie Guttersen, RD, PhD (CIA)**
Billy Strykowski (executive chef, Cooking Light)

Breakfast eaters tend to eat more healthful diets, including consuming more fruits, vegetables, and fiber. This workshop starts with a discussion of the nutrition, health, and weight management benefits of breakfast. Breakfast "makeover" strategies are presented, including how to improve the carbohydrate quality of the typical breakfast (e.g. whole grain cereals, breads, etc.). Practical ideas are presented for a

multitude of healthy breakfasts, including “grab & go” breakfasts for hectic workday mornings, as well as ideas for leisurely weekend brunches.

Workshop IV-A

Williams Flavor Discovery Center (next to the front gates of Greystone)

Mastering Healthy Marinades and Grilling Techniques

Presenters : **Vicki Saunders, MS, RD** (St. Helena Center for Health)
John Ash (chef, cookbook author, consultant)

Grilling is growing in popularity as a cooking technique, but many are concerned about the health effects of grilling meat (e.g., production of heterocyclic amines [HCAs]). This workshop begins with a discussion of the pros and cons of grilling as a cooking technique, including an examination of the data showing the benefits of marinating meat. The guest chef then discusses recipes for marinating various foods, and demonstrates indoor and outdoor grilling techniques for meat, seafood, vegetables, and fruit.

10:00 AM **Break / Time to Walk Back to Ventura Center**

10:15 AM **Plenary Session IX**

Ventura Foods Center for Menu Research & Development (3rd floor)

The Other Pillars of Change: Physical Activity and Mindfulness as Prerequisites to Weight Management and Healthy Lifestyles

Moderator: **David Eisenberg, MD** (Harvard)

Presentation (50 minutes + 10 minutes for Q&A)

Munching with Mindfulness: Getting Nourished and Nurtured

Presenter: **Mark Abramson, DDS** (Stanford University Medical Center)

Presentation (50 minutes + 10 minutes for Q&A)

Physical Activity: How Do You and Your Patients Get Moving?

Presenter: **Daniel Rooks, PhD** (Novartis)

12:15 PM **Tasting Lunch, Exhibition, and Author Book Signing**

Historic Barrel Room (2nd floor)

Exploring a World of Healthy Flavors

The tasting lunch and exhibition is a walk-around event featuring healthy foods from Mediterranean, Asian, Latin American, and contemporary American kitchens prepared by the chefs of The Culinary Institute of America.

“Meet the Authors”

The following conference nutrition and culinary faculty will be signing books during this time. Books will be available for purchase in the Barrel Room during the book signing; at other times, attendees may purchase books in the campus store.

- **John Ash**, author of From the Earth to the Table
- **Joyce Goldstein**, author of Mediterranean Fresh and Tapas
- **Mollie Katzen**, author of The Vegetable Dishes I Can't Live Without
- **Suvir Saran**, author of American Masala and Indian Home Cooking
- **Walter Willett**, author of Eat, Drink & Be Healthy; Eat, Drink & Weigh Less; and The Fertility Diet

1:15 PM **Dark Chocolate, Fruit & Nut Dessert Buffet**
Ventura Foods Center for Menu Research & Development (3rd floor)

1:30 PM **Plenary Session X**
Ventura Foods Center for Menu Research & Development (3rd floor)

Informing & Inspiring Our Patients: Strategies & Resources for Clinicians, Part I
Moderator: **David Eisenberg, MD** (Harvard)

Presentation (20 minutes)

Nutrition Assessment & Motivational Interviewing

Presenter: **Kathy McManus, MS, RD, LDN** (Brigham & Women's Hospital)

Presentation (40 minutes + 10 minutes for Q&A)

Advising the Primary Care Patient: Dietary Supplements & Chocolate

Presenter: **Helen Delichatsios, MD** (Harvard Medical School)

Culinary Demonstration (15 minutes)

The Healthy Dessert Pantry: Creating Fabulous Desserts with Chocolate, Fruit, Nuts, Healthy Oils, and Whole Grains

Presenter: **Stephen Durfee** (CIA)

3:00 PM **Break and Healthy Snack Tasting**
Ventura Foods Center for Menu Research & Development (3rd floor)

3:15 PM

KITCHEN SESSIONS AND WORKSHOPS

KITCHEN SESSIONS: BLOCK 2

Viking Kitchen (1st Floor) & Teaching Kitchens (3rd Floor)

A-2 Cool Salads and Creative Dressings

Chef Instructor: **Toni Sakaguchi** (CIA)

B-2 Whole Grain Additions to Every Meal

Chef Instructor: **Tucker Bunch** (CIA)

C-2 Vegetables—Inspiration from World Cuisines

Chef Instructor: **Thomas Wong** (CIA)

D-2 Healthy Protein Cooking Made Easy

Chef Instructor: **Patrick Clark** (CIA)

E-2 Healthy Cooking with Nuts & Legumes

Chef Instructor: **Victor Scargle** (CIA)

F-2 Fruit-Based Soups, Salads, Sauces & Smoothies

Chef Instructor: **Scott Samuel** (CIA)

WORKSHOPS: BLOCK 2

Workshop IV-B

Williams Flavor Discovery Center (next to the front gates of Greystone)

Mastering Healthy Marinades and Grilling Techniques

Presenters : **Vicki Saunders, MS, RD** (St. Helena Center for Health)
John Ash (chef, cookbook author, consultant)

Grilling is growing in popularity as a cooking technique, but many are concerned about the health effects of grilling meat (e.g., production of heterocyclic amines [HCAs]). This workshop begins with a discussion of the pros and cons of grilling as a cooking technique, including an examination of the data showing the benefits of marinating meat. The guest chef then discusses recipes for marinating various foods, and demonstrates indoor and outdoor grilling techniques for meat, seafood, vegetables, and fruit.

Workshop V

Ecolab Theater (1st floor next to registration area)

Wine: The Latest Research on the Health Impacts plus a Guided Tasting

Presenters: **Eric Rimm, ScD** (Harvard School of Public Health)
John Buechsenstein (CIA)

Wine consumption in the United States has risen 30% in the past decade, and the nation has overtaken Italy as the #2 consumer of wine, second only to France. As the title suggests, this workshop provides an overview of the science regarding the health impact of moderate alcohol consumption, including wine, beer, and spirits. The workshop ends with a guided tasting of six wines.

Workshop VI

Ventura Foods Center for Menu Research & Development (3rd floor)

Nutrition from the Ground Up: Cooking with Plant-Based Foods

Presenters: **Connie Guttersen, RD, PhD** (CIA)
Almir Da Fonseca (CIA)

Traditional, plant-based diets from Asia, Latin America, and the Mediterranean are associated with longevity and decreased risk of chronic disease. This workshop focuses on the nutrition, health, and culinary merits of plant-based foods. Phytochemical research is reviewed, and popular marketing terms like “Super Foods” are addressed. Numerous recipes and cooking techniques are demonstrated to show how versatile, convenient, and delicious plant-based foods can be in today’s home kitchen.

Workshop VII

DeBaun Theater (1st floor, behind the campus store)

Children’s Nutrition: Getting Kids (and their Parents) Interested in Good Nutrition and Great Food

Presenters: **Sanna Delmonico, MS, RD** (author, consultant, instructor)
Joyce Goldstein (chef, author, consultant)
Adam Goldstein (aspiring chef)

Children’s nutrition begins at home. This workshop starts with a discussion of developmental stages, challenges, and strategies for introducing new foods to children, how children perceive new, especially bitter flavors, the roles of parents versus children, and how to help parents avoid food battles. The chefs then demonstrate healthy, appealing recipes kids can help shop for and prepare. Participants will get to taste some of the items prepared by the chefs.

Workshop VIII-A

Rudd Center for Professional Wine Studies (first floor classroom)

Catalyzing Communities to Prevent Childhood Obesity (Part I)

Applying Research Principles to Healthy Kitchens-like Projects (Part II)

Presenters: **Elizabeth Nahar, MSW, MBA** (Tufts University School of Nutrition)
David Eisenberg, MD (Harvard)

Childhood obesity is one of the greatest public health threats that we face today. This workshop will explore how researchers and practitioners in the field are fighting this epidemic. Workshop attendees will learn about some of the cutting edge research in the field, particularly looking at multi-level, community based interventions that show promising results. Participants will also learn about strategies that they themselves can employ as change agents in their own communities.

5:15 PM

Program concludes for the evening

**** Enjoy dinner on your own in the Napa Valley. Please make reservations for 6:00 PM or later. Find links to popular restaurants at www.healthykitchens.org**

Sunday, March 21

7:30 AM **Napa Valley Breakfast Buffet**
Ventura Foods Center for Menu Research & Development (3rd floor)

8:30 AM **Plenary XI**
Ventura Foods Center for Menu Research & Development (3rd floor)
Informing & Inspiring Our Patients: Strategies & Resources for Clinicians, Part II
Moderator: **David Eisenberg, MD** (Harvard)

Presentation (20 minutes)
Healthy Eating in Restaurants: Practical Tips & Strategies
Presenter: **Connie Guttersen, RD, PhD** (CIA)

Presentation (50 minutes)
Clinical Pearls for Transforming Lives
Presenter: **Heather Peña, MD** (St. Helena Center for Health)

Presentation (10 minutes)
Transforming Lives: A Patient's Perspective
Presenter: **Patty Brown**

10:00 AM **Break / Time to Walk to Kitchen Sessions and Workshops**

10:15 AM **KITCHEN SESSIONS AND WORKSHOPS**

KITCHEN SESSIONS: BLOCK 3
Viking Kitchen (1st Floor) & Teaching Kitchens (3rd Floor)

A-3 ***Cool Salads and Creative Dressings***
Chef Instructor: **Toni Sakaguchi** (CIA)

B-3 ***Whole Grain Additions to Every Meal***
Chef Instructor: **Tucker Bunch** (CIA)

C-3 ***Vegetables—Inspiration from World Cuisines***
Chef Instructor: **Thomas Wong** (CIA)

D-3 ***Healthy Protein Cooking Made Easy***
Chef Instructor: **Patrick Clark** (CIA)

E-3 Healthy Cooking with Nuts & Legumes
Chef Instructor: **Victor Scargle (CIA)**

F-3 Fruit-Based Soups, Salads, Sauces & Smoothies
Chef Instructor: **Scott Samuel (CIA)**

WORKSHOPS: BLOCK 3

Workshop III-B

DeBaun Theater (1st floor, behind the campus book store)

Memorable Starts: Building a Better Breakfast

Presenters: **Connie Guttersen, RD, PhD (CIA)**
Billy Strynkowski (executive chef, *Cooking Light*)

Breakfast eaters tend to eat more healthful diets, including consuming more fruits, vegetables, and fiber. This workshop starts with a discussion of the nutrition, health, and weight management benefits of breakfast. Breakfast “makeover” strategies are presented, including how to improve the carbohydrate quality of the typical breakfast (e.g. whole grain cereals, breads, etc.). Practical ideas are presented for a multitude of healthy breakfasts, including “grab & go” breakfasts for hectic workday mornings, as well as ideas for leisurely weekend brunches.

Workshop IV-C

Williams Flavor Discovery Center (next to the front gates of Greystone)

Mastering Healthy Marinades and Grilling Techniques

Presenters : **Vicki Saunders, MS, RD** (St. Helena Center for Health)
John Ash (chef, cookbook author, consultant)

Grilling is growing in popularity as a cooking technique, but many are concerned about the health effects of grilling meat (e.g., production of heterocyclic amines [HCAs]). This workshop begins with a discussion of the pros and cons of grilling as a cooking technique, including an examination of the data showing the benefits of marinating meat. The guest chef then discusses recipes for marinating various foods, and demonstrates indoor and outdoor grilling techniques for meat, seafood, vegetables, and fruit.

Workshop VIII-A

Rudd Center for Professional Wine Studies (first floor classroom)

Catalyzing Communities to Prevent Childhood Obesity

Presenter: **Elizabeth Nahar, MSW, MBA** (Tufts University School of Nutrition)

Childhood obesity is one of the greatest public health threats that we face today. This workshop will explore how researchers and practitioners in the field are fighting this epidemic. Workshop attendees will learn about some of the cutting edge research in the field, particularly looking at multi-level, community based interventions that show promising results. Participants will also learn about strategies that they themselves can employ as change agents in their own communities.

Workshop IX

Ecolab Theater (first floor)

Menu Planning on a Budget: Creating Memorable Meals for Four for Less Than \$20

Presenters: **Amy Myrdal Miller, MS, RD (CIA)**
Joyce Goldstein (chef, author, consultant)

Fruit and vegetable consumption in the U.S. decreased in 2009, possibly due to the current economy, unemployment rates, and the belief that fruits and vegetables are “too expensive.” This workshop focuses on menu planning and shopping strategies that control costs while maximizing flavor and nutrient density. Multiple menus are presented for meals for four or more people that cost less than \$20. Participants will leave with practical strategies and recipes they can share with patients and clients who are trying to maximize flavor and eat well while also minimizing the cost of foods prepared at home.

Workshop X

Ventura Foods Center (third floor)

Nutrition Counseling in the Primary Care Setting

Presenters: **Helen Delichatsios, MD** (Harvard Medical School)
Bill Briwa (CIA)

Primary care physicians have limited time with patients, but they also have the opportunity to influence patients’ attitudes and behaviors related to healthful eating. This workshop focuses on the challenges and opportunities for incorporating nutrition assessment and counseling into a primary care office visit. Tools and practical strategies for addressing nutrition issues will be discussed, and case studies will be presented. A chef will demonstrate 3-5 “prescription recipes”, quick, easy, healthful recipes that physicians can recommend to patients who want advice on healthful, convenient eating.

- 12:15 PM** **Break/Time to Walk Back to the Ventura Center**
- 12:30 PM** **Closing Plenary Session**
Ventura Foods Center for Menu Research & Development
Town Hall Forum (30 minutes)
Healthy Kitchens, Healthy Lives: Re-imagining Our Future
Moderator: **David Eisenberg, MD** (Harvard)
- 1:00 PM** **Closing Lunch**
Herb Terrace (front of Greystone)
- The Best of Farm Fresh California Cuisine***
This seated lunch will feature a variety of healthful plant-based recipes featuring seasonal California produce.
- 2:00 PM** **Closing Lunch and Conference Conclude**