

Our meals are made using **Dr. Cowan's Garden** olive oil, **Baja Gold** sea salt, **Simply Ghee** ghee, **Really Raw Honey** honey, **Willow Run Food** maple syrup and lard, **Miller's Bio Farm** dairy, **Wild For Salmon & Noble Pastures** eggs, **Pleasant Pastures** grassfed butter & cream cheese, **Gardens of Grace** almonds, dates, walnuts & pecans, **Rich Nuts** assorted nuts & **One Degree** sprouted flours & oats. **Owl Spoon Water Kefir Co** water kefir (chapter meeting & VIP dinner).

WISE TRADITIONS CONFERENCE 2026 MENU

FRIDAY LUNCH BUFFET

Triple E Farm Organ Meatloaf with Horseradish-Garlic Mashed Potatoes & Gravy
Buttery Green Beans
Wild Local Green Salad Tossed with Creamy Herb Dressing
Seylou Crusty Artisanal Sourdough Bread with Whipped Pastured Butter
Blondie Bar with Whipped Cream & Fresh Berries
Garden Goddess Ferments
Hex Kombucha

FRIDAY DINNER BUFFET

Northstar Bison Coq au Vin with Roasted Vegetables
Traditional Caesar Salad, Crisp Romaine Lettuce tossed in House-made Creamy Caesar Dressing with Anchovies, Topped with Shaved Parmesan Cheese
Seylou Crusty Artisanal Sourdough Bread with Whipped Grassfed Butter
Apple Pandowdy with Chantilly Cream
Garden Goddess Ferments
Hex Kombucha

SATURDAY LUNCH BUFFET

Wild Local Green Salad with Goat Cheese in Creamy Vinaigrette
Fields of Athenry Rich Pastured Chicken & Vegetable Soup
Orchard Valley Farm Beef Sausages with Roasted Onions & Bell Peppers
Bread Furst Rustic Sourdough Bread, Grassfed Whipped Butter & **Simply Ghee's** Ghee
Hex Ferments
Conference Classic Creamy Cheesecake with **Pleasant Pastures** Cream Cheese
Gardens of Grace Dates & Almond Crust Drizzled with a Rainier Cherry Coulis
Mountain Culture Kombucha

SATURDAY DINNER BANQUET

Chesapeake Crabcake Served on a Bed of Arugula with Fennel Shavings Topped with Citrus-herbed Aioli
Fields of Athenry Braised Osso Bucco in Chef's Red Wine Sauce on a Bed of Creamy Cheese Polenta
Root Vegetable Medley
Bread Furst Artisanal Sourdough Bread with Whipped Grassfed Butter
Hex Local Ferments
Black Forest Cherry Carob Mousse with Brandy Cream
Hex Kombucha

Cash Bar

SUNDAY BRUNCH BUFFET

Miller's Organic Farm Fresh Sliced Virginia Baked Ham

Roasted Vegetable-Cheese Frittata

Wild For Salmon Poached Salmon with Creamy Dill Sauce

Miller's Organic Farm Chicken Liver Pâté

Sweet Potato Hash

Sourdough Bread

Seasonal Fresh Fruit Platter

Assorted Farmstead Cheeses

Mountain Culture Kombucha

Menu subject to change without notice.

Revised 9/28/2026