

GRAIN SCHOOL 2020!

Registration opens soon:

For more information:

https://www.uccs.edu/swell/grain%20school_2019



Grain School is a one-of-a-kind annual event that brings together educators, health professionals, scientists, farmers, bakers, millers, maltsters, brewers, distillers, chefs, food citizens, students and community leaders. UCCS' tiered approach to teaching and learning, as both a university and community course, provides an expansive platform for lively and inspirational exchange.

January 17-19, 2020
University of Colorado
Colorado Springs



GRAIN SCHOOL 2020!

Create - Cooperate - Sustain! These are our guiding principles for Grain School 2020!

Heritage grain work at the University of Colorado Colorado Springs (UCCS) was started in 2016 in response to a call from regional farmers to support the rebuilding of Colorado's heritage grain economy, while addressing rural communities, nutrition, and climate change. Grain School 2020 celebrates its 5-year anniversary with the restoration of heritage grain production in Colorado, the launch of the Colorado Grain Chain, and creating the pathways to "Grain School in the Field"!

STAFF OF LIFE!

Wheat, rye, barley, corn, bread, tortilla, chapati, or piki- it's **the staff of life** in cultures around the world. Grain makes up the largest part of our diet and yet we pay little attention to its diversity, flavors and textures, or nutritional benefits as grain moves from field to loaf or bowl.

Discovering and exploring the world of heritage grains is a food journey with potential to transform how we nourish ourselves and each other and how we think and act around food, land, and scarce water resources.

Grain School takes us back to ancient times, yet these grains reignite our appetite for sourdough breads, delicious grain bowls, sourdough pasta and tortillas, and breakfasts that fire up our imagination in the kitchen.



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