

## Learn and Live Weekend Schedule

### Friday, January 16

**6:00 p.m. Dinner and Entertainment**

We'll kick off the weekend with a delicious banquet dinner catered by the Gateway Hotel & Conference Center.

After dinner, we've lined up the "Storytellers of the Prairie" to entertain us with their fun and heartwarming tales. After just a couple stories, you'll see why they've won the Iowa State Fair storytelling competition.

### Saturday, January 17

**8:30 a.m. Welcome and Introductions**

Get to know Karen and each other, and get excited for a fun day of learning!

**9:00 a.m. Decorating Your Dinner Table for Spring**

Karen will demonstrate clever napkin folding tips, easy centerpiece ideas, and inexpensive ways to add color to a family holiday meal.

Also at 9:00 **Welcome to the ISU Football Training Table**

One of the Iowa State coaches will tell all about the care and feeding of those monsters of the gridiron!

**10:00 a.m. Sensational Soups**

There is something cozy about a warm bowl of soup on a cold winter day.

*Learn these recipes:*

*Tomato Basil Soup with Parmesan Croutons*

*Creamy Iowa Sweet Corn Chowder*

*Mom's Cowboy Stew*

**11:00 a.m. Emergency Cooking for Men**

Not only will these easy recipes help fellas when they find themselves unexpectedly on their own for dinner, they work well for any small households of one or two.

*Learn these recipes:*

*10-Minute French Dip Sandwiches*

*Crispy Tortilla Pizzas*

*Ultimate Grilled Cheese*

**12:00 p.m. Lunch by the Gateway Hotel & Conference Center**

**1:00 p.m. Ask the Dietitian**

Learn from a registered dietitian who will field your questions. She'll share

helpful tips for navigating the grocery store shelves when shopping for special diets, including gluten free and diabetes.

**2:00 p.m. Just Desserts**

Whether you're an experienced baker or just getting started, learn the secrets for making delicious pie, cupcakes and bars. Karen will demonstrate four different desserts.

*Learn these recipes:  
"Be My Valentine" Cherry Pie  
Monkey Cupcakes  
Peanut Butter Snack Bars  
Beary Cute Cookies*

Also at 2:00 **How to Build an Outdoor Kitchen**

Always wanted to have the perfect outdoor entertaining area? Add an outdoor kitchen! It's the latest trend in backyard entertaining. You're sure to want your own after you hear from our landscape experts.

**3:00 p.m. The Meat of the Matter**

A competition barbecue expert will share his secrets to grilling and smoking. Learn the science and art behind serving tender, flavorful, juicy meats.

**4:00 p.m. Recipes to Make with Your Kids and Grandkids**

Make special memories cooking with kids in the kitchen. Take home fun recipes that are perfect for teaching our younger generation the basics of cooking and baking. These kid-friendly recipes are sure to become family favorites!

*Learn these recipes:  
Peanut Butter Snack Bars  
Beefy Nacho Casserole  
Fruit Salad*

**5:00 p.m. Free Time**

Take a break, relax, and build up your appetite for dinner!

**6:00 p.m. Dinner and Entertainment**

The weekend will wrap up with a festive "graduation dinner" by the Gateway Hotel & Conference Center.

After dinner, Erica Beirman, Culinary Science Coordinator at ISU, will share an inside look at the Culinary Science program, her students and their coursework, and the careers available to graduates. Some of her students will also join us for a Question & Answer panel.

