



PUEBLO SEED  FOOD Co.
 25 NORTH BEECH ST. CORTEZ, CO 81321

JUNE 20 TO 21, 2026

**WHOLE
GRAIN**

EXPERIENCE

- BAKERS
- CHEFS
- FARMERS
- TEACHERS
- DIETITIANS
- DOCTORS
- NURSES
- HOME COOKS
- HOME BAKERS
- FOOD ENTHUSIASTS

**COURSE IS
FREE**

REGISTER HERE AT
WWW.PUEBLOSEED.COM



**FUNDED BY
WALTON FAMILY
FOUNDATION**

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

EXPERIENTIAL SHORT COURSE

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**Visiting the Area?
Stay at our
PARTNER LODGES**



www.canyonoftheancients.com



www.kellyplace.com

FARMING FOOD CULTURE NUTRITION HEALTH HOSPITALITY



WHOLE GRAIN EXPERIENCE

This experience renews our relationship with grains as we learn about these crops in the field and their significance in farming systems. In this experience we also focus on the diverse cultural dishes, the magic of sourdough fermentation in bread baking, and dive deeply into the scientific evidence of whole grain nutrition and impacts on health, including the gut microbiota.

SCHEDULED SESSIONS

Saturday Morning Farm Tour & Lunch (9 am – 12 pm)

Farm & Hub Tour with Tastings (June 20) 9 AM – 12 PM: We walk the grain fields and learn about the lifecycle of grains from seeds to planting, harvesting, and processing. Activities during the farm tour include identification of various small grains, corn, and legumes grown in organic agriculture, harvesting by hand, threshing, and bundling. The tour also integrates the new Pueblo Seed & Grain Hub with tastings and connecting crops with traditional and novel culinary delights related to whole grains.

Farm tour led by **Dan Hobbs & Dr. Nanna Meyer**

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

In the bakehouse, we open the session with coffee, tea and morning buns, while enjoying a 20–30 minutes tour & presentation about whole grains and nutrition, integrating whole grains in daily eating, and culinary and baking applications. After this theoretical introduction we move into our culinary kitchen and explore sourdough, baking with sourdough, milling for sourdough, and how to get started with sourdough. We will be making bread together, learning the fun and interesting way of sourdough soul breads, among others, with each participant being able to take home a loaf of bread.

Education & Baking Presented by: **Dr. Nanna Meyer**

Further culinary support or nutrition counseling available upon request.



FROM SEED TO KITCHEN WITH WHOLE GRAINS

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.



ADDITIONAL INFORMATION

CANCELLATION POLICY

- Host cancellations due to weather, other environmental or personal issues will result in a full refund to all participants.
- Participants are asked to cancel their registration if they cannot attend so we can open another spot for someone else. Please email info@puebloseed.com if you need to cancel.
- Hotel cancellation policies are separate from our policies. Please check with your host hotel for their cancellation policy.

COMMUNICATION:

Prior to the course we will send you details regarding logistics, course details, and policies.

OTHER RESTRICTIONS:

This is an alcohol free event. However, we recommend Wild Edge Brewery, Sutcliffe Vineyards, Cortez & Dolores Breweries, 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](#)