

How can we optimize health and restore our environment? Join the **Eastern Shore Food Lab** at Washington College in our journey to answer this question as we fuse ancient food wisdom with modern culinary arts. You'll rethink what you know about food, gain skills to last a lifetime, and reconnect with what it means to be human.

Many of our most nutritious foods are fermented, and pizza is no exception. Over four days, you will learn how to make wild-yeasted crusts topped with cured meats, hand-stretched mozzarella cheeses, and foraged, nutrient-dense wild greens. You'll cook your creation in a wood-fired oven—but only after splitting the wood to fuel the fire. Not only will you enjoy the best pizza of your life, you will have made every part of it yourself—entirely from scratch!

You'll deepen your expertise with fermentation and take home your own kimchi, kombucha, and kefir. And you'll have the empowering experience of learning how to identify wild edible plants and patterns that reveal our place in the natural world.



Dr. Bill Schindler is an archaeologist, chef, and world-renowned expert in the role that technology played in our 3.4-million-year-old dietary past. An Associate Professor of Anthropology at Washington College, he is a specialist in primitive technologies and starred in National Geographic's acclaimed series *The Great Human Race*. He founded the Eastern Shore Food Lab to create a food system that is meaningful, accessible, relevant, and delectable.

Shane Brill is a permaculturist, environmental advocate, and educator. He manages an urban homestead with bees, chickens, and a variety of edible plants. He advises internships and projects conducted by Washington College students relating to environmental literature and film, ethnobotany, food justice, and horticulture.

Eden Kloetzli is an Eastern shore native, farmer, and cultural preservationist. She lives on her family-run farm that focuses on sustainability and environmentally conscious methods of agriculture, including the use of wild plant foods and mass compost production. She believes that food is an essential part of creating a positive society.

FEES AND DEADLINES:

Program Fee: \$700

(includes room and board)

Scholarships available, more information provided in application

May 1: Application Submission Deadline
May 15: Conference Acceptance Notification

For questions about cost and registration, contact Madeline Martin at mmartin2@washcoll.edu.

To submit an application to attend the conference, visit washcoll.edu/registerESFL



300 Washington Avenue
Chestertown, MD 21620



FERMENTATION NATION: Finding Food Fit For Humans SUMMER CONFERENCE



JULY 16-19, 2019

CONFERENCE SCHEDULE

TUESDAY, JULY 16

- 10-11 a.m. Check-in
11 a.m. - Noon Campus tour
Noon-1:30 p.m. **LUNCH** at Luisa's Cucina Italiana
Discuss program overview, goals, and objectives
1:30-2 p.m. Tour of the Eastern Shore Food Lab
2-3:30 p.m. Prehistoric food talk with Dr. Schindler
3:30-4:30 p.m. Foraging walk from ESFL to campus
5-6:30 p.m. **DINNER:** Hodson Hall Commons
7-9 p.m. Evening programming
10 p.m. Lights out

WEDNESDAY, JULY 17

- 8-8:30 a.m. **BREAKFAST:** Hodson Hall Commons
8:30-9 a.m. Rails to Trails walk to Eastern Shore Food Lab
9-11:30 a.m. Salumi 101: Eastern Shore Food Lab
In just 2.5 hours, you'll learn how to make a variety of cured Italian meats, including salami and pancetta! This curing process involves fermentation to produce a safe, healthy, and delicious final product!
11:30 a.m.-noon **BOXED LUNCH** at the waterfront
Noon-4 p.m. Kayaking the Chester River
Estuarine foraging and the permaculture philosophy
4-4:30 p.m. Return to campus
5-6:30 p.m. **DINNER:** Hodson Hall Commons
7-9 p.m. Evening programming
10 p.m. Lights out

THURSDAY, JULY 18

- 8-8:30 a.m. **BREAKFAST:** Hodson Hall Commons
8:30 a.m. Meet at CAC stairs to drive to Wye Grist Mill

(900 Wye Mills Rd, Wye Mills, MD 21679)
(410) 827-6909

THURSDAY, JULY 18 CONTINUED

- 8:30 a.m. Several mill sites and the village of Wye Mills have existed for more than three centuries. The first mill was built about 1668 on or near the present site of the Old Wye Mill. Experience history by turning grain into flour. Organized tours often stop by the mill to watch water power bring a piece of history alive through rumbling belts, gears, and grindstones. This flour will be mixed with water, inoculated with a "mother" culture, and will become the dough for our pizzas!
10:30 a.m. Depart Mill for Chapel Creamery
11 a.m.-noon Tour Chapel's Country Creamery
(10380 Chapel Rd, Easton, MD 21601)
410-820-6647

Chapel's Country Creamery is an independent, family- owned and operated farm and Maryland's first producers of raw and pasteurized milk cheese. Chapel cheese and yogurts start with fresh raw milk produced with Grade A Jersey cows. Here we will see how cheese is made on a local yet industrial scale. Tomorrow, we will incorporate what we see here when we make mozzarella from scratch!
Noon-1:30 p.m. **LUNCH** at the Chipotle Mexican Grill
1:30-2:15 p.m. Drive to Oksana's Farm
2:15-3 p.m. Tour community supported agriculture project providing pesticide-free, locally grown vegetables

Secure tomatoes, basil, onions, peppers, etc. for pizza sauce
3-3:15 p.m. Drive to ESFL
3:15-4:45 p.m. ESFL preparations:
 - Overview and divide into work groups
 - Begin cheesemaking
 - Chop wood for wood-fired oven
 - Begin kombucha (fermented tea)
 - Make sourdough bread crust
4:45 p.m. Depart ESFL for campus
5-6:30 p.m. **DINNER:** Hodson Hall Commons
7-9 p.m. Evening programming
10 p.m. Lights out

FRIDAY, JULY 19

- 8-8:30 a.m. **BREAKFAST:** Hodson Hall Commons
8:30 a.m. Harvest wild greens from the campus garden
9:30-10 a.m. Rails to Trails walk to ESFL
10 a.m.-1 p.m. Roll out pizza dough, make and assemble pizza, cook in wood-fired oven, joined by CES food production group
1-2 p.m. Clean-up
2-4 p.m. Fermentation for the road!
Make your own kefir, yogurt, sauerkraut, and kimchi to enjoy over summer
4-4:30 p.m. Closing remarks and reflection
4:30-6:30 p.m. Cookout and crab feast (location TBD)
6:30-8:30 p.m. Pick-up



ABOUT THE LAB

The Eastern Shore Food Lab at Washington College is a teaching, research, and production center that hosts student interns, classes, and community events addressing issues of food, diet, health, sustainability, and human and environmental relationships.