

FOR IMMEDIATE RELEASE – July 25, 2023

Omega Institute & Glynwood Center Team Up to Bring Celebrated Chefs, Farmers, Restaurateurs, & Policy Shapers to Hudson Valley Event Focused on Transforming Our Food System, August 25–27

‘Beyond Delicious: Transforming the Future of Food’ a 3-Day Conference Aims to Inspire Regional Farming, Diversify Culinary Culture, and Effect Change in Food Systems

RHINEBECK, NY –[Omega Institute](#) and [The Glynwood Center for Regional Food and Farming](#) today announced their 3-day conference [‘Beyond Delicious: Transforming the Future of Food’](#) will feature an all-star lineup of food innovators, restaurateurs, policy activists, farmers and chefs—with more than 10 James Beard awards among them—to focus on creating a food system that is sustainable, healthy, and accessible to all. The event will be held on Omega’s 250-acre campus in Rhinebeck, New York, beginning Friday, August 25 at 8:00 p.m. and concluding Sunday, August 27 at noon.

“We are thrilled to be a part of the Beyond Delicious conference at Omega Institute, where we can share our knowledge and passion for creating a resilient and just food system. This gathering provides a unique opportunity to connect with like-minded individuals who are committed to nourishing our bodies, communities, and the planet. We look forward to engaging in meaningful discussions, exchanging ideas, and collectively shaping a more just and sustainable world through the power of food,” said [Kathleen Finlay](#), president of Glynwood Center for Regional Food and Farming, and a featured presenter at the conference.

Glynwood Center is at the forefront of the movement to promote local and regenerative agriculture, train young farmers and other food professionals to work within a thriving regional food system, and support food systems that promote personal and planetary health.

[Mark Bittman](#), a leading voice in global food culture and policy for more than three decades who created "The Minimalist" at the *New York Times*, where he served as the *Sunday Magazine*'s lead food writer, will also be a featured presenter.

“I am excited to be a part of Beyond Delicious, a conference that brings together passionate people who recognize the profound impact of food. Together, we will inspire and empower one another, and help guide each other towards conscious choices that promote our own well-being, and that of our planet. I look forward to coming together and embarking on a journey of culinary exploration, creating a sustainable future for all,” said Bittman, a six-time James Beard Award-winning food writer, journalist, and Glynwood Ambassador.

Through keynote talks, panels, workshops, networking, and breaking bread together, conference participants will explore solutions-based approaches to some of the most complex food justice and related issues facing society today, including how to:

- Promote the growing and cultivation of regional food systems,
- Lift women's leadership in the sustainability movement,
- Learn from the Indigenous and African roots of American food, and
- Reckon with and mitigate the negative impacts of our nation's food system that emphasizes "cheap food."

Additional thought leaders presenting at Beyond Delicious include the following and many more:

- [Karen Washington](#), a co-recipient of the 2023 James Beard Humanitarian of the Year award who cofounded Black Urban Growers and has spent decades promoting urban farming as a way for New Yorkers to access fresh, locally grown food.
- [Chef Sean Sherman](#), a 2023 recipient of the Julia Child Award, whose team from The Sioux Chef presented the first decolonized dinner at the James Beard House in Manhattan, will also be a featured presenter.
- Food writer and executive producer [Ruth Reichl](#), a recipient of six James Beard awards, host of *Eating Out Loud*, former editor in chief of *Gourmet* magazine, and producer of the documentary film, *Food and Country*.

"We believe that the well-being of each individual is deeply connected to the well-being of all living things. This influences the way we approach food at Omega, from the farms we work with, to plant-based options we serve, to minimizing waste through composting," said [Carla Goldstein](#), president and chief executive officer at Omega. "We are pleased to be offering Omega's first-ever food conference in partnership with Glynwood, to unite Omega's efforts with other changemakers and multiply our impact together," Goldstein said.

For a complete list of presenters, event schedule, and more information, visit eOmega.org/food, and join the conversation about the next frontier of food by following Omega on Facebook, Twitter, YouTube, Instagram, LinkedIn, and Pinterest.

About Glynwood Center for Regional Food and Farming

The Glynwood Center for Regional Food and Farming is one of the only food and agriculture nonprofits in the country working at a regional scale to transform the food system by serving changemakers and professionals; promoting health, prosperity, and cultural vibrancy; and addressing racism and inequity. Glynwood's 225-acre working landscape is home to the



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organization's demonstration and educational regenerative farm, administrative headquarters, and program facilities. Visit Glynwood.org to learn more.

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About Omega Institute for Holistic Studies

Founded in 1977, Omega Institute for Holistic Studies is the nation's most trusted source for wellness and personal growth. As a nonprofit organization, Omega offers diverse and innovative educational experiences that inspire an integrated approach to personal and social change.

Located on 250 acres in the beautiful Hudson Valley, Omega welcomes people to its workshops, conferences, and retreats in Rhinebeck, New York, and online at eOmega.org

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