



EXPERIENTIAL SHORT COURSE

MAY 30 TO JUNE 1, 2025

SOUTH

WEST

FOODWAYS

REGISTER
HERE:

\$695

EARLY BIRD 20%
OFF THIS PRICE
UNTIL 4/15
PRICE DOES NOT
INCLUDE LODGING



Check out this and other 2025 courses here:

<https://farmdirectseed.com/collections/events>

Please read the course policies regarding cancellations before you register! For questions email us @info@puebloseed.com

ALL RIGHTS RESERVED

PARTNER LODGES

LODGING BLOCKS FOR THIS COURSE ARE RESERVED UNTIL 4/15!



CANYON OF THE ANCIENTS GUEST RANCH

www.canyonoftheancients.com

www.kellyplace.com



FARMING FOOD CULTURE NUTRITION HEALTH HOSPITALITY

PUEBLO SEED  FOOD CO.

25 NORTH BEECH ST.
CORTEZ, CO 81321



SOUTHWEST FOODWAYS

This experiential short course focuses on Southwest food culture and draws on ancient knowledge and methods to influence how we relate to traditional food systems from seed and field to our kitchens. How do we adapt nourishing ourselves with a re-imagined approach that's light on the body and on the planet?

SCHEDULED SESSIONS

Friday afternoon

Arrive at Pueblo Seed & Food Co. between 12 and 6pm to receive your welcome basket prior to check-in with our host lodges. Dinner on your own or make it from your basket!

Saturday Morning Farm Tour & Lunch (9.30 am – 12.30pm)

Farm tour includes a morning walk through fields of early season plantings with some spring garlic foraging. May and June bring grains, planted last fall, to life as they are heading and racing to the finish line, with harvest in July. Warm season crops are still being transplanted at this time. The high desert landscape of the Colorado Plateau also offers a variety of wild plants, some of which are sage, juniper, and salt bush among others to gather for an exploration of wild yeasts in baking. Lunch is a surprise and offered in the natural beauty of our farm.

Farm tour led by **Dan Hobbs**

Session also available to locals with registration starting May 1, based on availability

Saturday Evening Lecture Paired with Tasting Menu (6.30 – 8pm)

Regional foodways are an important strategy in renewing one's relationship with food and learning what grows in one's region and by whom. This lecture provides an introduction into the significance of place and community-based foodways, with link to scientific evidence. Plants of the Southwest with cultural background, as well as those that are easily adaptable to the semi-arid climate in our region will be highlighted and offered throughout this tasting lecture using traditional culinary methods. The lecture brings a trans-disciplinary perspective on regional crops in organic agriculture, sustainable & healthy diets, and how we can adapt our daily eating while discovering and (re)connecting with our own foodways, so we may boost our health, the health of the planet, and the happiness of our community.

Lecture presented by **Nanna Meyer, PhD, RD**

Session also available to locals with registration starting May 1, based on availability

Sunday Morning Hands-On Learning & Bakehouse Tour (10am – 1pm)

No experience is ever complete without learning by doing. On Sunday morning, we put our aprons on to complement our new knowledge with meaningful skills from seed to kitchen. With our Diné guest, Yolanda Benally, we explore various recipes with Navajo tradition. We also immerse ourselves in the culinary process of nixtamalization for tortilla making and learn about the curious character of wild yeast water for bread baking coming from the land. Sunday morning coffee and morning buns with a bakehouse tour start out our experiential learning and many tasting opportunities will bring this farm & food literacy journey to closure.. Recipes included.

Cooking & Baking Presented by: **Yolanda Benally, MS & Nanna Meyer, PhD**

Session also available to locals with registration starting May 1, based on availability

Registered Dietitians may earn Continued Education Credits.

Further culinary support or nutrition counseling available upon request.

WHO WE ARE

Dan Hobbs Growing up in the Rockies, Dan backpacked all over the San Juan and Sangre de Cristo ranges and the Canyons of the Colorado Plateau, ate lots of marginal freeze-dried food and developed a great love of wilderness and the Southwest. While working on community health projects in the Andes and southern Paraguay he spent time with land-based people, which led to an ever-expanding interest in plants, seeds and rural life. Now having farmed for over 25 years, he is dedicated to diverse and landrace plants and pollinators adapted to arid regions. He delights in growing quality organic seed for farmers and gardeners and nutrient-dense and flavorful food for hard working people and backcountry explorers.



Nanna Meyer Originally from the Swiss Alps, Nanna's early years were spent on European glaciers, training as a member of the Swiss National Ski Team. As an athlete, Nanna's passion for food and nutrition stemmed from the early exposures to extreme environments, the interest in diets for athletes, and especially active women, and the love for whole grains, baking, and cooking. Her calling for better sport science support for women athletes, combined with her love for food, directed her to pursue a PhD in physiology and become a sport dietitian in the US. Nanna's practical work



focused on helping athletes adjust nutrition to their training plans, which gave rise to The Athlete's Plate--now a trademark of the University of Colorado Colorado Springs (UCCS) and used around the world. With the urgency to address climate change, food, and health, Nanna's work has been shifting to regional food systems and climate-adapted seeds, foods, and diets. With drought-hardy, diverse grains and legumes at the center of the plate and food literacy, she aims to restore human health and planetary resiliency in the American Southwest, which she calls home with her partner Dan.

Yolanda Benally Yolanda is a veteran born on the Navajo reservation and grew up on a farm. There she was taught how to operate a tractor by her father. Later she pursued environmental education and graduated with a science degree in Environmental Engineering at Northern Arizona University in Flagstaff, Arizona, followed by getting a Master's degree in Environmental Law from Vermont Law School. She is also a member of Rocky Mountain Farmers Union and actively involved in lobbying for Navajo farmers. Her deep passion is leaving her farm in better condition than when she inherited it. Yolanda is also a proud mother of three teenage children. Her hobbies are to sew, hike, bike, and farm. Her involvement in *Southwest Foodways* is exciting, as Yolanda offers indigenous knowledge and traditional recipes for hands-on learning learning from field to kitchen.



ADDITIONAL INFORMATION

CANCELLATION POLICY

- Host cancellations due to weather, other environmental or personal issues will result in a full refund to all participants.
- Participants will receive full refund if requested 15 days prior to the event. For late cancellations, we will refund half of registration cost.
- Hotel blocks are reserved until 6 weeks prior to the event. We encourage you to make your reservations as early as possible so you can stay in the canyon and experience the short course to its fullest.
- Hotel cancellation policies are separate from our policies. Please check with your host hotel for their cancellation policy.

COMMUNICATION:

Two weeks prior to the course we will send you details regarding logistics, course details, and policies, with a short questionnaire regarding dietary and other restrictions or preferences.

OTHER RESTRICTIONS:

This is an alcohol free event. However, we recommend Wild Edge Brewery, Sutcliffe Vineyards, and Fenceline Cider as great places to enjoy local beverages.

Dogs are not allowed on our farm or in our bakehouse.

This event is for ages 18 years and up (special requests can be sent to info@puebloseed.com).

INFORMATION ABOUT THE CANYON OF THE ANCIENTS



Designated by Presidential Proclamation on June 9, 2000, Canyons of the Ancients National Monument (Monument) encompasses 174,000 acres of BLM-administered public lands that contain the highest known archaeological site density in the United States, with rich well-preserved evidence of Native American cultures. The Monument is located in the Four Corners region of southwestern Colorado, about 50 miles west of Durango, 10 miles west of Cortez, and 12 miles west of Mesa Verde National Park. Visitors planning to explore the Monument should make their first stop [Canyons of the Ancients Visitor Center and Museum](#).

[VIEW THE MAP](#)