



Session Descriptions

***Denotes sign-up required.** Due to space constraints or DIY supply availability audience will be limited to stated capacity. To attend these sessions, you must sign-up in Kanbar Hall between 10:00 and 11:00am. Come early to take your pick!

11:30-12:30 Session I

Advanced Coffee Brewing at Home*

Eric Thoreson, [One Ninety Seven](#) (Located in: First Floor Catering Kitchen)

This session focuses on simple techniques that can be used to consistently brew great coffee in a home kitchen. The significance of timers and scales will be discussed, as well as the single most important piece of coffee brewing gear – the grinder. Coffees will be brewed using the Hario V60, a pour-over style brewer manufactured in Japan. **Limited to 15 participants.*

Stocks from Scratch: Your Guide to Healthy, Nutritious, Delicious Soups & More*

Risa Lichtman (Third Floor HYC Kitchen)

In this workshop you will learn that it's easier than you think to make your very own stocks, whether vegetarian, meat-based, fish-based, or more. We will learn a variety of stocks, their nutritional & culinary benefits, and ways in which you can use your homemade stock. **Limited to 10 participants.*

7 Easy Steps to Turn Your Million Dollar Food Idea into a Million Dollar Business

Josh Spiegelman, [Roam Artisan Burgers](#) (Room 205)

How to start a food business from the ground up. In this session, we will discuss the essential steps for launching a successful business in the food and beverage/hospitality sector. Everything from business plan creation, to fundraising and finding the right real estate, to marketing, launching and operating the business of your dreams.

Presence and Gratitude: How to Savor Food Through Yoga

Sean Haleen, [Yoga Tree](#) (Room 207)

Mindfulness and presence is the key to unlocking healthy relationships with the way and what we eat. Through awareness, we become more sensitive to how much we eat, where our food comes from, and to be immersed in gratitude as we eat. The practices of yoga and meditation are sweet and simple ways of coming to this connected place with our meals. This workshop will be part philosophy lecture, part meditation, and part movement. *Please bring your own yoga mat!*

The Value of Tree Crops in Cities

Dr. Isabel Wade, [Just One Tree](#) (Room 209: Beit Midrash)

A history of global cities that have equated a high value on productive tree crops in urban environments, and statistics to show what is possible in the Bay Area and local region. Details include: weather patterns and microclimates, and breakdown of suitable fruit trees for SF. Learn how JustOneTree fits in with this paradigm and how to get involved.

The New Farmers' Market: Healthy Food, Healthy Communities

Bobbie Peyton, [Roots of Change](#) (Room 211)

This session will examine how Farmers Markets are triumphing over this digital divide by adopting an innovative currency called Market Match to reconnect eligible families to healthy, fresh and affordable fruits and vegetables—a 21st Century Food System.

Welcoming Miriam the Prophet: Crafting a Miriam's Cup*

Amy Kassiola (Room 223)

The inclusion of Miriam in the Passover Seder is now represented by a symbolic Kos Miryam (Miriam's Cup) filled with water. Explore why this new ritual was created and discover interpretations of Miriam's meaningful role in the Exodus story, especially related to water. Create a unique painted glass Cup, embellished with wire and beads, to honor Miriam at your Seder. No artistic talent whatsoever is required to complete this simple yet beautiful craft. **Limited to 30 participants.*

Jewish Healing Food Traditions

Flora Goldman, [Wilderness Torah](#) (Room 311)

Eating within your foodshed and seasonally helps you thrive in the environment in which you live. Seasonal eating provides your body the exact nutrients needed for your body's natural cycle. Because the origins of the Hebrew calendar and chaggim (holidays) are agricultural based, there are many Jewish food traditions that are inherently seasonal. Come learn how we have kept alive the seasonal nutritional wisdom of our ancestors through our traditional Jewish holiday foods.

Shmita Part I: Origins of Hebrew Agriculture

Yigal Deutscher, [7Seeds](#) | [Hazon](#) (Room 327)

Explore the story of agriculture from a biblical perspective, from the curse of post-Edenic living, to the sacred act of bringing the first fruits of the harvest to the Temple. How did the Hebrew tribes enter this relationship of cultivation & nourishment, between human & the land? And how did they come up with a tradition as radical as Shmita, the 7th year of agricultural re-wilding & economic debt release? Ancient and modern texts explore the nature of Shabbat and *shmita* and the role of cycles in our lives.

The Esau Dilemma: Ethical Hunting?

Rabbi James Greene, [APJCC](#) (Room 315)

Hunting has a mixed history within Jewish tradition. Although there are examples of experienced hunters in the Bible, the rabbis outlawed hunting as a violation of tza'ar ba'aley hayim. Come join a discussion with Rabbi James, a beginning hunter, as we study some of the biblical and rabbinic texts surrounding hunting and discuss how our contemporary values may encourage us to take a second look at hunting and the eating of meat.

Talkin' Dirty with Urban Worm: A 'How-To' Worm Composting Workshop for Beginners through Experts

Zach Stein, [Urban Worm](#) (Roof Garden)

We will cover all the steps of setting up and maintaining a home worm composting system. Additionally we'll go over the grander questions of 'Why Worms?' and the need for more widespread food waste composting. The workshop will conclude with a troubleshooting guide, a Q+A session, and then 15 minutes to buy our Berkeley grown worms, worm bins, and vermicompost (worm created fertilizer).

1:45-2:45 Session II

On the Road: Foods That Go the Distance

Sara Gilman, [JCCSF](#) (Kanbar Hall West Corner)

In society today, we often don't take the time to practice proper nutrition because it is inconvenient. This community discussion will reveal to participants how to be better prepared to handle a day in their busy lives, by teaching them how to pack simple, yet nutrient dense foods that they can bring with them or enjoy at home. Nutritionist, Sara Gilman will shed light on this subject, discussing healthy options for omnivores, vegetarians and vegans, and observers of Passover.

Kale for Carnivores*

Alix Wall, [The Organic Epicure](#) (First Floor Catering Kitchen)

You've probably noticed that kale is hot. It's not just for vegans anymore. Kale salad is suddenly on every restaurant menu. You know it's good for you, and you see the mounds of it at your local farmer's market, but what to do with it is another matter. In this workshop, we will cover how to wash kale, some preferred cooking methods, and of course, several recipes for kale salads. If you know you should be eating more of it, but are lacking ideas, come get inspired! **Limited to 15 participants.*

Beyond the Table: Sustainable Eco Food Practices in the Restaurant and Manufacturing Industries

Ari Feingold, [Straw Restaurant](#), Chuck Siegel, [Charles Chocolates](#), Mark Ainsworth, CEO of [Pastry Smart](#), Moderated by Merrill Gilbert, The Merrill Gilbert Company (Fisher Hall East)

We will discuss the current dynamics of producing and operating all types of food and beverage businesses. In this discussion we will cover, product sourcing, packaging, environmental, and food handling safety. Our panel is composed of leaders in the manufacturing and restaurant industries that are all committed to environmental friendly practices.

Food and Tzedek: Cultivating Allyship in the Food Justice Movement

Rae Graber, Rebecca Marcyes [Urban Adamah](#) (Fisher Hall West)

What does it mean to "be an ally"? To whom do we hold ourselves accountable in our work? What can we do to support the leadership of oppressed communities? What are the challenges and stumbling blocks of this work? Come learn from each other and join a conversation co-facilitated by Rae Graber and Rebecca Marcyes of Urban Adamah.

Bean of Affliction: Chocolate, Child Labor, and Choosing Fair Trade

Ilana Schatz, [Fair Trade Judaica](#) (Teen Center)

We will show a clip from the documentary "The Dark Side of Chocolate", focusing on child labor in the cocoa fields in the Ivory Coast, where more than half the world's chocolate is grown. Video will be followed by discussion, Torah study, and tasting of a variety of Fair Trade kosher chocolate products.

Healthy Weight and "Kvell-being": A Jewish Perspective using Cognitive Behavioral Therapy and Mindfulness

Ellen Resnick, LCSW, Rabbi Nossan Potash, [Chabad of Cole Valley](#) (Room 205)

This lecture will teach participants how to use Cognitive Behavioral Therapy and Mindfulness to reach and maintain a healthy weight, such as developing the skill of intentionality using "the mindful pause" technique before eating, savoring food during each meal or snack, how to differentiate emotion-driven hunger from healthy hunger, and more!

Scaling Up: From Individual to Collective, Sustainable Impact

Erica Hymen, Matt Balaban [AJWS](#) (Room 207)

We already make choices each day that challenge our broken food system, yet inequities persist. What would it take to see large-scale, systemic change? In this interactive workshop, we will build our organizing skills to influence positive, lasting change. Using lessons learned from local and international struggles – for healthier school food at home and for more effective food aid abroad – we'll demonstrate the power of grassroots organizing.

Shmita Part II: Embracing the Shmita Cycle

Yigal Deutscher, [7Seeds](#) | [Hazon](#) (Room 209: Beit Midrash)

Shmita, literally translated as the 'year of release,' and more widely known as the Sabbatical Year, is a biblical Jewish tradition, which, once every seven years, called for radical re-alignment of agricultural and economic structures. On this year, agricultural lands would lie fallow, private land holdings would be opened as commons, everyone would have equal access to food harvests & storage, and all debts would be forgiven. The Shmita year begins once again Rosh Hashana 2014. Come and learn how to join the movement to reclaim this ancient practice as a design tool for local, grassroots food security, economic resiliency, and community empowerment.

The Jewish Life of Bees

Rebecca Ets-Hokin, [CCP](#) (Room 223)

Bees and honey are mentioned in the Torah over 50 times and the entrance to a bee hive always faces east. Learn more about Judaism's connection to the honeybee, or is it the honeybee's connection to Judaism? Rebecca will also go over some introductory basics on keeping your own backyard bees–Tikkun Olam in a box! Local honeys will be analyzed and sampled.

Homemade Dumplings: Easier than you think!*

Gabi Moskowitz, [Broke Ass Gourmet](#) (Room 311)

There are few foods more delicious and comforting than the dumpling—and they're easier and cheaper to make than you might think! Teacher and cookbook author Gabi Moskowitz will teach basic dumpling techniques, and the group will work together to stuff, roll and cook three different kinds of dumplings along with unique dipping sauces. Gabi will also have copies of her recent cookbook, *The BrokeAss Gourmet Cookbook* available for purchase. **Limited to 30 participants.*

Mindful Eating on Shabbat

Carley Hauck, [Intuitive Wellness](#) (Room 327)

In this workshop, Carley will share with you from her studies and research in mindfulness and mindful eating easy ways to make a healthy and mindful Shabbat for your whole family. You will learn to eat when you are hungry and stop when you are full, to develop a deeper connection to the food you are eating, to fully enjoy every bite with less, and lastly experience mindful eating like you have never done it with chocolate! Please join us for a mindfully delicious presentation.

Fun with Fungi: Mushroom Cultivation for the Home and Beyond

David Gardella, [JCCSF](#) | [Mycological Society of San Francisco](#) (Roof Garden)

Get ready to learn a little more about the wonderful world beneath our feet. Beyond just a better understanding of mushrooms and their place in the World, this workshop will also teach attendees some of the basics of low tech mushroom cultivation that can be applied in home backyards or even inside city studio apartments. We'll cover some basic mushroom types and do some hands on activities that will be sure to leave you wishing that every day turned out to be a rainy one!

Food Meets Photo: Food Photography 101

Erin Gleeson, [The Forest Feast](#) (Roof Patio)

Learn how to make your food photography look even more appetizing with professional food photographer [Erin Gleeson](#) of the food blog and forthcoming cookbook, [The Forest Feast](#). This class will go over tricks of the trade for making those dishes look as delicious as they taste. We'll go over lighting, composition, and tips for food styling. Various dishes and props will be brought in for demos we will make and shoot one dish together. Topics covered will include basic camera settings like f-stop and shutter speed, ISO and lens choice. *Please bring your own camera!*

3:00-4:00 Session III

Adam and Eve, The Tree of Knowledge, and Eating as Tikkun

Gavriel Strauss, [Evolving Judaism](#) (Kanbar Hall East Corner)

The primordial "sin" and much of what The Kabbalah focuses on is the act of Adam and Eve eating from the Tree of Knowledge, and the ensuing responsibility we as humans and Jews now have in healing/making tikkun for this original act. How we eat, and how we relate to the external world in general, is how we make the tikkun and healing of our current world's brokenness. Through connecting with the origins of humanity and the Big Picture purpose of creation according to Kabbalah we are given insight and direction into how to live a more healthy and balanced life here on earth.

Challah Back: A Beit Midrash in the Kitchen, Sponsored by Keshet

Vered Meir, [Keshet](#) (Kanbar Hall West Corner)

In this workshop, we will explore Jewish texts on challah and bread with a queer twist. Why do we eat challah on Shabbat? What is the significance of the braids, salting, and covering? How can baking and eat challah enhance the holiness and beauty of Shabbat?

Fermentation and Improvisation with Gluten-Free Baking*

Sadie Scheffer, [Bread SRSly](#) (First Floor Catering Kitchen)

Baking with alternative ingredients may sound daunting, but it can be intuitive, fun and rewarding. Get your hands dirty with some gluten-free grains and bubbly sourdoughs. You'll learn about the benefits of fermentation in baking, the tricks of allergen-free recipe-writing, and hidden sources of gluten ingredients. **Limited to 10 participants.*

Quality Counts: Tasting Your Way Through Sustainable Cocktails

Danny Ronen, [DC Spirits](#) | [Liquid Kitchen](#) (Fisher Hall East)

Come have a cocktail with spirits educator Danny Ronen! This pro will open your senses to some new experiences and also show you a few insider tips on tasting, choosing the best quality products, and even planning parties and fundraisers, all with a ""green"" twist. *Must be 21 and older.*

Hebraic Homebrewing

Casey Yurow, [Urban Adamah](#) (Fisher Hall West)

From the earliest cultivated Barley fields of the fertile crescent to today, beer holds a storied and important place in the traditions of humanity's liquid libations. In this how-to and hands-on session, we'll explore the science, art, and history of brewing beer in the Jewish world and beyond.

Behind-the-Scenes of Wine Industry: Becoming a More Conscientious Consumer

Eric Cohen, [Shoe Shine Wine](#) | [Justice Grace Vineyards](#) (Teen Center)

A behind the scenes look at some of the controversial aspects of the wine industry, from the owner/ winemaker of Justice Grace Vineyards, maker of Shoe Shine Wine. Includes free wine tasting covering a range of their minimal additive wines, and a fun blind tasting element. Come learn to be a more conscientious consumer of wine, and all other consumer goods, and enjoy some vino along the way. *Must be 21 and older.*

Jewish Food Bloggers Dish

Cheryl Sternman Rule, [5 Second Rule](#), Author of [Ripe](#), Stephanie Rosenbaum, Contributor to [KQED's Bay Area Bites](#), Gabi Moskowitz, [Broke Ass Gourmet](#), Erin Gleeson, [The Forest Feast](#), Moderated by Lauren Wilner, [My Jerusalem Kitchen](#) (Room 205)

Blogs and websites like Tastespotting increasingly whet our appetite for delicious food. Join cookbook authors and Jewish food bloggers as they discuss the in's and out's of Jewish Food writing in the blogosphere.

A Jewish Food Tour of San Francisco

Avital Ungar, [Avital Food Tours](#) (Room 207)

Avital Ungar, owner of Avital Food Tours in San Francisco, will take you behind-the-scenes in the San Francisco Jewish dining scene. She'll lead you through a DIY Jewish Food Tour chatting about SF Jewish culinary history, what makes a restaurant "Jewish", Jewish restaurateurs and Jewish dishes appearing on menus in San Francisco.

How to Balance Your Hormones Using Judaism and Your Fork

Dr. Sara Gottfried, [The Hormone Cure](#) (Room 209)

In this talk, Dr. Sara Gottfried will share her revolutionary method of hormone balancing: a natural approach that blends ancient wisdom traditions with integrative and functional medicine, called The Gottfried Protocol. Dr. Sara just published her first book, *The Hormone Cure: Reclaim Balance, Sleep, Sex Drive, and Vitality with The Gottfried Protocol* (Simon & Schuster, 2013). Dr. Sara will explain the "why" of hormone balancing for men and women, and how what's on the end of your fork and in the forefront of your mind can be the biggest needle-movers when it comes to getting healthy. Challah at your hormones!

Begin Eating on God's Schedule

Reuben Politi (Room 211)

Find out about a revolutionary food plan 5774 years in the making! Inspired by the Genesis creation story, this plan uses what we eat to bring greater order into our everyday lives.

The People Behind the Package: Bringing Jewish Ethics and Awareness to the Food System

Rabbi Mike Rothbaum, [Beth Chaim Congregation](#), Julie Gilgoff, [Bend the Arc](#) (Room 223)

Explore the question of the ethics of what we eat with Julie Gilgoff and Rabbi Mike Rothbaum, who will engage participants in ancient and modern Torah teachings concerning labor justice, offer stories of contemporary worker struggles, ideas for strengthening our own ethical practices, and the ability to take concrete action to contribute to justice in the food system.

Judaism in a Bottle: The Life and Times of Manischewitz Wine

Maggid Jhos Singer, [JCCSF](#) (Room 311)

Manischewitz wine is the laughing stock of the wine world. How has such a culinary joke ended up being at the center of Judaism's most sacred rites? Why, when there are fine, affordable, kosher wines being produced today, do many Jews persist in sanctifying their weddings and other momentous occasions with Manischewitz? Maggid Jhos Singer spent a few years discovering the answer to these questions and along the way discovered a great story about American Judaism, ritual innovation and the power of flavor, all of which he is more than happy to share.

From Design to Harvest: How Gardens and the Environment Create New Entries for Jewish Education

David Fox, [Amir](#) (Room 327)

We will first look at various garden designs and explore how we can use physical space to increase Jewish learning. Second, we will take a text and use it to further our understanding of how *all* of the natural world leads to potential Jewish connection.

Haroset Goes Global

Rabbi Ruth Abusch-Magder (Roof Patio)

As Passover approaches tradition beckons but so does the spirit of innovation and possibility. We will explore Haroset recipes from around the world and discover that what is traditional to some is new and exotic to others. Learning about the variety of traditions and communities that have produced these different takes on Haroset.