

God-Given Foods

August 11-13, 2023 - Polyface Farm

Friday, August 11th

7:30-9:00 am	Registration , coffee, and light refreshments
8:20-9:00 am	Pasture Walk and Devotion with Joel Salatin
9:00-9:15 am	Welcome and introduction with Maureen and Erin
9:15-9:45 am	Maureen Diaz : God-Given Food - A Look at Our Creator's Design
9:45-11:10 am	Mike the Fit Farmer : Biblical Keys to Radiant Health
11:00-11:15 am	Break and visit Exhibits
11:15-12:15 pm	Sophia Eng : Embracing God's Healing Grace in Traditional Asian Recipes
12:15-1:30 pm	Lunch by the Polyface crew and visit Exhibits
1:30-3:00 pm	Breakout Sessions : <ol style="list-style-type: none">1. Traditional Asian Staples Workshop with Sophia Eng2. Fermented Foods Workshop with Maureen Diaz
3:00-3:15 pm	Break and visit Exhibits
3:15-4:15 pm	Kat Owens : A Biblical Perspective on Eating Meat
4:15-5:15 pm	Wendell Mickelsen : The Importance of Real Salt

Saturday, August 12th

7:30-8:15 am	Raw Milk & Deadlifts farm workout with Tommy & Luke
8:00-9:00 am	Registration and Breakfast by the Polyface Crew, visit exhibits
9:00-10:00 am	Kat Owens : The World vs. the Word's Perspective on Food
10:00-11:00 am	Chelsea Blackbird : Fasting - The Gift of God's Good Health
11:00-11:15 am	Break and visit Exhibits
11:15-12:15 pm	Pork Rhyne : Did Jesus Change the Menu? God's Perspective on Dietary Guidelines
12:15-1:30 pm	Lunch by the Polyface crew and visit Exhibits
1:30-3:15 pm	Breakout Sessions : <ol style="list-style-type: none">1. Polyface Farm Tour with Joel Salatin2. Traditional Bread Making Workshop with Maureen Diaz
3:15-3:30 pm	Break and visit exhibits
3:30-4:30 pm	Raw Milk & Deadlifts : Raw Milk Dairy - Nutritional Value and Safety Know Your Milk Challenge!
4:30-4:45 pm	Maureen Diaz : Nutritional Supplementation
4:45-5:15 pm	Panel Discussion with Speakers and <u>Celia Marie</u> , author of <u>God-Given Food</u>
	Closing Remarks - Thank You!
7:00-9:00 pm	VIP Dinner at Nu-Beginnings Farm Store at 221 N Lewis St, Staunton, VA

Sunday, August 13th

9:00-10:00 am	Coffee and light refreshments available
10:00-11:30 am	Worship featuring a message from Preacher Joel , the Lord's supper, praise and song!