

2009 Menu

Southeast Women's Herbal Conference

Friday Dinner:

Marinated Local Mountain Trout (vegetarian option: Tempe)
Lavender Walnut Beet Salad with Local Chevre
Wild Rice Blend
Green Salad
~ Local Apple & Blackberry Cobbler with Locally-Made Ice Cream

Saturday Breakfast:

Soaked Grain Porridge with Nuts, Seeds and Raisins
Yogurt / Local Milk
Boiled Local Farm Fresh Eggs
Simple Miso Broth

Saturday Lunch:

Local Farm Fresh Egg Quiche with option of Local Pasture-Raised Pork
Baked Local Heirloom Winter Squash
Green Salad

Saturday Dinner:

Three Sisters Chili with option of Local Grass-Fed Beef
Herbed Local Chevre
Cornbread with Local Butter & Local Raw Honey
Lacto-Fermented Saurkraut

Sunday Breakfast:

Scrambled Local Farm Fresh Eggs
Locally-Made Artisan Bread with Herbed Local Butter and Local Berry Jam
Homemade Granola and Yogurt / Local Milk
Simple Miso Broth

Sunday Lunch:

Greek Pasta Salad with Local Goat Cheese
Wild Nettle Soup
Green Bean Almondine
~ Coconut & Cardamom Rice Pudding

All menu items subject to change