



**2019 Organic Valley Good Food Commons**  
Organized by Advocates for Urban Agriculture and FamilyFarmed

	Make Your Own	Grow Your Own	Compost Your Own	Raise Your Own	Test Your Own
<b>11am-11:30am Presentation:</b>	<b>Introduction to Culinary Medicine</b>	<b>Seed Saving for the Edible Garden</b>	<b>Utilizing Compost for Thriving Gardens and Landscapes</b>	<b>Raising your Backyard Ducks</b>	<b>Chicago Safe Soils Initiative</b>
Presenter:	Dileep Gangolli	Katherine Haberman	Ryan Anderson	Abe Lentner	Dr. Andrew Margenot & Zack Grant
Organization:	Green Grocer Chicago, Inc.	The Morton Arboretum	Integrated Pest Management Institute	Citizen Enthusiast	University of Illinois Urbana-Champaign & University of Illinois-Extension
<b>11:45am-12:15pm Presentation:</b>	<b>Learn How To Make Plant Based Meals</b>	<b>Microalgae from Waste to Plate</b>	<b>Build Kitchen Composting with Worms</b>	<b>Quail: An Overview</b>	<p><b>From 11am - 4pm, soil scientists will provide FREE lead screening for soil samples from your urban garden, farm, or yard!</b></p> <p>You are welcome to bring as many samples as you like. In-ground soil samples (i.e., not from raised beds) preferred, but not mandatory.</p> <p>Help us spread the word by sharing this opportunity with your neighbors and fellow gardeners! <b>Please see <a href="http://www.auachicago.org/soil">www.auachicago.org/soil</a> for sampling instructions.</b></p> <p>This initiative is part of a 2 year collaborative project between UIUC, Extension, and AUA, using citizen-science to develop tools to identify and manage soil lead contamination; develop a publicly available map of soil heavy metal contamination across Chicago; and identify 'best bets' to avoid and mitigate soil lead, including safe crop choices and effective mitigation treatments.</p>
Presenter:	Conscious Plates	Leonard Lerer and John Edel	Windy City Harvest, Urban Teen Growers	Jennifer Murtoff	
Organization:	Conscious Plates	Back of the Yards Algae Sciences and The Plant	Windy City Harvest	Home to Roost, LLC	
<b>12:30pm-1pm Presentation:</b>	<b>Urban Foraging for Female Health</b>	<b>Grow Without a Garden: Microgreens</b>	<b>Spring Soil Health Workshop</b>	<b>Native Bee Habitats in Your Yard</b>	
Presenter:	Nina Lawrin	Sarah Batka	Lora Lode	Jim Doyiakos	
Organization:	loveren collections	U of I Extension	Chicago Bionutrient Food Association	Chicago Public Schools	
<b>1:15pm-1:45pm Presentation:</b>	<b>Cooking with Essential Oils</b>	<b>Growing Winecap Mushrooms</b>	<b>Coffee Grounds for Compost and IPM</b>	<b>Urban Goats 101</b>	
Presenter:	Ramona Baptiste	Jeff Bogusz	Anthony Loster, Carter O'Brien, George Rotramel	Carolyn Ioder	
Organization:	Chef in the Hood	Citizen Enthusiast	Field Museum	Goat Guardians Guild	
<b>2pm-2:30pm Presentation:</b>	<b>The Fermentation Station: Starting and Working with Sourdough</b>	<b>Urban Homesteading &amp; Preparedness</b>	<b>Optimum Raised Bed Gardening Soils</b>	<b>Urban Beekeeping! Native and Honey Bees</b>	
Presenter:	Lisa Kalabokis	Jacqueline Smith	David Murphy	Thad Smith	
Organization:	Green City Market	GrowAsis Urban Garden Consulting	Deep Roots Project	West Side Bee Boyz	
<b>2:45pm-3:15pm Presentation:</b>	<b>Saffron Recipes for Your Home Kitchen, from Rice to Ice Cream</b>	<b>How to Plan a Food Forest in your Backyard</b>	<b>Soil! A Crash Course</b>	<b>Chicken-Keeping Basics</b>	
Presenter:	Keith Alaniz & Chef Sana Rehman	Aaron Levine	Adrienne Detanico	Jennifer Murtoff	
Organization:	Rumi Spice	KAM Isaiah Israel Food Justice & Sustainability Program	The Organic Gardener	Home to Roost, LLC	
<b>3:30pm-4pm Presentation:</b>	<b>Cultured and Brined Cheese/zes</b>	<b>The 3 Season Urban Gardener: Season Extension Tips</b>	<b>Redirecting Food Waste + Compost</b>	<b>Chicken Health Check</b>	
Presenter:	Elsa M. Jacobson & David Arfa	Daniel Gibbs	Renee Costanzo	Jennifer Murtoff	
Organization:	Fresh Curds	Big Green	Chicago Park District	Home to Roost, LLC	