Slow Food A Model for Sustainable & Healthy Living

Friday, October 26, 6:00 pm - 9:30 pm
Saturday, October 27, 8:00 am - 5:00 pm

Opening session

Friday, October 26

6:00 pm — **Conference Registration & Reception**
Reception will include appetizers of local, organic and seasonal food. Locally crafted beer and wines (cash bar option)

7:00 pm — **Welcome**
Janet Waldron, Vice President for Finance and Administration, University of Maine
Introductions
Emily Markides, ESTIA President
Dorothy Klimis-Zacas, Conference Chair, Professor of Clinical Nutrition

7:15 pm — **Keynote Address - Sow It Forward: How Gardens are Slowing Us Down and Cultivating Change from the Ground Up**
Roger Doiron, founder and director of Kitchen Gardeners International

8:00 pm — **Questions and Discussion**

8:30 pm — Old time string band music by the Park Street Pickers (Guitar, Banjo, Fiddle, Harmonica, Washtub Bass and Vocals)

Saturday, October 27

8:00 am — **Conference Registration**

9:00 am — **Welcome and Introduction to the Day**
Janet Waldron,Vice President for Finance and Administration, University of Maine
Emily Markides, ESTIA President
Dorothy Klimis-Zacas, Conference Chair, Professor of Clinical Nutrition

9:15 am — **Why Local and Sustainable Slow Food**
John Jemison, PhD, Professor of Cooperative Extension

10:00 am — **Slow Food and its Health Benefits– From Farm to a Healthy Body**
Dorothy Klimis-Zacas, PhD, Professor of Clinical Nutrition, University of Maine

10:45 am — **Break**

11:00 am — **Slow Food and the Culture of the Table: a Viable Model for the US?**
Fabio Parasecoli, PhD, Professor of Food Studies at the New School, New York

11:45 am — **Food Policy – Incorporating the Slow Food Model into the Maine Economy**
Chellie Pingree, Congresswoman, 1st Congressional District

12:30 pm — **Lunch** - Local, Seasonal and Organic Foods

1:30 pm — **Panel: Food Policy – Incorporating the Slow Food Model into the Maine Economy**
Robin Alden, Executive Director, Penobscot East Resource Center
Molly Anderson, Professor and Partridge Endowed Chair, College of the Atlantic
Mark Lapping, Distinguished Professor of Public Policy and Management, Muskie School of Public Service, USM
Russell Libby, Executive Director, Maine Organic Farmers and Gardeners Assoc.
John Piotti, Executive Director, Maine Farmland Trust
Walt Whitcomb, Commissioner: Department of Agriculture Conservation and Forestry

2:45 pm — **Break**

3:00 pm — **Panel: Success Stories from the Field**
Amanda Beal, Co-coordinator of the ELFC (Eat Local Foods Coalition)
Rich Hanson, Owner and Chef of Cleonice restaurant, Ellsworth, ME
Craig Lapine, Executive Director of Cultivating Community
Barb Murphy, UMaine Cooperative Extension educator for Harvest for Hunger Program
Tony Sutton, UMaine graduate student (Micmac Indian Nation, Presque Isle, ME)
Amy Winston, Member of the Farm to School and School Garden Research Consortium, Co-founder of Focus on Agriculture in Maine Schools

4:30 pm — **Closure and Evaluation**

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ESTIA
The International
EcoPeace Community's
9th Annual Conference on

Slow Food

A Model for Sustainable & Healthy Living

October 26-27, 2012
Wells Conference Center, University of Maine

Co-Sponsors for ESTIA/ UMaine Conference

Fulbright Association, Maine Chapter

Wild Blueberry Association of North America

University of Maine:

- Office of the Vice President for Finance and Administration
- College of Natural Sciences, Forestry and Agriculture
- Auxiliary Services
- Cooperative Extension
- Department of Food Science & Human Nutrition
- Honors College
- Margaret Chase Smith Policy Center
- Senator George J. Mitchell Center/ Sustainability Solutions Initiative
- Peace and Reconciliation Studies Program
- Department of Plants, Soils and Environmental Sciences

Registration Deadline, October 15th.
Registration Fee (includes food) $40, students $25

Registration Options

- On-line at www.estiamaine.org
- By mail: send registration form and check payable to ESTIA to 716 Union Street, Bangor, ME 04401
- On-site Registration at Wells Conference Center $50, students $30

Name _____

Title _____

_____General Public _____ Student (please bring student ID)

Email _____ Phone: _____

This program has been approved by the Commission on Dietetic Registration for 6.5 CPEUs

For more information contact Gregory Edwards, ESTIA Treasurer, 716 Union Street, Bangor, ME 04401 or e-mail estiamaine@gmail.com

Increase your understanding of the value of local, in-season and organic food that boosts Maine's economy while protecting the environment.

Keynote Speaker - Roger Doiron

Roger Doiron is founder of Kitchen Gardeners International, a Maine-based nonprofit network of over 24,000 gardeners from 100 countries. His work has been featured in many places including the New York Times, the Washington Post, Organic Gardening magazine, Saveur, and the Christian Science Monitor. He is best known for having led the successful campaign for a kitchen garden at the White House, a feat that earned him Hearst Media's "Heart of Green" award and recognition by the editors of Fast Company magazine as one of the "10 most inspiring people in sustainable food".

Conference Speakers

John Jemison, PhD, is Extension Professor of Soil and Water Quality and cooperating professor at the Department of Plant, Soil, and Environmental Sciences. He develops and delivers educational programs designed to encourage growers and homeowners to implement practices to protect surface and ground water supplies. With projects like the Orono Community Garden, he teaches people to grow food, better understand civic agriculture and the benefits of local food systems. His research program focuses on nutrient and weed management strategies to improve productivity, reduce risk to water quality and boost local food production. He teaches courses on food systems and the fate of pesticides in the environment. He chairs the Maine Board of Pesticides Control.

Dorothy Klimis-Zacas, PhD, is Professor of Clinical Nutrition at the University of Maine and cooperating professor of Nutrition and Dietetics at Harokopio University, Athens, Greece and the University of Milan, Italy. She is Fulbright Senior Fellow and Vice President of the Fulbright Chapter, Maine and has been teaching graduate and undergraduate courses in the areas of Nutritional Biochemistry and Clinical Nutrition for 25 years. Her research focuses on the areas of functional foods (Maine wild blueberries) and trace minerals and their role on heart health and the metabolic syndrome. Her international work as a Cariplo Fellow at the University of Milan, Italy includes the study of food bioactives on bioavailability, gastrointestinal health, endothelial function and inflammation. She is the author of numerous research articles and the editor of Manganese in Health and Disease, Nutritional Concerns for Women and editor-in-chief of Annual Editions in Nutrition.

Fabio Parasecoli, PhD, is Associate Professor and Coordinator of Food Studies at The New School in New York City and cooperating professor at the University of Gastronomic Sciences, Polenzo, Italy. His work explores the intersections among food, media, and politics. Among his recent publications: *Food Culture in Italy* (2004), *The Introduction to Culinary Cultures in Europe* (The Council of Europe, 2005) and *Bite me! Food in Popular Culture* (2008). He is general editor with Peter Scholliers of a six-volume *Cultural History of Food* (2012).

Congresswoman Chellie Pingree moved to Maine in 1970s, and after graduating from the College of the Atlantic started a small farm on the island of North Haven. A knitting business she started in the early 80s grew to year-round employment producing knitting kits and books sold in hundreds of stores across the country.

She was elected to the Maine Senate in 1992 and after serving four terms, went on to become the national President of Common Cause.

In 2008, Chellie Pingree was elected to Congress to serve Maine's 1st District, the first woman from this District to ever be elected to Congress. She has traveled to Iraq, Afghanistan and Guantanamo Bay as part of the Armed Services Committee and as a member of the Agriculture Committee she is becoming a national voice for local, sustainable farming.

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