FOOD FOR THOUGHT – HEALTHY FOODS SUMMIT 2010
THURSDAY & FRIDAY, SEPTEMBER 30 & OCTOBER 1

THIS CONFERENCE is a collaboration by two of the University’s flagship institutions dedicated to public health and well-being. The summit is the second annual research symposium of the Healthy Foods, Healthy Lives Institute and signals the Arboretum’s ongoing focus on health-giving plants.
<table>
<thead>
<tr>
<th>TIME</th>
<th>SESSION TITLE</th>
<th>SPEAKERS/PRESENTERS</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00</td>
<td>Registration</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| 8:30  | Welcome and Introductions                                                  | ROBERT J. JONES, Ph.D., Senior Vice President, System Academic Administration, U of Minnesota  
MINDY S. KURZER, Ph.D., Director of Healthy Foods, Healthy Lives Institute, U of Minnesota  
MARY JO KREITZER, Ph.D., Center for Spirituality and Healing, University of Minnesota | Humphrey Ballroom |
| 9:00  | Introduction of Session 1: Plant Foods & Bioactive Compounds for the Improvement of Human Health | MARY JO KREITZER, Ph.D., Center for Spirituality and Healing, University of Minnesota  
PAUL M COATES, Director, NIH Office of Dietary Supplements  
DAVID J.A. JENKINS, M.D, D.Sc, Professor of Nutritional Sciences, University of Toronto and Canadian Research Chair in Nutrition and Metabolism | University Ballroom |
| 9:10  | The Role of Bioactive Compounds and Dietary Supplements                     | PAUL M COATES, Director, NIH Office of Dietary Supplements                                                                                                                                                       |               |
| 9:50  | The Portfolio Diet: Potential of Food Combinations To Prevent and Treat Chronic Diseases | DAVID J.A. JENKINS, M.D, D.Sc, Professor of Nutritional Sciences, University of Toronto and Canadian Research Chair in Nutrition and Metabolism                                                                                                                                 |               |
| 10:30 | Break                                                                       |                                                                                                                                                                                                                 |               |
| 10:50 | An Onion a Day Keeps the Doctor Away: Reflections on the Potential Health-Functionality of Vegetable Crops | IRWIN GOLDMAN, Ph.D., Professor of Horticulture, University of Wisconsin-Madison  
MELISSA N. LASKA, Ph.D., R.D., U of Minnesota, Division of Epidemiology, School of Public Health |               |
| 11:30 | Panel Discussion: How do we best use this information to increase consumption of plant foods for human health? | Morning presenters and DR. ALLEN S. LEVINE, Dean, College of Agricultural, Food, and Natural Resource Sciences, University of Minnesota  
LUCY ARIAS, Little Earth of United Tribes  
Helen Jensen, Ph.D., Professor of Economics and head of the Center for Agricultural and Rural Development's Food and Nutrition Policy Division, Iowa State University  
JENNY BREEN, Bush Leadership Fellow, student,  
BRENDA LANGTON, owner, Spoonriver, and Food Educator  
TONI O'BRIEN, Director, Community Life, Dakota Communities  
DR. ED SCHNEIDER, Arboretum Director  
SUE ZELICKSON, Twin Cities reporter, food critic, columnist  
JEAN RONNEI, Director of St. Paul Schools  
JEAN LARSON, Ph.D., Director, Arboretum Center for Therapeutic Horticulture and Recreation Services | Humphrey Ballroom |
| 12:05 | Lunch                                                                       |                                                                                                                                                                                                                 |               |
| 1:05  | Introduction of Session 2: Public Policy Issues Related to Increasing Plant Foods in the U.S Diet | MELISSA N. LASKA, Ph.D., R.D., U of Minnesota, Division of Epidemiology, School of Public Health                                                                                                                                 | University Ballroom |
| 1:20  | Food Consumption Trends and the Economic and Policy Issues that Have Driven Them | HELEN JENSEN, Ph.D., Professor of Economics and head of the Center for Agricultural and Rural Development's Food and Nutrition Policy Division, Iowa State University  
HELEN JENSEN, Ph.D., Professor of Economics and head of the Center for Agricultural and Rural Development's Food and Nutrition Policy Division, Iowa State University  
HELEN JENSEN, Ph.D., Professor of Economics and head of the Center for Agricultural and Rural Development's Food and Nutrition Policy Division, Iowa State University | University Ballroom |
| 2:00  | Plant Food Safety Issues                                                   | MICHAEL DOYLE, Ph.D., Regents Professor of Food Microbiology, Director, Center for Food Safety, University of Georgia  
MELISSA N. LASKA, Ph.D., R.D., U of Minnesota, Division of Epidemiology, School of Public Health | Humphrey Ballroom |
| 2:40  | Break                                                                       |                                                                                                                                                                                                                 |               |
| 3:40  | Panel Discussion: How do we best use this information to increase consumption of plant foods for human health? | Afternoon presenters                                                                                                                                                                                                | Humphrey Ballroom |
| 4:10  | Closing Remarks                                                             | MINDY S. KURZER, Ph.D., Director of Healthy Foods, Healthy Lives Institute, U of Minnesota                                                                                                                                 |               |

Food for Thought - Healthy Foods Summit 2010

**Agenda for Thursday, September 30**

*Plant Foods for Human Health*
# Agenda for Friday, October 1

## Pack Your Menu with Powerhouse Plants

Friday’s proceedings take place in the MacMillan Auditorium

<table>
<thead>
<tr>
<th>TIME</th>
<th>SESSION TITLE</th>
<th>SPEAKERS/PRESENTERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30</td>
<td>Registration &amp; Breakfast – Enjoy a health-giving start to the day!</td>
<td>BREND A LANGTON and University Dining Services/Aramark</td>
</tr>
<tr>
<td>9:00</td>
<td>Welcome &amp; Opening Remarks</td>
<td>DR. ED SCHNEIDER, Arboretum Director</td>
</tr>
<tr>
<td></td>
<td></td>
<td>TIM KENNY, Director of Education, Arboretum</td>
</tr>
<tr>
<td></td>
<td></td>
<td>SUE ZELICKSON, Twin Cities reporter, food critic, columnist</td>
</tr>
<tr>
<td>9:15 to</td>
<td>Keynote Presentation:</td>
<td>MARK BITTMAN, reporter, author and columnist for <em>The New York Times</em>, will talk</td>
</tr>
<tr>
<td>10:15</td>
<td>Food for Thought: Report from the Road</td>
<td>about his just-released cookbook and report on his travels around the U.S.</td>
</tr>
<tr>
<td>10:15</td>
<td>The Healthy Handful</td>
<td>CAROLYN DENTON, N.S., L.N., the Penny George Institute for Health and Healing at</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Abbott Northwestern Hospital</td>
</tr>
<tr>
<td>10:45</td>
<td>Break</td>
<td></td>
</tr>
<tr>
<td>11:00 to</td>
<td>Lessons Learned: Real-world Examples of Changing Diets To Improve Human Health</td>
<td></td>
</tr>
<tr>
<td>3:00</td>
<td>1. Making a Change for the Good, One Group at a Time: Group Homes and Residential Facilities</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Learn how 17 adult group homes in Dakota County have moved toward better health by eating more plants.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2. Food Fight! Or...How Even Kids Learn to Love Healthful Foods: School Lunch Programs</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Learn how you can bring more plants into the diets of kids – even in a large-system school cafeteria.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3. Enjoy a Healthy Handful Lunch – An Edible Lesson!</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Prepared in the Arboretum’s busy institutional kitchen</td>
<td></td>
</tr>
<tr>
<td></td>
<td>4. I’m Tired…Let’s Get Pizza: A Chef at Home</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Delve into easy and low-pressure ways of keeping powerhouse plants in your daily family menu.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>5. Not Your Typical Community Pot Luck: Community Center as Food Educator</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Community gatherings and facilities have a unique opportunity to offer edible plants at meetings and community celebrations.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>6. The Bottom Line: How Health Care Employees Are Getting Healthier</td>
<td></td>
</tr>
<tr>
<td></td>
<td>How Ridgeview Medical Center took action to motivate employees to make changes that led to better health.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>7. The Corporate Kitchen: Making Big Feel Personal</td>
<td></td>
</tr>
<tr>
<td></td>
<td>How companies around the world are working to improve employee health with nutritious, locally grown cafeteria menus.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>8. Questions for the Case Study Presenters</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Join the conversation with the day’s presenters to further develop your own plan to increase edible plants in your menus.</td>
<td></td>
</tr>
</tbody>
</table>

Thanks to the following providers: Kashi, Heritage Foods, Target-Archer Farms, and General Mills-Nature Valley.

Abstract

The Role of Bioactive Compounds and Dietary Supplements

Diet remains the first and major source of nutrients to maintain and improve health. Increasingly though, consumers are turning to variants of the traditional diet to meet their needs, variants such as foods enhanced with added components (functional foods) and dietary supplements. There is a long history of such practices, but it is within the last 20-30 years that the use of dietary supplements has accelerated. For some supplements in common use, there is an abundance of data regarding efficacy, safety, and quality, so that consumers have plenty of information upon which to base their decisions. For others, however, these data are scarce. We are often encouraged by findings that point to improved health associated with certain dietary patterns, but when specific bioactive components apparently responsible for the health effects are isolated and studied separately, especially in clinical trial settings, the benefits are less evident. As we improve the availability of scientific tools to study bioactives, we will surely be able to enhance the availability of reliable information to help guide consumer choices. The Office of Dietary Supplements (ODS) and others at the National Institutes of Health are actively engaged in these activities, which include: systematic review of existing literature to inform future research; development and validation of analytical methods to measure key bioactive components; detailed understanding of the biological mechanisms of action; exploring potential biomarkers of exposure and of their health effects.
Mr. Bittman has been an avid home cook and journalist since 1968, and a professional food writer since 1980. In 1987, he became the senior writer (later editor) of *Cook’s* (the predecessor of *Cook’s Illustrated*), and in 1990 he began writing for the *New York Times*. He is the author of the "Minimalist" column, which runs weekly in the Dining section of *The New York Times* and is one of the country’s best-known and widely-admired food writers.

Mr. Bittman’s first book, *Fish: The Complete Guide to Buying and Cooking*, is the best-selling book on the subject. In the late 1990s, Mr. Bittman created a best-selling collaboration with the internationally celebrated chef, Jean-Georges Vongerichten. The result, *Jean-Georges: Cooking at Home with a Four-Star Chef*, is widely considered to be among the most accessible chef’s cookbooks published. He has also produced the award-winning "Minimalist" cookbook series: *The Minimalist Cooks at Home*, *The Minimalist Cooks Dinner*, and *The Minimalist Entertains*, now collected in *Mark Bittman’s Simple and Easy Recipes from the New York Times*. In the fall of 2005, Mr. Bittman published *The Best Recipes in the World: More Than 1000 International Dishes to Cook at Home*. Mr. Bittman’s *How to Cook Everything* has sold millions of copies; his *How to Cook Everything Vegetarian* was one of the best-selling cookbooks of 2007. *How to Cook Everything* won the Julia Child general cookbook award, the James Beard general cookbook award, and three other major international cookbook awards; it also spent a record 130 weeks on the *Los Angeles Times* “Cookbook Hot List.”

Mr. Bittman is the host of the PBS series "Bittman Takes on America’s Chefs," which first aired in spring 2005 and won the James Beard Award for the best cooking series of 2005. The second season, "The Best Recipes in the World," also aired on PBS. Mr. Bittman has also been making weekly videos of “The Minimalist” and regularly appears on the Today Show. He also traveled to Spain and taped the public television series “Spain: On the Road Again.”

*How to Cook Everything Vegetarian* (inspired by his realization that the world will inevitably move in the “lessmeatatarian” direction) led Mr. Bittman to write the just published *The Food Matters Cookbook: 500 Revolutionary Recipes for Better Living*, a look at the links among eating too much meat, obesity, global warming, and other nasty features of modern life (with recipes, too).

Dr. Michael P. Doyle is a Regents Professor of Food Microbiology and Director of the Center for Food Safety at the University of Georgia. He is an active researcher in the area of food safety and security and works closely with the food industry, government agencies, and consumer groups on issues related to the microbiological safety of foods. He serves on food safety committees of many scientific organizations and has served as a scientific advisor to many groups, including the World Health Organization, the Institute of Medicine, the National Academy of Science-National Research Council, the International Life Sciences Institute-North America, the Food and Drug Administration, the U.S. Department of Agriculture, the U.S. Department of Defense, and the U.S. Environmental Protection Agency. He is a Fellow of the American Academy of Microbiology, the International Association for Food Protection and the Institute of Food Technologists, and is a member of the National Academies Institute of Medicine.

Abstract

Plant Food Safety Issues

Recent foodborne outbreak investigations have identified a variety of plant-based foods as newly recognized vehicles of foodborne illness, including bagged spinach, peanut butter, dried vegetable seasoning, carrot juice, and jalapeno peppers. In addition, fresh produce has become recognized as a leading vehicle of illnesses associated with foodborne outbreaks. Fresh-cut produce, which is cut, shredded, diced, or peeled, can pose an increased public health risk because this wounded plant tissue enables microbes to more easily attach and grow on the nutrients released from the plants. As an example, salsa has become an important vehicle of foodborne infections, with nearly 1 in 25 restaurant-associated foodborne outbreaks traced to salsa or guacamole. Current production and processing practices cannot be relied upon to ensure pathogen-free fresh and fresh-cut produce. A growing trend that contributes greatly to the risk of acquiring illness from plant-based foods and food ingredients is the importation of such materials, especially from countries that produce, process, or harvest food using insanitary practices. Recent outbreaks of salmonellosis associated with Asian-produced pepper used as a seasoning in foods illustrate this concern. Decreased water availability and increased salinity of irrigation water, increased land costs, and labor issues are factors that will likely contribute to a greater dependence on imported foods.
Dr. Irwin Goldman is a professor in the Department of Horticulture. He has a B.S. in Agricultural Science from University of Illinois; an M.S. in Crop Science from North Carolina State University; and a Ph.D. in Plant Breeding and Plant Genetics from the University of Wisconsin; Postdoctoral Research Associate in Maize Genetics at the University of Illinois. He joined the faculty at Madison in 1992 and his teaching responsibilities include two courses in plant breeding and genetics, evolutionary biology, and a course on vegetable crops. Also, he is responsible for germplasm development and breeding and genetic research of cross-pollinated vegetable crops, primarily carrot, onion, and beet.

For the six-year period from 2004 through 2010, Irwin served in the college's administration in a variety of roles: Assistant Dean, Associate Dean, Vice Dean, and Interim Dean. On June 1, 2010, he returned full-time to his faculty position in the Department of Horticulture. Irwin’s administrative work was focused on research administration and on general college administration, including faculty personnel and budget.

Abstract

An Onion a Day Keeps the Doctor Away? Reflections on the Potential Health-Functionality of Vegetable Crops

Plants are the foundation for many human medicines and were domesticated in part to serve both food and medicinal purposes. Their use as curatives for a variety of ailments has been a mainstay of human cultures since antiquity. In the past one hundred years, purified monomolecular drugs have been widely adopted by many cultures, partially obscuring the collective wisdom of traditional remedies. Plants contain secondary compounds that have the potential to influence human health in ways that are being described in today’s marketplace as “health functional.” Many of these secondary compounds were modified through the process of domestication and modern breeding, and our interest in their efficacy for human health has increased dramatically in recent years. For the past seventeen years, we have studied some of the health-related properties of certain vegetable species. Our work has focused on understanding how the horticultural environment, in combination with modern genetics, influences the health functionality of these crops. We have built an interdisciplinary team of researchers from medicine, genetics, food science, and horticulture to bring diverse expertise to bear on our research. Together with our students, we have been both inspired and humbled by the intricacies of unique secondary compounds from these vegetables. We have learned that the promises of food functionality also contain many pitfalls. The potential for health functionality from vegetable crops will be interpreted through the lens of crop domestication, modern breeding and production, and a marketplace hungry for health-promoting foods.
**Abstract**

*The Portfolio Diet: Potential of Food Combinations to Prevent and Treat Chronic Diseases*

Concern has been expressed that diet is ineffective in lowering serum cholesterol in the age of powerful drugs (e.g., statins). However diet is a combination of many foods, and it is therefore useful to consider the therapeutic effects of foods taken in combination, i.e., a dietary portfolio of foods carefully constructed in the same way as a financial portfolio. A combination of cholesterol-lowering foods, including soy protein, plant sterols, viscous fibers, and nuts, reduces serum cholesterol under metabolic conditions similarly to 20 mg. of lovastatin. In longer-term studies (1-3 years), 1/3 the statin reduction was achieved in those who continued with such a diet. These data suggest that multiple small reductions in cholesterol using a range of foods and food products, as approved for CHD health claims by FDA, can achieve meaningful changes in blood lipids and cardiovascular risk. Further studies are required, long term with harder end points, together with addition of further foods, including berries for antioxidant effects and blood pressure reduction and apples and citrus fruits for lipid and glycemic control. Beans are neglected foods which need to be examined in detail for both these potential therapeutic effects.
Dr. Helen H. Jensen is Professor of Economics and head of the food and nutrition policy research division in the Center for Agricultural and Rural Development (CARD) at Iowa State University, an internationally recognized research center that addresses issues of the food, agricultural and natural resource sectors. Her major areas of research are the economics of food and nutrition policies and programs, food security and the economics of food safety and hazard control. In CARD, she leads a research program on food and nutrition programs and policies. Her research addresses the design of food and nutrition programs, assessment of nutritional enhancement of foods, food demand and markets, and food safety regulations. On-going studies investigate the relationship between agricultural policies and nutrition outcomes, including obesity, and the effectiveness of changes in food policies and school meal programs at effecting changes in children’s intake. Among professional activities, she recently completed a term on the Executive Board of Directors of the American Agricultural Economics Association and has served on several committees of the National Academy of Sciences, including the recent Institute of Medicine committees to incorporate new scientific recommendations on diet and nutrition into the supplemental nutrition program for women, infants and children, the school meals programs, and the child and adult day care meals program. Dr. Jensen holds a Master’s degree in agricultural and applied economics from the University of Minnesota and a Ph.D. degree in agricultural economics from the University of Wisconsin.

Abstract

Food consumption patterns in the United States have been shifting as consumers respond to the availability of new and varied products, health messages and guidance as well as economic forces. Public programs and guidance has emphasized a diet that includes increased fruits and vegetables. However, bringing about changes in consumption has been challenging.

Dr. Robert J. Jones is Senior Vice President for System Academic Administration at the University of Minnesota. Dr. Jones earned a bachelor’s degree in agronomy from Fort Valley State College, a master’s degree in crop physiology from the University of Georgia, and a doctorate in crop physiology from the University of Missouri. After earning the Ph.D., he joined the University of Minnesota faculty as a professor of agronomy and plant genetics. He is an internationally recognized authority on plant physiology and has published numerous scientific papers, manuscripts and abstracts. His research focuses on stabilizing grain yields of maize against environmental stresses and global climate change. He is a fellow of both the American Society of Agronomy and the Crop Science Society of America.
MARY JO KREITZER, PH.D.

As founder and director of the Center for Spirituality and Healing, Dr. Mary Jo Kreitzer brings more than 20 years of leadership and expertise to the field of integrative health and medicine. She is currently the co-PI of a clinical trial funded by BlueCross/Blue Shield Minnesota on the impact of an integrated residential treatment program on women with eating disorders, the co-PI of an NIH NCCAM R21 grant on mind/body interventions for caregivers of Alzheimer’s patients and is the co-investigator of a clinical trial comparing mindfulness meditation with pharmacotherapy for people with chronic insomnia. She is also the co-PI of a newly funded NCCAM R25 grant focused on integrating research in a CAM educational institution. In 2008, Dr. Kreitzer was named by Minnesota Physician as one of the 100 most influential health care leaders in the state.

MINDY S. KURZER, PH.D.

Mindy Kurzer is a professor in the Department of Food Science and Nutrition at the University Of Minnesota, where she also directs the Healthy Foods, Healthy Lives Institute and the nutrition graduate program. Her current research interests focus on the biological effects of bioactive constituents of plant foods such as soy and green tea. She currently is principal investigator of two clinical trials funded by the National Institutes of Health to evaluate the breast cancer preventive effects of green tea in postmenopausal women, and the breast cancer preventive effects of exercise in premenopausal women. She received her Ph. D. in nutrition from the University of California, Berkeley, in 1984 and received postdoctoral training at the National Nutrition Institute in Rome and Odense University, Denmark (as a NATO postdoctoral fellow) and the University of California, San Francisco (in Reproductive Endocrinology).
Melissa N. Laska is an Assistant Professor in the Division of Epidemiology and Community Health at the University of Minnesota School of Public Health. Dr. Laska also serves as a Faculty Research Associate for Healthy Eating Research, a national program of the Robert Wood Johnson Foundation that supports research on environmental and policy strategies to promote healthy eating and prevent obesity among youth. Dr. Laska is a nutritionist and behavioral epidemiologist whose primary research interests are in the areas of obesity prevention and nutrition promotion during the transition from adolescence to young adulthood. Overall, her primary research agenda examines contextual, social and behavioral influences on body weight, excess weight gain and weight-related behaviors among the “emerging adult” age group, traditionally defined as ages 18-25. Dr. Laska also conducts research on community-level access to healthy foods among youth and their families. Dr. Laska is a member of the Executive Committee of the Health Foods, Healthy Lives Institute.

Allen Levine is Dean of the College of Food, Agricultural and Natural Resource Sciences at the University of Minnesota. Prior to this position, he was Head of the Department of Food Science and Nutrition. He was the Associate Director of Research and a Senior Career Scientist at the Minneapolis VA Medical Center. He is also Director of the Minnesota Obesity Center, a National Institutes of Health funded collaborative research group of over 55 federally funded investigators from the University, the Mayo Clinic, the Minneapolis VA Medical Center, Health Partners, and Hennepin County Medical Center. His research focus for the past 25 years has been on neural regulation of food intake, particularly related to the opioid peptides and Neuropeptide Y. He has published over 285 scientific papers and over 90 review articles, editorials and book reviews. He has received three major awards for his research efforts: one from the American Institute of Nutrition (Mead Johnson Award), one from the American College of Nutrition (Grace A. Goldsmith Award), and one from AAAS (Fellow). Dr. Levine is a Professor in the Departments of Food Science and Nutrition, Psychiatry, Neuroscience, Medicine.
Lucy Littlewolf Arias

Bio

Lucy Littlewolf Arias is an Early Childhood Educator who has crossed over to include nutrition and urban farming to areas of knowledge. Currently she works for Little Earth of United Tribes, a subsidized housing complex in South Minneapolis, for primarily Native American families. There she coordinates several projects working with families and children, including a half-day preschool program, Women’s Wellness Group, a SHIP initiative addressing nutrition, physical activity and smoke-free policies, and the Little Earth Urban Farm. Before working for Little Earth she worked for Reuben Lindh Family Services and the University of Minnesota. At the University she worked on research projects addressing lead exposure and quality early learning environments.

Lucy combines her knowledge of children and families with nutrition and lifestyle changes. She believes if an urban farm is to succeed as a source of fresh produce, families need to become engaged and reconnect with their food source. She is a descendant of the White Earth Band of Ojibwe and the Blackfeet Nation. She sits on the Allina in Backyard Community health commission, was a member of STEPS community consortium, and the CEED advisory board. Ms. Arias is also a founding member of PESCI, an environment advocacy group in the Phillips neighborhood.

Abstract

The Little Earth Food Justice and Youth Empowerment Project began with three areas of work: improving snack and meals provided by Little Earth programs, teaching families and children about healthy and traditional foods, and creating boarder community learning opportunities. The approach to this work was grounded in community organizing principals with a general philosophy that unless the community has ownership in a project and has the primary role in shaping the project, it will not be sustainable in the long term.

The project has been successful at getting people engaged and involved in issues related to health, nutrition, local agriculture and green jobs. The project has resulted in behavioral and attitude changes in the community: Fresh fruits and vegetables are now the norms for Little Earth programs, more families have been given the tools to make healthier and fresher choices for their families. New tools include knowledge and working examples, and the community has joined to grow the Urban Farm. Looking forward with support from partners and HFHL, the projects aims to continue nutrition and community learning opportunities, continued outreach to more families with support from community leaders, and ongoing urban farm growth to include permaculture principles and high-yielding staple crops.
MARK BITTMAN

Mark Bittman has been an avid home cook and journalist since 1968, and a professional food writer since 1980. In 1987, he became the senior writer (later editor) of *Cook’s* (the predecessor of *Cook’s Illustrated*), and in 1990 he began writing for the *New York Times*. He is the author of the "Minimalist" column, which runs weekly in the Dining section of *The New York Times* and is one of the country’s best-known and widely-admired food writers.

Mr. Bittman’s first book, *Fish: The Complete Guide to Buying and Cooking*, is the best-selling book on the subject. In the late 1990s, Mr. Bittman created a best-selling collaboration with the internationally celebrated chef, Jean-Georges Vongerichten. The result, *Jean-Georges: Cooking at Home with a Four-Star Chef*, is widely considered to be among the most accessible chef’s cookbooks published. He has also produced the award-winning "Minimalist" cookbook series: *The Minimalist Cooks at Home*, *The Minimalist Cooks Dinner*, and *The Minimalist Entertains*, now collected in *Mark Bittman’s Simple and Easy Recipes from the New York Times*. In the fall of 2005, Mr. Bittman published *The Best Recipes in the World: More Than 1000 International Dishes to Cook at Home*. Mr. Bittman’s *How to Cook Everything* has sold millions of copies; his *How to Cook Everything Vegetarian* was one of the best-selling cookbooks of 2007. *How to Cook Everything* won the Julia Child general cookbook award, the James Beard general cookbook award, and three other major international cookbook awards; it also spent a record 130 weeks on the *Los Angeles Times* “Cookbook Hot List.”

Mr. Bittman is the host of the PBS series "Bittman Takes on America’s Chefs," which first aired in spring 2005 and won the James Beard Award for the best cooking series of 2005. The second season, "The Best Recipes in the World," also aired on PBS. Mr. Bittman has also been making weekly videos of “The Minimalist” and regularly appears on the Today Show. He also traveled to Spain and taped the public television series "Spain: On the Road Again."

*How to Cook Everything Vegetarian* (inspired by his realization that the world will inevitably move in the “lessmeatatarian” direction) led Mr. Bittman to write the just published *The Food Matters Cookbook: 500 Revolutionary Recipes for Better Living*, a look at the links among eating too much meat, obesity, global warming, and other nasty features of modern life (with recipes, too).


JENNY BREEN

Bio

Jenny Breen is the recipient of a 2009 Archibald Bush Leadership Fellowship and a second-year Master’s student in Public Health Nutrition at the University of Minnesota. She is co-owner of Good Life Catering, committed to working with locally and sustainably raised whole foods since 1983. In her graduate work, Jenny is interested in building a coalition within the local and sustainable food system community to work toward new approaches to nutrition education and access to healthy foods. She hopes to bring the art and the skill of cooking back as a basic health strategy. She is passionate about cooking and whole foods, loves knowing where her food comes
from and who raised it, and particularly enjoys creating (often with her 7- and 9-year-old daughters) simple, delicious and healthy meals for kids and grown-ups. Her first cookbook, *Cooking Up the Good Life, Creative Recipes for the Family Table*, will be published in April 2011 by the University of Minnesota Press.

**Abstract**

I will talk about the current culture of fresh fruits and vegetables – how our food industry makes it difficult to see the simple, whole foods all around us because they are trying to sell their product – that fresh fruits and vegetables are available (as they have been forever) in our grocery stores, coops, farmer’s markets, CSA shares, but that we must wade through the packaged, processed ready-to-eat foods that are easier to find, and cheaper to buy.

Next, I will comment on the work/commitment of eating healthy, as well as the “costs” of eating healthy (versus not) and the sacrifices that are required. I call this mindful eating for the whole family. It begins with understanding the circumstance of living in a culture where we are influenced so heavily by external forces suggesting where, what and even how much we should eat. Thus we lose sight of our internal mechanisms for knowing what we want to eat, what is good for us, and for the planet, and how to engage with our food. Mindful eating is remembering how to listen to these internal signs – something all children are born with. Making these decisions now is a major commitment – it requires intentionality, organization, and constant attention.

Finally, I will discuss finding joy in this process, and sharing that with your kids – remembering the incredible privilege and good fortune that we have to be making the choice to eat fresh, wholesome food, and enough of it to satisfy our hunger and our desire, and to take part in the nourishment of ourselves and our environment. We have the opportunity to experience true wellness, and to offer that to our children – there is no greater gift, and sometimes it’s pizza!

**Kent Buell**

**Bio**

Kent Buell is an Executive Chef & Resident District Manager for Bon Appétit Management Company and oversees the kitchens and cafes that feed the 8,000 plus employees of Twin Cities-based Medtronic.

Kent, a classically trained chef, completed formal French and Japanese apprenticeships through the Ritz-Carlton and Suntory corporations. A Chicago native, Kent’s career progressed through some of the finest restaurants in the Midwest. He has been honored for his culinary ability and featured in such publications as *Chicago Magazine, Gourmet, Food Arts, Travel & Leisure, The Chicago Tribune, The Minneapolis Star Tribune* and *Wine Spectator*, among others. He was on the Food Network’s Dining Around and has made numerous appearances on regional television in Chicago, the Twin Cities, South Bend and Kalamazoo.

Two events in Kent’s early professional life inspired his commitment to fresh food: he met Alice Waters in the late 1980s and woke up to seasonality, and he had a young Mennonite farmer walk...
into his kitchen with handfuls of beautiful produce wondering how he could sell it. Kent has been creating daily menus based on local, seasonal produce ever since.

Kent and his wife, also an accomplished chef, live in Minneapolis with their home-schooled daughter and two sons who attend a local agriculture and food science high school. Kent is a committed home gardener, and over the years he’s replaced much of his lawn with edible landscaping and organic produce.

**Abstract**

Every menu in every café is written on a weekly or daily basis to ensure using only the freshest best available seasonal fruits, grains and vegetables. Menus are written based on seasonality and availability of regional fresh product. Whenever possible, these are produced locally using sustainable and organic practices. Every Bon Appétit café lives by a 26-point client promise that includes:

- Healthy menu items are *a mainstream offering* throughout our cafés.
- Our menus greatly emphasize the use of fresh vegetables, fruits, legumes and whole grains as a featured ingredient. Our first choice is to use locally and sustainably produced items.
- Our kitchens practice “stealth” nutrition as a standard operating procedure by using healthy cooking techniques.
- At least one deep color vegetable is served daily at full service stations, balanced between leafy vegetables and starches. These are prepared using healthy cooking techniques (e.g. steamed, roasted, braised, grilled).
- Whole grains (as defined by the Whole Grain Council) or legumes, prepared using healthy cooking techniques, are offered daily at key full serve stations as a primary or secondary choice.
- An appropriate whole grain alternative is served where white rice is offered (e.g. brown or other full bran rice, soba noodles).

Standardized lunch stations like a grill reinforce to the public acceptance of the traditional meals of burger & fries etc. More modern station configurations featuring globally influenced meals that offer a balance of meat protein & vegetables/grain (or no meat at all) are increasingly popular, in fact in demand. E.G.: wok, Mongolian grill, Tandoor. The public perception is meat & potatoes are best option, and it still remains difficult to change at times. A “do-over” certainly would reconfigure café stations.

How far back would we go for a do-over? Farmers’ markets vs. chain grocers, whole grain and greens over pre-packaged and sliced. Fresh fruit vs. fast food. Small batch cookery vs. mass produced.

Bon Appétit Management Company (BA) has always used the restaurant model, chef-driven daily menus with fresh produce executed by a team of culinary professionals. This model works on a small scale plate by plate in the restaurant where diners pay top retail dollar. In the commercial scale this model is challenged on many levels.

It is challenged by the public perception of lunch average spend (i.e., value meal). It is challenged by standardized menu rotations and offerings (burger & fries). It is challenged by need for processed,
fast food and quick meals. And it is challenged by a lack of cooking skills and time available for cooking.

BA overcomes these challenges by returning to the roots of the culinary tradition. Food that is alive with flavor and nutrition is created with the freshest ingredients. Those ingredients are best found close to home and in season, and they are usually cheaper than a pre-made or processed replacement.

BA ensures these ingredients are prepared by culinary professionals to order. The fresh ingredients aren’t the cost of the program; it’s having trained cooks and chefs who understand the most cost-effective way to manage the fresh food. BA is a culture founded with this culinary commitment. At every level, chefs manage fresh food production. We pay for this with trained cooks, not more expensive food.

**CAROLYN DENTON, MA, LN**

**Bio**

As a Licensed Nutritionist. Carolyn focuses on nutrition not only in terms of general health and disease prevention, but also as complementary therapy for existing chronic and degenerative diseases. In addition to nutritional counseling, she has developed and implemented nutritional programs addressing specific health concerns. She has also designed and conducted numerous large-group patient education programs as well as delivering nutrition education in a variety of corporate settings.

**Abstract**

The Healthy Handful. Lists of what we should and should not be eating abound. Carolyn’s presentation will cut through the static and hype and discuss the plants that can make an immediate difference in your health – and how best to prepare them. The list is compiled from symposium presenters and other scientists and nutritionists from across the United States.

**CAROLE HALVERSON**

**Bio**

Carole Halverson, received her BSN from the University of Minnesota in 1982, her JD from William Mitchell College of Law in 1989. She has worked in Med/Surg/ICU in the beginning of her career and worked for over 20 years in high-risk labor and delivery. She also practiced law for over 15 years, in a variety of areas: family law, medical malpractice consulting, contracts, probate and real estate. She has worked as a Director of Patient Care at Ridgeview Medical Center for four years, initially in charge of Women’s and Children’s services-opening a new OB department and development of a Neonatal Care Unit in partnership with Children’s Medical Center in Minneapolis. Approximately, 8-9 months ago, the Cardiac Intensive care Unit and Nutrition Services were added as departments and hence, the changes with the food at Ridgeview.
Abstract

Ridgeview Medical Center started on a quest to make their employees and the community more healthy. Ridgeview signed up with Red Brick Health, a company that does health assessments including lab testing for employees and then creates a personalized plan to make their health optimal. The hospital also offered $500 in products to help employees quit smoking—whether it be a prescription for Chantix or nicorette gum. The following year the hospital’s campus became smoke free and employees could not smoke on breaks. Top three medications our employees are on: anti-hypertensives, anti-depressants, and medication for high cholesterol. Ridgeview started an integrative medicine service line. The group was first charged with making the food healthier in the cafeteria for employees. This is an ongoing work in process, from elimination of fried foods to starting our own raised planter garden.

BRENDA LANGTON

Bio

Award-winning chef and restaurateur Brenda Langton is a pioneer of fresh, local and sustainable food. Since the early 1970s, she has worked directly with local producers and growers starting as a member of the early vegetarian cooperative restaurant Commonplace.

She opened her first restaurant, Cafe Kardamena, in 1978 in St. Paul, Minn., featuring locally sourced gourmet vegetarian cuisine and fresh seafood at a time when most Americans were still eating a meat-and-potatoes diet. Brenda was inspired both by the Minneapolis/St. Paul natural foods co-op movement and by her extensive travels in Europe, where the markets and restaurants she encountered were rooted in regional ingredients.

In 1986 she opened the eponymous Cafe Brenda in downtown Minneapolis, where she continued to provide her innovative dining experience on a larger scale. It quickly became a top Twin Cities destination and received acclaim on both a local and national level. The Cafe Brenda Cookbook – Redefining Seafood and Vegetarian Cuisine was published in 1992 and has become a popular standard for healthy home cooking. Deborah Madison calls it “an appealing collection of recipes that promises to deliver abundant flavor.” Brenda closed the Cafe in 2009 after 23 years.

Brenda opened her third restaurant, Spoonriver, in 2006 in the revitalized Mississippi Riverfront Mill District of Minneapolis, offering a broader palate including grass-fed beef, lamb and naturally raised pork from Minnesota sources. At Spoonriver she still relies on the finest, freshest local produce as the foundation of her seasonal menus. The Spoonriver Cookbook will be published soon from the University of Minnesota Press.

Also in 2006, Brenda founded the Mill City Farmers’ Market, which is located just outside Spoonriver’s front door on the Chicago Avenue Plaza and the restored Train Shed of the Mill City Museum, adjacent to The Guthrie Theater. The market houses about 70 vendors every Saturday from May to October and specializes in local, sustainable and organic foods and products. The
MCFM is a community-based enterprise offering weekly educational cooking demonstrations and featuring seasonal market specialties.

Brenda shares her knowledge and experience as a culinary instructor, speaker and consultant on healthy diet in the community. She’s been a repeat judge for the James Beard Foundation’s annual cookbook awards and is an advisor on product development to the food industry and large Minnesota-based retailers. As a Senior Fellow at the University of Minnesota Center for Spirituality, she shares her knowledge in teaching cooking class courses.

In 2009, in collaboration with the Children’s Hospital Integrative Medicine program, Brenda and her daughter Celina produced a 30-minute video and accompanying ChowKids™ Cookbook, conceived as a fun, informal and informative tool for “healthy cooking” to be played in-room at the hospital. Available to the public, the video and book package is an entertaining tool for teaching families how a healthy diet can help them feel better and heal their bodies.

You will find Brenda at Spoonriver most days along with her husband and business partner, Timothy Kane.

JEAN LARSON, PH.D.

Bio

Jean Larson has been the manager of the Center for Therapeutic Horticulture since its inception in 1992. The Center has three areas of emphasis:

A. Education. Dr. Larson is a member of the graduate faculty at the University of Minnesota Center for Spirituality and Healing and teaches four courses.

B. Program. Dr. Larson and Center staff facilitate therapeutic horticulture programs throughout the Twin Cities, serving people with Parkinson’s disease, patients with eating disorders, and adults with developmental disabilities.

C. Outreach. Dr. Larson manages the Clotilde Irvine Sensory Garden at the Minnesota Landscape Arboretum as a living demonstration for accessible design. She also lectures nationally and internationally on the healing benefits of people connecting with plants. When she’s not at work, you can find Jean playing in her gardens up north on her family farm with her husband, dog, cats, goats, chickens and horses.

ANTONIA O’BRIEN

Bio

Toni O’Brien has managed the Community Life program at Dakota Communities, Inc. since 1991. She has a master’s degree in Therapeutic Recreation from the University of Minnesota and has won numerous awards for her dedication and work on behalf of people with disabilities. She is a model advocate for inclusion and has set a standard for those she serves to be active participants instead of
spectators. Toni has created a culture of health and wellness throughout Dakota Communities, and she is a national speaker, adjunct faculty at the University of Minnesota, and a trainer specializing in management, regulation compliance, and budgeting.

Away from work, you can find Toni coaching the USA hockey team for people with disabilities or traveling around the world.

**Abstract – Jean Larson and Toni O’Brien**

This presentation will highlight the collaboration between the University of Minnesota’s Center for Therapeutic Horticulture and the Dakota Communities, Inc. Community Life Program. Over the past 16 years, the two institutions have been working together to bring nature-based therapies to adults with developmental disabilities living in group homes. Programming has included recreational gardening, home beautification, “from garden to plate” meal preparation, and florals design. During this presentation, we will share with you the latest in program initiatives: nutrition and wellness.

**JEAN RONNEI**

**Bio**

Jean Ronnei, SNS, is the Director of Nutrition & Custodial Services for the Saint Paul Public Schools (SPPS) in Minnesota. She has worked for the district for 21 years and is also responsible for leading the Print, Copy and Mail Center.

The SPPS is a very diverse urban district with 38,000 students: 73% of students are eligible for free or reduced-price meals; and over 70 languages and dialects are spoken. SPPS’ Nutrition Services has been recognized nationally for its innovation in menu development and marketing; Farm to School and Breakfast to Go programs; and financial management systems. Nutrition Services annual budget is $22 million. Ms. Ronnei received a B.S. in Hotel and Restaurant Management from Iowa State University.

**Abstract**

Saint Paul Public Schools (SPPS) has been making incremental changes to our menus for many years, through our “Healthy Hits” process.

- Increased the diversity of our menus to better represent the students we serve
- Modified scratch recipes and changed specifications of purchased items to be more healthful (whole grain, less sugar and sodium, more fruits, veggies and legumes)
- Reduced a la carte offerings to encourage well-rounded meals
- Created an “unlimited” choice bar filled with dark green veggies, orange/red veggies, fresh and canned fruits, and a non-meat protein offering
- Began a Farm to School program which has allowed children to experience new foods and a greater variety of healthful and local produce

SPPS is fortunate to have a “cook-chill” central kitchen where we are able to bake from scratch, cook our own sauces, soups and dressings, and consolidate costly produce deliveries.
The Healthy Hits process allows for magic in the central kitchen! When we have an idea such as adding Minnesota-grown flax to a bakery item, we can make it happen (or not – flops are learning, too!) Our central kitchen model contributes to our low food cost and reasonable labor costs.

Over the years, we have found great success working with partners such as ConAgra. When we had limited success incorporating whole grains in our bakery products, we asked for help. They offered a baker to work side by side with our staff. Other successful partnerships have included chefs, community members, parents and universities. Our newest and greatest partnership has been with School Food FOCUS, a national initiative that has allowed us to take on major challenges with their support and collective, large-school-district clout.

Our successes have been both challenging and rewarding. A regret I have is that I didn’t see the value of partnerships sooner!

ABOUT THE HEALTHY FOODS SUMMIT

Poor diet contributes to four of the six leading causes of death (heart disease, cancer, stroke and diabetes), and it has been estimated that healthier diets could reduce $71 billion per year in medical costs, lost productivity, and lost lives. One approach to improving the American diet, as recommended in the 2010 USDA Dietary Guidelines, is that we eat more plants – fruits, vegetables, seeds, whole grains, and legumes.

The Food for Thought Summit, a program of the University of Minnesota Healthy Foods, Healthy Lives Institute and the Minnesota Landscape Arboretum, will present emerging scientific research that adds new insight into just how important these plants are for human health – and why. Leading scientists will give updates on their latest research and case studies on what factors can help motivate people to improve their health by eating more plants.

This two-day event was an exciting collaboration by two of the University’s flagship institutions dedicated to public health and well-being. The summit is the second annual research symposium of the Healthy Foods, Healthy Lives Institute and signals the Arboretum’s ongoing focus on health-giving plants.
FOOD FOR THOUGHT – HEALTHY FOODS SUMMIT 2010
THURSDAY & FRIDAY, SEPTEMBER 30 & OCTOBER 1

Plant Foods for Human Health
Thursday, September 30, 8:00 a.m.–4:15 p.m. – University Radisson Hotel

Food Matters - An Evening with Mark Bittman
Thursday, September 30, 7:30–9:30 p.m. – Minnesota Landscape Arboretum

Pack Your Menu with Powerhouse Plants
Friday, October 1, 8:30 a.m.–3:00 p.m. – Minnesota Landscape Arboretum

SPONSORED BY

Lakewinds natural foods
Feeding Inspiration

COLLABORATING ORGANIZATION
Center for Spirituality and Healing

ENDORSING INDIVIDUALS AND ORGANIZATIONS
Grains for Health Foundation
Lynne Rossetto Kasper – The Splendid Table
Preston Chiropractic – Dr. Rhys Preston
University of Minnesota Regional Sustainable Development Partnerships

DONORS
BioBusiness Alliance of Minnesota
Carver-Scott Statewide Health Improvement Program
Life Science Alley
Minnesota Institute for Sustainable Agriculture
Minnesota Obesity Center
National Center for Food Protection and Defense
The Food Industry Center
UCare
University of Minnesota College of Food, Agricultural and Natural Resource Sciences
University of Minnesota Department of Food Science and Nutrition
University of Minnesota Extension
University of Minnesota Masonic Cancer Center
University of Minnesota Nutrition Graduate Program
University of Minnesota Obesity Prevention Center