

Colorado Bean Summit | Friday, September 24, 2021 | Metropolitan State University of Denver

Presenting Sponsor Colorado Dry Bean Council

Opening Sponsor Barber’s Farms

Reception Sponsor School of Hospitality, Tivoli Brewery

Nonprofit Honoree We Don’t Waste

8:00 AM- 9:00 AM Reception with Meet and Greet

 Coffee, Tea, Pastries, Fruit, Fresh Municipal Tap Water

 Alumni Lounge

 Poster Competition on display in HLC 200 and 202

9:00-9:20 AM Opening Remarks Culinary Demonstration Theater

 Professor Jackson Lamb, MBA, CHE, MSU Denver

 Dr. Henry Thompson, Ph.D. Colorado State University

Director of CSU’s Cancer Prevention Laboratory

 Bob Schork, Colorado Dry Bean Committee

 Greg Bloom, Barber’s Foods

9:30-10:00 AM Breakout session #1 Room 200 30 minutes (Speakers switch rooms)

“Building a Foundation for Closing the Dietary Fiber Gap: Improving Gut Health through a Diverse Diet”

 Dr. Henry Thompson, Ph.D. Colorado State University

Director of CSU’s Cancer Prevention Laboratory

Nutrien Distinguished Scholar of Agricultural Sciences

 Breakout session #2 Room 202 30 minutes (Speakers switch rooms)

 “Beans and Rice; Health Benefits of a Plant-Based Diet”

 Professor Jennifer Watson, MSU Denver, School of Hospitality

10:00-10:30 AM Breakout session #3 Room 202 30 minutes (Speakers switch rooms)

 “Building a Foundation for Closing the Dietary Fiber Gap: Improving Gut Health through a Diverse Diet”

 Dr. Henry Thompson, Ph.D. Colorado State University

Director of CSU’s Cancer Prevention Laboratory

Nutrien Distinguished Scholar of Agricultural Sciences

 Breakout session #4 Room 200 30 minutes (Speakers switch rooms)

 “Beans and Rice; Health Benefits of a Plant-Based Diet”

 Professor Jennifer Watson, MSU Denver, School of Hospitality

10:30-11:30 AM Demonstration Culinary Demonstration Theater 60 minutes

 “The Southwestern Influence with Beans and Rice”

 Sandra Ortega and Antonio Garcia, working with Bolita Beans

11:30-12:30 PM Beverage Bar Refresh

Lunch Buffet; Box Lunch options set up in Alumni Lounge

 Ham, turkey, vegetarian or vegan

Sampling of International Bean and Rice Dishes; Kitchen 106, using Award

winning recipes from students at MSU Denver

12:30-1:00 PM Breakout session #5 Room 200 30 minutes (Speakers switch rooms)

 “**Journey Through Our Heritage”**

Department of Chicana/o Studies

Metropolitan State University of Denver

 Breakout session #6 Room 202 30 minutes (Speakers switch rooms) “Increasing Bean Consumption: Mitigating Barriers and Emphasizing

Motivators”

 Dr. Chelsea Didinger, Ph.D. Colorado State University

1:00-1:30 PM Breakout session #7 Room 202 30 minutes (Speakers switch rooms)

 “**Journey Through Our Heritage”**

Department of Chicana/o Studies

Metropolitan State University of Denver

 Breakout session #8 Room 200 30 minutes (Speakers switch rooms) “Increasing Bean Consumption: Mitigating Barriers and Emphasizing

Motivators”

 Dr. Chelsea Didinger, Ph.D. Colorado State University

1:30-2:00 PM Breakout session #9 Room 202

“Supporting Denver’s Food Deserts; How Bad is Food Insecurity?”

 Matt Karm, Julia Lennon, with We Don’t Waste

 Breakout Session #10 Room 200

 “Distribution Woes, Dried Beans vs. Canned Beans and Rising Fuel Costs”

 Greg Bloom, Barber’s Farms

2:00-2:30 PM Breakout session #11 Room 200

 “Supporting Denver’s Food Deserts; How Bad is Food Insecurity?”

 Matt Karm, Julia Lennon, with We Don’t Waste

 Breakout Session #12 Room 202

 “Distribution Woes, Dried Beans vs. Canned Beans and Rising Fuel Costs”

 Greg Bloom, Barber’s Farms

2:30-3:30 PM Beans and Rice Poster Session Competition Judging and review

 MSU and CSU student research poster competition on the properties of

Beans, Legumes and Rice. 4 categories for submittal:

* International Beans and Rice; It’s in Every Cuisine
* Nutritional Benefits of a Beans and Rice in your Diet
* Feeding a Starving Population; Are Beans the Answer?
* Sustainability and Economics; Dry Beans vs. Canned Beans

 $500 awarded to best poster in each category

 Wrap up from here

3:30-5:00 PM Happy Hour Reception at Tivoli Brewery

 The first beverage is sponsored by the School of Hospitality. This

reception will feature bean-inspired passed hors d’oeurves and Mexican-

style lager beer!