



Stepping Out of the Elements: Growing Food & Giving Back

This year's GROWN explores how innovation in agriculture—from hydroponics to sustainable pork production to vertically integrated coffee—is helping us grow nutritious food in new and resilient ways. Join us as we celebrate cutting-edge agriculture, hands-on learning, and the power of giving back to our community through the Food Bank of Eastern Oklahoma.

Friday, November 21, 2025
Food Bank of Eastern Oklahoma
CPEU: pending approval

8:45 am - 9:00 am: Check-in at Food Bank of Eastern Oklahoma

9:00 am - 9:10 am: The GROWN Experience Begins
Sheri Glazier, MS RDN/LD

9:10 am -9:45 am: Farmers' Commitment to Nutritious Pork
Kylee Deniz, Oklahoma Pork Council & Cathy Vaughan, Pork Industry Expert
An inside look at pork production in Oklahoma & how they raise pigs with care to provide safe, high-quality pork from farm to table.

9:45 am: Depart for Better Day Farms

10:00-11:30 am: Tour Better Day Farms
Angus Martin
[Better Day Farms](#)
Enter into a world where farming meets innovation - lush lettuces and fragrant herbs thrive year-round in a cutting-edge hydroponic system. This behind-the-scenes journey reveals how fresh, flavorful food can be cultivated in harmony with the environment, no matter the season.

11:30 am: Depart for Food Bank of Eastern Oklahoma

12:00 pm: GROWN: A Culinary Experience

Join Chef Jeremy Johnson for an interactive lunch that blends flavor and technique. Learn the secrets to preparing a perfectly juicy, lean pork loin and roll up your sleeves to craft a fresh, seasonal dressing for a fall harvest salad. Featuring Oklahoma-GROWN pork and crisp local produce, this session is equal parts hands-on fun and delicious inspiration.

Sponsored by Oklahoma Pork Council

1:00 pm - 2:00 pm: GROWN: Gives Back

Roll up our sleeves & spread holiday cheer by assembling food boxes for the Food Bank of Eastern Oklahoma. Together, we'll help provide nutritious meals and a little extra joy to families in need this season.

2:00 pm: Travel to Topeca Coffee Roastery**2:30 pm - 4:00 pm: Afternoon Tour - Topeca Coffee Roastery**

Elise Anderson

Savor the Sip at [Topeca Coffee Roastery](#) - [Cirque Coffee Roasters](#)

Savor the story behind every sip with Topeca Coffee, one of the few fully vertically integrated "seed-to-cup" companies in the world. Committed to the highest quality coffee from carefully selected origins around the globe, Elise will guide us through the art of roasting and offer a tasting that highlights their dedication to quality, flavor, and a thriving supply chain - from farmer to barista.

4:30 pm - 5:00 pm: Together We've GROWN

Sheri Glazier, MS, RDN, LD

References:

[Pork & Human Nutrition - Pork the Ultimate Carrier Food](#)

[Linking Agriculture, Nutrition & Health - The Role of the RDN](#)

[The Latest in Pork Research](#)

[Commitment to Sustainable Supply Chain for Coffee](#)

[Sustainable Hydroponic Practices](#)

Objectives:

- Understand hydroponic lettuce production in Oklahoma from growing, harvesting, processing and distribution.
- Gain knowledge in sustainable agricultural practices.
- Gain understanding of food bank resources & food insecurity..
- Understand the impact that roasting has on coffee flavor profiles.