



# 2009 is Year of **Locally Grown** at Ryerson Woods

*Mark your calendars for events!*

**Where does our food come from?** It's a simple question with a surprisingly complicated answer.  
**How does the current food delivery system operate in our region?** What are the environmental, health and economic implications of that food system on our families, farmers and our land?  
**What do we mean when we say "locally grown?" Why should we care?**

These are central questions that Friends of Ryerson Woods is addressing in 2009 through a rich slate of Year of Locally Grown program offerings. Join us as we celebrate the bounty of our region. **Think Globally? Act Locally!**

## OUR FOOD IN FILM SERIES

This three-part film screening and discussion series looks at food and food systems. Each screening will be followed by a provocative discussion led by dynamic leaders in the locally grown movement.

Thursday, April 16, 7–10pm

### **PART I: KING CORN**

*King Corn* is a feature documentary about two friends, one acre of corn and the subsidized crop that drives our fast-food nation. The film will be followed by a discussion led by **Jim Braun**, co-founder of the Illinois Farmer-Consumer Coalition and former hog farmer. Braun was instrumental in helping to pass the Illinois Food, Farms and Jobs Act in 2007.

Welcome Center. \$10 (\$8 FRW members).

Thursday, June 18, 7–10pm

### **PART II: THE REAL DIRT ON FARMER JOHN**

Winner of 31 International Film Festivals, this film documents the epic tale of a maverick Midwestern farmer. By melding the traditions of family farming with the power of art and free expression, this powerful story of transformation and renewal heralds a resurrection of farming in America.

**Harry Rhodes**, Executive Director of Growing Home, a non-profit providing job training for homeless and low-income individuals in Chicago through a social enterprise business based on organic agriculture, will lead the film discussion.

Welcome Center. Free admission, but suggested donation of \$8.

Thursday, October 15, 7–9pm

### **PART III: THE POWER OF COMMUNITY**

When the Soviet Union collapsed in 1990, Cuba's economy went into a tailspin. With imports of oil cut by more than half – and food by 80% – people were desperate. This film tells of the hardships and struggles as well as the community and creativity of the Cuban people during this difficult time. Cubans share how they transitioned from a highly mechanized, industrial agricultural system to one using organic methods of farming and local, urban gardens. **Debbie Hillman**, Coordinator of the Illinois Local & Organic Food & Farm Task Force, will frame the discussion after the film.

Welcome Center. \$10 (\$8 FRW members).

Register online at [www.LCFPD.org](http://www.LCFPD.org) or for member discount call 847.968.3321

## HOW-TO WORKSHOPS

**Sunday, April 19, 1:30–3:30 pm**

### COMPOSTING: GROWING SOIL FOR A HEALTHIER GARDEN

Do you want to compost but you just haven't figured out how? Don't miss this opportunity to learn from the Compost Queen, **Lynn Bement**. Turn your kitchen waste, lawn clippings, leaves and other garden debris into life-giving compost. Compost enriches your garden by adding good microorganisms. This "black gold" helps your plantings to achieve more insect and disease resistance, along with being more drought-tolerant. You'll learn everything you need to know to start composting in your own backyard, garage, basement or even under your kitchen sink.

*Brushwood. \$45 (\$40 FRW members).*

**Wednesday, June 3, 7–8:30 pm**

### EATING LOCALLY – YES WE CAN!

Still no raspberries in February? In California, eating locally all year long is easy. Gorgeous fruits and vegetables grow even in February. However, for those of us living in the Midwest, where our growing season is short, eating locally all year long can be challenging. Join **Frances Murchison** of Mindfully Fed to discuss why eating locally is vital to us, the farmer, and our planet. Learn how to navigate farmer's markets (local vs. organic), hear about our very own local dairy and meat purveyors, and how to eat a rutabaga. This is the perfect workshop to prepare you for the harvest season.

*Brushwood. \$25 (\$20 FRW members).*

**Wednesday, August 5, 6:30–8:30pm**

### REDISCOVER CANNING

Join **Lynnette Mensah**, Nutrition and Wellness Educator, University of Illinois Extension for a view of a cook's kitchen at canning time—tomatoes, pickles and jellies. You'll learn what equipment is necessary and how to set up your kitchen for a day of canning. Learn how to store summer's bounty of fruits and vegetables for enjoyment year-round.

*Brushwood. \$15 (\$10 FRW members).*

## SMITH NATURE SYMPOSIUM

**Saturday, May 9**

5:30 pm Reception

7:00 pm Dinner

8:15 pm Evening Presentation

### WILL ALLEN KEYNOTE SPEAKER

Current MacArthur Fellow and former basketball pro, **Will Allen** is an urban farmer in Milwaukee who is transforming the cultivation, production and delivery of healthy foods to underserved, urban populations. Allen, CEO of Growing Power, will be the keynote speaker at our annual Smith Nature Symposium benefit dinner. Evening includes a reception and silent auction, followed by dinner and keynote address.

*Brushwood. \$125 for reception and dinner. \$25 for keynote and dessert only. Registration required.*

## ART EXHIBITIONS

Over the course of 2009, a series of art exhibitions mounted in Brushwood will consider the locally grown theme from a variety of perspectives.

**May 9 - June 28**

### MODERN GROCERIES BY STEPHANIE DEAN

#### TAKE WING BY MOLLY CRANCH

*OPENING RECEPTION: Saturday, May 9, 5:30–7pm, in conjunction with Smith Nature Symposium.*

**Stephanie Dean's** provocative and sensual images set foods in their packaging and labeling directly from the grocery store into traditional nature mort compositions reminiscent of 17th century Dutch paintings. Also exhibiting will be **Molly Cranch**. Cranch's delicate bird paintings are infused with light and stand as a meditation on nature.

*Brushwood. Free.*

**July 5 - August 27**

### LOCALLY GROWN GROUP EXHIBITION

*OPENING RECEPTION: Sunday, July 5, 1–3pm.*

From precisely rendered botanical drawings of an eggplant to quiet and elegant silver prints of a family homestead, to large expressive paintings of farm fields rife with religious iconography, five regional artists will share their respective viewpoints on the theme Locally Grown. Artists include **Dan Brinkmeier, Gregory Ender, Vicky Tesmer, Beverly Behrens, and Estelle Srivijittakar.**

*Brushwood. Free.*

## WILD ONION BOOK SERIES

FRW is taking this four-part book discussion series on the road. **Linda Bubon** of independent book store, Women & Children First, will lead lively discussions of four important works in food literature. Discussions followed by tours of places advancing the locally grown movement in our region, including a CSA, a restored historic garden, a student-run organic farm and an ecology center.

*Books can be ordered through Women & Children First's website, [womenandchildrenfirst.com](http://womenandchildrenfirst.com), or by phone at 773.769.9299. Titles also available through Deerfield Public Library.*

**Sunday April 26, 1–3 pm**

### **PART I: IN DEFENSE OF FOOD BY MICHAEL POLLAN**

Join FRW in the greenhouse at the Sandhill Organics farm at Prairie Crossing in Grayslake for a discussion of *In Defense of Food*. Pollan's bracing and eloquent manifesto shows us how we can start making thoughtful food choices that will enrich our lives, enlarge our sense of what it means to be healthy, and bring pleasure back to eating. We will also learn about what it means to be an organic farmer in Lake County from **Peg Sheaffer** of Sandhill Organics.

*Sandhill Organics Farm, Grayslake. Directions provided upon registration. \$20 (\$15 FRW members).*

**Sunday, June 28, 1–3pm**

### **PART II: THE REVOLUTION WILL NOT BE MICROWAVED BY SANDOR ELLIX KATZ**

This is the story of the consumer revolution against globally industrialized agriculture and corporate domination of food production, processing and distribution systems. Katz introduces readers to people who are reclaiming their right to eat healthy, wholesome food. If you wish to reclaim a connection to the food you eat, join this discussion. We'll meet at Elawa Farm in Lake Forest to learn about the restoration of Elawa's historic gardens into an organic public garden.

*Elawa Farm, Lake Forest. Directions provided upon registration. \$20 (\$15 FRW members).*

**Thursday, October 22, 7:30–9pm**

## **LECTURE**

### **THE FUTURE OF PLANTS IN A RAPIDLY CHANGING WORLD AN EVENING WITH SIR PETER CRANE**

Distinguished evolutionary biologist **Sir Peter Crane** will visit Ryerson Woods to share his perspective on threats to the world's plants, concern over the erosion of genetic diversity and exciting conservation strategies. Crane, who will lead the Yale School of Forestry and Environmental Studies as dean in the fall, is currently the John and Marion Sullivan University Professor in the University of Chicago's Department of the Geophysical Sciences. He served as the Director of the Royal Botanic Gardens in Kew, London from 1999–2006 and was knighted for services to horticulture and conservation.

*Welcome Center. \$10 (\$8 FRW members).*

**Saturday, August 29, 10am–Noon**

### **PART III: ANIMAL, VEGETABLE, MIRACLE BY BARBARA KINGSOLVER**

Part memoir, part journalistic investigation, this book tells the story of how Kingsolver's family was changed by one year of deliberately eating food produced in the place where they live. Following the discussion, enjoy a tour of the Green Youth Farm, a youth-run organic farm at the Greenbelt Forest Preserve in North Chicago.

*Green Youth Farm, Greenbelt Forest Preserve, North Chicago. Directions provided upon registration. \$20 (\$15 FRW members).*

**Saturday, October 10, 1–3pm**

### **PART IV: THE GIFT OF GOOD LAND BY WENDELL BERRY**

Join FRW at the Evanston Ecology Center for a book discussion about *The Gift of Good Land*. The essays describe Berry's journeys to the highlands of Peru, the deserts of southern Arizona and Amish Ohio to study traditional agricultural practices. We will also learn about the City of Evanston's active community garden program and tour the mini-farm of The Talking Farm, an urban food production project.

*Evanston Ecology Center. Directions provided upon registration. \$20 (\$15 FRW members).*

## FARM TOURS

Join FRW as we tour two farms in our region. We'll visit one of the Organic Valley family of farms in Wisconsin and an "incubator" farm in Grayslake.

**Saturday, June 20 , 8-3 pm**

### GRASS FARMING - THE BENEFITS OF PASTURE-RAISED POULTRY AND BEEF

Have you noticed the Organic Valley products available at your grocery? The cows and chickens producing these products live less than 70 miles from Ryerson! Learn the benefits of eating pasture-raised meat, eggs and dairy products when we tour the Krusen Grass Farms in Elkhorn, Wisconsin. This 340-acre certified organic grass farm is a member of the Organic Valley Family of Farms. The farm is operated by Alfrid and Sue Krusenbaum, who are among the pioneers in pasture-based dairy and beef farming in southeast Wisconsin.

*Light lunch provided. Carpooling options available.*

*Call for details. \$40 (\$35 FRW members).*

*Directions provided upon registration.*

**Sunday, July 26, 1:30-3 pm**

### GROWING FARMERS IN LAKE COUNTY

Did you know that we need to "grow" farmers in Illinois? With the enormous loss of family farms over the past century, the knowledge of how to grow food for humans on a large scale has diminished. If we want a large supply of locally grown food available to us, we need to grow the farmers. The Farm Enterprise Development Center (FEDC) in Grayslake was created in response to this need. It supports the development of successful family farm enterprises, which focus on growing & marketing organic food into local & regional systems. Known as an "incubator," the FEDC is located on a 100 acre organic farm and has its foundation in the Prairie Crossing Conservation Community. The incubator works with beginning farmers that want to develop the entrepreneurial skills, farming knowledge and market networks needed to become successful professional farmers. Join us for a tour where we'll learn more about this innovative concept and even meet some beginning farmers.

*Prairie Crossing, Grayslake. \$25 (\$20 FRW members).*

*Directions provided upon registration.*

## LOCALLY GROWN VIDEO COMPETITION

FRW knows that high school students have something to say about food. We want to hear from you....through video.

**Saturday, April 25th, 1-4pm**

### SHORT VIDEO MAKING WORKSHOP

Calling all high school students (ages 14-18) to join multi-media based filmmaker, **Scott Becker** for a FREE video making workshop. Learn to tell a cool environmental story in 3 minutes or less. Enter your video in FRW's upcoming Locally Grown Short Video Contest.

*Brushwood. Free. Registration required.*

*Visit [www.ryersonwoods.org](http://www.ryersonwoods.org) for details.*

**Sunday, May 31**

### ENTRY DEADLINE FOR LOCALLY GROWN VIDEO COMPETITION

FRW is seeking original short videos (up to five minutes) that focus on the theme Locally Grown. Winners will receive cash prizes.

*For full contest details and rules visit [www.ryersonwoods.org](http://www.ryersonwoods.org).*

Questions? Call 847.968.3321  
or visit [www.ryersonwoods.org](http://www.ryersonwoods.org)

Our heartfelt thanks to YEAR OF LOCALLY GROWN sponsors:

Lead Sponsor



Supporting Sponsors



Corporate Sponsors

**Baxter**  
**Glenwood Tree Experts**  
**WCPT AM & FM**



LOCALLY GROWN Advisors:

**Debbie Hillman**  
Coordinator, Illinois Local  
& Organic Food & Farm Task Force  
Co-chair, Evanston Food Policy Council

**Frances Murchison**  
Founder, Mindfully Fed

**Michael Sands**  
Environmental Team Leader,  
Prairie Crossing



**Lake County Forest Preserves**  
[www.LCFPD.org](http://www.LCFPD.org)



Register online at [www.LCFPD.org](http://www.LCFPD.org) or for member discount call 847.968.3321