

Jen Faulkner was raised in Wyoming, on a cattle ranch. She took the long road home so to speak and ventured to many places with various motivations, but alas ended up back in Wyoming, managing the ranching end of the 440. She is formally educated in soil science, zoology, and physiology, and informally in the school of hard knocks. Jen has a passion for good food produced from healthy soil, plants, and animals. Jen also has a passion for physical activity, and that is really where her interests in real food began. Turns out its all connected, not to mention the roles our spirit and emotions play in spinning the big web of health. Jen spends a lot of time and energy trying to get her products to her customers' tables. An idea sparked within her that it would be great to bring the people to the food instead....

.... and while we are at it lets bring in some other components of good health. So here is to a weekend of good food for our bodies, good information for our minds, and good company and energy for our souls. Cheers to healing our hearts!