



## **OVERVIEW OF THE EVENT**

SEPTEMBER 30, 2023 from 8:30 am to 3:30 pm

Meet and learn from the DMV's leading women in food, beverage, and hospitality who will be sharing their expertise in advocacy, content creation, and kitchen wisdom during our day-long gathering. We've got panels, cooking demos, books sales + author signings, lunch and tasty treats!

## LOCATION

National Union Building, 918 F Street, NW Washington, DC. Location is one block from Gallery Place Metro, two blocks from Metro Center, and with multiple parking garages nearby.

## TICKET COST

Public Early-Bird Admission (before Sept. 25) \$195 per person includes full day of activities + lunch

Regular Admission (after Sept. 25) \$225 per person includes full day of activities + lunch

Culinary Student ticket cost \$40 with student ID. Must be presented at registration

Dames Volunteer Admission \$97.50 per person includes a half day of volunteering (3 hours) and a half day of attending activities + lunch \*(see important notes below for more volunteering information)\*

## SCHEDULE OF EVENTS/SESSION DESCRIPTIONS

**8:30 to 9:15 am** Registration + Refreshments + Meet and Greet

**9:30 to 10:30 am** *Welcome + Opening Panel*

Cooking for Change: Advancing a Food Bill of Rights

Discover how a Food Bill of Rights can lead to equitable food systems, integrating agriculture, sustainability, nutrition, and health. A conversation with experts, visionaries, and advocates from diverse culinary backgrounds, including Dame **Mary Blackford** of Market 7, Alison Aubrey of NPR, chef, TV host, cookbook author Dame **Carla Hall**, and more.

**10:45 to 11:35 am** *Breakout Session A (Choose one)*

A1 TALK How to Pitch and Promote a Food Book

Meet four noteworthy Dames with new and upcoming titles who will share an inside look at how they nurture their efforts. Join **Joan Nathan** ("My Life in Recipes"), **Meryl Feinstein** ("Pasta Every Day"), **Mary Beth Albright** ("Eat and Flourish"), and **Katherine Miller** ("At the Table: A Chef's Guide to Advocacy") Moderated by Dame **Ashley Rose Young**, historian at the Smithsonian's National Museum of American History.

A2 TALK Restaurateurs v. Patrons: Let It Rip!

In what we are sure will be a lively give-and-take, this panel of wise and brave women who own restaurants will field questions from the audience about service, prices, food costs, staffing, and more. With Jackie Greenbaum of Charley Prime Foods, Dame **Ris Lacoste** of Ris, Swati Bose of

Flight Wine Bar, and Jeanine Prime of Cane/St James. Moderated by Jamie Leeds of Jamie Leeds Restaurant Group.

### A3 TASTE Get Salty with DIY Lacto-Fermentation

All it takes is a brine, a few spices, and a clean jar to extend the shelf life of and add healthful benefits to fresh vegetables. Think half-sour pickles and then some! You'll learn the basics and create your own jarful to take home. With cooking instructor and writer Dame **Susan Barocas** of Savor. **\*\*Can accommodate 35 participants\*\***

### A4 TASTE Coffee + Wine: Complements by the Cup

The two beverages have more in common than you might think. Learn about growing conditions and how they affect both fruits, harvesting processes, the development of aromas and flavors, and how climate affects the final product. Plus, tastings of both! With Dames **Jodi Lehr** of Santa Lucia Estate Coffee and **Rachel Martin** of Oceano/Boxwood wineries. Moderated by sommelier Dame **Nadine Brown**, of At Your Service Wine Experiences. **\*\*Can accommodate 40 participants\*\***

### A5 TRANSFORM Make your Kitchen a Plastic-Free Zone

Eliminating plastic in your kitchen is an attainable goal that's beneficial for you and the planet. Learn tips and tricks to eliminate or reduce plastic use, and get info on the latest and most effective eco-friendly kitchen essentials from experts behind some of the city's favorite package-free businesses. With Rina Saha of Fulfillery and freelance writer Dame **Kristen Hartke**. Moderated by former food sustainability journalist Dame **Lani Furbank**, of the Center for International Environmental Law.

### ***11:50 am to 12:45 pm Breakout Session B (Choose one)***

#### B1 TALK The Bear: Origin Stories, Female Edition

Inspired by the hit TV series about the grind of one Chicago restaurant chef's creation and operation, we wondered what special challenges fall to women who choose a similar path. Find out what it took for Dames **Amy Brandwein** of Centrolina and Piccolina, **Micheline Mendelsohn** of the Sunnyside Restaurant Group, **Najmieh Batmanglij** of Joon and Masako Morishita of Perry's to get their own businesses up and running. Moderated by editor and recipe tester Dame **Bonnie Benwick**.

#### B2 TRANSFORM Taste the Possibilities: A Generative AI Workshop for Foodpreneurs

Join us for a tantalizing exploration into the world of Generative AI, including ChatGPT and Bard, and their potential impact on food writing and recipes. Dame **Tambra Raye Stevenson**, of American University School of Communications will be your guide, leading you through the basics of AI technology and its far-reaching ramifications for your culinary creations. **\*\* Can accommodate 35 participants\*\***

### B3 TASTE Koji Uncovered: from Japanese Tradition to Culinary Revolution

Journey through the origins, cultural significance, and applications of this fermented, umami-rich product—including its use in the production of sake. The session will feature a curated tasting of three brands of sake and attendees will get started on their own DIY koji kits. With author Nancy Matsumoto and Takashi Sato, president of San-J International, Inc. Each guest will take home a copy of Nancy's book, "Exploring the World of Japanese Craft Sake: Rice, Water, Earth." Sponsored by the Embassy of Japan. **\*\*Can accommodate 60 participants\*\***

### B4 TASTE Cooking for Change, II: Kitchen of Purpose

Watch, learn, and activate your fork as Chef Marcia Palacios, a culinary trainer from 2022 LDE-DC grantee Kitchen of Purpose, prepares a hearty fall entree of Cabernet-Braised Short Ribs and Herb-Roasted Butternut Squash Cream. **\*\*Can accommodate 10 participants\*\***

### B5 TRANSFORM How Small Bakeries Rise in D.C.'s Changing Food Scene

Doughnuts, deliveries, and Danish, oh my! Mom-and-pop establishments seem to be thriving around town. Some of the best and brightest among them will share their triumphs and tribulations (and maybe a sample or two). With Teresa Velazquez of Baked & Wired/A Baked Joint, Kara Terrell of Handcraft Doughnuts, and Meredith Tomason of Nestle Baking Division. Moderated by Beverly Bates-Coakley of Bling Sweets.

### B6 TRANSFORM Pitch + Produce Like a Pro: Digital, Print, and Beyond

There's never been a faster-changing time when it comes to food and beverage content. This panel of industry leaders in the areas of marketing, PR, influencers, and food media will discuss the best new practices (and what still works), digital innovations, engaging storytelling, and how to amplify topics and voices that matter. With Dames **Jessica van Dop DeJesus** of DiningTraveler.com, **Charissa Benjamin** of Savor PR, and more. Moderated by Dame **Anna Spiegel** of Axios.com.

### ***1:00 to 2:15 pm Lunch + Book Signing/Sale + Bake Sale***

Sandwiches and salads provided by Ghostburger

Dames authors at tables for signing books + Bold Fork Books selling books by Dames

MCAI students selling dessert treats

### ***2:30 to 3:20 pm Breakout Session C (Choose one)***

#### C1 TALK Honey Bees at Your Table

What couldn't we eat without the assistance of honey bees? This will be a visually engaging look at how irreplaceable they are as pollinators, how they make different kinds of honey, and how

those honeys affect what we eat and cook. Also covered: how to care for the honeys you store at home. With Phil Frank, veteran science journalist and co-author of “Hive Tour: The Insider’s Guide to Honey Bees.” Introduced by Dame **Katherine Newell Smith**, of KNS Promotion.

#### C2 TALK A Bigger Tent for DMV Farmers Markets

Women who help run the area’s liveliest producer venues discuss the ways in which they have diversified their pools of growers and vendors, and how that has enhanced our communities. With Katie Wolffe of FreshFarm Markets. Moderated by Dame **Debra Moser** of Central Farm Markets.

#### C3 TASTE Le French Culinary Kiss

Enjoy a Kir Royale cocktail and olive tapenade hors d’oeuvres as Dame **Anina Belle Giannini** of LeChefsWife.com and Chef Sebastien Giannini (recently featured on the “Today” show) demonstrate a lovely French meal: Roast Duck Magret With Apples and Squash—you’ll taste that, too. \*\* Can accommodate 40 participants\*\*

#### C4 TASTE Dive Deep into Olive Oil

Knowing how to discern quality is just the first step toward maximizing your culinary use of high-quality extra-virgin olive oils. Expert Diamantis Pierrakos will discuss the industry’s sometimes slippery business and guide your group through tastings and pairings with food. Introduced by food blogger Dame **Cary Kelly**, of caryinthekitchen.com. Sponsored by Laconiko Olive Oils from Greece. \*\*Can accommodate 10 participants\*\*

#### C5 TRANSFORM Tackling DMV Food Insecurity through Work with Children

Did you know that 20 percent of children in the District are living below the poverty line? And that households with children are twice as likely to be affected by food insecurity? Some of the region’s key game changers and stakeholders will share their insights and experience in dealing with an eye-opening need that has only grown since Covid. With Bonnie Moore of Real Food for Kids, Amy Bachman of DC Central Kitchen, Delia Montecinos of United Community, and Alysa MacClellan, of the DC Food Project. Moderated by Mel Gold of DCK.

### **3:30 pm Swag Bag Distribution**

Proceeds of this generously sponsored forum, held at DC’s historic National Union Building, will go toward supporting women and women-led food-related organizations in the DC area, through grants, mentoring, and scholarships.

**PLEASE NOTE:** When you attend this event, you enter an area where photography, audio, and video recording will occur. By entering the event premises, you consent to such recording media and its release, publication, exhibition or reproduction.

**\*\*\*\*\*IMPORTANT INSTRUCTIONS-PLEASE READ BEFORE  
REGISTERING\*\*\*\*\***

1. Click the red GET TICKETS button on the upper right.
2. Select **one PAID** admission ticket. This is the ticket needed for admission to the event. You can purchase only **ONE** ticket at a time per person.
3. Choose one session from each of three breakouts - A, B and C. Use the box to the right to select one ticket for each breakout section. Some program sizes are limited and can only accommodate the number of attendees noted.
- \*4. If you choose to be a Dames Volunteer, please sign up for the sessions you want but plan to be working at the event for approximately 3 hours (half day). You will be available to attend sessions when you're not volunteering. There will be a limited number of volunteer positions open. You will be contacted by volunteer coordinator Erinn Tucker-Oluwole prior to the event with more information.
5. At check-out, select your choice of lunch from the dropdown menu.
6. Review your order and follow the prompt for payment.