



ROGUE
FLAVOR
SHOWCASE



CLASSROOM SCHEDULE

Presenter	Time	Name
Wylde Kraut - Demo	2:15 – 3:00 pm	How to Make Sauerkraut!
Chefs and Farmers - Panel Discussion	3:15 – 4:15 pm	Telling Our Stories: Chefs and Farmers
Rogue Valley Farm to School - Demo	4:30 – 5:15 pm	One Chicken, Many Meals
Z Spice - Demo	5:30 – 6:15 pm	Z Spice Chai - Yum!

DEMO 1 — Making Saurkraut with Wylde Kraut
[2:15–3:00 pm]

When Tara Harris and Robert Swearingen met in 2022, neither imagined they'd be running a sauerkraut company. They quickly discovered a shared love of gardening and creating together. One thing led to the next and before you knew it, they won first place in a local fermentation competition! Encouraged by the response, they added a few jars of kraut to their market booth. What began as a fun kitchen experiment gradually grew into Wylde Kraut, and today their kraut can be found in independent markets throughout Southern Oregon.

PANEL DISCUSSION — Telling Our Stories: Chefs and Farmers

[3:15–4:00 pm]

Chef Jamie Talarico, owner and chef for Grip and Grub Food Truck, Chef Greg Cabeza, Artisan Chef and Culinary Operations Manager at Market of Choice, Chris Jagger of Blue Fox Farm and Erica Idso-Weisz of Itty Bitty Acres Farm in Sam's Valley come together to share stories about what inspires them, challenges they have faced, and what keeps them so committed to building a thriving food and farm economy.

DEMO 2 — One Chicken, Many Meals with Rogue Valley Farm to School
[4:30–5:15 pm]

Lela Miatke is a private chef, baker, and food enthusiast. She coordinates the Tasting Table program and works with the Nutrition and Procurement team at Rogue Valley Farm to School. Born and raised in Southern Oregon, she has a deep appreciation for our local farmers and food culture.

Lela will highlight the variety of wonderful ways that a whole chicken can be utilized in a family meal. Participants will learn how to roast and carve a whole chicken, how to make chicken bone broth in two simple ways, and how to make chicken salad and shaved zucchini salad using local produce. There will be a discussion of ways to include kids in the kitchen, along with a short introduction to Rogue Valley Farm to School and the work they're doing in the local community.

DEMO 3 – Zi Spice Chai - Yum!
[5:30–6:15 pm]

Zi Spice is the creation of chef and founder Razia Hayden, where bold global flavors meet the ingredients of Southern Oregon. At her 100% gluten-free restaurant in downtown Ashland, Razia serves everything from crispy spiced fried chicken and Wagyu burgers to lamb, Turkish eggs, house-baked breads, artisan chocolates and chai. Drawing from the flavors of South Asia, the Middle East, North Africa and the places she has lived and traveled, while staying deeply connected to the Rogue Valley, Razia grows many of her own ingredients, including saffron, figs, berries, lavender, roses and herbs, and sources from local farms and producers whenever possible.

Chef Razia Hayden will demonstrate how to make a beautiful cup of chai without measuring a dozen different spices. Her handcrafted chai blend brings together the tea and spices for you, making traditional-inspired chai simple enough for any time of day. Come learn, taste, and discover just how easy a proper cup of chai can be.



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ADDITIONAL INFORMATION, TICKETS & VENDOR INFORMATION AT:
RVFOODSYSTEM.ORG/ROGUE-FLAVOR-SHOWCASE

