

# WISE TRADITIONS CONFERENCE 2024

## Menu

Our meals are made using **Miller's Bio Farm** grassfed butter, **Authentic Super Foods** olive oil, **Baja Gold** sea salt, **Simply Gee** ghee, **Back Creek Farms** maple syrup, **Amos Miller Organic Farm** eggs, cream and poultry, **Simply Grassfed** pork and cheese, **Gardens of Grace** almonds, dates, walnuts and pecans, **Rich Nuts** assorted nuts. You'll find information about these food providers at the end of the menu!

Menu subject to change without notice.

### Thursday Dinner Buffet – Real Milk Celebration

Braised Chicken Coq au Vin  
Bibb Lettuce & **PA Bowen Farmstead** Blue Cheese Dressing with  
**Gardens of Grace** Toasted Walnuts & Dried Cranberries  
Local Artisanal Cheese Platter & Charcuterie  
**Smoke-n-Chimney's** Smoked Rainbow Trout Dip  
Local Sourdough Bread with **Miller's Bio Farm** Grassfed Butter  
Pâté de Champagne  
Classic Deviled Eggs  
Petit Fours, *to include but not limited to:*  
Fresh Pineapples with Carob Sauce, Carob Chip Cookie  
Real Milk, **Orlando City Kombucha**, Cash Bar

### Friday Lunch Buffet

Rustic Cowboy **Amos Miller Organic Farm** Organ Meatloaf  
Creamy Garlicky Mashed Potatoes  
Wild Field Green Salad, Cherry Tomatoes, Cucumbers & Red Onions  
Local Sourdough Bread with **Miller's Bio Farm** Grassfed Butter  
**Olive My Pickle** Ferments  
Coconut Honey Blondie Bars with Fresh Vanilla Whipped Cream  
**Orlando City Kombucha**

### Friday Dinner Buffet

**Wild for Salmon** Pan Seared Rockfish Fillets with Chimichurri Sauce  
Fennel Confit with Tarragon & Lemon  
Roasted Root Vegetables with Apples on a Bed of Wild Field Greens topped with Goat Cheese  
Local Sourdough Bread with **Miller's Bio Farm** Grassfed Butter  
**Olive My Pickle** Ferments  
Strawberry Shortcake Made with Sprouted Gluten-free Flour  
**Orlando City Kombucha**

## Saturday Lunch Buffet

Grilled Wild Woodland Mushrooms with Farmstead Cheese & Wild Field Greens  
**Amos Miller Organic Farm** Pastured Chicken & Vegetable Soup Infused with Fresh Ginger  
**Amos Miller Organic Farm** Beef Sausages with Roasted Onion & Bell Pepper Mélange  
Local Sourdough Bread, **Miller's Bio Farm** Grassfed Butter & **Simply Ghee** Ghee  
**Olive My Pickle** Ferments  
Conference Classic Creamy Cheesecake **Amos Miller Organic Farm** Cream Cheese,  
**Gardens of Grace** Dates & Almond Crust Drizzled with a Key Lime Coulis  
**Orlando City Kombucha**

## Saturday Dinner Banquet

**Wild for Salmon** Pickled Shrimp with Avocado Buttermilk Dressing on a Bed of Wild Greens  
Beef Short Ribs on a Bed of Sprouted Jasmine Rice Pilaf  
with Citrus Infused Asparagus & Carrots  
Local Sourdough with **Miller's Bio Farm** Grassfed Butter  
**Olive My Pickle** Ferments  
Buttermilk Sweet Potato Panna Cotta with Orange Compote Topped with Streusel  
Cash Bar

## Sunday Brunch Buffet

**Simply Grassfed** Fresh Sliced Ham  
Roasted Vegetable & Cheese Frittata  
Sweet Potato Breakfast Hash  
Bourbon Maple Pecan Bread Pudding – Gluten Free  
**Miller's Organic Farm** Chicken Liver Pâté  
Gluten-free Crackers  
Seasonal Fresh Fruit Platter  
Assorted Farmstead Cheeses & Mountain Swiss Cheese  
**Midwest Mermaid Muse** Southern Honey Sun Tea

## Food Providers

### BEEF – GRASS-FED

#### **Amos Miller Organic Farm**

Bird-in-Hand, PA

(717) 556-0672

[amosmillerorganicfarm.com](http://amosmillerorganicfarm.com)

Ground Beef with Liver and Heart  
Beef Sausage

## BEVERAGE

### Midwest Mermaid Muse

Kansas City, MO

(816) 363-7711

[midwestmermaidmuse.com](http://midwestmermaidmuse.com)

Herbal Tea

### Orlando City Kombucha

Orlando, FL

(407) 374-9360

[orladocitykombucha.com](http://orladocitykombucha.com)

Kombucha

## DAIRY – BUTTER

### Miller's Bio Farm

Quarryville, PA

(973) 866-8577

[millersbiofarm.com](http://millersbiofarm.com)

Cultured Grass-fed Butter

## DAIRY – CHEESE

### P.A Bowan Farmstead

Brandywine, MD

(301) 579-2727

[pabowenfarmstead.com](http://pabowenfarmstead.com)

Blue Cheese

### Simply Grassfed

Paradise, PA

(717) 847-3397

[simplygrassfed.com](http://simplygrassfed.com)

Cheddar Cheese

Feta Cheese

## DAIRY – MISC.

### Full Circle Farm

Live Oak, FL

(386) 776-2770

[fullcirclerealfoods.com](http://fullcirclerealfoods.com)

Real Milk

### **Amos Miller Organic Farm**

Bird-in-Hand, PA

(717) 556-0672

[amosmillerorganicfarm.com](http://amosmillerorganicfarm.com)

Cream

Cream Cheese

### **Simply Ghee**

Lancaster, PA

(717) 587-6841

[simplyghee.com](http://simplyghee.com)

Grass-fed Milk Ghee

## **DAIRY – YOGURT**

### **Amos Miller Organic Farm**

Bird-in-Hand, PA

(717) 556-0672

[amosmillerorganicfarm.com](http://amosmillerorganicfarm.com)

Yogurt

## **EGGS – PASTURED**

### **Full Circle Farm**

Live Oak, FL

(386) 776-2770

[fullcirclerealfoods.com](http://fullcirclerealfoods.com)

Eggs from Soy-free, Pastured, Organically-fed Hens

### **Amos Miller Organic Farm**

Bird-in-Hand, PA

(717) 556-0672

[amosmillerorganicfarm.com](http://amosmillerorganicfarm.com)

Eggs from Soy-free, Pastured, Organically-fed Hens

## **FATS & OILS**

### **Authentic Super Foods**

<https://www.facebook.com/authenticsuperfood>

Falls Church, VA

(571) 722-6725

Olive Oil

## FERMENTED FOODS

### **Olive My Pickel**

Jacksonville, FL

(904) 619-9674

[olivemypickle.com](http://olivemypickle.com)

Ferments

## NUTS AND DATES

### **Gardens of Grace**

Dousman, WI

(262) 443-7522

<https://www.facebook.com/GardensofGraceCereals>

Organic Pitted Dates

Organic Soaked/Sprouted Dried Almonds

Organic Soaked/Sprouted Dried Cashews

Organic Soaked/Sprouted Dried Walnuts

### **Rich Nuts**

Fitzpatrick, AL

(334) 584-7875

[richnuts.com](http://richnuts.com)

Maple Walnuts

Cashews

## PORK

### **Simply Grassfed**

Paradise, PA

(717) 847-3397

[simplygrassfed.com](http://simplygrassfed.com)

Pastured Ham

Organ Meat

Pastured Breakfast Sausage

Ground Pork

## POULTRY

### **Amos Miller Organic Farm**

Bird-in-Hand, PA

(717) 556-0672

[amosmillerorganicfarm.com](http://amosmillerorganicfarm.com)

Pastured Whole Chickens

Pastured Leg Quarters

## **SALT & SPICES**

### **Baja Gold Sea Salt**

Marietta, GA

(914) 330-4090

[bajagoldseasalt.com](http://bajagoldseasalt.com)

Sea Salt

Salt Shakers

## **SEAFOOD**

### **Wild for Salmon**

Bloomsbury, PA

[wildforsalmon.com](http://wildforsalmon.com)

(570) 387-0550

Wild Rockfish Fillets

Wild Shrimp

## **SWEETENERS**

### **Back Creek Farms**

Monterey, VA

(540) 499-2302

[backcreekfarm.com](http://backcreekfarm.com)

Pure Maple Syrup