

fields^{to} FORK

A Toolbox for the Informed Eater

1 Healthy Soils,
Healthy Foods

2 Fresh from the Farm
Cooking + Lunch

3 The #1 Secret to
Healthy Eating

Modern Nutrition for
Health & Wellness

Have you ever wanted to learn more about nutrition and health?

Do you understand all the different levels of Organic? Are beautiful looking fruits and vegetables as healthy as they appear? If those questions have crossed your mind, then the time is now to become a better and more informed EATER. **Join us for a day of learning, fun and great eats.** Straight from the farmer's fields to your fork -- Fields to Fork - A Toolbox for the Informed Eater.

JULY 31, SATURDAY

- 8:30 am Registration
- 9:00 am Lecture Series Begins
- Lectures + Lunch Cost: \$60
- To pre-register, contact Genesa Inc. 800.404.1065
- Location: Cedar House 10918 Brockway Rd. Truckee

An Evening at Stella

Special Summer Tasting Menu with Wine Pairing

July 30th, 6:30 pm • \$75/pp* (*Plus tax and gratuity)

For Stella reservations, call 530.582.5655

1 9:00 am -10:30 am
“Healthy Soils, Healthy Foods” -- and “What Every Mother and Grandmother should know about Organic Labeling” by Stephen Bird.

Mr. Bird owns and operates Celtic Gardens Organic Farm and Learning Center. In addition to farming, Stephen is an auditor and consultant providing organic and food safety services. He is employed by California Certified Organic Farmers as an organic inspector. It is Stephen's belief that farm soils are the least appreciated resources. The health of our nation is dependant upon the health of our soil.

Online Exploration:

- www.stellatruckee.com
- www.freeculinaryschool.com
- www.sierraorganicgrowers.com
- www.delriobotanical.com
- www.genesaliving.com

2 11:00 am to 1:00 pm
“Fresh from the Farm” Cooking Demonstration and lunch with Chef Jacob and Suzanne Ashworth. Enjoy a delicious lunch prepared by Chef Jacob while listening to commentary by Suzanne Ashworth of Del Rio Botanicals.

Chef Jacob is the Executive Chef for Stella Restaurant at the Cedar House Sport Hotel. After graduating from the California Culinary Academy in San Francisco, Chef Jacob completed his training at the Michelin Star restaurant La Folie in San Francisco before moving to the Tahoe area. Here, he worked for various top restaurants in the Tahoe Region. Suzanne Ashworth is the owner and farmer of Del Rio Botanicals, a 70 acre certified organic farm in Yolo County. She is a former instructor for the Small Farm Center at UC Davis where she guest lectures and consults on Consumer Support Agriculture and Farmer's Markets. Her vast knowledge of specialty produce is reflected in her farm's seed production and publications, including Seed to Seed, now in its 7th printing.

3 1:30 pm to 4:30 pm
“The #1 Secret to Healthy Eating” by Dr. Caroline Wadlin MD and “From our Soils to our Supplements - Modern Nutrition for Health and Wellness” by Dr. Daniel Smith, DC.

Dr. Caroline Wadlin was the former Chief of Health Education with Kaiser Permanente before entering into her own private practice specializing in holistic health care for woman. She is the author of “A Woman's Guide to Balancing Life in Today's Fast Paced World - Simple and Quick Techniques for More Energy, Less Stress and More Fun”. Dr. Daniel Smith DC, works with adults and children in the fields of chiropractic healing, sports medicine and nutritional counseling. “Dr. Dan” believes that the ultimate means to achieving inner peace includes optimal health and mind-body balance, which led to the inception of Genesa Inc, and its revolutionary healthcare products.