

Bronson Healthy Living Campus  
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News Release

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## **Second Annual Foodways Symposium Focuses on Native American Culture and Cooking**

Kalamazoo's Second Annual Foodways Symposium will focus on Native American culture, cooking, and food sovereignty and justice. The event takes place this Friday and Saturday, April 6 and 7 at the Kalamazoo Valley Museum and the Bronson Healthy Living Campus of Kalamazoo Valley Community College.

The symposium kicks off at the Kalamazoo Valley Museum on Friday night during Art Hop.

Through a partnership with the Arts Council of Greater Kalamazoo, other Art Hop venues throughout the city will feature food-themed exhibits.

On Saturday from 11 a.m. to 3 p.m., there will be a variety of demonstrations, activities for children, free workshops, and a community discussion on healthy, sustainable foodways. All Saturday sessions take place at Kalamazoo Valley Culinary & Allied Health (CAH), 418 E Walnut, or Food Innovation Center (FIC), 224 E Crosstown Parkway. Lunch will be available to purchase at the Havirmill Café at CAH from 11:30 a.m. to 2 p.m.

The keynote speaker will be storyteller Larry Plamondon, a member of the Grand River Band of Ottawa Indians who is noted for his knowledge of the traditional stories of the Anishinaabe, specializing in stories from the Ottawa, Potawatomi, and Ojibwe. He is also a Master Storyteller in the Michigan State University Folklife program. Recognized as a "tradition bearer" by the Michigan Humanities Council, Plamondon is a published author, playwright and an activist in Native American issues. In addition, FireKeepers Casino and Hotel Head Chef James Thomson, a Chippewa Indian from Michigan's Upper Peninsula, will share personal stories and talk about the importance of food heritage and food sovereignty.

Elsbeth Inglis, Assistant Director for Educational Services at the Kalamazoo Valley Museum, is one of the event organizers. She said the annual Foodways Symposium is meant to offer programs and activities that provide historical, cultural, and practical insights into food and food systems in Southwest Michigan. "It serves as a convening point for students, practitioners, and the community to come together to build a strong, vibrant local food system," she explained. Saturday's workshop sessions are listed in the order they are scheduled. Children are welcome in all sessions accompanied by an adult, and some sessions are designed for children to participate on their own. For full schedule and to reserve a space in a free hands-on workshop, visit [kvcc.edu/kalamazoofoodways](http://kvcc.edu/kalamazoofoodways).

Friday events:

### **FRIDAY - FOOD ENTREPRENEUR ROUNDUP (Pre-Symposium workshop)**

Are you a food entrepreneur? Do you want to be? Join us to explore your role in the local food system and work together to build a network of sustainable local agribusinesses. This interactive workshop will be facilitated by KVCC Community Farms Coordinator and entrepreneur Remi Harrington.

Time: 3-5pm

Location: KVCC Anna Whitten Hall, room 128

### **FRIDAY - KEYNOTE ADDRESS AND RECEPTION**

Larry Plamondon (Grand River Band of Ottawa) will share traditional stories from the Anishinabe. He will be joined by FireKeepers Chef James Thomson (Sault Ste. Marie Tribe of Chippewa Indians), who will talk about traditional foodways and the need to return to healthy foods.

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Chef James will provide tastings of new and traditional recipes.  
Time: Friday, April 6, 5-7pm  
Location: Kalamazoo Valley Museum

Full Saturday Schedule:

**HANDS-ON WORKSHOP: SHOP, COOK, EAT: Farmers Market Tour and How to Cook Affordably and In Season**

Join PFC Market Manager Gaby Gerken and MSU Extension Community Food Systems Educator Mariel Borgman for a morning of local food fun! Tour the Kalamazoo Winter Farmers Market and learn how to use SNAP and other food assistance benefits to affordably purchase food at farmers markets. Then gather in the Community Kitchen for a demonstration of techniques to cook easy, versatile, and affordable meals using whatever produce is in season. Children age 6 and up are welcome when accompanied by an adult.

Time: 9:00 a.m. MEET AT KALAMAZOO FARMERS MARKET, 1204 Bank Street  
Location: Kalamazoo Farmers Market and CAH Community Kitchen  
Reserve a spot at: <https://oltp.kvm.kvcc.edu/patroneducation.aspx?pid=4609>

**DISCUSSION: Racial Equity in the Food System**

Research findings have concluded that racism in our local, state and national food system is prevalent. Public policy, financial investments, transportation systems and our educational system all have a role to play in creating a more equitable food system. During this session, we will spend some time exploring racism in our food system and developing strategies for creating a more just food system in our community. Session facilitators: Lisa Oliver King, Executive Director of Our Kitchen Table based in Grand Rapids, MI and Kendra Wills, Community Food System Educator with Michigan State University Extension.

Time: 9:00 a.m.  
Location: CAH Room 223

**DEMONSTRATION: Dutch Foodways with Chef Paul**

Chef Paul Vugteveen will lead a cooking demonstration highlighting heritage Dutch foods. Chef Paul will draw connections between the role the Dutch played in shaping our local history, the history of global colonialism, the impact of our food choices today, and how what we can do moving forward.

Time: 11:00 a.m.  
Location: CAH Culinary Theater

**DISCUSSION: Savoring Our Stories**

Donna Odom of SHARE, Larry Plamondon, storyteller, and Elspeth Inglis of the Kalamazoo Valley Museum will share their experiences collecting stories, both for historical record and to perpetuate traditional cultural knowledge. They will discuss how stories and oral histories add to our knowledge of foodways and other cultural practices.

Time: 11:00 a.m.  
Location: CAH Room 223

**DISCUSSION: Permaculture: Restoring the health of the whole community**

Local activist Tom Small will lead a discussion of the principles and practice of permaculture and natural landscaping as basis for the food revolution, a revolution which begins in our yards and on vacant land in our neighborhoods. How will such a practice help us to meet the crises of climate change and species extinction? How do we restore the health and well-being of our badly degraded urban/suburban soil, ourselves, and our fellow creatures of the earth, water, and air?

Time: 11:00 a.m.

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Location: CAH Room 247

**DISCUSSION: Ground to Gut: Reconnecting and Closing Our Food Circle**

This presentation is all about understanding the power and potential of local food to help us reestablish healthier ecological, economic, social and community connections for improving our digestion, health, and well-being. and why getting 'closer to our food' is more than just a nice idea. Inspired by the title of New York State's first organic conference, "Closing the Food Circle" organized in 1984 by a group headed by Wholistic Health Expert and Local Food Catalyst, Nancy Lee Bentley and co-organizer David Yarrow's quote "Food is the vehicle with the most power for personal and planetary change."

Time: 11:00 a.m.

Location: FIC Classroom

**DEMONSTRATION: Container Gardening**

Anyone can grow vegetables no matter what space they are in using these container gardening techniques! Tammy March-Vispi, an advanced Master Gardener and owner of Terra Verde Farms in Allegan, will demonstrate just how easy it can be! Tammy will cover a range of information including a range of creative ideas, practical how-to tips, how to work with different amounts of shade/light, companion plans and other great information.

Time: 11:00 a.m.

Location: FIC Greenhouse

**DEMONSTRATION: Native American Foodways with Chef James Thomson**

Chef James Thomson, Head Chef of Café 24/7 at the FireKeepers Casino & Hotel, will demonstrate how to prepare some Native American foods. He will also explain Native American food sovereignty in our region, discussing why this is so important to the health of First People today.

Time: 12:30 p.m. and 2:00 p.m.

Location: CAH Culinary Theater

**HANDS-ON WORKSHOP: Macedonia: Food, Family, and Fun**

Join Hristina Petrovska to explore the intersection of food and culture of her homeland, Macedonia. In this one-hour session, participants will be immersed in vibrant traditions through hands-on cooking, music, dance, and visual presentation. Prepare and bake kifli (a savory pastry), sample your culinary creations, and leave this session inspired. Open to ages 9 and up.

Time: 2 SESSIONS - 12:30 p.m. and 2:30 p.m.

Location: CAH Community Kitchen

Reserve your spot:

12:30 p.m. session: <https://oltp.kvm.kvcc.edu/patroneducation.aspx?pid=4607>

2:30 p.m. session: <https://oltp.kvm.kvcc.edu/patroneducation.aspx?pid=4608>

**DISCUSSION: Wild Rice in Potawatomi Heritage**

Zhaawan Sprague, the current Miss Potawatomi Princess, will share a presentation of the critical role of wild rice in Potawatomi culture and migration. This brief session will be offered 2 times.

Times: 12:30 p.m. and 2 p.m.

Location: CAH Room 207

**DISCUSSION: Food as Medicine: Ayurvedic Approaches of Food, Diet and Maintaining Optimum Health**

Utilizing an ancient (and modern) science originating in India, Ayurveda adopts an individualized approach to nutrition, and recommends diets unique to individuals depending upon their particular constitution, and other factors. Learning about the role of seasonal foods, herb and spices, and appropriate food choices in accordance with one's dosha (constitution) individuals can learn to

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correct doshic imbalances - the precursors to disease states - and learn how to utilize food and spices to both enhance their health and to heal themselves. Led by local Ayurveda practitioner Ruth Small.

Time: 12:30 p.m.

Location: CAH Room 223

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**DISCUSSION: Waste Knot, Want Knot: Untying our Entanglement with Ecological Degradation**  
Building off of Kalamazoo College students Emiline Chipman and Lee Carter's undergraduate research in the fields of food aesthetics & waste, this session will focus on how our interactions with food shape our perception of food, and how our perception of food shapes our interactions with the world. During this session we will explore questions such as whether an understanding of and engagement with growing, consuming, and decomposing food leads to a different understanding of time and space/place, and what the societal implications of the loss of such an understanding might be. This will be an interactive conversation, so please come prepared to speak, write, draw, demonstrate—however you best communicate.

Time: 12:30 p.m.

Location: CAH Room 247

**DISCUSSION: Seed Saving in the Small Garden or Small Farm**

Saving your own seed is beautiful and rewarding. Local seed is also an important part of a resilient regional food system. Join Eric for a discussion about practical seed saving including: isolation, roguing, cleaning, and drying seed. We will also discuss the national seed industry and why local seed stewardship is important. Eric Kampe operates a small seed farm called Ann Arbor Seed Company and he encourages more growers to join him in saving their own seed.

Time: 12:30 p.m.

Location: FIC Classroom



**HANDS-ON WORKSHOP: Creative Recipe Writing with Chef Paul and RAWK**

Youth will engage in activities that will challenge them to think creatively about processes (cooking, recipe writing) that are often seen as purely technical. In this way, they can explore subject matter that is often excluded from the recipe, such as food justice, social justice, culture, and feelings about food through writing. Open to youth 9 and over.

Time: 2:00 p.m.

Location: CAH Room 226/227

**DISCUSSION: Transition Communities**

This session will be a community discussion around "transition initiatives" or home-grown, citizen-led education, action, and multi-stakeholder planning to increase local self-reliance and resilience in the face of global challenges such as climate change. Group interest will guide the discussion. Facilitated by Mariel Borgman, MSU Extension, and Lee Arbogast, farmer and KVCC faculty.

Time: 2:00 p.m.

Location: CAH Room 223

**DISCUSSION: Veganism - The Once and Future Foodway**

All the world loves rice and beans! In this talk, Vegan Kalamazoo's Hillary Rettig takes us on a journey through the many vegan staples and foodways from around the world. We'll time-travel back to humanity's mostly-vegan past, and forward to its ever-more-vegan future, so please join us for what promises to be a fascinating and far-reaching discussion.

Time: 2:00 p.m.

Location: CAH Room 247

**DISCUSSION: Become a Pollinator Protector!**

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We all know that pollinators are critically important to our world and our food supply. Let's explore how every can become a protector of pollinators by taking simple steps in your home landscape and gardens. One of those steps is to make a simple bee house/hotel for our native bees who do not live in hives, and you'll learn how to do that using recycled materials from your home and gardens.

Time: 2:00 p.m.

Location: FIC Classroom

All programs are free and open to the public. For a complete schedule of events during the Foodways Symposium, visit: [www.kvcc.edu/kalamazoofoodways](http://www.kvcc.edu/kalamazoofoodways).