

Bio-Abundant Farming Conference 2017

Vegetarian Menu (you won't believe how good it is)

Friday

Dinner:

Knoll Arugula Garden Salad
Corn Sun Dried Tomato Chowder
cream
Garlic Cheese Bread

Movie: "Forks Over Knives"
Dessert: Apricot Peach Cobbler with whipped

Saturday

Breakfast:

Hot Barley Cereal with Dates
Granola with Fruit and Raw honey
Raw Goat milk & yogurt
Farm fresh Mulberries

Lunch:

Authentic Mexican Tostada & Beans
Pico de Gallo with avocado
Chilled Cucumber & Greens Soup
Dessert: Chocolate Chip Cookie Bars

Dinner:

Appetizer: Raw crudité vegetable platter with Peak Ranch dip
Fire Roasted Garden Pizza with Knoll basil pesto- Organic corn or sprouted wheat crusts
Fire roasted Fennel, Arugula & Bee Pollen Salad
Fire roasted Figs with Caramelized Balsamic & Goat Cheese in Radicchio Bowl
Dessert: Avocado Cacao Mousse

Activity: Movie: "Food Matters"

Sunday

Breakfast:

Duck egg Frittata with Lavash Wrap
Feta
Tzatziki with Avocado
Fruit Platter

Lunch:

Fusilli Sundried Tomato Vinaigrette with Sheep
Tartine Bread with Buffalo butter
Dessert: Almond/Cashew Crunch bars

Beverages:

Herbal Teas:

Ginger/Mint

Lemon Verbena

Thyme/Peppermint

Goat Milk

Water