

The UC Center for Integrative Health and Wellness
welcomes you to

Healthy Food, Healthy Minds

A Farm to Table Event
Featuring Annie Fenn, MD, & Brain Health Kitchen

Monday, September 20, 2021

Program

6pm Musical opening by Wild Carrot

6:10pm Welcome and Introductions, Sian Cotton, PhD, Turner Farm Foundation
Chair & Director, UC Center for Integrative Health and Wellness

6:20pm Presentation, Interactive polling and Q&A,
Annie Fenn, MD, Mladen Golubic, MD, PhD, & Sian Cotton, PhD

7:20pm Gratitude Moments, Kathryn Harsh, Event Chair & Carrie Hayden,
Chair of the Advisory Council

7:25pm Concluding Music by Wild Carrot

Special thanks to Kroger for donating a bounty of vegetables and 80 Acres for donating
lettuce balls to serve as a centerpiece for your table and key ingredients for Dr. Annie
Fenn's Better-For-You-Eggplant Parm recipe. (see enclosed recipe booklet)

Healthy Food, Healthy Minds, A Farm to Table Event Committee

Kathryn Harsh, chair
Jeralyn Barrett
Jomana Dobbs
Carrie Hayden
Laura Jane Hinkel
Annie Illyinsky
Marian Leibold

Kelly Lyle
Lisa McSwain
Christina Neyra
Jeanne Parlin
Elizabeth Pierce
Susan Shelton
Mary Lynn Sunderman

Sponsors



Join Virtually

To Join the Livestream Farm to Table Event, please use the link below
<https://prestigeav.zoom.us/j/82661818367?pwd=cEQxRHFEdkFLcFFGNWV4ZzZpSG4wUT09>
Passcode: 817511



Dinner Menu



A Farm to Table Event Dinner Menu

Catering and prep instructions by EatWell Celebrations and Feasts

Preheat oven to 375 still, or 350 convection (roast or bake)

cranberry hibiscus sparklers

fresh cranberries, limes, honey, hibiscus herbal iced tea
pour mixer into glass with ice, add 2 ounces sparkling water and enjoy!

appetizer box

lemony cashew ricotta with black olive, orange and red pepper with
whole seed crackers & fresh vegetables & rosemary sea salt walnuts

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Brain Health salad

baby kale & spinach salad
with raw beets and carrots, golden raisins, almonds and blueberries
blueberry shallot dressing

herb roasted airline chicken

avocado butter & lemon pistachio hemp gremolata
pumpkin polenta, grilled broccolini

heat chicken with polenta covered for 15 minutes, uncover, add broccolini and heat for
an additional 10 minutes. remove from oven, top with avocado butter and gremolata

roasted cauliflower steaks

fig and olive tapenade
pumpkin polenta, stewed Gigante beans & grilled broccolini
heat cauliflower with polenta and beans covered for twenty minutes, remove cover, add
broccolini, heat an additional ten minutes

*

flourless chocolate & orange cake

with cinnamon and star anise citrus marmalade
place each slice of cake on a plate, divide marmalade between the two, enjoy!