





Eat Yourself Healthy: A Spring Retreat at the Arboretum Deliciously Changing Your World One Meal at a Time

Purchasing, preparing and eating quality local foods can contribute to better health for you and your family, a healthier planet for everyone, and a more vibrant local economy. But don't just take our word for it, bring a friend and join us for a spring morning retreat on May 16th.

Scheduled to coincide with the arrival of the first local produce, the retreat will feature:

Carolyn Denton

As a Licensed Nutritionist, Carolyn's work focuses on nutrition for general health and disease prevention and as a complementary therapy for existing chronic and degenerative diseases. In addition to nutritional counseling, Carolyn has developed and implemented nutritional programs addressing specific health concerns. She has also designed and conducted numerous large-group patient



Pre-Retreat Dinner Option:

Eat Yourself Healthy Dinner/Demonstration Option
Friday, May 15th, 6:30 - 9:00 PM
Arboretum Learning Center Harvest Kitchen
\$50 members/ \$60 non-members
Limit 24 participants, must be over 21 years of age

Join us the evening prior to the Eat Yourself Healthy Retreat and celebrate the first local foods of the season, with delicious spring dishes prepared by Jenny Breen, Arboretum resident chef and instructor. Jenny will prepare an evening meal demonstration style, you will eat your way through three courses of her original recipes, each paired with a wine tasting. Jenny is known for her ability to creatively use in-season local ingredients, so the menu will be dictated by availability, and that will depend on when spring finally arrives here in Minnesota!

Call 952-443-1422 for information. Online registration has been closed.



Eat Yourself Healthy: A Spring Retreat at the Arboretum

Deliciously Changing Your World One Meal at a Time
Saturday, May 16th, 9AM - 1PM, Optional activities
through 3PM
Members \$40/Non-members \$50

Delve into the colors and scents of spring blossoms the moment you enter Arboretum Drive, then join us in the MacMillan Auditorium to learn ways that you can contribute to a better world - one meal at a time. At this morning retreat, you will hear from experts why the everyday act of eating well is not only easy and delicious, but also the best approach for you and your family, Minnesota's economy, and the planet we share. You will cap off the morning with a fresh spring luncheon designed by Lucia Watson and prepared under the direction of her staff.

Call 952-443-1422 for more information. Online registration has been closed.

education programs as well as presenting nutrition education in a variety of corporate settings.

Currently, Carolyn is a member of the Integrative Medicine Team at Abbott Northwestern's Institute for Health and Healing. She also teaches Functional Nutrition at the University of Minnesota. She holds a Masters Degree in Nutrition with an Emphasis/ Nutrition and Aging.

Lucia Watson

Lucia's continuing popularity over the last two decades is a tribute to her sensibility in menu selection and her warm, congenial hospitality. A third generation Minnesotan, Lucia's love for cooking began watching her grandmother Lulu cooking over a wood stove at the family cabin on the Canadian border. After earning a BA in French from the University of Minnesota, she pursued her cooking in numerous restaurants with diverse instruction, including her first level Master Sommelier certificate. Chef Watson has written two books: *Savoring the Seasons of the Northern Heartland* with co author Beth Dooley, and *Cooking Freshwater Fish*. Lucia has been honored with many awards over the last few years, including a James Beard Nomination for best chef in the Midwest in 2004, 2005, and 2006. Lucia served a four year term on the Organic Advisory Task Force to the Minnesota Department of Agriculture. She is also a former board member of the Chef's Collaborative, has served as board chair for the Youth Farm and Market Project, and is currently on the board of the Institute for Agriculture and Trade Policy

JoAnne Berkenkamp

JoAnne Berkenkamp joined IATP in 2007 as the Program Director for Local Foods. For the prior eleven years, Berkenkamp led an independent consulting practice working with nonprofits, food businesses and foundations across the United States. Her consulting work focused on market development for locally and sustainably grown food and the creation of farmer-owned businesses. She has also worked extensively in the program evaluation arena, leading efforts to improve the impact and shared learning

Optional afternoon activities (sign up for these when you arrive at the workshop):

1:15 - 2:00 Guided Garden Tour

Gather ideas for your own backyard or community garden on this guided walking tour of the Arboretum herb garden, backyard-sized model vegetable and fruit garden, and the children's garden.

2:00 - 3:00 Presentation by the Twin Cities Coalition for Children Eating Good Food

A panel of educators, researchers and activists will discuss the challenges, approaches and rewards to introducing kids to good food. Panelists include: Uli Koester, Executive Director, Midwest Food Connection, Meg Bruening, Public Health Nutrition PHD Student, Tamara Downs Schwei, Executive Director, Community Design Center, Jenny Breen, Resident Chef/Educator Minnesota Landscape Arboretum, Beth Dooley, Food Writer and Editor Mpls /St Paul Magazine.

Call 952-443-1422 for more information. Online registration has been closed.

of numerous food- and agriculture-related programs. Previously, she worked for the World Wildlife Fund in Washington, DC, and with Catholic Relief Services at various locations in Asia, Africa and Latin America. She started her career in the corporate finance world. JoAnne has a Master's in Public Policy degree from Harvard University, and a bachelor's in finance from the University of Illinois. JoAnne is past President of the board at the Minnesota Institute for Sustainable Agriculture and at Mississippi Market, a natural foods grocery cooperative in St. Paul, Minn.

©2019 University of Minnesota Landscape Arboretum 3675 Arboretum Drive, Chaska MN 55318 | 612.624.2200
[Home Page](#) | [Site Map](#)

The Minnesota Landscape Arboretum serves as a research center and extension of the University of Minnesota's College of Food, Agricultural and Natural Resource Sciences (CFANS).

The University of Minnesota is an equal opportunity educator and employer.
[Report Web Disability-Related Issue](#) | [Privacy Policy](#)