

## **The 2015 Appalachian Food Summit**

**Revival:** *A culinary and agricultural revival in the mountains*

### **8:00a.m. Abingdon Farmers Market**

*A field trip to one of Appalachia's greatest markets. Meet the many local farmers and vendors that make this market a gem of the Southern mountains while grabbing a farm fresh breakfast. Trolley service will leave from the Comfort Inn at 8:00a.m. for the market and will depart the market for Heartwood at 8:55a.m.*

### **9:00a.m. Registration Open at Heartwood**

**9:30a.m.**

#### **Rooted in Appalachia: A Welcome to The Summit and Abingdon**

Sheri Castle, Appalachian Food Summit

Mayor Ed Morgan, Town of Abingdon

**10:15a.m.**

#### **Opening Keynote by Anthony Flaccavento**

**11:00a.m. Break**

**11:10a.m.**

#### **Celebrating Mountain Apples: A juicy conversation about apples as an Appalachian cultural and economic force**

Moderator: Amelia Kirby

Diane Flynt, Foggy Ridge Cider

Helen Lewis, Scholar

Chef Travis Milton, Shovel and Pick

Anthony Slone, Filmmaker

*This panel will explore the historic and current potency of apples as a delectable force in the culinary, economic and agricultural landscape of Appalachia. Filmmaker Anthony Slone will show a clip from his documentary *Applewise*, a film about one of the last apple orchards in Wise, Virginia. Chef Travis Milton will explore the reintroduction of heirloom apples to kitchens of the region. Esteemed cider maker Diane Flynt of Foggy Ridge Cider will address her experience running a celebrated apple-based business. And cultural historian and "Grandmother of Appalachian Studies" Helen Lewis will discuss her vision for orchards as part of the reclamation economy on surface-mined lands.*

**12:00p.m.**

#### **A commissary kitchen lunch**

*Local food trucks will be gathered outside with a tented area for guests on the back patio. Music provided by The Boys. Bar serving cider, wine, beer and non-alcoholic libations open in Heartwood.*

**1:30p.m.**

#### **Reviving Local Economies: Lessons from Southwest Virginia**

Moderator: Lora Smith  
Johna & Saul Hernandez, Mi Tierra Farm  
Mayor Ed Morgan, Town of Abingdon  
Kathlyn Terry, Appalachian Sustainable Development and Appalachian Harvest

*As you've likely already noticed, local foods play a big part as an economic driver in Abingdon. This panel will explore the people, organizations, and initiatives behind the area's thriving food scene and the lessons they've learned along the way. Abingdon Mayor Ed Morgan will talk about the town's Rooted in Appalachia initiative. Kathlyn Terry of Appalachian Sustainable Development will share the organization's history supporting farmers in Southwest Virginia including the recent successes of their food hub and social enterprise Appalachian Harvest. And the Hernandez family will share their story as seventh generation farmers in Washington County, VA.*

**2:30p.m. Tea & A Biscuit**

*Take a break with sassafras tea and biscuits by Sheri Castle and Chef Anna Bogle complimented by Appalachian Harvest butters and mixed pickles.*

**3:00p.m.**

**Salt from Fable to Table: A Look at Appalachia's First Extracted Mineral and Latest Artisanal Food**

Moderator: Ronni Lundy  
Nancy Bruns, J.Q. Dickinson Salt-Works  
Amy Cameron Evans, 2015 Appalachian Food Summit Artist in Residence

*Salt, the first extractive economy in the Appalachian South, played a significant role shaping the region's history. Its revival as a fine culinary product is taking its story into the future. Moderator Ronni Lundy will share a bit of background on this significant seasoning. For the Summit, artist and documentarian Amy Cameron Evans created a series of portraits based on and illuminating the stories of cooks collected in the Saltville Centennial Community Cookbook and will share what she has learned about this 20th century company town. J.Q. Dickinson Salt-Works CEO Nancy Bruns has revived and reinvented her family's salt-works with a contemporary focus on producing a small scale, fine culinary seasoning. She will share her perspective on small food economies in the mountains.*

**3:50p.m Closing**

**4:00p.m. Trolley service from Heartwood to Comfort Inn**

**4:30-5:00p.m. Optional Field Trip**

*An on-you-own field trip to tour Grow Appalachia's Abingdon site.*