

COMING IN SEPTEMBER 2010...

**A Course for Entrepreneurial Chefs . . .  
The Private Chef: How to Start, Develop and  
Succeed in Your Own Business**

This course provides comprehensive and detailed training in all aspects of building a private or personal chef business. Subjects to be covered include: defining various ways of being a private or personal chef; issues relating to professional identity; how to develop, market, and grow your business; how to interview with clients and establish a working relationship; how to begin work, including menu planning, outfitting a kitchen, and proper food handling/storage; other business considerations including tax issues, invoicing, accounting, insurance, and licensing. Instructional methods include lectures, discussions, Q&A sessions with guest chefs, and in-class exercises. Students will also learn to create an effective website and maximize other internet resources to create a successful business.

**4 consecutive weekends beginning 9/25/10**

For more information, see the Spring/Summer 2010 Catalog online starting in February.

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THOUGHTS FROM THE FOUNDER & CEO

by Annemarie Colbin, Ph.D.

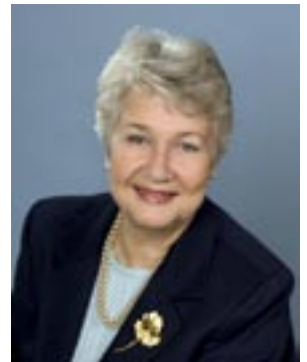
HOW ARE WE DOING?

This question often comes up, especially from our graduates. Recently I spoke to one who graduated in 1996 – how is the NGI doing? Well, I said – very well. Attendance in our classes, both the CTP and the public classes, is good.

More and more people want to know how to cook healthy food, and we keep on teaching about it! This is our 32<sup>nd</sup> year. We're still going strong.

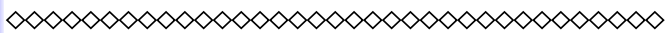
We are doing more non-profit community outreach activities. For example, we participated in the presentation of a program called "Innovative Solutions to School-Age Obesity." This was presented by the Touro College Project Aspire and Hip Hop Public Health Education Center of Harlem Hospital on Wednesday Sept 23, 2009 at Harlem Hospital, Bronx, NY. The program consisted of many presentations, music, and exhibits around the subject. The NGI, under the able organization of our CTP/FT graduate Ruth Fehr, with the help of several other CTP grads, as well as some students of the Bronx High School of Medical Science, presented a complimentary lunch to the 200+ people present consisting of a cup of squash soup and a wrap with either chicken and vegetables or just roasted vegetables. It was a great success -- nothing was left over.

What about plans for the future? Well, we're ruminating on them. Should we get new space? Should we move? Should we hook up with other organizations and work with them? Recently I had meetings with a health institute and a university, and they are very interested in working with us. It's a little premature to give out their names and to know what form our collaborations will take, but



these are exciting possibilities. Stay tuned!

Early on in the life of the Natural Gourmet, I had a branch on Long Island for a couple of years, teaching the basics. It used the NG name and was included in my advertising. We have been thinking for some time about doing something like that again, having some sort of “branches,” or off-site public classes, or franchising them, or licensing their content to our grads to teach in their own space. This we are serious about. I believe that it would be a good idea to have a brainstorming about it with interested parties, to get clearer on what form such a project could take. Are you interested? If so, do contact Rosemary and tell her you want to talk about the “off-site schools.” She will keep a list for me, and we’ll get in touch with you soon about it. After all, to teach more people how to eat and cook healthful food, we need to keep growing. We’d love it if you joined us in this effort!



## ON THE PRESIDENT’S MIND

by Jenny Matthau

### WHAT TO DO ABOUT THE SWINE FLU

The United States is in panic mode. Last April, the Obama administration declared the spread of swine flu a public health emergency. Adding fuel to the fire is the World Health Organization (WHO), declaring a “flu pandemic.” It turns out that WHO “updated” their definition of the word “pandemic” about six months ago to: “A disease epidemic occurs when there are more cases of that disease than normal. A pandemic is a worldwide epidemic of a disease. An influenza epidemic may occur when a new influenza virus appears against which the human population has no immunity.” Since new flu viruses appear often, declarations of “influenza pandemics” should become fairly common occurrences and should evoke appropriate responses. Unfortunately, ignorance tends to breed fear, and most Americans are quite ignorant when it comes to issues related to H1N1 flu (swine flu) and influenza in general.

The first thing to do is abandon fear amid all the hype and hysteria by educating yourself and taking appropriate action. My recommendations for preventing the flu are as follows:



- 1) Get plenty of sleep. I know this is easier said than done, but sufficient sleep is crucial to immune system function. I believe it is more important than diet or exercise.
- 2) Eat mostly whole, fresh, unrefined foods, including lots of plants (particularly raw garlic), which are rich in phytochemicals as well as vitamins and minerals. Speaking of vitamins and minerals, have your vitamin D levels checked. If the level is low, take a trip to the south of France or take a supplement. Both vitamin D and C are needed for optimal immune system activity. Selenium prevents the most virulent forms of the flu and can be found in abundance in garlic and Brazil nuts. Mushrooms are known for their immune building capabilities. Shiitake, maitake and reishi are among the several types of mushrooms boasting this reputation. Cook often with them, or in the case of reishi, make tea.
- 3) Avoid or minimize consumption of trans fats, refined sugar, starches and other concentrated sweeteners. They interfere with immune function.
- 4) Use proper sanitation protocol, washing hands often, especially after using public transportation and if spending a lot of time around children (the little darlings are notorious germ spreaders). Keep kitchen work surfaces clean, food at the proper temperature and avoid cross contamination. Stay out of the hospital, the most likely place to get an infection!
- 5) Place a few drops of hydrogen peroxide in each ear at the first sign of a tickle in one’s ears, or gargle with it for an itchy/scratchy throat. A few drops of oil of oregano under one’s tongue can also work wonders!
- 6) Engage in stress management or relaxing activities daily. Stress is not likely to ever go away, but learning to deal with it is crucial to a healthy immune system. Meditate, do deep breathing, yoga, or biofeedback. Engage in activities that are fun and make you laugh! Every situation has a humorous side, including murder, war and global warming. Try to find it!

I’m not a fan of vaccines, because they often don’t work, carry the possibility of adverse effects and mostly benefit the pharmaceutical companies that manufacture them. According to a September 30, 2009 report released by Reuters,

the U.S. Government “has committed \$1.8 billion to companies to make a swine flu vaccine.”

So what to do if infected with swine flu or any other flu? My advice is: Rest, drink tea, chicken soup (homemade if possible), and other hot fluids. I’m a big fan of SINUS BUSTER, a nasal spray containing capsaicin peppers. It’s very safe and effective and can be bought at The Westerly, a health food store on Ninth Avenue between 54th and 55th Streets. For sore throats, I recommend gargling with 1/8 teaspoon of cayenne powder, 1 tablespoon of sea salt, dissolved in 1/2 cup of warm water and the juice of 1/2 a lemon. For muscle aches, nothing beats an Epsom salts bath.

I recently experienced flu-like symptoms for about two weeks, and the remedies I have described worked quite well. The only evidence I have that I was actually infected with the swine flu was an uncontrollable urge to purchase an adorable, battery-operated toy pig that grunts, walks and wiggles its tail simultaneously! (Rubbing the little creature with catnip, I convinced myself that it was an amusement for my cats. Franklin tried to seduce it, while Norbert was afraid of it.) According to a recent CBS report, chances are slim that I was infected with the swine flu or any flu at all.



To learn more about the flu, check out Annemarie Colbin’s blog, Food and Healing at <http://community.wdty.com/blogs/fooddoctor/default.aspx>, [www.mercola.com](http://www.mercola.com) and [www.naturalnews.com](http://www.naturalnews.com).



## ADVENTURES IN COOKING

by Sue Baldassano

### KITCHEN RENOVATION

At the ripe old age of 56, I finally have my city dweller’s version of a dream kitchen. Renovating a kitchen is like getting married. It is something (hopefully) one does once in their lifetime. Of course, after this “once in a lifetime” renovation is complete, one wishes one had done certain things differently. Oh well, next time. (If I ever win the lottery and have the opportunity to renovate other new kitchens, I’ll do a better job.)



In the spirit of sparing other people some grief

when and if you are lucky enough to renovate your kitchen, I have compiled some tips based on not only my experience but also the experience of others who have recently acquired new kitchen digs.

### Tips for a Sane Kitchen Renovation

**Hire a contractor.** Hire a licensed and insured contractor. If you decide to be your own contractor, be prepared to do some really serious homework regarding literally every aspect of the project. (This is a full time job.)

**Check out the company.** See and discuss a potential contractor’s work with at least one person who has worked with the company. Check out the contractor with the Better Business Bureau.

**Kitchen Designer.** Merle Brown, Director of Admissions, suggests that if you can afford it, hire a kitchen designer. They often have great ideas that you might never have even considered.

**Be prepared.** Jay Weinstein, instructor and cookbook author, recommends that you have a specific plan of what types of materials you’d like (glass or tile, stone for the floors, backsplash steel or enamel for the appliances, inset or hanging fixtures for the lights). Price them online at places like Lowes, Overstock.com, Green Depot and Home Depot so you have a ballpark knowledge of material costs.

**Have a Budget.** Let the contractor know what your budget is and allow for 10-15 percent over the budget for ugly little surprises (like they find termites in the wall or you decide to upgrade the backsplash at the last minute). If a change is made, make sure you discuss how this change will affect the final bill. When we decided to add some extra tile, the contractor let us know that it would be \$1000 extra in labor plus the cost of the extra tile.

**No Cash Payments.** Jay Weinstein also suggests that no payments be made in cash. This, he feels, avoids pressure tactics on items you forgot to include in your original estimate and ensures that the contractor pays his fair share of the taxes on money you pay him.

**Discuss time frame and get it in writing.** Rosemary Serviss, our Placement Director, insisted on this when she renovated her kitchen, and it was worth it as the job went 1 month over the projected date of completion. She was able to withhold a portion of the payment because it was written in the contract.

**Be there.** This is very important as miscommunication is a common problem during renovations. I averted a cabinet disaster only

because I was there when they were installing a much too large and bulky cabinet. Unfortunately, you really need to use your precious vacation time in order to supervise the renovation.

**Specialty items.** Allow at least 2 weeks past what they tell you. We waited 3 weeks for a backsplash that we were promised would be available in one week. This sent the project completion date back by 2 weeks.

**Payment.** Do not pay in full until the job is completed (every inch of it). Once the bill is paid, it is very hard to get the attention of the contractor.

**Work locally.** We hired a neighborhood contractor, and we were able to visit his shop, call him on the phone and generally get very good return phone calls, etc. We also liked the idea of giving the work to a “Mom and Pop” business in a world of Home Depots.

**Lighting.** If you live in New York, it is worth going to the Bowery to find nice, affordable lighting. The stuff on the Bowery was much more interesting than the lighting on line.

**Counter tops.** There are a lot of choices. The best out there right now seem to be granite and CaesarStone. Soapstone is also beautiful but maybe a bit more difficult to care for in terms of stains, etc.

**Cabinets.** We had our cabinets custom made out of good, strong maple, but many people have told me that they purchased very nice cabinets from IKEA, and that they had good experiences working with the IKEA team.

**Stoves, refrigerators etc.** These can be purchased from places like Home Depot. They seemed to have a decent range of inexpensive to fairly high-end stoves.

**Workers.** These artisans are important. Treat them well. Offer water or coffee, put on your air conditioner if it is hot, say thank you, and make them feel appreciated and welcome in your home. We tipped two main workers about \$100 each at the end of the two-week job.

**Try to enjoy the process as much as possible.** Take this time to visit your favorite restaurants, sponge off your relatives and friends for dinner (bringing a nice bottle of wine, of course) and taking a break from the kitchen. Before you know it, you will have a clean, light, beautiful, much more user-friendly kitchen.

## UPCOMING COOKING TOURS



### To Grandmother's House We Go...

#### Oaxaca, Mexico

February 15-22

#### Sicily, Italy

September 2010 (dates TBD)

Groups limited to 12 people per trip

10% discount for NGI grads

[www.tograndmothershousewego.com](http://www.tograndmothershousewego.com)

e-mail: [grancooks@earthlink.net](mailto:grancooks@earthlink.net)

Tel: 718-768-4662

## TAINTED TREATMENT IN THE CITY OF ANGELS

Dirty Dope Masquerading as  
Medical Cannabis

by Nathan Donahoe, CTP 113



Ever since I graduated from the NGI program as a Natural Chef, life has thrown a number of epicurean escapades my way. Whether it was milking Holsteins and being a Gouda Goa (“Good Horsey” in Pennsylvania Dutch Amish language) in Bird-In-Hand, PA or spear fishing with sharks and catching *Ono’s* and *Aholehole’s* off the Puna Coast on the Big Island of Hawaii, my culinary career has never been short on adventure. I thought I might have done it all until one of my clients, a type 1 diabetic going through chemotherapy for breast cancer, introduced me to my most intense experiences yet.

My client, Sally, is a well-educated, business professional. When I first started private cheffing for her, she understood that chemotherapy is considered a blessing and a curse. It kills not only rapidly-

dividing cancer cells, but also other rapidly-dividing healthy cells such as hair, stomach and red blood cells. These side effects affected her mood, appetite and caused her body pain for which her doctor recommended what doctors normally do -- a variety of prescription pharmaceuticals. However, like most pharmaceuticals, they all had side effects which would necessitate more pharmaceuticals which would create more side effects until infinity.

Because of her frail health and her diabetes, her system would not be able to handle all those pills on top of the chemotherapy. Not surprised at her hesitation, her doctor recommended one unconventional medicine that would take care of all 3 complaints with minimal side effects.

Medical Cannabis (Marijuana) is legalized in California and 13 other states for medical use. Cannabis contains a chemical called *Cannabinoid*. According to user-contributed Wikipedia and separate legitimate medical journals, Cannabinoids mimic endocannabinoids (cannabinoids produced naturally in the body) which are involved in a variety of physiological processes including mood, appetite and pain sensation which appear to help people like Sally.

Although this may be hard to believe, medical cannabis is a booming industry in Los Angeles and outnumbers Starbucks and McDonald's combined. Anyone with a doctor's recommendation (which is very easy to get) for complaints ranging from cancer to foot pain can join any, and potentially all, of the nearly 1000 storefront "dispensaries" that provide cannabis in a variety of forms for a donation rate. Like fast food chains, they advertise discounts and deals in the *Los Angeles Journal of Medical Marijuana Education* (<http://www.lajemm.com>), using popular celebrities like Snoop Dogg (online edition Sep 2009 page 6-7). At first this seems like a dream come true for patients like Sally. Getting her medical cannabis is easy as going to the store. And since she feels smoking is unhealthy, she can buy organic, sugar-free diabetic-friendly cookies, sodas and dissolvable breath strips -- all containing cannabis and all VERY effective. Unfortunately, all of this glitz and glamour hides a much, much darker reality in the City of Angels.

When you go to your conventional pharmacy or herbal medicine shop, your medicine is regulated by the FDA. Although they are imperfect, they are responsible for making sure your medicine is free of contaminants or anything that may be dangerous. Currently, there is no such regulatory body for medical cannabis in Los Angeles City. Dispensary owners with no experience in health

care are selling cannabis contaminated with toxic fertilizers, pesticides, molds and mildews to patients with cancer and AIDS and are making a lot of money doing it. Edibles are made at home kitchens by non-professionally-trained chefs, using questionable ingredients and practices. Even more shocking, until recently, the federal government would arrest medical cannabis patients even if they were following state law. Combine this with a weak economy, rise in crime, a city government that consistently acts inconsistently, and we have a recipe for a public health crisis with way too many conflicting ingredients.

As a natural chef, being on the front lines with medical cannabis patients has been one of the most difficult and rewarding periods of my life. It confuses, frightens and angers me to no end that our seriously ill citizens who are most in need of proper care are seen as piggy banks to be taken advantage of by inscrutable profiteers while the local government does little to protect them. I definitely have a self-righteous chip on my shoulder about it. Thankfully, this chip has inspired me to fix the situation. As the chair of the Medical Marijuana Committee for the West Los Angeles Neighborhood Council, I am supported by my community in improving medical cannabis. I dialogue with patients, law enforcement, government officials, write reports and use a local, sustainable, organic attitude to improve the situation. My experiences at NGI help me effect social change as I am working on regulations for "edibles" (medicated foods) that will be submitted to the City Attorney and my local government.

*Click here to read Nathan's comprehensive review of the pending medical marijuana regulations for Los Angeles:* [http://www.scribd.com/doc/21801722/wlanc\\_greenpaperfactsandfindings](http://www.scribd.com/doc/21801722/wlanc_greenpaperfactsandfindings)

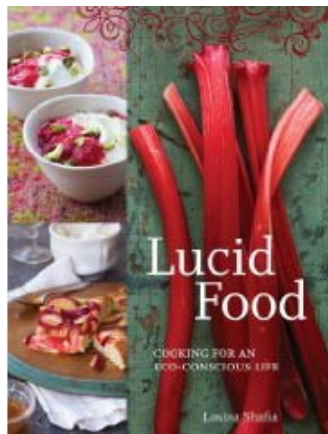
#### **In Memorium**

**Christina Hristakos (CTP 86)  
Adam Waters (CTP 100)**

It is with great sorrow that we report the recent deaths of two of our grads.

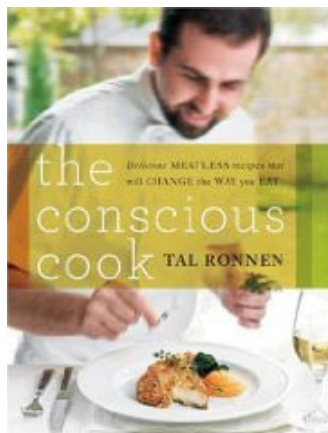
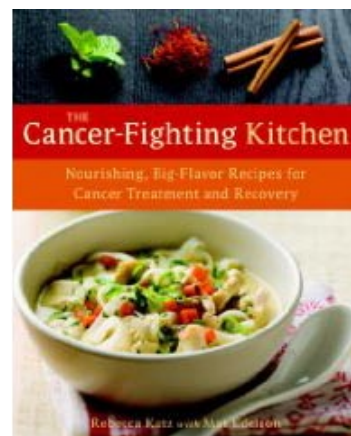
We extend our deepest sympathies to the families and friends of Christina and Adam.

NEW BOOKS WRITTEN BY GRADS

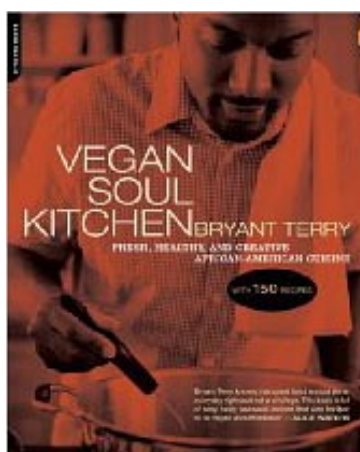


*Lucid Food: Cooking for an Eco-Conscious Life*  
by Louisa Shafia (CTP 81)

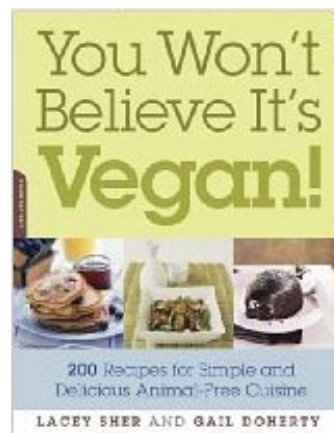
*The Cancer Fighting Kitchen: Nourishing, Big Flavor Recipes for Cancer Treatment and Recovery*  
by Rebecca Katz (CTP 66)



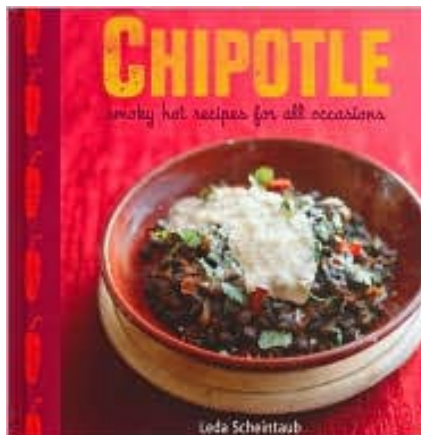
*The Conscious Cook: Delicious Meatless Recipes that Will Change the Way You Eat*  
by Tal Ronnen (CTP 107)



*Vegan Soul Kitchen: Fresh, Healthy and Creative African American Cuisine*  
by Bryant Terry (CTP 87E)

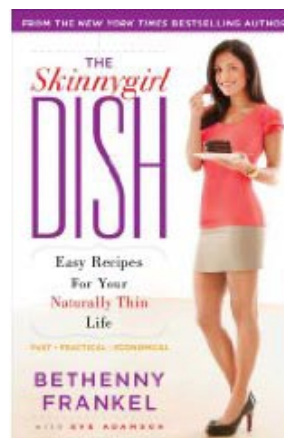


*You Won't Believe It's Vegan*  
by Lacey Sher (CTP 58E)  
and Gail Doherty (CTP 60E)



*Chipotle: Smoky Hot Recipes for All Occasions*  
by Leda Scheintaub (CTP 87E)

*Naturally Thin: Unleash Your SkinnyGirl and Free Yourself from a Lifetime of Dieting*  
by Bethenny Frankel (CTP 85)



## WHO'S DOING WHAT

Starting in 2010, *Who's Doing What* will move to a permanent page in the Alumni section of our website. This will free up more space in the newsletter for articles. It will also enable us to keep the list more current, as we will be able to update it at any time. So, in the coming months, please visit *Who's Doing What* on our website, and if you have news or wish to modify your employment information, please use our online Alumni Update Form or contact Rosemary Serviss (placement@naturalgourmetinstitute.com)

### CTP 174 (2009)

**Jordan Hendin** owns Chefs in the City in NYC. **Kelly Lemke** is a Line Cook at Three Clock Inn and The Village Pantry du Logis in VT. **Austin Rist** works at The Village TeaRoom, Restaurant & Bake Shop in NY.

### CTP 172 (2009)

**Alexis Colantonio** has a personal chef/catering business in NYC. **Carmit Elkayam** is a Private Chef in Israel. **Caroline Flynn** is a Pastry Production Cook at Pure Food and Wine and a Personal Chef in NYC. **Ed McNamara** is a freelance Recipe Tester for InStyle Magazine. **Angela Rivera** is a Cooking Instructor at the Arts Alliance in Haverstraw, NY. She's also starting her own business called The Healthy Chef Lady. **Whitney Spears** is starting a personal chef/nutritional counseling business. **Liesl Van Eeden** is the Chef onboard Motor Yacht Marlina. **Brenna White** is a Personal Chef in NJ.

### CTP 170 (2009)

**Courtney Klein** is a Pastry Line Chef at Pure Food and Wine in NYC. **Dan Lewis** is a Volunteer at Wellness in the Schools in NYC. **Eli Margulies** is a Line Cook at Winslow's Home in St. Louis. **Tyler Schlesinger** is a Cook at Schlesinger's Restaurant in NY. **Anna-Marie deZwager** is integrating her culinary training with her background in athletics, fitness and life style in Canada. **Shanon Stranik** is Lead Line Cook at The Pro Sports Club in Bellevue, WA. She's also a Nutrition Educator for Operation Frontline in Seattle. **Lyz Sutcliffe** is Sous Chef at Samudra in Australia.

### CTP 169 (2009)

**Juliana Brafa** is Education Coordinator at IIN in NYC. She's also a Holistic Health Counselor. **Amalia Marino** does garde manger, hot apps and

pastry at Il Buco in NYC. **Maureen McNellis** is a Personal Chef. **Nikki Smith** owns Lotus Health Education & Personal Chef Services in Brooklyn. **Karina Velasco** is a Health Counselor. She teaches nutrition workshops and cooking classes in Mexico and CA. **Patty Wolstein** is doing an extended internship at Blue Hill at Stone Barns.

### CTP 167 (2009)

**Alice Bamford** owns Love A Locavore in the UK. **Laurent Pariente** works on the meat appetizer station at Gramercy Tavern in NYC. **Christopher Sabionski** is the Pastry Chef at The Ravens in Mendocino, CA. **Melissa Reynolds** works at Mindful Meals in Chicago. **April Strevell** is Chef/Mgr. at No Joe's Café in Red Bank, NJ.

### CTP 166W (2009)

**Eve Mersfelder** has a Garde Manger position at Mercer Kitchen in NYC. **Kelsey Laird** is the Sous Chef at Kripalu in MA. **Dante Leigh-Nedbor** is a Line Cook at The Rhinecliff Hotel in NY. **Molly Neuman** is starting a personal chef/catering business in Brooklyn. **Emily Rosen** is Exec. Chef at The Option Institute International Learning and Training Center in MA. **Kristine Sabencio** owns Taste Good-Feel Good, a Personal Chef/Catering business in NYC.

### CTP 165 (2009)

**Michele Angel** is a Personal Chef/Caterer in NYC. **Kristen Desmond** is Kitchen Supervisor for Jose Andres Catering with Ridgewells in DC. **Deniz Dinler** owns Green Chef Holistic Wellness in NYC. **Jessi Dulude** is a Cook at Vej Naturals in MA. **Nancy McArthur** and **Clare Wilson** are Partners in Natural Chef in NJ/NY. **Rebecca Riker** is a Pastry Cook and Garde Manger at Animal in Los Angeles. **Christian Simeone** has a Garde Manger position at UNO's Chicago Grill in Boston. **Sharika Thomas** is Demi Chef de Partie at Tucker's Point Hotel and Spa in Bermuda.

### CTP 164M (2009)

**Jessica Baucom** is Chef/Founder of Tempeh Shop Brooklyn. **Marina Berger** is a Personal Chef in NYC. **Lynn Duffy** is an Event Planner in NYC. **Karisa Glantz** is a Garde Manger at Minetta Tavern in NYC. **Judit Jaramillo** is a Baker at Stonebridge at Montgomery in NJ. **Chuck Jessop** is a Garde Manger at The Heights Café in Ithaca. **Einat Mazor** owns Bliss Fine Foods in NJ.

### CTP 163 (2008)

**Celeste Campbell** is a Personal Chef in Spain. **Katie Compton** works with Equilibrium Nutrition

in Toronto. She also has a nutrition consulting/personal chef business called Kate and the Kitchen. **Rebecca Death** owns Café Estabar in Australia. **Hannah Frank** is the Wellness Chef for Yoga Lounge in OH. **Elizabeth LaMantia** is a Cook at New Rivers Restaurant and a Chef Instructor at Kids First in Providence, RI. **Jen Miskiel** had a baby girl in Oct. **Jennifer Paulson** is the Culinary Director at Sprouts Academy, a green philosophy pre-school and kindergarten in Chicago.

#### CTP 162 (2008)

**Tanisa Amatayakul** teaches catering, food & beverage management and HR management at two universities in Thailand. **Melinda Beaulieu** is a Personal Chef in NYC. **Wendy Berkovits** is a Personal Chef in NJ. **Lisa Fierro** is a Personal Chef in CO. **Nelly Kerpner** is a Cook at Catit Restaurant in Israel. She also runs workshops for healthy cooking. **Sup Shah** was Asst. Cook at Mainewoods Dance Camp in ME last summer. **Jaime Studley** is a Bread Baker at Sullivan Street Bakery in NYC. **Nicole Torre** is a Pastry Line Chef at Pure Food and Wine in NYC. **Aviva Vikstrom** is a Personal Chef/Caterer in Seattle. She's also the NYC Program Director at Career Explorations.

#### CTP 161T (2009)

**Hilla Abel** is a Cooking Instructor at the JCC in NYC. **Lindsay Brox** is a Prep Chef at Grezzo in Boston. **Ryan Bufkin** has a Garde Manger position at 5 Leaves in Brooklyn. **Craig Molino** is a Line Cook at Bark Dogs in NYC. **Melissa Rebholz** is Farmstand Manager at Garden of Eve Organic Farm in Riverhead, NY and has started raising pigs.

#### CTP 160 (2008)

**Cindi Avila** is an Anchor at NY1. **Lakshmi Devi** is Product Development Chef at Subway. **Danny Heffernan** is a Chocolatier at Artfully Chocolate/Kingsbury Confections in DC. **Melissa Iacono** is a Pastry Cook at Mesa Grill in NYC. **Larry Robbins** is Supervisor at Resort Condominiums International in IN. **Dom Park** works at an upscale restaurant in Korea. **Geri Petito** owns Creatively Catered in NJ and does cooking classes at Whole Foods Market. **Karolina Palmer** is a Personal Chef in NYC.

#### CTP 159 (2008)

**Daniel Brusky** is a Line Cook at Hundred Acres in NYC. **Kay Michaels** is a Personal Chef and a Team Member in Prepared Foods at Whole Foods Market in NJ. **David Nuss** is a Cooking Instructor at the Children's Aid Society in NYC. **Flavia Scigliano** owns Semear Culinaria Natural in Brazil. **Sachiko Taji** is a Pastry Cook at How Sweet It Is in NYC.

**Ruth Tovim** is Kitchen Mgr. at Brockwood Park School in the UK. **Jen Woodard** is a Nutritionist in Berkeley. **Chelsea Zimmer** is a freelance Food Styling Asst. and a Recipe Developer for Health Barn USA. She is also getting her Master's in Food Studies at NYC.

#### CTP 158W (2008)

**Noriko Azuma** is a Private Chef in New York and Paris. **Celina Grotell** is a Private/Corporate Chef in NYC. **Michele Heinrich** and **Aishah Miller** are Partners in Harmony Kitchen. **Julia Knyphausen** is a Catering Chef in NYC. **Danielle Ott** is a Line Cook at Dirt Candy in NYC. **Mark Tinkleman** is a Line Cook at Parc in Philadelphia.

#### CTP 157 (2008)

**Phil Barth** is Kitchen Manager at Dining Details in El Cajon, CA. **Anna Billingskog** is Personal Chef and Baker in NYC. **Virginia Staska** is a Cook at Spoonriver in MN.

#### CTP 156 (2008)

**Meg Brand** is Lead Cook at an elementary school in the Rye City School District. **Virginia Corpus-McDermott** owns Kitchen Vitality in Sydney, Australia. **Nicole O'Brien** is a Chef and Internship Director at The Center for Discovery in Harris, NY. **Linda Rubin** is a Food Photographer & Food Stylist for a vitamin company in NYC. **Tatyana Shamalov** is a Personal Chef/Holistic Health Counselor in Queens. **Idil Sanal** is Head Chef/General Coordinator at Rafinera in Turkey. **Karen Spierer** is a Chef/Baker/Instructor/Consultant in NY.

#### CTP 155T (2008)

**Eileen Botti** is a Baker at Lifethyme Natural Market in NYC. **Tricia Brown** started a Culinary Tour business. **Andrea Danielson** is a Private Chef in Brooklyn Heights. **Natalia Gaviria** owns Cook-Life. She also works p/t as a Line Cook at Naturally Delicious Caterers in Brooklyn and is a Teaching Asst. for Conscious Cravers. **Juliana Osleeb** is a Private Chef on Long Island.

#### CTP 154 (2008)

**Sara Boan** is a Residence Chef at The Center for Discovery in Harris, NY. **Nikki King** is a Line Chef at Pure Food and Wine in NYC. **Amy Miller** is the Chef/Owner of The Golden Guernsey B&B in NY. **Matthew Mosshart** is a Night Baker at Babycakes in NYC. **David Noritz** is a Pastry Cook at Mesa Grill in NYC. **Marni Wasserman** is a Personal Chef/Holistic Nutritionist in Toronto. **Marti Wolfson** is a Personal Chef/Consultant in NYC and Greenwich, CT.



### CTP 153W (2008)

**Gretchen Brinson** is the Chef at Public House in NYC. **Korrie Chichester** is the Culinary Dept. Mgr. at Lifethyme Natural Market in NYC. She's also a Personal Chef, Instructor and a FND Guest Chef. **Lauren Davidson** is a Line Cook at Hotel El Convento in Old San Juan, PR. **Hilda Eribo** is a Personal Chef. She also freelances at Marcey Brownstein Catering in NYC. **Heather Esposito** is Co-owner of Sweet Freedom, Philadelphia's first vegan, gluten-free, allergen-friendly bakery. **Katie Gadsby** is a Garden & Nutrition Educator at a non-profit working with local schools in San Francisco. **Kumiko Itagaki** is a Prep/Line Cook at East West Café in NYC. **Laura Marshall** is a Personal Chef in NYC. **Marissa Peluso** is the Chef at 116 Crown in CT. **Tom Quackenbush** is a Bistro Chef at The Center for Discovery in NY. **Chelsea Smith** is Asst. Academy Director at 105 Degrees in OK. **Justin Zaslów** is the Gen. Mgr. at Wyndham Fitness & Recreation facility in NJ. He consults on their menu and gives nutrition talks at various corporate health fairs.

### CTP 152 (2008)

**Dean Boswell** is Lead Line Cook at Inn of the Seventh Ray in CA. **Dale Fahrnow** is a Pizza Cook at Wild Tomato Wood-Fired Pizza and Grille in WI. **Andrea Mavro** is Part Owner/Head Chef at Naturally Good Foods and Café in Montauk. **Katie Sobel** is Communications & Marketing Mgr. for The Nest Collective, an organic food company in CA. **Chris Wegwart** is a Personal Chef in NYC. **Jessica Woods** is a Pastry Chef at Bar Avignon in OR, as well as a Freelance Baker.

### CTP 151M (2008)

**June Berry** is an onsite Prep Cook for Callahan Catering in NYC. **Asuko Doi** is a Pastry Chef at Souen in NYC. **Sarah Hill** is a Shift Mgr. at Starbucks in NYC. **Erika Layfield** is an Event Planner in NYC. **Bevin McNulty** owns Bam Bam Bakery in ME. **Michael Rosner** works with Seeking Indigo in Charleston, SC. **Cody Strauss** is the Chef at the Lang House B&B in Burlington, VT. **Christine Von Der Linn** does workshops on health-suupportive, seasonal eating in NJ and NY.

### CTP 150 (2007)

**Rebecca Arnold** is Sous Chef at Pain D'Avignon Bakery & French Bistro in MA. **Lisa Hviding** is a Prep Cook at Cowgirl Creamery in DC. **Sita Palomar Brian** is a Personal Chef in San Francisco. **Ashley Whitmore** is a Pastry Cook at Balthazar Bakery in NYC. **Jason Wood** is Junior Sous Chef at Blue Ridge in Washington, DC. Blue Ridge was

named one of the Best New Restaurants by *Esquire*, and its Chef, Barton Seaver, was named chef of the Year.

### CTP 149W (2008)

**Rachel Bouman** is Tournant at The Museum of Modern Art in NYC. **Danielle Heard** is a Certified Holistic Health Counselor and Founder of Artemis in the City LLC in NYC. **Jessica Hulett** is a Food Writer and Personal Chef in NYC. **Marina Schulze** is a Caterer in NYC.

### CTP 148 (2007)

**Amanda Anderson** is a Personal Chef in NYC. She also produces a vegan ice cream. **Steve Matkovich** is Chef de Partie at Bouchon in Napa.

### CTP 147 (2007)

**Alexis Blake** is Head Chef/Kitchen Coordinator at Genesis Farm in NJ. **Adfia Bristol** is a Chef Instructor at Imani House, Inc. in Brooklyn and owns Yis Ro Yal Organic Vegan Treats and Juices. **Ruth Fehr** is Culinary & Nutritional Consultant for The Palette Foundation in NYC. **Molly Handler** is Caterer/Sous Chef at The Balcony on Dock and a Line Cook at Caprice Bistro in Wilmington, NC. **Gia Ramos** is a Personal Chef/Make-Up Artist in NYC. **Federico Saldivar** is a Line Cook at Belcourt in NYC. **Victoria Salom** is a Pastry Chef at Spiral Lounge in London. She had a baby in Oct. **David Wilke** is the Chef at Blackbird Kitchen in MT. **Robert Wilson-Smith** is the Chef at Radha Yoga & Eatery in Vancouver. He's also studying Holistic Nutrition at the Canadian School of Natural Nutrition.

### CTP 146 (2007)

**Andrea Boje** works at the Google Corporate Campus in Mountain View, CA. **Isabel Clark** is blogging at [www.forkbytes.com](http://www.forkbytes.com)

### CTP 145T (2008)

**Suzanne Barr** is a Teaching Asst. for Conscious Cravers and a FND Hostess at the Natural Gourmet. She also owns Sweet Potato Bakery, is Chef/Founder of Green Table Projects and Chef/Co-founder of The New Deal, a supper club in Brooklyn. **Christine Borzell** is a Personal Chef on L.I. She's also an Instructor at Sur La Table. **Paulo Brasileiro** is a Cooking Instructor/Caterer in Brazil. **Iris Cortes** is a Chef Instructor at Turf in NYC. **Lauren Donath** is a Cooking Instructor/Caterer in NYC. **Kristina Kulin** is the Web Content Mgr. for ISI Brands and a Contributing Expert on recipes and food-related topics for Metabolife. **Andrea Lennon** is Founding Partner at The Good Knife in NYC.

**Silvana Paulilo** is a Personal Chef in CT. **Laura Rosenberg, R.D.** owns Green Napkin Chefs in NY.

**CTP 144 (2007)**

**Liz Calderwood** is Pastry Chef/Baker at Sound Lounge in NYC. **Melissa Gellert** is a Personal Chef in NYC. **Laura Gibson** owns Laura's Sweet Gourmet in PA. **Bela Moriera** is a Personal Chef/Ayurvedic Counselor in NYC.

**CTP 143 (2007)**

**Marion Banzhaf** is the Chelsea CSA Coordinator. **Laurel Bell** is a Personal Chef in NYC. **Amber Burkes** teaches high school French in SC and hopes to start a cooking club with her students next year. **Emmy Miller** is the Chef at Perelandra in Brooklyn.

**CTP 142W (2007)**

**Peggy Chung** owns Peggy's Premium Edamame. **Mario Mastrandrea** is a Garde Manger in the Executive Dining Suites at the new Yankee Stadium. **Richard Soriero** is a Cook at Dovetail in NYC.

**CTP 141 (2007)**

**Rick Marquardt** is the In-Store Educator at the Whole Foods Bowery location in NYC. **Roderick McCulloch** is the Kitchen Manager at Brasa Premium Rotisserie in MN. **Kate Merola** is Personal Chef in NYC. **Mary Skinner** owns Fine Dine in FL, a Personal Chef/Catering business.

**CTP 140M (2007)**

**Ellen Arian** owns Ellen's Food & Soul in NJ. Her newsletter has become a blog: <http://ellensfoodandsoul.com/blog> **Jamie Askin** runs Good Food, a craft service company specializing in organic snack foods for production crews and Good Mood, a massage business. **Jennifer Columbo** is Chef/Owner of Naturally Jeni in NY. **Laura Viegas** is a Bread Baker at Woodstar Café in Northampton, MA and Head Baker at Snow Farm in Williamsburg, MA.

**CTP 139 (2007)**

**Dina Cutrone** owns Tall Order in Brooklyn. **Milan Doshi** owns The Queen Anne B&B in Denver. **Caroline Ishii** owns ZenKitchen Restaurant in Ottawa which is the subject of a reality documentary called "The Restaurant Adventures of Caroline and Dave," scheduled to air on the W Network in Canada. **Yuki Itoh** owns Japan Living Food Assoc. in Tokyo. **Gregg Lewis** owns Green Zebra in Toronto. **Zoe Schor** was promoted to Sous Chef at Beso in Hollywood.

**CTP 138 (2006)**

**Beth DerGarabedian** is a p/t Restaurant

Consultant. She's expecting her second baby in the Spring. **Sally Rupert** is a Private Chef in WA. **Montse Vallory** is a Personal Chef/Instructor in Barcelona. **Charlie Wilson** is President of Help Yourself Foods Inc. in Key West, FL. **Tressa Yellig** owns Salt, Fire & Time in Portland, OR.

**CTP 137T (2007)**

**Jennifer Bozek** is a Cooking Instructor at Teaneck High School in NJ. **Michael Knight** is a Cooking Instructor in the Beacon Program in NYC. **Linda Monastra** is a Recipe Tester/Developer for Natural Health Magazine and independent clients. **Kim Stakal** is the Sustainable Seafood Specialist at Shedd Aquarium and the Healthy Eating Specialist at Whole Foods in Chicago.

**CTP 136W (2007)**

**Jay Bither** is the Chef at Crisp in NYC. **Laurie Gershgorn** owns Healthy Culinary Creations, LLC in Westchester. **Sangeun Lee** is the Manager at Daily Soup in NYC. **Elise Maiberger** is a Personal Chef in NYC.

**CTP 135 (2006)**

**Conor Yates** is a Personal Chef in NYC and Chair for Events and Fundraising for the National Autism Association's New York Metro Chapter.

**CTP 134 (2006)**

**Nicole Alaimo** works in the Bread Bar and Amuse Bouche stations at Tabla in NYC. **Laura DiScipio** is a Personal Chef in NYC. **LaMana Donadelle** owns Culinary Healing in NYC. **Numi Mansdorf** is the Chef at Basic Trust Daycare in NYC. **Melissa Zelenovic** is a Personal Chef in CA.

**CTP 133 (2006)**

**Anna de Castro** owns Anna Elisa Gastronomica in Brazil. **Olivia Go** is a Food Stylist for a new CBC cooking show in Toronto. **Olga Perez** is a Caterer/Instructor in Columbia. **Molly Chester** is a Personal Chef in CA and working on a cookbook. She has a blog called [organicspark.com](http://organicspark.com). **Emily Marciniak** relocated to the DC area.

**CTP 132S (2007)**

**Melinda Tracy** is a Corporate Chef at Bridger Capital in NYC.

**CTP 131 (2006)**

**Sonja Lohage** is a Baker/Cook at Food Dance Café in MI. **Ursula Rutledge** owns Slow To Go in NY.

**CTP 130 (2006)**

**Grace Buderus** is Lead Line Cook at Mississippi Station in Portland, OR. **Michael Schurr** is

a Demo Chef and freelance Consultant for TV production, restaurant development, menu creation and retail brand development.

#### **CTP 129E (2006)**

**Ela Guidon** is a Personal Chef and Instructor in NJ. **Rose Canale** is a Chef, Educator and Food Co-op Coordinator in NJ.

#### **CTP 128 (2006)**

**Ginny Evans** is a Personal Chef in the Bay Area. **Summer Kriegshauser** is a freelance Food Stylist in NYC.

#### **CTP 127S (2006)**

**Leslie Angle** owns Sheffa Foods in NYC. **Nick Dimartino** is a Naturopathic Doctor in PA. **Jill Engelhardt** is a Personal Chef on Long Island. **Philip Kess** is the Mgr. at Provisions Natural Foods on Long Island. **Asya Ollis** is the GM at the Brewer's Art in Baltimore. **Carly Smith Sitner** is Head Pastry Chef at Russellville in OR. She maintains two 5-star restaurants and two cafés within the establishment. She also plans to open a vegan soul food restaurant. **Lindsey Williams** is a Cookbook Author. **Brenda Winiarski** founded Cook for Love, a culinary not-for-profit dedicated to the PKU community. Her website provides low-protein recipes and online video demonstrations.

#### **CTP 126 (2006)**

**Susie Arnold** is Kitchen Manager and Executive Chef at Sevananda Food Co-op in Atlanta. **Karen Formanski** is a Demo & Events Coordinator at Whole Foods Market in Chicago. **Doron Hanoch** is a Personal Chef, Holistic Health Counselor and Yoga Instructor. He leads yoga and food retreats to Esalen Institute and other centers. **Annie Kunjappy** is a p/t Instructor at the Natural Gourmet. **Claire Levitch Cohen** is Pastry Chef/Manager at TSalon in Los Angeles. She also owns a Personal Chef business called Nosh. **Minna Suh** is a Personal Chef in NYC.

#### **CTP 125 (2006)**

**Jana Keith-Jennings** is the Pastry Chef at Pure Food and Wine in NYC. **Chandra Lee** is a Clinical Dietician and a Nutrition Consultant in NYC. **Aja Marsh** is a Personal Chef/Caterer and Lifestyle Coach in NYC. **Michelle McKenzie** is a Personal Chef/Instructor in San Francisco. **Derek Treuer** is Kitchen Manager at The Rice Diet Program in NC.

#### **CTP 124S (2006)**

**Madea Allen** is a Holistic Health Practitioner and Chef in NYC. **Kate Christman** is Nutrition

Coordinator/Educator at Urban Nutrition Initiative, Univ. of PA. **Adrianna Holiat** owns Allergy Kind in NYC. **April Neujean** is Chef/Forager for the Edible Schoolyard in New Orleans.

#### **CTP 123 (2005)**

**James Barry** owns a meal delivery company called Wholesome2go in CA. He also shot a TV pilot for a healthy living show that is looking for distribution. **Emily Elliot-Casey** is a Personal Chef in NYC. **Jennifer Goldberg** owns Spork Foods in Los Angeles. **Neal Harden** is Executive Chef at Pure Food and Wine in NYC. **Maleta Van Loan** is Owner/Accountant at Pacific Spring, Inc.

#### **CTP 122E (2006)**

**Matt Slagle** is the Sous Chef/Production Mgr. at the Isabella Geriatric Center in NY.

#### **CTP 121 (2005)**

**Devin Colon** is a Personal Chef in FL. **Kelly Geary** owns Sweet Deliverance in Brooklyn. **Sunie Pope** was Manager of the Kashi 2009 Tour. She's also a certified Kripalu Yoga Teacher. **Melissa Weisman** is Head Baker at Crunchcakes Cupcakery and Asst. Pastry Chef at Café Luck in Santa Barbara, CA.

#### **CTP 120 (2005)**

**Sara Driscoll** is a Cook at Nature's Temptation and a Personal Chef in NY. **Liz Fleischman** is the Registrar at the Natural Gourmet. **Jessica Janecki** owns Katie's Soft Pretzels in NC.

#### **CTP 119 (2005)**

**Matt Downes** is a Personal Chef in NYC. **Adrienne Felder** owns The Whole Bite, Inc. in Chicago. She also writes recipes for The Active Survivor Network Newsletter. **Carolyn Gilles** is Green & Healthy Schools Coordinator at Univ. of KY. She also started Green Edge KY. **Schot Hannan** started medical school in KY. **David Kurlander** is Chef/Owner of the March Hare Restaurant in Poughkeepsie, NY. **Gloria Reyes** owns Two Kings in Spotsylvania, VA.

#### **CTP 118S (2006)**

**Ori Cosentino** is Sous Chef at the Green Table and a freelance Caterer, Food Writer and Recipe Developer in NYC. **Abby Fammartino** owns Your Natural Chef in Portland, OR. **Thomas Lipski** owns Healthy Spoon in NJ.

#### **CTP 117 (2005)**

**Aviva Allen** is a Nutritionist/Cooking Instructor/ Cookbook Author in Toronto. **Kit Libenschek** is a

Technical Editor at Kaplan in Chicago.

#### CTP 116E (2005)

**Tino Carero** is Chef/Owner of VivaVega in Belgium. **Danny Casbarro** owns The Yogi Chef in CT. **Joel Mittertag** is a Cook at Whole Foods Market in NJ.

#### CTP 115 (2005)

**Jay Hough** is a Line Cook at Egg Restaurant in Brooklyn.

#### CTP 114S (2005)

**Jennifer Asfar** is a Personal Chef in NJ. **Tracy Jorg** is a Personal Chef/Caterer on L.I. **Carla Martinez** is a Line Cook at Al Di La in Brooklyn. **Jason Sellers** is Chef at Laughing Seed Café in NC.

#### CTP 113 (2005)

**Lindsay Chapman** is the Chef at Rubin Museum Café in NYC. **Nathan Donahoe** owns Chef of the People in CA. He does cooking, counseling, recipe development, writing and public speaking. **Lakshmi Harilela** owns Love True Food in Hong Kong. **Mark Mebus** is the Chef at Café Blossom in NYC. **Erica Strait** owns Quality Intake.

#### CTP 112 (2004)

**Maiko Amemiya** is a Sous Chef at SAF in London. **Jennifer Brawn** is a Personal Chef in NYC. **Josh Gonzales** is the Head Cold Cook at Do Di Yo's in AL and just graduated from ABC Bartending School. **Jennifer Trinkle** is a Food Writer in CA.

#### CTP 111E (2005)

**Judy Montesarrato** is a Personal Chef in RI. **Jennifer Goren** is Director of Culinary Arts at the JCC in NYC. **Brenda Peterson** is a Chef at Whole Foods in Westport, CT. **Cindy Siegenfeld** owns Turning Point Culinary, LLC on Long Island. **Kevin Takasato** is a Personal Chef in NYC.

#### CTP 110 (2004)

**Kristen Kancler** owns Pura Vida Personal Cuisine in CA. **David Koromi** is Chef de Cuisine at the Hotel Fauchere in PA. **Becky Mendez** owns Frescura in PR. **Mary Serrilli** is a Personal Chef in NJ.

#### CTP 109E (2005)

**Eric Lucas** is Event Manager at Cornell University. **Gilda Mulero** owns Naturally Tasty in NYC and is a Contributor to Edible Queens Magazine. **Diane Raymond** owns Healthy Plate on L.I.

#### CTP 108 (2004)

**Lauren Pilgrim** is a Personal Chef in NYC.

#### CTP 107 (2004)

**Nicole Bator** is Cookery Editor at Duncan Baird Publishing in the UK. **Nick Beitcher** is a Stagiare at l'Arpege in Paris, Zibibbo in Florence and Cefallichio House in Apaglia over the next 9 months. **Emily Cavelier** is Exec. Chef at International Harvest, as well as a Personal Chef. **Tal Ronnen** is VP of Culinary Innovation at Garden Protein. He's also written a cookbook that was named Book of the Year by VegNews -- *The Conscious Cook: Delicious Meatless Recipes that Will Change the Way You Eat*. **Pharon Wilson** relocated to Cincinnati.

#### CTP 106E (2004)

**Kathleen Green** is Head Chef at Child Center of NY in Queens. **Linda Mills** is Executive Director at Medical Society of NJ. She also owns To Your Health.

#### CTP 105E (2004)

**Fredrik Berselius** is Exec. Chef at Wildthyme in Southampton, NY. **Claudio Regueira** is a Private Chef in NYC and the Hamptons.

#### CTP 104 (2004)

**Anne Baptiste** is the Pastry Chef at Millennium in San Francisco. **Rossana DeAngelis** is Chef/Owner/Creator of Chili and Fennel Culinary and Sagewellness Moksha Gourmet in Canada. She's also one of the founders of FemmeElite, a wellness travel business. **Laura Heifetz** is a Specialty Food Team Member at Whole Foods Market and a p/t Personal Chef in NYC. **Maki Stevenson** owns Makifood Cookery School in Budapest. **David Stowe** is a Personal Chef in MI. **Dana Wallace** owns Ice House Baking Co. in MT. **Matt Weber** is Director and Chef for Table Grace Ministries in Omaha.

#### CTP 103 (2003)

**Fabiana Esteves** is a Project Manager at Starwood Hotels in NYC. **Deborah Hetrick** owns chef Deb's Pastry Shoppe in NYC. **Carole Ortenzo** owns Organic Personal Chef Service in Pittsburgh.

#### CTP 102E (2004)

**Elena Balletta** is the Pastry Chef at Counter in NYC. **Vanessa Cabrera** is the Chef at Rockin' Raw in Brooklyn. **Colombe Jacobsen** is a Personal Chef, Instructor, Food Consultant and Yoga Teacher. She also plans and teaches Harvest Time in Harlem. **Yoshiko Mukai-Williamson** is a Cookbook Author, Photographer and Food Stylist in NYC. **Nathalie Reid** is Culinary Coordinator & Instructor at Sur La Table in Manhasset. **Sara Ross** is a Baker at Rosie's Plate and a freelance Caterer in NC.

### CTP 101 (2003)

**Hilary Brown** owns Local Burger in Lawrence, KS, one of the best eco-friendly restaurants in the country. **Eavan Daily** is a Chef/Team Member in the Specialty Dept. at Whole Foods in Princeton. She's also a Personal Chef/Caterer/Instructor. **Veronica Rodriguez** is Sous Chef at Doe Bay Café on Orcas Island.

### CTP 100 (2003)

**Rachel Brumitt** is a Personal Chef and an Instructor at three Whole Foods Markets in the DC area. **Suki Bergeron** is a Cooking Instructor at Kaunoa Center on Maui.

### CTP 99E (2004)

**Nir Cohen** owns Paloma Café in Ibiza, Spain. **Sarah Huck** is a Caterer in NYC. **Justin Pogge** is the Head Cook at All Saints Café in FL.

### CTP 98 (2003)

**Lance Cohen** is Asst. Chef at Regency Health Spa in FL. He's also a Personal Chef/Caterer. **Morgan Cooper** has a Customer Service/Pantry Asst. position at Beach Pea Baking Co. in ME. **Dan Epstein** is the Cheesemonger at Eden Gourmet in NJ. **Sheri Lazar** owns Blissful Palate in MI. She's also a Private Chef for a progressive "green" company. **Stefania Patinella** is Manager of Food and Nutrition Programs at The Children's Aid Society in NYC. **Lisa Reeder** owns A Local Notion, LLC in Charlottesville, VA. **Michael Welch** is Owner/Publisher of *Edible Finger Lakes* magazine.

### CTP 97 (2003)

**Stacey Dickenson** is a Personal Chef in San Diego. **Melissa D'Elia** is a Personal Chef. **Beth Kaufman** is Catering Manager at Max & David's Restaurant in Elkins Park, PA. **Janet Rosenholz** owns A Second Helping in NJ.

### CTP 96E (2003)

**Marian Buck-Murray** is a Nutrition Coach and Cooking Instructor in NJ. **Elizabeth Johnson** owns Conscious Cravers in NYC. She also hosts *The Endless Feast* on PBS. **Ariel Nadelberg** is Director of Food Sales and Concessions at Prospect Park Alliance in Brooklyn. **Danielle Orthwein** is a Personal Chef and Caterer in PA.

### CTP 95 (2002)

**Becky Bender-Marrs** is a Nutritionist at the Center for Holistic Psychiatry in the DC area. **Heather Campbell Hess** is enrolled in the Teleosis School of Homeopathy in MA. **Gina Glowacki** is the Produce Manager at Feel Rite Fresh Markets

in NY. **Danica Pollard** is Executive Pastry Chef at Lidia's Kansas City and Lidia's Pittsburgh. **Dr. Rob Streisfeld** is the Director of Personal Health Design, Inc. He's also an Author, Consultant, Educator and Spokesperson in the natural products industry. **Junko Takagi** opened a café in Tokyo called Ecailler.

### CTP 94E (2003)

**Katrina Bisanti** is a Caterer/Event Planner in RI. **Matt Case** is the Sous Chef at All Seasons Café in British Columbia. **Lee Glenney** is a Fitness Instructor in NYC. **Michele Lucido** is Chef/Marketing Director at Tidal Creek Co-op in NC. **Pete Solomita** owns Little Buddy Biscuit Co. Bakery in Brooklyn.

### CTP 93 (2002)

**Celeste Oertel Kellerhouse** is a Personal Chef in CA. **Russell Lash** owns The Groovy Gourmet in FL. **Andie Montgomery** is a Personal Chef in St. Petersburg, FL. She spent the summer as a Contract Chef on the Orient Express, traveling around Scotland. **Christina Santini** is North & Latin America Strategic Sourcing Manager at Chiquita Brands International.

### CTP 92 (2002)

**Anthony Archer** is a Personal Chef and freelance Baker in NYC.

### CTP 91E (2003)

**Claudine Sallin** works in Garde Manger and Special Events at Mohonk Mountain House in New Paltz, NY. **Tony Smith** is the Chef at Raw Soul Restaurant in NYC.

### CTP 90 (2002)

**Anthony Di Rienzo** is the Sous Chef at Michael Mina, a 4-star restaurant in San Francisco. **Kassidy Harris** is General Manager and Wine Director at Restaurant 55 in Sacramento, CA. **Cheryll Jarrett** owns You Choose I Cook in NYC. **Jada Kinney** is Asst. to the Exec. Chef at Maxwell & Dunne's Natural Steakhouse in NY. **Bob Stevenson** is recovering from a back injury in the mountains of NY state.

### CTP 89 (2002)

**Jonah Chasin** is a Chef at Pennington House as well as a Personal Chef/Caterer in NYC. **Gretchen Kohan** is a Private Chef in NYC. **Uma Yaparpalvi** is a Health Counselor in NYC.

### CTP 88 (2002)

**Gillian de Seve** is a Personal Chef in NYC. **Catherine McConkie** is a Cooking Instructor at

Bauman College in Berkeley. **Anna Sobaski** owns Breads from Anna in IA. **Elizabeth Sentianin** is a Personal Chef/Health Counselor in NYC. **Omawali Stewart** owns Omawali's Soul Food Kitchen in the DC area. **Adam Tyner** owns Sprout in Austin, TX.

#### CTP 87E (2002)

**Annmarie Butera** is a Personal Chef and Cooking Instructor in PA. **Daniel Nydick** owns Gourmet for the Day in NJ. **Leda Scheintaub** got married, moved to VT and recently finished her first cookbook, *Chipotle: Smoky Hot Recipes for All Occasions*. **Bryant Terry** is an Eco Chef, Author and Food Justice Activist in CA.

#### CTP 86 (2001)

**Lisa Brett-Chapin** is the Chef at Beacon Natural Market in Beacon, NY.

#### CTP 85 (2001)

**Bethenny Frankel** is a Celebrity Natural Food Chef and Cookbook Author. She also writes for Health Magazine and can be seen on Bravo's Real Housewives of New York City. **Holly Mendenhall** owns Unfussy Food in Brooklyn. **Alec Schuler** is Chef/Proprietor of Arugula Bar e Ristorante in Boulder. He recently received 3 1/2 stars.

#### CTP 84E (2002)

**Glenna Clark** is the Finance Manager for the Kripalu Shop at the Kripalu Center for Yoga. **Pat Curley** is a Private Instructor in NJ. **Seana Luddy** is a Baker at Brickmaiden Bread in CA. **Ladan Raissi** is Academy Director at 105 Degrees, a raw food school in OK.

#### CTP 83 (2001)

**Porsche Combash** is a Partner in Three Stone Hearth in CA. **Alex Jamieson** is a Holistic Health Counselor and Author. **Kathy Maddux** owns Great Life Cuisine in HI. **Matteo Silverman** owns 4-Course Vegan in Brooklyn. He also developed and markets a variety of vegan cookies, as well as raw, organic dog treats called Nuggz.

#### CTP 82 (2001)

**Abigael Birrell** is Exec. Chef at Doe Bay Café on Orcas Island. **Bing Lam** owns Bonkuchen in Hong Kong and Focus Pilates in Singapore. **Anie Salerno** is a Personal Chef in NYC. **Whitney Waara** is Director of Operations at the Corporation for Public Broadcasting in DC.

#### CTP 81 (2001)

**Ted Hobart** is the AIDS Walk Outreach Coordinator at Whitman-Walker Clinic in the DC

area. **Martha Newell Maier** is a freelance Chef in Pittsburgh. **Jason Olensky** is a Personal Chef in NY and CT. **Louisa Shafia** owns Lucid Food in NYC. She has a new cookbook out called *Lucid Food: Cooking for an Eco-Conscious Life*.

#### CTP 80E (2001)

**Melanie Driscoll** is the Chef at New Haven Lawn Club in CT. **Anne Gallagher** is a Caterer and Instructor. She also runs the culinary program at Plow to Plate in CT.

#### CTP 79S (2002)

**Isabel Marin** is a Private Chef in NYC. **Aliyah Rowe** is Manager of Nutrition Education at City Harvest in NYC.

#### CTP 78 (2001)

**Tiffany Betts** is opening a vegan café in red Bank, NJ with fellow NGI grad, Gail Doherty. **Cari Herskovitz** is Chef/Owner of Chef Cari Kosher Catering LLC in MI.

#### CTP 77 (2000)

**Leslie Bauer** is a Whole Food Chef and Nutritional Educator in AZ. She also markets a raw food bar she developed called Cocobarra.

#### CTP 76E (2001)

**Lagusta Yearwood** owns Lagusta's Luscious Vegetarian Meal Delivery Service in New Paltz, NY.

#### CTP 75 (2000)

**Susan Lehman** is a Caterer in IL.

#### CTP 74 (2000)

**Catherine Barker-Hoffman** is a Personal Chef/Instructor/Consultant in NYC. She has a blog documenting her adventures in food: <http://bubbledancebrooklyn.blogspot.com/> **Marisa Caltagirone** is a Nutritionist/Educator for Country Life Vitamins in NY. **Sara Robillard** is a Private Chef in NYC and an Instructor at the Natural Gourmet. **Andrew Semler** owns Lucky Cat Farm & Lucky Cat Bakery in OH. **Camilla Sherret** owns The Bison Mountain Bistro in Banff. **Deborah Soffel** is a Personal Chef/Caterer in NYC. She has a blog called Grapes and Greens. **Carrie Spence** is a Personal Chef in NJ.

#### CTP 72E (2000)

**Sue Collinson** is Culinary Coordinator at a recovery facility for mental illness on Martha's Vineyard. **Tom Falconi** is a Personal Chef in NY. **Judith Friedman** is the Program Director at the Natural Gourmet Institute for Food and Health, as

well as an Institute Instructor. She's also a Board member at NGI. **Athina Holmes** is the Vegetarian Chef at Ocean Ave. Green Market Café in Boynton Beach, FL.

#### **CTP 71 (2000)**

**Vanessa Allen** is a Personal Chef/Caterer in NJ. **Monique Rugile** owns Savor in Denver. She's also an Instructor at The School of Natural Cooking in Boulder. **Sofia Wilt** is a Personal Chef, Caterer and Instructor in HI.

#### **CTP 70S (2001)**

**Carol Gawryszeski** is a Cook/Instructor for cancer prevention and survival in The Cancer Project's Food for Life cooking series sponsored by PCRM.

#### **CTP 69 (1999)**

**Carrie Bader** is a Health Coach for Regence in Portland, OR. **Jennifer Casey** is an R.D. at Gerald L. Ignace Indian Health Center in WI. **Heidi DeCosmo** is Exec. Asst. to Chef Cary Neff, V.P. of Corporate Culinary Services at Morrison Management Specialists in PA. **Yvonne Reece** owns Jorac Associates, Inc. in VA. She conducts vegetarian cooking classes, lectures, workshops and private consultations.

#### **CTP 68E (2000)**

**Gaby Sherrow** owns Gaby's Granola in NYC.

#### **CTP 67 (1999)**

**Peter Brown** is the Chef at the Jimtown Store in Sonoma County, CA. **Tracy Horwitz Milenkovic** works at Chef's Inc. as a Teacher's Assistant.

#### **CTP 66 (1999)**

**Rebecca Katz** owns The Inner Cook in CA. She's also a Cookbook Author and Exec. Chef at the Center for Mind Body Medicine. **Shawn Kroop** is Exec. Chef/President of Personal Chef Services of Hana in HI. **Mafalda Pinto Leite** is Food Editor of Blue Cooking Magazine in Portugal. She's also an Author and a regular on a TV show for women.

#### **CTP 65S (2000)**

**Debbie Kleinen** is completing a nutrition educator certificate program at the National Institute of Whole Health in MA and doing private cooking consultations.

#### **CTP 64E (1999)**

**Irene Dorosh** is a Personal Chef in NYC. **Tara LaRuffa** is Union Square Publicity Programmer at Greenmarket, CENYC. **Michelle Sister** is a Personal Chef/Caterer in CA.

#### **CTP 63 (1999)**

**Janelle Sterner** is Chef/Director of Research and Development at Inland Empire Foods, Inc. in CA.

#### **CTP 62 (1999)**

**Sara Kuntz** is Retail/Marketing Manager at Rowe Farms in Toronto. **Kookie Silva** is Asst. Registrar at Teachers College, Columbia Univ. in NYC. **Cassie Tolman** opened Pomegranate Café in AZ.

#### **CTP 61 (1999)**

**Erika Closter** owns Lizard Thicket Farms in HI. **Julie Kaye** is an RD. **Amanda Nahas** is Chef/Owner of From Scratch Personal Chef Service in NJ.

#### **CTP 60E (1999)**

**Gail Doherty** is a Personal Chef and an Instructor at Whole Foods Market in NJ. She'll be opening a new vegan café in Red Bank in 2010 with fellow NGI grad, Tiffany Betts. **Sarah Doyle Lacamoire** has a blog, The Epicurean Scribe: [www.fudryter.blogspot.com](http://www.fudryter.blogspot.com). **Mary Jo Fuoco** is a Corporate Flight Attendant/Chef for Graham Capital. **Laura Solimano** is a Nutritional Counselor/Personal Chef in CT. **Elise Spiro** owns Conscience Confections in Eugene, OR.

#### **CTP 59 (1998)**

**Birgitte Antonsen** is a Culinary Educator and Nutritional Therapist in Seattle. Her business is called Nature's Way Food. **Alexandra Borgia** is a full-time Instructor at the Natural Gourmet as well as a Personal Chef.

#### **CTP 58E (1999)**

**Alice Benedetto** owns Raw Indulgence, Ltd. **Marcella Friel** is Food Services Mgr. at Spirit Rock Meditation Center and an Instructor at Bauman College in CA. **Lacey Sher** owns Encuentro in Oakland, CA.

#### **CTP 57 (1998)**

**Antonia Chan** has a Garde Manger position at Restaurant Daniel in NYC. **Jacques Gautier** is Chef/Owner of Palo Santo in Brooklyn. **Sherry Krum** owns The Wholesome Krum in MD.

#### **CTP 56 (1998)**

**Amanda Cohen** owns Dirt Candy in NYC. **Nino Jovicic** is a Personal Chef and Certified Nutrition Consultant in San Francisco. **Claudia Mouw Sack** works at Universal Studios in CA.

#### **CTP 54 (1998)**

**Nikole Paulos** is the Chef at Laurel Springs

Retreat Center in Santa Barbara, CA

#### **CTP 53E (1998)**

**Donna Goldman**, aka "D," is catering and hosting "Distinctive ParTEAS"™ in NYC. **Stefanie Sacks, M.S.**, is a Culinary Nutritionist in NY. She works hands-on with individuals and groups in transition to a healthier diet as a Food Counselor, Nutrition Educator and Chef Instructor.

#### **CTP 52 (1998)**

**Martha Diaz** is the Chef at Jandi's on Long Island. **Carlin Greenstein** is a Personal Chef in NYC. **Rachel Koladis** is Operations Mgr. at Marquee Events and Catering in CT. **Mary Jo Romano** is a Food Consultant in CT. She does recipe development, food styling and marketing/sales support for national food companies. She also teaches cooking classes and provides dietary consultations.

#### **CTP 51 (1998)**

**Rob Bognar** is the Chef at Summerhouse Grill in PA. **Kathleen D'Angelo** is a Personal Chef in NJ. **Tatiana Cardoso** owns Moinho de Pedra in Sao Paulo. **Marcella Dirks** is a Personal Chef in San Francisco. **Eric Hunter** is Owner/Executive Chef of Kem-Ra, Inc. **Gillian Rosenthal** is a Personal Chef in NYC.

#### **CTP 50E (1998)**

**Sue Cadwell** and **Nancy Persoons** are Partners in Health in a Hurry in Fairfield, CT. **Elana Cohen** is a Food Counselor and Menu Consultant in NJ. **Adriana Estefan** owns Market Café in West Orange, NJ and caters for medical offices and St. Barnabas Hospital. **Jackie Sharlup** owns Tula Kitchen on Long Island. **Heidi Klein Valenzuela** is a Personal Chef in Chicago.

#### **CTP 48 (1997)**

**Colleen Holland** is Co-creator and Assoc. Publisher of Veg News in CA. **Soraia Melo** is a Private Chef in CT. **Eric Rickmers** is the Chef at The Jamesport Manor in Jamesport, NY.

#### **CTP 47 (1997)**

**Dina Brighish** owns The White Pig Bed and Breakfast in VA. **Nicole LoBue** owns LoBue Events in San Francisco. **Mitch Orland** is the Executive Chef, Director of Food Service and Director of Meat & Seafood at Earth Fare in Asheville, NC. He's also on the Board of Directors of Wild South, the leading protector of public lands in the Southeast. **Cheryl Robbins-Dooley** owns and operates Blackflower Chocolate in VT.

#### **CTP 46E (1997)**

**Jennifer Branitz** owns Karma Road in New Paltz, NY. **Natanya Siegel** is a Chef, Consultant, Teacher and Knife Sharpener in Tucson.

#### **CTP 44E (1997)**

**Michal Schlierer** is a Product Development Chef at Unilever in Germany. He also owns a small farm where he grows vegetables and raises sheep and chickens.

#### **CTP 43 (1997)**

**Lisa Gabriel Eklund** is a Contract Chef at Hilton Head Health Institute in SC. **Rebecca Hays** is Managing Editor of Cook's Illustrated in MA. She also appears regularly on the PBS cooking show, *America's Test Kitchen*. **Melissa Heffernan-Abbott** is a Health & Wellness Trends Analyst at The Hartman Group in Seattle. **Marie Holtz** is the Pastry Chef at Café Flora in Seattle. **Daniel Landes** owns WaterCourse Foods, WaterCourse Bakery and City O' City Bistro in CO. He also opened a vegetarian travel hostel in Oaxaca, Mexico. **Laura Pole** owns Eating for a Lifetime in VA and is the Chef for Smith Farm Retreats. She's also working on a cookbook for Smith Farm's Community Breast Cancer Navigation Program, as well as a children's theatre project focused on healthy eating. **Julie Roberts** owns Julie's Dinner Delivery in CA.

#### **CTP 42 (1996)**

**Patricia Call** is Chef/Partner at New Leaf Natural Cuisine, LLC. **Jessica Prentice** is a Chef, Food Activist, Author and Founder of Wise Food Ways in CA. She is also a Co-founder of Three Stone Hearth, Locavores and the Eat Local Challenge. **Barbara Schwartz** owns Veggie Barbara in CA.

#### **CTP 40 (1996)**

**Tommy Habetz** owns Bunk Sandwiches in OR. **Joshua Miller** is Chef/Kitchen Manager at Food Dance Café in MI.

#### **CTP 39E (1997)**

**Hillary Stern** is a Food Counselor/Educator in New Milford, CT. **Elisa Winter** owns Order, Please in Kingston, NY. She's also Sous Chef at Omega Institute in Rhinebeck.

#### **CTP 38 (1996)**

**Christine Maguire** owns Rinconada Dairy in CA. **Paulette Prudhon** is an Instructor at the Education Center at On Top of the World in FL.

#### **CTP 37 (1996)**

**Elizabeth Edwards** owns Simple As Gluten Free



in IA and works as a Lifestyle Coach & Mentor. She also works with the National Foundation for Celiac Awareness educating schools, restaurants and hospitals in how to safely serve gluten-free foods.

**Laura Hilliard** is a Personal Chef/Instructor in CT.

#### **CTP 36 (1996)**

**Chris Erickson** is a Chef and Caterer in Newport, RI. **Nick Heidemann** is Exec. Chef/GM at The Harbor House Inn in Mendocino. He also maintains a goat farm/dairy and runs a catering company. **Ken Hubscher** owns Planet Lime Marketing in Canada.

#### **CTP 35E (1996)**

**Gabrielle Ettlinger** is the School Wellness Program Coordinator at the NYC Dept. of Health and Mental Hygiene. **Alex Grant** is a Yoga Teacher & Caterer in Australia.

#### **CTP 34 (1996)**

**Ali Ghiorse** owns Savory Thymes in CA. **Sheri Silver** is a Holistic Health Counselor who is currently studying a raw foods lifestyle. She also has a meal delivery business and caters events with her husband in the tri-state area. **Marguerita Mees** is a Personal Chef in CA.

#### **CTP 32 (1995)**

**Elliott Prag** is a full-time Instructor at the Natural Gourmet. He's also a Recipe Developer for Vegetarian Times Magazine.

#### **CTP 31E (1995)**

**Kathryn Bari** owns The Health Chef on L.I. **Glory Mongin** works at Café Paradiso in Ireland.

#### **CTP 29 (1995)**

**Kate Colson** is a Culinary Instructor at Kitchen Conservatory in St. Louis.

#### **CTP 28 (1995)**

**Melanie Brock** is a Substitute Teacher at Granet School in UT. **Amy Gordon, R.D.** is a p/t Instructor at the Natural Gourmet. **Sascha Weiss** is the Exec. Chef at The Plant Café Organic in San Francisco.

#### **CTP 27E (1995)**

**Debra Erbacher** is the Cook/Educator at Amazing Magic Beans Learning Center in Queens. **Hiranth Jayasinghe** is Exec. Chef/Partner at Blue Earth Caterers in NJ.

#### **CTP 26 (1994)**

**Lisa Boymann** is Director of CTP Faculty Administration and an Instructor at the Natural Gourmet.

#### **CTP 24 (1994)**

**Judith Shapiro** is the Night Manager at the Natural Gourmet.

#### **CTP 23E (1994)**

**Laura Stucin** is a Personal Chef in NYC.

#### **CTP 22 (1994)**

**Frank Morris** is the Founder of Ecologic Advisors in NY.

#### **CTP 21 (1993)**

**Caroline Fidanza** left Diner and opened Salties in Williamsburg, Brooklyn. **Dana Nichols** is a Juicepreneur and Principal in Adina World Beat Beverages in CA. **David O'Brien** is a Personal Chef in NYC. **Carolyn Weeks** works at Whole Foods and does freelance catering in CA.

#### **CTP 19 (1993)**

**Elizabeth Kapstein** is a Social Worker in NYC. **Karin Turett** is a Personal Chef in Utica, NY.

#### **CTP 18 (1993)**

**Bob Arndt** owns Jackson Hole Grocer in WY.

#### **CTP 17 (1993)**

**Marlene Liff-Anderson** is Executive Chef/Owner of FireWorks Restaurant & Bar in Corvallis, OR.

#### **Prior to 1992**

**Fran Costigan** is an organic, vegan, fairtrade Dessert Specialist (including gluten free). She does cooking demos, in-home classes and cooking parties, recipe development, consulting, speaking engagements, writing and custom desserts. **Sarah Cuyler** is a Private Chef in Locust Valley, NY. **Peggy Edwards** is Chef/Manager at Montgomery's Café in VT. **Liz Gagnon** is the Chef at Nature's Temptations in NY. **Myra Kornfeld** is a Cookbook Author and an Instructor at the Natural Gourmet. **Jeanette Maier** owns Fancy Girl Catering in NYC. **Leslie Morrison** is a Personal Chef and Cooking Instructor in NJ. **Cheryl Perry** is an Instructor at the Natural Gourmet. **Eric Tucker** is a Cookbook Author and Executive Chef at Millennium in San Francisco.

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