The 7th Generation* Lecture Series
Spring 2015: Special Series on Food
Bouck Auditorium

Free and open to the campus and community

February 18  12:00 noon
“Food Civil Rights for America”
David Gumpert, Journalist and Author
David reports and writes about health and food issues. He has written for a number of online publications, including Modern Farmer, Alternet, Grist and Huffington Post. He is the author of two books about food civil rights: Life, Liberty, and the Pursuit of Food Rights: The Escalating Battle Over Who Decides What We Eat (published June 2013), and The Raw Milk Revolution: Behind America’s Emerging Battle Over Food Rights (2009). Both books include a preface by farmer Joel Salatin.

March 3  8:00 p.m.
Documentary - “Fed Up!”
This is a documentary which places focus on the American diet and its relationship to our health, diabetes incidence and obesity. The film provides solutions to the problem of excess dietary refined carbohydrate.

March 12  12:30 p.m.
“Eating from a Nourished Kitchen”
Jennifer McGruther
Jennifer is a food educator and the voice behind the award-winning traditional foods website Nourished Kitchen, and the bestselling book The Nourished Kitchen. She teaches workshops and retreats on traditional foods, fermentation, and food activism. Jenny’s work emphasizes back-to-basics, old-world culinary techniques, and simple, traditional home cooking.

April 28  12:30 p.m.
“Practiculture for a Healthy Planet”
Ben Hewitt
Ben lives in Cabot, Vermont. Over the past 17 years, the Hewitt family has transformed an over-grazed pasture and neglected woodlot into a thriving homestead, producing an abundance of nutrient dense food in biologically active soils. Utilizing a combination of permaculture design, wildcrafting, and small-scale regenerative agriculture they call “practiculture,” the Hewitt family raises and forages better than 90% of their calories, with a focus on pastured meats, healthy fats, and fermented vegetables. Ben will discuss these experiences.

*“The Mohawk Indians believed that all decisions should be made by thinking of the preservation of the earth for the 7th generation. This lecture series provides us with an opportunity to learn about environmental problems and to focus on solutions that are long-term rather than “quick fixes.”