



Nose-to-Tail Nutrition

August 12-14, 2022 - Polyface Farm

Friday, August 12th

8:00-9:15 am	Registration and Breakfast
9:15-9:30 am	Welcome and introduction with Maureen and Erin
9:30-11:00 am	Mike Dickson: Connect to Feed Your Body, Mind and Soul
11:00-11:15 am	Break and visit Exhibits
11:15-12:15 pm	Pork Rhyne - The Pork Evangelist: Understanding Our Unhealthy Relationship with Food and People
12:15-1:30 pm	Lunch by the Polyface crew and visit Exhibits
1:30-2:30 pm	Raw Milk & Deadlifts: Faith, Farming and Fitness
2:30-3:00 pm	Break and visit Exhibits
3:00-4:15 pm	Chef James Barry: Incorporating Organ Meats into Your Family's Diet
4:15-5:00 pm	Panel discussion with Mike and Lacie Dickson, Pork Rhyne, James Barry, Tommy and Luke, and Maureen
5:00-5:15 pm	Closing Remarks for the day, visit Exhibits

Saturday, August 13th

7:30-8:15 am	Raw Milk & Deadlifts farm workout with Tommy & Luke
8:00-9:15 am	Registration and Breakfast by the Polyface Crew, visit exhibits
9:15-9:30 am	Morning Greetings and overview of the day
9:30-10:30 am	Maureen Diaz: Nose-to-Tail Nutrition: One Mom's Journey & Point of View
10:30-12:00 pm	Sally Fallon Morell: Nutrient-Dense Foods in Traditional Diets
12:00-1:15 pm	Lunch by the Polyface crew and visit Exhibits
1:15-2:45 pm	Breakout Sessions: <ol style="list-style-type: none">1. Polyface Farm Tour with Joel Salatin2. Chicken Butchery Demo with Daniel Salatin3. Nose-to-Tail in the Kitchen: Cooking Organ Meats with Chef James and Maureen
2:45-3:15 pm	Break and visit exhibits
3:15-4:00 pm	Sally Fallon Morell: Campaign for Real Milk
4:00-4:15 pm	Break and visit exhibits
4:15-5:00 pm	Panel Discussion with Sally Fallon Morell, James Barry, Joel Salatin, and Maureen
5:00-5:15 pm	Closing Remarks - Thank You!
6:30-9:00 pm	VIP Dinner at Nu-Beginnings Farm Store in Staunton

Sunday, August 14th

9:00-9:45 am	Breakfast by the God's Good Table crew!
10:00-11:30 am	Worship featuring a message from Preacher Joel , the Lord's supper, praise and song!