

**Wisconsin Academy of sciences, arts and letters
Future of Farming and Rural Life in Wisconsin
Southeast Forum**

“Healthy Farms, Healthy Cities.”

Featuring locally grow foods and farms

Breakfast Snack

Yogurt coffee cake with locally grown and milled whole wheat
Fresh apple cider

Lunch

Chef’s Salad

Mixed field greens
Grilled Asparagus
Roasted crimini mushrooms
Free range eggs
Warm “organic” pastured chicken
Diced pastured ham
Radishes
Pleasant ridge cheese
Warm bacon shallot dressing
Whole wheat rolls and butter
Ice cold milk

Dessert

Strawberries
Raspberries
Poached rhubarb
Vanilla Yogurt
Sorghum cookie

Social Hour and Snacks

Wisconsin cheese
Pastured raised summer sausage
Artisan cream cheese
Pastured Highland Beef Meat balls
Pastured Berkshire Pork Kielbasa

Beer from Capital brewery and Tyranea
Wine Apple treow

(See sourcing list for complete listing of farms)

<http://www.wisconsinacademy.org/idea/info/SEforumresources.html>

