



YOUTH GROW SUMMIT
Cornell University
June 28 – 30, 2011

Hosted by:



Cornell University
Cooperative Extension



4-H Career Explorations

Dear Youth Grow Participant:

Welcome to the Youth Grow Summit!

We are excited that you are here and hope that the next three days will be an inspiring, energizing, and empowering experience for you! Youth have traveled here from across the state with the common purpose of celebrating youth leadership in the food system. We are all united in our common passion for growing food and creating healthy, sustainable and just communities.

It's going to be a busy three days. We have lined up many activities for you, from workshops and work parties, to special guest speakers and an awesome film night! Workshop topics include youth leadership skills, local farming, food justice, seasonal cooking, school food, and more. I encourage you to share your diverse skills and experiences with other participants – your contributions will play a big part in determining the success of this event! I hope you will participate fully during the summit by exposing yourself to new ideas, learning new skills, making new friends, and getting excited about the community of young food system leaders that we are creating together.

On behalf of the Youth Grow Summit organizing committee, I thank you for your participation. I truly hope you will take advantage of this opportunity to collectively build youth leadership capacity in the food movement. As a young leader, you have the power to inspire not only your peers, but also your entire community in the cultivation of sustainable and just food systems!

Welcome again,

Christine Hadekel

Youth Grow Coordinator

ch459@cornell.edu

607-379-9961

Emergency Contact Information:

Call 911 for any situation that requires IMMEDIATE police, fire, or medical response to preserve life or property.

ABOUT YOUR HOSTS

Cornell University

Located in Ithaca, NY, Cornell University was founded in 1865 and is home to seven undergraduate colleges and seven graduate divisions. Founded by Ezra Cornell and Andrew White, Cornell was intended to teach all fields of knowledge – this ideal is captured in Cornell’s motto, a quotation by Ezra Cornell: “I would found an institution where any person can find instruction in any study.” Since its founding, Cornell has added practical subjects to the classics and has admitted qualified students regardless of nationality, race, social circumstance, gender, or religion. Today, Cornell is home to the nation's first colleges devoted to hotel administration, industrial and labor relations, and veterinary medicine. Both a private university and the land-grant institution of New York State, Cornell University is the most educationally diverse member of the Ivy League.

Cornell Garden-Based Learning Program

Our mission is to provide educators with inspiring, research-based gardening resources and professional development to support engaging, empowering, and relevant learning experiences for children, youth, adults, and communities.

We are part of the Department of Horticulture and Cooperative Extension at Cornell University.

Our work encompasses programs, activities, and projects in which the garden is the foundation for integrated learning and discovery across disciplines, through active and engaging real-world experiences. We are committed to the value of gardening with young people—balancing principles of youth development with garden-based content.

We provide **professional development** support for New York State residents engaged in mentoring, training, teaching, or other forms of education about gardening, through regional and state-wide in-services and workshops. We also work nationally and internationally through symposia, conferences, and cultural exchanges.

We develop **activities, programs, publications**, and other educational materials, as well as share general garden information. We pilot test, evaluate, and reflect on all of our materials prior to making them accessible for free on our website.

We **partner** with faculty and staff in other departments at Cornell, educators in county Cooperative Extension associations, and with other organizations throughout the United States and internationally.

Visit our website: <http://blogs.cornell.edu/garden>

Places to Visit at Cornell

McGraw Tower (the Clock Tower) – Probably the most noted landmark on campus at Cornell, McGraw Tower has 21 chimes, which play three times throughout the day. Climbing 161 stairs to the top is definitely a great experience! Visit <http://www.cornell.edu/tours/scene0dc0.html> to learn more. Attend a chimes concert by showing up at 5:50 P.M. to the entrance at Uris Library. Be sure to bring a camera!

Sage Chapel – Built in 1873, this chapel was designed by Charles Babcock, Cornell's first professor of Architecture. The intricate decorations and design of Sage Chapel is breathtaking, and definitely worth a visit. Go to <http://www.cornell.edu/tours/scene2f30.html> to see pictures.

The Arts Quad – Many Cornell students enjoy warm summer days walking though and/or studying in this safe haven. It's a beautiful place to lounge. It's home to both the College of Arts and Sciences and the College of Architecture, Art, and Planning. While you're there be sure to check out the Whispering wall near Goldwin-Smith, say "hi" to Uncle Ezra and A.D. White, and see the Libe Slope Overlook behind McGraw Tower. Visit <http://www.cornell.edu/tours/scene780f.html> to find out more.

The Cornell Store – Cornell has an underground bookstore on two floors. Be sure to check it out and take home some cool Cornell apparel. For more information, visit <http://www.store.cornell.edu/>

Cornell Plantations – A great place to relax on a summer afternoon, Plantations offer trails throughout the gorges and among flower gardens. Most easily accessed from the path behind Mann Library and Fernow Hall, the summer gardens and Arboretum are a favorite with Cornell Students. Stop by their new Visitor and Education Center, just completed this spring. Visit <http://www.plantations.cornell.edu> for more information.

Beebe Lake – Take a short nature hike through campus, to see beautiful waterfalls. Accessible at the Footbridge, behind the Observatory, by the Plantations or the back path behind MVR.

Food

Manndible Café – Manndible Cafe is a local-foods oriented eatery located in Mann Library on the Ag Quad. The Youth Grow Summit is proud to have all our meals catered by Manndible.

DAILY SCHEDULE: TUESDAY, JUNE 28th

Time	Activity
1:00-2:00pm	Check-in Location: Plant Science 233
2:00-3:00pm	Summit Opening Session Location: Plant Science 404
3:00-4:00pm	Guest Speaker Location: Plant Science 404
4:00-4:15pm	Break Location: Snacks in Plant Science 233 / Games outside on Ag Quad!
4:15-5:30pm	Workshop Session 1 Trellises, Twine, and Knots--Helping Your Garden Grow Upwards (Meet in Plant Science 37 and walk to outdoor location) Building a Theory of Change: Strategy, Tactics and Timeline (Plant Science 143) Farm to School Part I —The Farm (Plant Science 404)
5:30-5:45pm	Walk to Dinner (Walk to dinner with Workshop Session 1 group)
5:45-6:45pm	Dinner Location: Cornell Plantations Welcome Center
6:45-7:00pm	Walk to Kennedy Hall
7:00-8:30pm	4-H Career Explorations Opening Assembly Keynote Speech by Sam Levin Location: Call Alumni Auditorium, Kennedy Hall
8:30	Travel to overnight accommodations
10:00pm	Curfew/Lights Out

DAILY SCHEDULE: WEDNESDAY, JUNE 29th

Time	Activity
7:00am	Wake up
7:30am	Travel to Campus * Vans will pick up participants staying at St. Paul's church ** Showers available at Teagle Hall
8:00-9:00am	Breakfast Location: Plant Science 404
9:00-9:15am	Morning Intro Location: Plant Science 404
9:15-10:30am	Workshop Session 2 Telling Your Story: Reflecting, Writing, and Sharing the Power of Food and Community (Plant Science 141) Leadership and Collaboration: What's your style? (Plant Science 143) Growing Green: Youth Enterprise & Aquaponics . . . In the City! (Plant Science 404) Farming on the Hill! (Meet by parking circle in front of Plant Science Building. We will drive in vans to Dilmun Hill Student Farm)
10:30-10:45am	Break Location: Snacks in Plant Science 233/ Games outside on Ag Quad!
10:45am-12:00pm	Workshop Session 3 Burgers and Fries and Shakes, Oh My! (Plant Science 141) Social Justice and Local food: The Significance of Food Justice in the Sustainability Movement (Plant Science 143)

	Farm to School Part II – The School (Plant Science 404)
12:00-12:15	Walk to Lunch (Walk to lunch with Workshop Session 3 group)
12:15-1:00pm	Lunch Location: Cornell Plantations Summer House
1:00-2:00pm	Capnote Presentation Planning Session Location: Cornell Plantations Summer House
2:00-2:30pm	Travel by vans to garden work party sites
2:30-5:00pm	Garden Work Parties Locations: Ithaca Children’s Garden Dilmun Hill Student Farm DeWitt Middle School Garden Chestnut Hill Community Garden
5:00-5:30pm	Travel by vans to Stewart Park
5:30-7:00pm	Dinner Location: Stewart Park
7:00-9:00pm	Film Night Location: Stewart Park
9:00pm	Travel by vans back to Cornell campus
9:30pm	Travel to overnight accommodations
10:00pm	Curfew/Lights Out

DAILY SCHEDULE: THURSDAY, June 30th

Time	Activity
7:00am	Wake up
7:30am	Travel to Campus * Vans will pick up participants staying at St. Paul's church ** Showers available at Teagle Hall
8:15-9:00am	Breakfast Location: Mann 102
9:00-9:15am	Morning Intro Location: Mann 102
9:15-10:30am	Workshop Session 4 Growing Gourmet Mushrooms for Fun and Profit (Meet in Plant Science 37 and walk to outdoor location) Building Community with Permaculture (Plant Science 143) Kitchen Gardens 101 (Plant Science 404) Adult Educators Breakout (Plant Science 151)
10:30-10:45am	Break Location: Snacks in Plant Science 233/ Games outside on Ag Quad!
10:45- 11:45am	Workshop Session 5 Open Space (Plant Science 141/143) Capnote Presentation Planning Session (Plant Science 233) Young Changemakers Panel (Mann 102)

11:45am-12:45pm	Lunch / Summit Closing Session Location: Plant Science 404
12:45pm-1:00pm	Walk to Kennedy Hall
1:00-2:00pm	4-H Career Explorations -- Closing Assembly Capnote Presentation by Youth Grow Summit participants Location: Call Alumni Auditorium, Kennedy Hall
2:00pm	Travel Home

DAILY SCHEDULE: TUESDAY, JUNE 28th

1:00-2:00PM: CHECK-IN

Location: Plant Science 233

During check-in, you will receive a program packet with a full summit schedule, campus map and other materials.

After you check-in, go to Plant Science 404 to sign up for workshops sessions!

**Out-of-town participants: You can store your overnight belongings (backpack, sleeping bag, etc) in Plant Science 114. It will be secure and locked throughout the day and you will have access to the room again in the evening to pick up your belongings before going to your accommodations for the night.

2:00-3:00PM: OPENING SESSION

Location: Plant Science 404

Description: Get to know each other and find out what to expect during the summit!

Featured youth speaker: “Story of Self” by Joseph Amsili

Joseph believes that food is arguably the largest interface by which humans interact with the world around them and with each other. Joseph will share his story of how he became involved in farming and food systems as a high school student.

3:00-4:00PM: GUEST SPEAKER

Location: Plant Science 404

Description: “Growing Your Community” by Barbara Lang

Barbara Lang is the founder of The Etiquette Factor™, a portal which provides tips and practical advice to help people present the best in themselves while learning how to build a community of relationships. Through storytelling, interactive exchanges and exercises, Barbara offers insights and strategies enabling people to feel, and behave, more self-confident when making introductions, engaging in conversation and following up with new acquaintances.

www.theetiquettefactor.com

4:00-4:15PM: BREAK

Snacks in Plant Science 233 and games outside!

4:15-5:30PM: WORKSHOP SESSION 1**Trellises, Twine, and Knots – Helping Your Garden Grow Upwards**

Location: Meet in Plant Science 37 and walk to outdoor location

Description: As urban farmers in New York City we are severely limited by the size of our growing space--we have just half an acre to grow on for 39 markets over the course of the season. To make the most of our space, we build a lot of trellises to grow bigger and healthier plants. Come learn new techniques for building trellises using the materials you have on hand, as well as learn some essential knots for tying up your plants in the garden.

Presenters:

David Vigil: David is the farm manager at ENYF! and this is his fifth season. He is currently growing 22 varieties of peppers.

Youth from ENYF!

Building a Theory of Change: Strategy, Tactics and Timeline

Location: Plant Science 143

Description: The workshop will build student and youth understanding of the concepts and practices of building effective strategies and using creative tactics to effect change in their schools and communities. The workshop aims to empower participants to actively evaluate their own school and community contexts and to develop theories of change. Breakout sessions and feedback sessions allow participants to build relationships with fellow participants and to present the materials they actively create to the group.

Presenters:

Ren Ostry

Reed Steberger: Reed Steberger is a Senior in the College of Agriculture and Life Sciences. He serves as a lead Focal Point for the Green Umbrella: New York Youth for a Just and Sustainable Future, a network of youth and community environmental activists focusing on community organizing, strategic campaigns and stateside collective action. Reed also serves as the President

of KyotoNOW! Cornell's progressive student environmental organization, and has been an active member in the Cornell Organization for Labor Action. He enjoys Kale and his favorite flavor is anise. He studies mostly sociology with a healthy sprinkling of gender and critical theory.

Farm to School Part I: The Farm

Location: Plant Science 404

Description: A brief presentation on the Youth Farm Project (a program which employs youth and volunteers from around the community while teaching/promoting the merits of local, sustainable, farming) and Localvores (a group of students at the Lehman Alternative Community School, Ithaca which works to process the produce from the farm and other local initiatives, distribute the food, and incorporate healthy, organic items into school lunches). Both are relatively young programs, and provide a good model for the early stages of creating a similar project. The presentation will be followed by a panel discussion led by youth from both programs.

Presenters: The youth are involved on various levels in Localvores and/or the Youth Farm Project.

5:30-6:45PM: DINNER

Location: Cornell Plantations Welcome Center

(Workshop groups from Session 1 will walk together to the Plantations Welcome Center)

7:00-8:30PM: 4-H CAREER EXPLORATIONS OPENING ASSEMBLY

The Youth Grow Summit is a special event that is happening in partnership with 4-H Career Explorations. The purpose of Career Ex is to provide youth with exposure to academic fields and career exploration, to develop leadership skills, to provide hands-on experience in a college setting and to introduce you to Cornell University. The 2011 theme of Career Explorations is "Community Gardens". Youth Grow Summit participants will join Career Explorations participants for an Opening Assembly on Tuesday evening. The keynote speaker will be Sam Levin, one of three co-founders of Project Sprout, an organic, student-run garden on the grounds of Monument High School in Great Barrington, Mass. Sam, started this project as a freshman at Monument. Now in its fifth year, Project Sprout supplies the school's cafeteria with fresh fruits and vegetables, helps feed the hungry in the community and serves as a living laboratory for students of the Monument school system.

8:30PM: TRAVEL TO OVERNIGHT ACCOMMODATIONS

DAILY SCHEDULE: WEDNESDAY, JUNE 29th

7:30AM: TRAVEL TO CAMPUS

Vans will pick up participants staying at St. Paul's church. Showers available at Teagle Hall.

8:00-9:00AM: BREAKFAST

Location: Plant Science 404

9:00-9:15AM: MORNING INTRO

Location: Plant Science 404

9:15-10:30AM: WORKSHOP SESSION 2

Farming on the Hill!

Location: Dilmun Hill (We will drive to the farm in vans. Meet by parking circle in front of Plant Science Building)

Description: This workshop will make use of ongoing projects at Dilmun Hill Student Organic Farm to demonstrate low-input agricultural practices work on a small-scale student organic farm. Our workshop will be composed of three sessions, focused on concepts pertinent to projects at the farm – the Market Garden, the Growing Mosaics Garden (an experimental permaculture garden), and the Best Management Practices project (a research project investigating remediation techniques for contaminated soils).

Presenters:

Alex Traven: Food is the most important thing in the world to me. I think food is also the most important thing in the world to everyone else, but most people don't seem to know it. I am passionate about agriculture and fresh food, and want to share that love with others. In my free time, I enjoy foraging for wild foods, canning, eating exotic fruits, and rock climbing.

Isaac Arginteanu: I love working with my hands and learning how to make and do new things, which is probably why I am so interested in farming. I like cooking enormous meals and eating them with lots of people.

Peter Christine: I grew up with gardening all my life, but started getting interested in agriculture in high school when I learned about peak oil, and the fragile nature of our food system. From that point on I've become more and more interested in sustainable agriculture, food systems, and economics.

Liz Burrichter: I grew up in the suburbs of Philadelphia and had little exposure to agriculture until I started working at a camp on a small farm in Poughkeepsie, NY. That is when I began to understand the problems with our food system. Since coming to Cornell, I've acquired interests in agroforestry and permaculture, and will never turn down an opportunity to spend some time in the woods.

Elizabeth Goodwin: My home is Hastings-on-Hudson, NY. I first became interested in farming during my sophomore year of high school while working as a counselor at Stone Barns Farm Camp. I later worked for a few weeks at The Happy Farmer, a 3-acre family farm in Slaterville Springs (just outside Ithaca), during the summer before my freshman year at Cornell. I hope to one day grow billions of blueberries.

Leadership and Collaboration: What's Your Style?

Location: Plant Science 143

Description: How do you take in information? How do you process this information? What does this say about your personality and how you relate to others? This is an introduction to a way of self reflecting that will be useful for all youth leaders. In this workshop, we will engage in a lively process of moving along a continuum to gain self awareness. Then, we'll work and discuss in small groups. This is an introduction, to open a door to a way of viewing leadership.

Presenter: Marcia Eames-Sheavly is the youth program leader for Cornell Garden-Based Learning. She has been enthusiastic about youth voice in the garden-based learning arena for many years, and is eager to be a part of this important event! Marcia develops educational resource materials, presents nationally, and has authored many publications, book chapters, and articles. She frequently speaks at national symposia and public gardens on topics related to children's and adults' experiences of gardening. She teaches several courses in Horticulture.

Telling Your Story: Reflecting, Writing, and Sharing the Power of Food and Community

Location: Plant Science 141

Description: Participants will engage in a variety of reflective activities to draw out memories of food and community. Using the framework of an “I am from...” poem (from *Reading, Writing, and Rising Up: Teaching About Social Justice and the Power of the Written Word*), participants will begin crafting their own powerful story of food—why it matters to them, how it is part of what makes them who they are, and what they will do about it now and for the future.

Presenter: Angela Hedstrom is an educator with an all out love for food and sustainability. She has taught students from pre-kindergarten to adults on a farm, in urban school gardens, elementary classrooms, school cafeterias, the woods, and places in-between.

Growing Green: Youth Enterprises & Aquaponics...in the City!

Location: Plant Science 404

Description: This workshop will give audiences an overview of the Massachusetts Avenue Project, Growing Green and Growing Green Program components. It aims to show youth the process of starting a food-related youth enterprise, and create awareness of integrated urban agriculture techniques, with a focus on aquaponics.

Presenters:

Adriana Ragland: Adriana works for the Youth Enterprise Team at Growing Green and has also worked for Growing Green’s Community Outreach and Education Team as well. Adriana is 18yrs. old and has been in Growing Green for 4 years.

Nate Navarro: Nate Navarro is part of the Growing Green Farm Team at Growing Green. He is 15 years old and has been a part of Growing Green for just under a year. He enjoys learning about the science of farming, composting and about the aquaponics system.

Christian Tererro: Christian Tererro is in Growing Green’s Farm Team and has worked with Growing Green for a little over a year. Christian is a proud vegetarian and looks forward to going to college locally. As part of the Farm Team, Christian is involved in planting, harvesting, composting, watering, tending to chickens and learning about aquaponics.

Kate Pfohl: After receiving a bachelor's degree in Philosophy at SUNY Fredonia, Katherine joined the Peace Corps where she taught rural aquaculture systems in Zambia. Returning to the U.S. in fall, 2008, she studied permaculture design in Oregon before moving to the Virgin Islands Sustainable Farm Institute Katherine helped start a CSA in East Aurora for the 2010 growing season. Now she is happy to be working with MAP as the farm and market assistant.

10:30-10:45AM: BREAK

Snacks in Plant Science 233 and games outside on Ag Quad!

10:45AM-12:00PM: WORKSHOP SESSION 3

Burgers and Fries and Shakes, Oh My!

Location: Plant Science 141

Description: In this workshop participants will be introduced to basic nutrition and prevention concepts and understand how this information can change the course of their lives. They will also learn that it is not just about their health, but also about food justice and sustainability. Students will learn how food affects hair, skin, nails, and moods and emotions. They will also learn about school food issues, and make delicious "Go Green" smoothies.

Presenter: Amie Hamlin is the Executive Director of the New York Coalition for Healthy School Food (NYCHSF). NYCHSF is responsible for starting the Fresh Fruit and Vegetable Snack Program at BJM Elementary School and running it for two years. Now, NYCHSF has formed a coalition of partners to introduce Cool School Food into the cafeterias of elementary schools in Ithaca.

Social Justice and Local Food

Location: Plant Science 143

Description: This workshop will give participants an overall look at national & local food justice initiatives, discuss the relevancy of a social justice approach to the food movement and tie in the importance of social justice in the sustainability movement.

Presenters: Kirtrina Baxter, Southside Community Center & Josh Dolan, CCE Tompkins

Farm to School Part II: The School

Location: Plant Science 404

Description: New Roots Charter School is a tuition-free high school dedicated to educating the next generation of leaders in sustainability and social justice. Located in the heart of downtown Ithaca, NRCS has developed partnerships with local farms, food suppliers and organizations working for food justice. In this workshop, we explore how a school with a limited budget can produce healthy meals with a local, sustainable emphasis and help participants understand the ways our faculty and staff have integrated lessons about food and local food systems into a variety of subject areas.

Presenters:

Allyn Rosenbaum: Farm to School Coordinator and Lunch Lady at New Roots Charter School, (NRCS) in Ithaca.

Sarah Rubenstein-Gillis: Director of Community Programs at NRCS

Rebecca Rodomsky-Bish: Science Teacher at NRCS

New Roots Charter School students

12:00-1:00PM: LUNCH

Location: Cornell Plantations Summer House
(Workshop groups from Session 3 will walk together to the Plantations Summer House)

Description: Eat lunch with your Capnote presentation planning group.

1:00-2:00PM: CAPNOTE PRESENTATION PLANNING SESSION

Location: Cornell Plantations Summer House

Description: Each group will come up with a 3-minute presentation for the capnote presentation.

2:00-2:30PM: TRAVEL TO GARDEN WORK PARTY SITES

2:30-5:30pm: GARDEN WORK PARTIES

Dewitt Middle School Garden

DeWitt's Vegetable Garden (the SUPER DUPER AWESOME SKILLAGE VEGGIE GARDEN OF DOOM AND BROCCOLI) would like to thank you for your interest in local food. The garden is an integral part of the 7th grade science program. Students plan, prepare their 3'X10' plots, and sow and maintain crops in groups of 4. In the process they're learning about soil composition, nutrition, plant biology and reproduction. When you arrive you'll witness (and taste) the fruits of their labor and tour the facilities. The garden includes a deer fence, shed, water line, 3-bin compost station and 46 bins. There is always lots of exciting work to do in the garden. If you'd like to help out, we'll be putting up some trellises, mounding potatoes, mulching paths and reinforcing the deer fence.

Ithaca Children's Garden

Come experience the Ithaca Children's Garden, a waterfront public garden that serves children, youth and families of Ithaca and surrounds. We'll start out with a short walk around the garden and introduce some of the programs we offer to the community, as well as a few different projects teens can help out with. Get a sense of what it's like to operate and maintain an urban children's garden! Some of the highlights? A giant turtle named Gaia, a child-sized bird house, a large vegetable garden, and a recycled bottle greenhouse. And of course, making a difference for our small organization and the communities we serve.

Dilmun Hill Student Organic Farm

We are a student-run farm that has been practicing sustainable agriculture on Cornell University's campus for more than a decade. Our mission is to provide students, faculty, staff and community with opportunities for experiential learning, group collaboration and research. Throughout the year we host work parties where volunteers work in the fields and experience the latest in sustainable agriculture practices. The student managers and steering committee members collaborate with the Organic Coordinator and Faculty Advisor to provide leadership in farm operations and disseminate information through education and outreach. We also collaborate with various organizations on campus, such as McDaniels Nut Grove (MNG). Our popular campus farm stand offers Dilmun Hill produce for sale from June through October and we supply local produce to Cornell Dining and Manndible Cafe in season.

Chestnut Hill Community Garden

Chestnut Hill Community Garden was started on 10-10-10 as part of a global day of action against climate change with help from Gardens 4 Humanity, 350.org, Chestnut residents, the West Hill Community Organization, West Village Urban 4-H, LACS students and staff as well as residents of Ecovillage. The goal of this garden is to provide a place for residents and

neighborhood to grow traditional foods, learn to grow food in our climate and a place for the community to come together to celebrate.

5:30-7:00PM: DINNER

Location: Stewart Park Large Pavilion

7:00-9:00PM: FILM NIGHT

Location: Stewart Park Large Pavilion

Description:

Guest presentation by Green Guerrillas Youth Media Tech Collective

Green Guerrillas is an innovative, grassroots job-training program located in Ithaca, New York which values teen's creative insights and capacities to transform their reality as leaders and participants for change. Green Guerrillas make their own media by analyzing important social, political, economic and environmental issues which affect their lives. They connect the dots between 500-year-old issues of prejudice, inequality, oppression, and discrimination with the increased use of policing, exploitation, resource extraction, and incarceration nationwide and abroad.

Visit their website: www.guerrilla-griots.org/greenguerrillas.html

Film: The Greenhorns

The Greenhorns is a documentary film that explores the lives of America's young farming community -- its spirit, practices, and needs. As the nation experiences a groundswell of interest in sustainable lifestyles, we see the promising beginnings of an agricultural revival. Young farmers' efforts feed us safe food, conserve valuable land, and reconstitute communities split apart by strip malls. It is the filmmakers's hope that by broadcasting the stories and voices of these young farmers, we can build the case for those considering a career in agriculture -- to embolden them, to entice them, and to recruit them into farming.

Visit their website: www.thegreenhorns.net

9:00PM: TRAVEL BY VANS BACK TO CORNELL CAMPUS

9:30PM: TRAVEL TO OVERNIGHT ACCOMMODATIONS

DAILY SCHEDULE: THURSDAY, JUNE 30th

7:30AM: TRAVEL TO CAMPUS

Vans will pick up participants staying at St. Paul's church. Showers available at Teagle Hall.

8:15-9:00AM: BREAKFAST

Location: Mann 102

9:00-9:15AM: MORNING INTRO

Location: Mann 102

9:15-10:30AM: WORKSHOP SESSION 4

Growing Gourmet Mushrooms for Fun and Profit

Location: Meet in Plant Science 37 and walk to outside location

Description: This workshop will introduce participants to the practice of cultivating gourmet mushrooms, which can be a good vehicle for entrepreneurial ventures. We will introduce the mushroom life cycle and then demonstrate basic techniques for growing shiitake on logs, oysters on used coffee grounds or sawdust, and king stropharias in mulched garden beds. We will even take a look at a naturalized bed of king stropharias growing right behind Cornell's Ag Quad! Participants will leave with a good sense of the pros and cons of growing each species for fun and profit.

Presenters:

Ari Rockland-Miller is the co-founder of The Mushroom Forager (www.themushroomforager.com), a blog that shares stories of his foraging adventures around Ithaca along with practical advice and reflection. He is also a passionate mushroom cultivator, having managed Cornell University's Mushroom Research Project as well as Cornell's forest farming and mushroom cultivation demonstration site, the MacDaniels Nut Grove. He is currently working for Cornell's Garden-Based Learning Program on an initiative to develop garden-based learning programs for military families.

Steve Gabriel works for Cornell Garden-Based Learning in addition to teaching with the Finger Lakes Permaculture Institute. His background in forestry led him to an interest in mushroom cultivation, and after five years experimenting he is beginning to develop a 2,000+ log shiitake mushroom operation outside of Ithaca, NY.

Building Community with Permaculture

Location: Plant Science 143

Description: This session explores engaging people in our land-based projects and using our projects to build strong, safe and inclusive communities. We will discuss why community engagement is important, why it is key to our success as small farmers, & how to identify and create leaders from our communities. Discussions will be framed using permaculture principles and examples from community organizations practicing this work. The workshop will be a mix of group activities and discussion along with a slide show and explanation of permaculture principles and their application in a community context.

Presenter: Liz Falk founded and served as director of a non-profit urban farm (Common Good City Farm) for 4 years, where she implemented permaculture principles within the landscape design and then realized how these same principles could be applied to helping us build strong community relationships. Now, 9 months into a job as Community Food Garden Educator at Cornell Cooperative Extension, Liz is actively working to implement these principles again within rural and urban farming.

Kitchen Gardens 101

Location: Plant Science 404

Description: You can cook from the garden 365 days a year! Keep plants indoors and out, get to know nearby growers and gleaners and learn to preserve the harvest. In this workshop you will taste a variety of seasonal greens (e.g. kale, arugula, mache, mizuna) and prepare a basic vinaigrette dressing. You will also practice your storytelling skills by sharing a tale from the kitchen or garden.

Presenter: Julia Hastings-Black grew up in Washington, D.C. learning to cook and garden with family, friends and neighbors. After high school, she completed an apprenticeship in organic vegetable production at Shelburne Farms in Shelburne, Vermont, followed by a B.A. in Comparative Literature at Cornell University. The Finger Lakes suited her well, so she worked for 3 years as a Food and Nutrition Educator with Cornell Cooperative Extension. She is now a Research Assistant for the Food and Brand Lab in Cornell's Dyson School of Applied Economics and Management.

Adult Educators Breakout

Location: Plant Science 151

Description: An informal, open space for adult educators to meet and discuss how to support youth leaders in creating sustainable food systems. All chaperons and adult educators are encouraged to participate.

Moderator: Marcia Eames-Sheavly

10:30-10:45am: BREAK

Snacks in Plant Science 233 and games outside on Ag Quad!

10:45-11:45am: WORKSHOP SESSION 5

Young Changemakers Panel

Location: Mann 102

Description: Come hear from five inspiring young changemakers. They have each been asked to respond to the question: *“What is the change you want to see in the food system today and what role do young people have in contributing to this change? Please speak to this prompt from your experience as a young changemaker.”* There will be time for Q&A with the panel as well.

Panelists:

Jacob Eisman, Six Circles Farm

Six Circles Farm is a small, diversified farm on the eastern shores of Seneca Lake. We offer mixed vegetables with a focus in hard-neck garlic. We accommodate helpers from april through november, with a focus on sustainability and permaculture. We use organic growing practices, minimal tillage, and cover crops to increase the vitality of the soil. Our focus is creating a landscape which nurtures the earth, in order to leave it in a better place when we pass on.

Elizabeth Goodwin, Dilmun Hill Student Organic Farm

My home is Hastings-on-Hudson, NY. I first became interested in farming during my sophomore year of high school while working as a counselor at Stone Barns Farm Camp. I later worked for a few weeks at The Happy Farmer, a 3-acre family farm in Slaterville Springs (just outside Ithaca), during the summer before my freshman year at Cornell. I hope to one day grow billions of blueberries.

Adriana Ragland, Massachusetts Avenue Project

Adriana Ragland works for the Youth Enterprise Team at Growing Green and has also worked for Growing Green's Community Outreach and Education Team as well. Adriana is 18yrs. old and has been in Growing Green for 4 years. She attends Leonardo DaVinci High School and is going to attend Niagara University in fall of 2011. While working at MAP and Growing Green Adriana has learned how to manage a social enterprise with other youth, perform sales presentations and product demos, used graphic design techniques to create outreach materials and worked on local policy efforts to make Buffalo's land use policies and zoning code more sustainable.

Peace Titilawo, East New York Farms

Peace is in her fourth year at ENYF!, working as the CSA Coordinator this year. She is training to become a Veggie Educator with Just Food.

Fil Eden

Fil kicked off his activist career when he was 16, organizing a campaign to bring recycling to his High School in Wakefield, Rhode Island, where he grew up. The campaign taught him a ton about organizing, empowering people, working with decision makers, and generally getting things done. But it also made him think being an activist is a lot easier than it turned out to be. Fil went to Cornell, where he was involved with KyotoNOW!, COLA, United Students Against Sweatshops, and a few other pretty rockin' side projects. He and his fellow activists suffered lots and lots of set-backs, and had a few straight-up losses. But they also won some impressive victories that hopefully make the world a groovier place. Fil graduated in December and currently works for Svante Myrick's campaign for Mayor of Ithaca.

Capnote Presentation Planning

Location: Plant Science 233

Description: Youth Grow Summit participants will join Career Explorations participants for a Closing Assembly on Thursday afternoon. In keeping with the community gardening theme and as a follow-up to Sam Levin's keynote speech, the Youth Grow Summit has been given the incredible opportunity of delivering the capnote presentation!! You and your peers will have the opportunity to share your story and passion for growing food and healthy communities to an audience of over 500 of your peers! What an incredible opportunity to get our message about the importance of just and sustainable community food systems heard!

If you enjoy public speaking and are interested in being part of the capnote presentation, please come to this workshop session!

Facilitator: Christine Hadekel

Open Space

Location: Plant Science 141 & 143

Description: Open Space is a facilitation method in which participants can identify specific issues they are interested in discussing, self-select into discussion groups, and then talk about the issue with other people who are also interested in it.

As a young person, what skills or strategies would help you become a better community leader? What conversations do you want to have with your peers? What do you want to know about the work that other participants are doing? Open Space is your opportunity to hold these conversations or any others! Propose a topic and see who comes.

Facilitators: Whoever proposes a discussion topic takes responsibility for facilitating a discussion on that theme.

Four Principles and One Law of Open Space:

1. Whoever comes is the right people.
2. Whenever it starts is the right time.
3. Whatever happens is the only thing that could have.
4. When it's over, it's over.

The "Law of Mobility": If at any time during a conversation you find yourself in any situation where you are neither learning nor contributing, go someplace else. If you see more than one topic you want to discuss, split your time among the sessions, being respectful of the fact that a conversation you are joining is in progress and will not begin again when you enter it.

11:45AM-12:45PM: LUNCH/CLOSING SESSION

Location: Plant Science 404

12:45-1:00PM: WALK TO CALL ALUMNI AUDITORIUM IN KENNEDY HALL

1:00-2:00PM: 4-H CAREER EXPLORATIONS CLOSING ASSEMBLY & CAPNOTE PRESENTATION

2:00PM: TRAVEL HOME