

NATURAL GOURMET

INSTITUTE

FOR HEALTH & CULINARY ARTS



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THOUGHTS FROM THE FOUNDER

by Annemarie Colbin, Ph.D.

MEMORIES AND MOVING ALONG

The other day I was reminiscing a little about the beginnings of the NG 30 years ago, especially during the late '70's, and I thought maybe I should share some remembrances, as well as do a little name dropping and show off. One of my fondest memories is from the spring of 1979. I had a cooking class on basics and expected about 8 people whose names I all knew. Mind you, this was in my home kitchen. The doorbell rings, and who are there but John Lennon and Yoko Ono. I invite them in, John puts out his hand and says, "Hi, I'm John, this is Yoko, and Gloria Swanson sends regards." My first thought was, 'I'll coast on this one for a while.' I had met Gloria a number of years earlier, through William Dufty (author of *Sugar Blues*), who was hanging around the macrobiotic restaurants in the late '60's. We had become friends. When he and



Gloria bonded over their shared concerns about food quality, they used to come over for dinner at the 4th floor walk-up apartment on the East Side that I shared with my then-husband, Rod. In fact, Gloria used to say that mine was the only home where she didn't have to worry about the food.

So now here I was in my West-Side kitchen, with John and Yoko and five or six other people, and I think nobody was breathing. The class went well, and John got really interested in numerology as we discussed it, so I gave him a reference, which I later found out he did follow up on. We ate, we chatted, and everyone seemed pleased. Then they never came back. I thought, of course, they should just train their cook.

There were a number of "names" that came through my doors in those days. Christie Brinkley came in for a consultation. In one 4-session cooking class in 1978 I had Christine Ebersole and Christine Andreas, both young actresses with a musical background, who I could feel were destined for great things. I saw Christine Ebersole in "Dinner at Eight" a few years back and decided to go greet her backstage. I wondered if she remembered me after all those years. When we met, and I said my name, she threw her arm around me and welcomed me most warmly. Of course I went to see her in "Grey Gardens" this past year. What a thrill!

Peter Boyle took many cooking classes, as did Victor Garber. Later on they both became really well-known as actors.

I can also say that the Natural Gourmet had the privilege of being the only organization that Walter Matthau made a commercial for. After she had studied with me for a year, I found out in 1985 that Jenny was his daughter. When I moved the school to its current location on West 21st Street, he came to the opening party. Eventually he agreed to do a commercial for us. This was a big deal because Walter never did commercials, which he thought lied and duped the public. A credit card company wanted him to do one, and he said he would if he could warn people that they would be in hock for

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life if they got a credit card – so of course that didn't happen. Bernie Gavzer (who I had started dating in the mid-eighties and is now my husband) was a producer at NBC News, and he would produce the commercial as he produced my videotape, "Basics of Healthy Cooking." We hired a professional writer to write the script. When we got it, Jenny thought it wouldn't work, and Walter hated it. So Jenny and I got together and wrote up a script that she thought her father would be willing to speak.

We did the commercial, and it came out really well. The costs were reasonable because neither the talent (Walter, Jenny and I) nor the producer (Bernie) were paid. Then we found out how expensive it was to run a commercial on TV! We ran it a couple of times at odd hours, and that was that. Now that we are in an Internet world, we are looking into putting it on YouTube as a quaint relic of old times. Check the NG website, www.naturalgourmetschool.com for further information on this later in the year. That's how we will be forever young – online! Meanwhile, also check out my own video blog, www.holisticnarchy.com, and don't hesitate to add your comments.



ON THE PRESIDENT'S MIND

A NOTE OF GRATITUDE

With Thanksgiving and the 30th anniversary celebration of the Natural Gourmet just behind us, it feels appropriate for me to express my gratitude and give acknowledgement to those individuals who have supported me.

I came to the school in 1984, first as a student/apprentice, then as a teacher, followed by Director of the CTP, Co-President and finally President. Over the years I have faced many novel challenges and responsibilities as I entered each new realm of my work. It hasn't been easy, but when I think of all the incredible opportunities I've been able to take advantage of, it's certainly been worth it. I have always approached the world through the eyes of a "foodie". While food is essential to everyone's survival, for me, it is also an art form and plays an important role in the way people think, feel and behave. Through the many roles I play at the school, I am able to prepare food, write about food,



critique food, and best of all, eat food, which is often incredibly unique, beautiful, nourishing and delicious. Best of all, I am surrounded by people who share the same passion.

My first acknowledgement must be to Annemarie Colbin, a great visionary, who took her first leap of faith when she asked me to teach a cooking class to the public shortly after I had finished taking her Teacher's Training Program. It was entitled "Fall Fruit Desserts," and although I was very nervous, I embraced my new endeavor with great enthusiasm, and it was a big success. I continued teaching and was asked by Annemarie to be a chef for the school's Friday Night Dinners, though I had no real previous quantity cooking experience (her second leap of faith). I continued teaching and cooking, happy as a clam, until Annemarie informed me in the early 1990's that the school was in serious debt and would be closing. She explained that she was exhausted and no longer had the energy to make it work. I remember thinking that I could not let this happen, having carved out a nice little career for myself. I implored her not to give up on the school and assured her that I could turn things around. It is somewhat amazing to me that she agreed to let me run the day-to-day operations of the school (third leap of faith), and I became an administrator, having had no prior experience in this realm. The school has grown and flourished over the last 15 years, and it would not have been possible without the hard work and talent of all the people I have worked with during my tenure at the school.

I would like to give special thanks to the following individuals who are no longer working at the school: Gary Isenstadt, an instructor who gave me his support and confidence and conveyed this to Annemarie, Jerome Rubin who first suggested the idea of a vocational Chef's Training Program, Diane Carlson, who was Director of the Public Classes and my Co-President until 2003 and Tim Healy, who was Chairman of the Board of Directors until 2007 and made our expansion into the third floor possible.

I also give great thanks to our current staff made up of the following individuals: Merle Brown, Vice-President, Admissions Director and Marketing Director whose warmth, kindness, energy and insightful sense of humor make the most tedious tasks fun, Sue Baldassano, Director of Education and Instructor, who combines an unsurpassable work ethic with an irreverent sense of humor and phenomenal culinary talent, Mark Mace, Operations Manager, whose organizational skills, technical genius and work ethic have not only made our

expansion possible, but also greatly improved daily operations, Rosemary Serviss, Placement Director, whose uncanny ability to find the perfect words to express ideas have made her a valuable ally in marketing endeavors as well as placement, Lisa Boymann, whose organizational abilities, insight and down to earth approach to life and work are invaluable, Jeri Rostron, Office Manager, whose sunny disposition, welcoming demeanor and computer wizardry are a lifesaver, Priscilla Rostron, Weekend Office Manager, whose warmth, kindness and sense of self are endearing, Judith Shapiro, Evening Office Manager whose candor, storytelling ability and negotiating skills are greatly appreciated, Judith Friedman, Program Director of the Institute for Food and Health, whose professionalism, wise outlook on life and Yiddish vocabulary are incomparable, Susan Cleland, Director of Registration, whose intellect, computer skills and lack of pretense are great assets, Alexandra Borgia, Full-time Instructor, whose culinary artistry, caricatures and generosity are unparalleled, Elliott Prag, Full-time Instructor, whose culinary prowess, sardonic wit and maternal instinct are unsurpassed, Meredith Minogue, Admissions Representative, whose idealism, commitment to our mission and artistic talent are admirable, Myriam Fieulleateau, Head Steward, whose efficiency, cooperative spirit and discerning eye make her a pleasure to work with, Adrian Brown, Steward, whose kindness and commitment to his work are appreciated, Raymond Rosario, Steward, whose considerable knowledge and appreciation of food are strong assets, Mayolo ("Daniel") Colin Porter, who seems able to fix absolutely everything, Catalina Macalinao, Comptroller, whose pride in her work, attention to detail and impressive abilities with numbers are indispensable, and Sandra Bidon, Registrar, whose computer skills and lovely demeanor are a welcome addition to our staff. Thanks to all our part-time instructors for their invaluable contributions: Jill Gusman, Melanie Ferreira, Myra Kornfeld, Rich LaMarita, Cheryl Perry, Amy Gordon, Archana Gogna, Barbara Rich, Anthony Moraes and Annie Kunjappy.

Finally, I'd like to thank all our talented students for their interest in and commitment to the Natural Gourmet.

It is a pleasure and an honor to work with all of you.

Jenny

ADVENTURES IN COOKING

by Sue Baldassano

Let's see...my last few articles have been about:

A Six Year Old with Brain Cancer

My Dying Cat....My Dead Cat

My Sick Father...My Dead Great-Grandfather

My New Cat Who Reminds Me of Three Dead Relatives

The recent birth of a grandson has made me think perhaps a lighter, more joyous theme is now in order. A little Yin to my Yang? As I ponder my little grandson's navel (and cheeks and chubby legs), I have a Eureka moment--**Pomegranate**, symbol of fertility and new beginnings, the "true apple" in the garden of Eden which, by the way, has a navel reminiscent of a newborn's belly button. It is a perfect fruit to explore for the next few pages.

My first encounter with a pomegranate was at age 8 when my Sicilian grandmother would hold a pomegranate in both her hands and present each grandchild with this fruit as we entered the door of her home. Honestly, I would have preferred she presented me with a Barbie convertible in both her hands, but even as a self-absorbed 8 year old, I could tell this leathery red sphere which she called a "Chinese Apple" was a very big deal for Grandma.

I can't say I really enjoyed the tart, sweet and even bitter flavors of the jewel-like sacs or the hard to chew tiny seeds, but visually this sort of "Apple" was mesmerizing. It reminded me of little rubies, and I fantasized about making rings and necklaces out of those translucent little kernels.

Much later on when I began to cook professionally, pomegranates returned to my consciousness. As with many of my best culinary experiences, it was prompted by students of the Natural Gourmet. I believe it was CTP 71's Friday Night Dinner. The theme was Middle Eastern, and the students planned a pomegranate glaze to go over a small, round cake, garnished with pistachios.

Back then, there was no Pomi brand juice, and it was difficult to find affordable pomegranates in Manhattan, so we decided to venture into the hinterlands (Brighton Beach, Brooklyn) and score cheap and juicy pomegranates at a large vegetable



stand near the ocean.

David Zelak, a student, and I took the long ride on the D train and returned groaning with 35 lbs. of pomegranates (and yes, of course, it was 15 lbs. more than we actually needed). I offered to juice all the fruit for the dinner, first removing the seeds and then squeezing them through cheesecloth. It took 4 hours to get the juice and 4 days to remove evidence of the juice from my hands and nails. (My uniform, I donated to the "Cause" because pomegranate juice stains, and stains badly.)

I honestly don't remember the rest of that Friday Night Dinner meal besides that sparkling ruby red glaze that got me thinking about this strange fecund fruit that my Grandmother and many parts of the rest of the world are so hot about.

When I finally visited Sicily, I encountered pomegranates in a slightly different guise. They were smaller and pinkish with light pink and pearl-colored sacs (or arils). They are not as pretty as the garnet ones, but the flavor is similar. In Sicily, they use them for sauces, sorbets, liqueurs, preserves and often as a tenderizer for meats like rabbit.

Pomegranates are not only packed with seeds, they are packed with folklore, mythology and religious references. In Sicily, we visited the Fountain of Arethusa where Persephone, the kidnapped goddess of the underworld was tricked into eating a few pomegranate seeds by Hades (King of the Underworld). When her mother, Demeter, (Goddess of the Harvest) learned of her daughter's abduction, she went into a major depression and basically shut down the growing season. Finally, Zeus stepped in and offered a compromise. Persephone, because she had succumbed and eaten the pomegranate seeds, would remain underground for 3-4 months (Winter); the remainder of the time she would be "upstairs" with Mom. Whether she preferred the underground or the months with Mom we will never know.

Sicily (by way of Greece) and Grandma aren't the only ones to claim pomegranates, however. Wild pomegranates are native to Afghanistan, Iran and Northern India. Since ancient times, they have been cultivated all over the Mediterranean, Asia, southeast Asia and tropical Africa. In 1769, the fruit was introduced to California by the Spaniard settlers. In the U.S., pomegranates, which are drought tolerant, are now grown in California and Arizona.

Rich, not only in mythology, culture and religious motifs, pomegranates are also rich in antioxidants, Vitamins B, C, E, iron and

potassium. Recent lab studies in Israel indicate that pomegranates may reduce heart disease factors and also be effective against prostate cancer and osteoarthritis. Pomegranates are supposedly more antioxidant rich than other juices, red wine and green tea.

As for culinary use, pomegranate seeds can be enjoyed as a crunchy garnish for both savory and sweet dishes, and yes, the tiny hard parts of the seeds can be eaten. They are, in fact, loaded with fiber.

Pomegranates can be juiced and enjoyed as sauces, syrups, wines, jellies, sorbets and chutneys. Back in the day, the juice was used as a fabric dye, and as of 2006, if you frequent Starbucks (I do not), you may have noticed they came up with a Pomegranate Frappuccino drink.

The seeds from pomegranates, known as anardana, can be dried for 10-15 days, ground and used as a replacement for pomegranate syrup. The best quality seeds are from the Himalayas. I've actually seen them at Kalustyan Market.

More info on Pomegranates

Size: 2 ½-5 inches

Yield: one medium = ¾ cup seeds = ½ cup juice (This information would have been great when David and I schlepped 35 lbs. back to school on the train.)

Selection and storage: In the northern hemisphere, pomegranates are available between September and January. The skin should be thin and unbroken. The fruit should feel heavy for its size with no mold around its stem. They can be held at room temperature for 10-12 days and longer in the refrigerator. The seeds can be removed and frozen without ill effects.

To juice: Warm fruit slightly and roll between hands to soften exterior. Poke hole into stem end. Place fruit stem-end down into glass to allow juices to flow out, squeezing fruit from time to time to extract as much juice as possible.

To remove seeds: (*Method 1*) Cut crown off fruit, removing with it some of the white pith. Lightly score skin in quarters, from stem to crown end. Firmly, yet gently, break sections apart following score lines. Bend back skin and gently scoop the seed clusters into a bowl. (You can also place fruit in bowl of cool water and remove seeds "underwater" to reduce bloodbath effect on hands and uniform.) (*Method 2*) Cut fruit in half vertically with cut side up. Make 4 equally spaced cuts, 1 inch long and 1 inch deep. Hold ½ fruit, cut

side down over deep bowl and pull fruit apart using equal pressure from both hands. Holding fruit half, cut side down, in palm of hand, whack top off fruit with back of a large spoon—seeds will fall out.

If all that sounds just too plain exhausting, you can purchase Pomi brand pomegranate juice which is closest in taste and color to the fresh. Other brands tend to darken to a dark murky brownish color, especially when cooked.

My new grandson was wrapped in swaddling blanket and presented with both hands to Grandma (me) approximately 45 years after my Grandmother presented the pomegranates to the slightly bratty 8 year old (me). There will still be loss, death and endings in all of our lives, but there will also be new beginnings. Didn't someone say, "Be fruitful and multiply"? And if that doesn't work for you, at least drink up. It's good for you!

UPCOMING COOKING TOURS



To Grandmother's House We Go...

Oaxaca, Mexico

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Groups limited to 12 people per trip

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AN INTERVIEW WITH AAJONUS VONDERPLANTZ, PH.D.

by Nathan Donahoe (CTP 113)

How did you get involved with health and nutrition?

I was given 3 months to live after undergoing the normal deadly medical treatments for cancers of stomach, blood, bone and lymphatic system. Actually, medical treatments produced all of my cancers starting with treatment for stomach ulcer. While I was preparing to die when I was 21 years old, an 18-year-old African American volunteer from a hospice suggested that I drink raw carrot juice and raw milk. Within two weeks of drinking them, my juvenile diabetes completely subsided as well as my developmental autism. The autism was caused by a tetanus vaccine given to me when I was 18 months old. After drinking carrot juice and raw milk, I was finally able to understand language and read with comprehension. I was so affected and effected by the changes that I began to read about nutrition and diets voraciously. Over the next year, three times I stopped drinking those substances and returned to eating soda and donuts, and symptoms of autism and diabetes returned within two weeks. Each time I returned to drinking raw carrot juice and raw milk, symptoms disappeared within two weeks. That was absolute proof to me that those raw liquids substantially helped my health and processed foods damaged my health.

What is the main theme of your diet?

Healthful results are the theme. My diet, that I call the Primal Diet, consists of mainly eating RAW animal foods as dairy, eggs, unheated honey and meats. Raw vegetable juices and a little fruit are about 10% of the diet. Raw milk, raw cream, unsalted raw butter, unheated honey and raw eggs are main ingredients for most people. This diet helped at least 15,000 people reverse 95% of almost all diseases. About 1,500 remedies are given for over 200 diseases in my book, *We Want To Live*.

What research have you done to prove this?

By research, I will assume that you mean experimentation as well as other scientific studies. I accomplished 7 types of laboratory experiments, 38 years experimenting with my health and 32 years experimenting with other people's health as well as researching existing scientific data that supports the Primal Diet. Supportive scientific data can be found in the last 50 pages of my book, *The Recipe For Living Without Disease*. You may purchase my

books quickest by calling BookMasters at 800-247-6553.

What research have others done to prove this?

Drs. Pottenger and Howel, Stefansson, Price, Ravenskov, Douglass, Epstein, Calabrese, Guille, Watts, Lodovic, Mourin, Nair, Whyatt, White, Arab, Rutka, Lingwood, Weinstock, Iacono, Cavataio, Montalto, Newmann, Root-Bernstein, Lee, Morris, Harmon, Roth, and many others have proved that raw foods do not foster disease, that cooked and processed foods foster diseases, that raw fats are absolutely important to health in many ways, that eating raw meats and raw dairy promote health, and that industrial pollution is the main cause of disease, especially medical therapies. Most health problems begin with antibiotics that destroy digestive systems and vaccines that poison at least children's brains and nervous systems with liquid mercury and aluminum, detergents, ether and formaldehyde. Vaccines are criminal. Let adults take them if they want but children should not be poisoned with vaccines. There is no sound scientific evidence that vaccines prevent disease. There is much scientific evidence to prove that vaccines cause many diseases.

What steps can chefs take to minimize health risks related to raw meat and raw dairy?

From my 32 years of experience and experiments with humans and animals, fear of microbes that are commonly found on meats from slaughtering are either health-promoting or benign. In reality, there are only health benefits from bacterial inundation in raw dairy and raw meats. They may not taste as appetizing and stink to our overly narrowed tastebuds and olfactory glands but they foster health. Take for instance, the feared trichinosis parasite. It is accused of causing illness and death in humans. Dr. Joel Weinstock, a gastroenterologist from the University of Iowa, proved that giving humans trichinosis fostered improved digestion and near complete alleviation of symptoms from inflammatory intestinal problems that had persisted from 10-32 years. Those were sick people who suffered from almost everything they ate or drank. Then in a matter of days, their symptoms disappeared. They were able to eat almost anything while the parasites were alive and well in their intestines. When the parasites died because of chemicals in processed foods that they ate, symptoms returned. The medical and processed food communities created the trichinosis-myth that it caused disease or was fatal. Why? The only conclusion I can derive is that intestinal problems force people to take medication. It is pharmaceutical/medical profits or your health. Which do you

think is most important to pharmaceuticals and most doctors? It is their livelihood. Many tribes eat bacterially rich raw meats and milk without illness but with healthful effects. For decades, I and thousands of sick people have eaten bacteria-, fungus- and parasite-inundated meats and dairy without ill effect but with healthful results. There are absolutely no tests done by any medical scientist or university that proved animals, including humans, developed bacterial or parasitical illness from eating raw meats or dairy. It is pure myth. I had a vagotomy at 20 because of stomach ulcer and cancer. That was 40 years ago. I do not secrete hydrochloric stomach acids. Doctors warned that for the rest of my life, I could not eat raw food for danger of parasitical and bacterial food-poisoning. I've eaten 99.99999% raw food since February 1972. I have not gotten parasitically or bacterially ill from eating raw meat or raw milk. The things that cause food-contamination and consumer-poisoning, illness and disease are the chemicals used to prevent bacterial contamination, such as cleansers, ammonia and bleach. Those chemicals left on surfaces and machines where food is processed are the poisons that harm people. We are full of bacteria such as salmonella, campylobacter, listeria and E.coli. They help us perform a variety of functions including digestive, cleanse and growth. They do not hurt us. Many so called bad bacteria are our internal janitors. Sure they are often found whenever we exhibit ill symptoms but they are not the cause. They result from the disease as part of the cure.

Why are there so many regulations and laws that say the opposite then?

Follow the money. Anti-bacterial everything is a multi-trillion-dollar-industry. Medically propagated fears of microbes keep people going to doctors and taking drugs such as antibiotics and vaccines, all with short or long-term side effects. Who do you know who has cancer because they are deficient in chemical poisons? You may find much more information about me and the Primal Diet at www.PrimalDiet.com and www.WeWant2Live.com. Also, place my name in a search engine.

Nathan Donahoe is the author of The Amish Diaries, a recently published book describing the time he spent living with the Amish and transitioning to a raw food diet. His diaries have been put up as a blog at <http://wewant2live.blogspot.com/>

AN AMERICAN IN BERLIN

by James Barry (CTP 123)

You may remember my writing about my adventure during the summer of 2006 when I was the vegan/vegetarian chef on the Warped Tour. Well, this past summer, I came to Berlin as personal chef for _____. Sorry, confidentiality agreement keeps me from stating the identity of the lucky person(s). Wait a sec, maybe I'm the lucky one. Anyway, thought I might take the time to share my experience and talk to you about something that is rarely discussed in our field: self-care.

For months, I've had the unusual experience of cooking in a five-star hotel, working intimately with the German chefs and staff of a Michelin star restaurant. The style of healthy cooking that is promoted at the NGI is far from practiced in these parts. Most German food is heavy and meat-based. However, there seems to be a large shift going on in Germany (and maybe the world) towards wanting to eat lighter, whole and all-natural foods. It's still new in these parts, but the energy is building. First time I made a smoothie for my clients, I offered a sample to some of the staff. They looked at it as though I had offered them a glass of crude oil. Yet, now I'm asked almost everyday by the room service staff if I would make them "a smoothie, please."

It's been truly wondrous getting to know the hotel staff and discovering the similarities and differences between our two cultures. One of the most unique comments I received from them after tasting my granola bars was, "It tastes like Christmas." The first time someone said that to me I just smiled to myself. The second time I heard this same comment, I started asking questions. Basically, cinnamon is a spice that is mainly used around Christmas here in Germany. They have a drink that is made only during the holiday that is flavored with cinnamon. I told them about eggnog and how that is the winter holiday drink in the US. Turns out that eggnog is an Easter drink for them.

The organic movement is truly taking off in Germany. Whole Foods-like stores called BioCompany are everywhere. In them, you can find all natural, bio (organic) products. These stores have vast amounts of flavored tofu. Don't hold your breath for a chicken/turkey sausage because there is basically one type, and it looks like a hot dog.

Interestingly enough, I've found things here that I never would have thought I'd find, and then things I expected to find...I couldn't. Try and find brown rice noodles, and you'll be out of luck.

However, if you need shoyu, they've got it. Need a pastry at one of the many bakeries? Hope you don't mind wasps. Go into most open-door street-side bakeries, and there are wasps all over the pastries. The nuttiness of California eating and food consciousness is truly put into perspective here. They typically don't de-fat or alter their food. Decaf coffee, frozen yogurt, low fat anything are hard to find, and Germany is all the better for not having it.

There's nothing glamorous about living in a hotel for a long period of time. Sure, having your room cleaned daily by someone else is a real treat, but the isolation that comes with being someone's personal chef and being on call 24/7 is draining. Different from the constant intense work of the Warped Tour, this experience is all about preparation and waiting. Hoping to participate in that four-hour bike tour highlighting the city? Forget it because you don't have a 4-hour block of time. When on location with a client, you are here for one reason and one reason only: to serve his/her needs. Thus, you'd better make sure you negotiate enough money to keep you from feeling bitter about not having any personal time or care. You may even want to make sure you have a day or part day off and the client knows they need to get food from another source. I've had to learn the hard way with the time off thing. During the first two months, I had three days off total. I'm learning to ask for what I need, and ensure that I have some time for myself. It's important to make sure that you maintain a level of self-care while working these all-encompassing jobs.

Cooking for a living is tough. I'm not just talking about the work conditions or the fast pace found in so many restaurant kitchens. I'm specifically referring to being around food all the time. I've had to really work hard to make sure to take care of myself food-wise. It's so easy after spending your whole day cooking in a windowless kitchen to not want to have anything to do with food. There have been so many days when I just wasn't hungry, so I would go to bed without eating anything. Other days, I would just nibble on leftovers while in the kitchen, never sitting down and having a complete, relaxing meal. What image pops into your head when you think of a chef? Most people would say a large-bellied figure. However, there's another image that many of us in the field have witnessed and/or experienced: the overworked, rail thin, stressed out chef who barely eats. This chef is pale from lack of sunlight and sore from being on her/his feet 16 hours a day.

My relationship to food has always been strained in some way or another. As a child I was a picky eater. I didn't have my first taco until I

was in college. To this day, I've never had a typical hamburger with ketchup, lettuce and pickles on a sesame seed bun. Nowadays, it's by choice, but when I was a kid, I was just plain scared of trying new foods. I've conquered my food phobias, but once I became a career chef a whole new beast was born. Here I am cooking healthy food daily for various clients, but I'm far from being healthy myself. I'm either not eating or eating out because I can't imagine spending my off time in a kitchen -- a quinoa salad for them, a "Holy Guacamole" burrito for me. This is a part of our business that so few talk about. I've had days when I couldn't even get myself to taste the food I was making. I had one client for over a year who would eat only chicken for protein. Just looking at a piece of chicken made me sick, let alone eating it.

It took me about six months to really gain control and find the discipline to care for myself in this new job/environment. I made a pact with myself that I would only go out to eat once a week. I started going for walks outside after long cooking sessions to shake up my energy and change my frame of mind. I found that once I broke free of the kitchen, I was able to realign with my body. Then my hunger would come back and I could better take care of myself. It's amazing what some fresh air can do for the body, mind and soul. Daily, I practiced this conscious, healthy living. Every day I got better and better at taking care of myself. I even regained an excitement for cooking that had been waning after my first year of being a professional chef. So many times, that which we love takes on a totally different tone when it is how we make money.

What sort of advice do I have for those of you going through what I went through? We all have such different needs in any given situation. The most important self-care method I've learned is to be patient. We're already our own worst enemy, so why make it even worse by pretending you're somewhere emotionally that you aren't. If you're not where you'd like to be in your process, just practice patience by identifying the problem, but allowing yourself to not fix it. Just be in it and breathe.

The power of breath can never be overlooked. Take a second to close your eyes, breathe deep into your gut and ground down into the earth beneath you.

Lastly, I would recommend humor. There is something funny about being a healthy chef, caring for all those around you and then not caring for yourself. Try finding the absurdity of any given moment and then, maybe, your emotions won't feel bigger than you.

Through grounding, breath and humor, maybe -- just maybe -- you, too, can get through the career chef humps. Most of all, know that you're not alone. Talk to people, get out of your box, and share your feelings in a similar fashion to the way you share your food.

Danke!

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WHO'S DOING WHAT
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CTP 147 (2007)

Alexis Blake is a Line Cook at the Inn at Millrace in NJ. **Rachel Eakley** is a Baker at Babycakes in NYC. **Federico Saldivar** is a Line Cook at Belcourt Restaurant in NYC. **Leah Shomron** is a p/t Personal Chef in Israel. **David Wilke** is Managing Chef at Jivamukti Café in NYC. **Robert Wilson-Smith** is a Cook at Haramara Retreat in Mexico.

CTP 146 (2007)

Andrea Boje has a personal chef business called The Holistic Chef in NJ. **Chelsea Calvert** and **Todd Smotherman** stayed on as Line Cooks into November at Hell's Backbone Grill in UT, following their internships there. **Isabel Clark** has a holistic health counseling practice called Clark Wellness in Washington, DC. **Catherine Spillers** is a Cook at Madeleine's Bistro in CA.

CTP 144 (2007)

Tanya Bielski-Braham has a personal chef business called Skinny Tomato in NYC. **Jeffrey Breaux** is cooking for yoga students in India. **Liz Calderwood** is a Line Cook at Asia de Cuba in NYC. **Melissa Gellert** is the FND Hostess at the Natural Gourmet and a Personal Chef. **Laura Gibson** has a business called Laura's Sweet Gourmet in PA. **Sara Kramer** has a garde manger position at Blue Hill at Stone Barns in NY. **Bela Moreira** is a Personal Chef & Ayurvedic Counselor in NYC.

CTP 143 (2007)

Marion Banzhaf is the Chelsea CSA Coordinator. **Laurel Bell** and **Emmy Miller** are Co-Chefs at Mighty Diamond in Brooklyn. **Joanne O'Dwyer** is a Line Cook at Clarke Cooke House in RI. **Nicole Lorenti** is Chef/Asst. at Organic Avenue in NYC.

Egret Nirnberg is a p/t Personal Chef.

CTP 141 (2007)

Ji Do is a p/t Pastry Chef at Center Plate in CO. **Michael Giacomello** is the Sous Chef at Vegetate in Washington, DC. **Erika Mallory** and **Dawn Turner** started a catering business called Two Fresh Chefs in Brooklyn. Dawn is also a Cookie Designer at Eleni's Bakery, and Erika is also a Personal Chef. **Rick Marquardt** is a Baker at Whole Foods Market in NYC. **Roderick McCulloch** is a Line Cook at Spoonriver in MN. He also works at Brasa. **Kate Merola** is a Line Cook at the Norwood Club in NYC. **Jennifer Randolph** had a baby boy in June. **Helene Seligman** is a p/t Personal Chef in NYC. **Mary Skinner** is a Personal Chef in FL.

CTP 140M(2007)

Jennifer Columbo is Chef/Owner of Naturally Jeni in NY. **Unju Kim** is a freelance Caterer in NJ. **Lisa LaRoche** is an Assistant Instructor at King's Cooking Studio in NJ.

CTP 139 (2007)

Donald Blue is the Sous Chef at Zizzler's in St. Croix. **Dina Cutrone** has a business called Tall Order in Brooklyn. She offers personal chef services, dinner parties, cooking classes, holistic health counseling and healthy living lectures. **Caroline Ishii** has a business called ZenKitchen in Ottawa. She provides personal chef services, catering, cooking lessons and monthly gourmet vegan meals. **Yuki Itoh** has a vegetarian cooking school and a raw foods restaurant in Tokyo. **David Lee** is a Personal Chef in NYC. **Amy Leventhal** is a Personal Chef and p/t Cook at Manzanita Restaurant in San Francisco. **Gregg Lewis** has a vegetarian meal delivery business called Green Zebra in Toronto. **Luis Munoz** is Asst. Pastry Chef at Town in NYC. **David Ramseyer** is the Lead Baker at Benevolence in Columbus, OH. **Zoe Schor** is a Cook at Craft in Los Angeles. **Wiebke Wiechell** moved to Germany.

CTP 138 (2006)

Laura Bickhart is Manager at Bloom Naturally in PA. **Amy Bowlen** has a garde manger position at Equinox in Washington, DC. **Beth Dergarabedian** is a Line Chef at TW Restaurant in MA. **Leslie Heilbrunn** is a freelance Writer/Editor. **Sarah McFarlane** is Customer Service Mgr. at One Lucky Duck in NYC. **Mark Orintas** does cooking classes at a wellness center in CT. He's also establishing a coffee roasting business. **Sally Rupert** has a pastry and garde manger position at Owest in NYC. She also works for My Chef Direct. **Montse Vallory** is a Personal Chef and Instructor in Barcelona. **Charlie**

Wilson does product development for Pure Food & Wine and One Lucky Duck in NYC. **Tressa Yellig** is the Chef/Kitchen Manager at Highland Ranch in CA.

CTP 137T (2007)

Jennifer Bozek is a Cooking Instructor at Teaneck High School in NJ. **Shirley Low** is a Line Cook at Pure Food and Wine in NYC. **Melissa Malinowsky** is a Pastry/Line Cook at Norwood Club in NYC. **Linda Monastra** had a baby girl in August. **Kim Stakal** is the Vegetarian/Vegan Chef at My Gourmet Kitchen in Chicago.

CTP 136W (2007)

Jay Bither is helping to open a café in Jackson, MS and testing recipes for The East Coast Tamale Company opening in Memphis, TN. **Laurie Gershgor**n has a business called Healthy Culinary Creations, LLC in Westchester. **Pam Goldberg** is Manager at Prana Café in Ridgewood, NJ. **Deborah Levine** develops gluten-free items for the menu at Silver Spoon Catering in NY. She and classmate, Pam, have plans to start a business specializing in menus for food allergies and gluten-free diets. **Sangeun Lee** works at Daily Soup in NYC. **Elise Maiberger** is a Personal Chef in NY.

CTP 135 (2006)

Gail Berrigan is a Personal Chef and Yoga Instructor in MA. **Kristen Palmer** is a Baker at Claudia's Natural Foods in Toledo. She's also a freelance Retreat Chef. **Mary Wilson** is working at Word of Mouth Catering and at Whole Foods in Austin, TX. She also teaches cooking classes at Home Harvest Organics. **Conor Yates** is a Personal Chef in NYC. He'll be moving to Santa Barbara this summer. **Jessi Zaborowski** is a Pantry Chef at The Inn at St. Peter's Village near Philadelphia.

CTP 134 (2006)

Nicole Alaimo is a Cook/Baker at Linda's Eat Well and Be Well on Long Island. **Susan Ball** is the Director of the Sylvia Center, a nonprofit, farm-based learning center for at-risk kids, funded by Great Performances Catering in NYC. **Susan Calvert** is doing volunteer work for City Harvest and God's Love We Deliver in NYC. **Laura DiScipio** is a Personal Chef in NYC. **LaMana Donadelle** is the Innkeeper and Breakfast Chef at The Inn at 2920 in MD. **Jain Lee** is a Cook at Basic Café in NJ. **Magaly St. Vil** is planning to open her own restaurant. **Melissa Zelenovic** is a Personal Chef in CA.

CTP 133 (2006)

Sarah Hill is the Kitchen Mgr. at Dodo Café in

NYC. **Nicholas Colloton** is a Baker/Decorator at Eleni's Cookies in NYC. **Olivia Go** is a Line Cook at Susur in Toronto. **Molly Schrecengost** is a Private Chef in CA. **Chris Janse Van Rensburg** is a Cook at The Cleaver Co. in NYC.

CTP 132S (2007)

Anne-Marie Henry is a p/t Caterer in NY. **Judea Johnson** is a Baker at Café Gratitude in San Francisco. **Michael Marinucci** is a Cook at Candle Café in NYC. **Lenaya Pongan** is in a work exchange program at The Occidental Arts & Ecology Center in CA. She also cooks weekly dinners at Howard's Café, a restaurant that showcases local, seasonal dishes. **Stefania Rubicondo** is a Baker at Baked in Brooklyn. **Melinda Tracy** is a Personal Chef in NYC. **Sabrina Wu** started a dual degree program at grad school in the fall: MS at Tufts Univ. Friedman School of Nutrition Sciences & Policy and MPH at Tufts Univ. Medical School.

CTP 131 (2006)

Kevin Angley is the Chef at The Organic Connection in Brewster, NY. **Diogo Andrade** is a Cook at Moo in Barcelona. **Melinda Chappellear** had a baby in July. **Diane Collins** is a Line Cook at the Sheraton Hotel in Rockville, MD. **Sonja Lohage** is Lead Cook at the Center for Discovery in Harris, NY. **Danielle Steffener** is a Cook at Kites Restaurant in Vernon, NJ.

CTP 130 (2006)

Hans Bartges has a farm in upstate NY. **Andrea Basile** is a Line Cook at the Standard Hotel in Miami Beach. **Luigi Scarapicchia** is a Roundsman at Franina in Syosset, NY, as well as Chef/Manager at the New York College of Health Professions. **Michael Schurr** is a Private Chef in NYC.

CTP 129E (2006)

Kate Christman is a Nutrition Coordinator/Educator at Urban Nutrition Initiative, Univ. of PA. **Ela Guidon** is a Personal Chef and Instructor in NJ.

CTP 128 (2006)

Rena Ask is a Personal Chef/Caterer in MN. **Amy Ball** is the Lead Cook and Vegan Pastry Chef at Google's Slice Café in CA. **Ginny Evans** is a Personal Chef in the Bay Area. She's also a Prep Cook at Living Room Events and Back to Earth catering companies. **Ngina Johnson** is a Cook at Prune in NYC. **Brandi Kowalski** is Retail Manager of the juice bar at Pure Food and Wine in NYC. **Summer Kriegshauser** is a Health Counselor, Nutrition Coach and Chef in NYC. **Linda Lantos** is a Food Educator at the Children's

Aid Society in NYC.

CTP 127S (2006)

Helena Aktar is a Cooking Instructor and Demo Chef in NY. **Leslie Angle** has a business called Sheffa Foods in NYC. **Nick Dimartino** is a Naturopathic Doctor in PA. **Jill Engelhardt** is a Personal Chef on L.I. **Kristan Flynn** teaches cooking classes for kids at Apple Seeds. **Brian Jones** is the Sous Chef at Perelandra in Brooklyn. **Philip Kess** is the Manager at Provisions Natural Foods on Long Island. **Asya Ollis** is the Sales/Marketing Coordinator for Great Performances Catering/Event Planning in NYC. **Carly Smith** is a Baker at Saint Cupcake in Portland, OR. **Lindsey Williams** is a cookbook Author.

CTP 126 (2006)

Susie Arnold is Kitchen Manager and Executive Chef at Sevananda Food Co-op in Atlanta. **Karen Formanski** is a bakery Team Member at Whole Foods in Chicago. **Sara Gifford** is the Food Service Manager at Jandi's on Long Island. **Cheryl Hines** is a Distribution Agent for Via Viente Juice. **Jill Hitchcock** is the Deli Manager at Abundance Cooperative Market in Rochester. **Annie Kunjappy** is a Personal Chef and a Retreat Chef in NYC. She's also an Instructor at the Natural Gourmet. **Claire Levitch** is a Pastry Chef at Café Sunflower in Atlanta. **Perry Pearson** is the Kitchen Manager at Nutricurean in PA.

CTP 125 (2006)

Stephanie Beine, R.D. is a Line Cook at Millennium in San Francisco and an Instructor for The Cancer Project. **Jana Keith-Jennings** is a Pastry Cook at Gramercy Tavern in NYC. **Chandra Lee** is a f/t Clinical Dietician and a p/t Nutrition Consultant for Johnson's Nutritional Services. She does cooking & nutrition workshops for HeadStart and daycare centers in all 5 boroughs. **Aja Marsh** is a Personal Chef/Caterer and Lifestyle Coach in NYC and Austin, TX. **Derek Treuer** is Kitchen Manager at The Rice Diet Program in NC.

CTP 124S (2006)

Madea Allen is a Line Cook at Jill's in Brooklyn. She also conducts cooking classes and wellness workshops. **David Carpenter** is a freelance Cooking Instructor and Demo Chef in PA. **Adrianna Holiat** has a holistic health counseling business called Allergy Kind. She's also a Personal Chef in NYC. **Erin Hoppin** is west coast Regional Manager at Beemster Cheese. **Sarah Peltier** is the Pastry Chef at Café Blossom in NYC.

CTP 123 (2005)

James Barry is a Personal Chef in CA. **Kate Billett** is Assistant Organic Gardener and Cooking Instructor at New Pond Farm in CT. **Ann Cary** is a Line Cook at Fivespice in Lake Oswega, OR. **Emily Elliot-Casey** was recently married. She's a Line Cook at Tabla in NYC. **Jennifer Goldberg** is a Personal Chef specializing in meals for new mothers in CA. **Neal Harden** is the Chef de Cuisine at Pure Food and Wine in NYC.

CTP 122E (2006)

Brianna Nichols is the Chef at Perelandra in Brooklyn. **Matt Slagle** is Foodservice Director at Springvale Inn in NY.

CTP 121 (2005)

Lydia Choudhry owns The Daily Vegan in PA. **Allison Fasano** is a Personal Chef in Yonkers.

CTP 120 (2005)

Rachel Bock is Lead Line Cook at Abbey Garden Tea Room in WA. **Charlie Branciforte** is a Baker at Mr. Ritts Gluten-Free Bakery in Philadelphia. **Sara Driscoll** is a Cook at Nature's Temptation in NY. She's also a Personal Chef. **Erika Geldzahler** is Sous Chef at Pies and Thighs in Brooklyn. **Jessica Tomkovick-Janecki** owns a business called Katie's Soft Pretzels in NC.

CTP 119 (2005)

Julie Cole is getting a degree in Dietetics at the Univ. of FL. **Matt Downes** is the Pastry Chef at Pure Food and Wine in NYC. **Adrienne Felder** has a business called The Whole Bite, Inc. in Chicago. She also writes recipes for The Active Survivor Network newsletter. **Carolyn Gilles** founded Green Edge Collaborative, an organization that hosts events to educate local communities about personal consumption choices and their effects on the environment and society. **Shane Kelly** is a Chef/Instructor, Speaker and Health Coach. **David Kurlander** is Chef/Owner of Braised Catering & Private Chef Service in NY.

CTP 118S (2006)

Ori Cosentino is a Caterer and Personal Chef. She recently taught a class at The Brooklyn Kitchen. **Abby Fammartino** has a business called Your Natural Chef in Portland, OR. She also cooks on scientific charter boats. **Schuyler Frazier** is a Pastry Cook at Gramercy Tavern in NYC. **Pam Hori** is a Vegan Chef at Whole Foods Mkt. in Cambridge, MA. **Thomas Lipski** has a personal chef business called Healthy Spoon in NJ. **Pierre McNeil** is a Line Cook at 202 in NYC. **Joanna**

Perl is an Asst. Mgr. at Le Pain Quotidien at 72nd & Columbus in NYC. **Mary Silfven** is a Private Chef.

CTP 116E (2005)

Tino Carero is a Vegan Chef for The Belgian East-West Centre and the 4D Life School. He is also a Personal Chef, Instructor and Caterer. **Danny Casbarro** is Kitchen Manager, Cooking Instructor and Yoga Instructor at Sivananda Yoga Ashram in Grass Valley, CA. **Joel Mittertag** is a cook at Whole Foods Market in NJ.

CTP 115 (2005)

Jay Hough is a Cook at Nita Nita in Brooklyn. **Kieren King** completed The Anglophone Patisserie Program at École Supérieure de Cuisine Francaise Ferrandi in Paris. **Kirti Rahi** has a restaurant called Piquant Bread Bar & Grill in NJ.

CTP 114S (2005)

Jennifer Asfar is a Personal Chef in NJ. **Tracy Jorg** is a Private Chef/Caterer on Long Island. **Jason Sellers** is the Chef at Laughing Seed Café in NC.

CTP 113 (2005)

Brad Briske is the Chef at Sonoma Restaurant & Wine Bar in San Clemente, CA. **Lindsay Chapman** is a Caterer in NYC. **Nathan Donahoe** is the author of *The Amish Diaries*. He's also a Personal Chef/Consultant and recently completed a hypnotist certification course at HMI in CA. **Lakshmi Harilela** owns Love True Food in Hong Kong.

CTP 112 (2004)

Jennifer Brawn is a Personal Chef in NYC. **Josh Gonzales** is the Chef at 'Snice in NYC. **Brian Harris** is part of the culinary team for the cooking show, *Everyday Italian*. He's also a Personal Chef.

CTP 111E (2005)

Judy Montesarrato is a Personal Chef in RI. **Brenda Peterson** owns Green Planet Market in CT. **Cindy Siegenfeld** owns Turning Point Culinary, LLC on Long Island. **Kevin Takasato** is a Personal Chef in NYC.

CTP 110 (2004)

Laura Demeri is an Adjunct Professor at Clark College in Vancouver, WA. **Becky Mendez** has a business called Frescura in PR. **Joslyn Oppenheimer Sagasta** has a business called Nosh in the Netherlands.

CTP 109E (2005)

Erik Lucas is Manager/Head Chef at MilkBoy

Coffee in PA. **Gilda Mulero** is a Personal Chef in NYC. **Diane Raymond** has a personal chef business called Healthy Plate in NYC. She also lectures and conducts workshops.

CTP 108 (2004)

Genevieve Chazen is the Cook at Headstart in NYC. **Aly Crispi** is a partner in The Little Catering Co. in NYC. She also works in the Events/Catering Department at the Tribeca Grand Hotel/Soho Grand Hotel. **Lauren Pilgrim** is a Personal Chef in NYC. She's also a partner in The Little Catering Co.

CTP 107 (2004)

Nicole Bator is Cookery Editor at Duncan Baird Publishing in the UK. **Emily Cavelier** is the Pastry Chef at Jill's in Brooklyn. **Bo Quijano** owns a restaurant called Baby Bo's Burritos in NYC. **Nicole Parker** has a catering business called Kitchen Alchemy in Salt Lake City. **Pharon Wilson** is Chef/Owner of Melonhead Café in New Orleans. He is also a partner in The World's Healthiest Pizza.

CTP 106E (2004)

Debra Chung moved to CA where she's working on a business plan for an inn. **Linda Mills** is a Mind-Body Practitioner and Natural Foods Chef in NJ. She has a business called To Your Health. **Natalie Pitchford** is a Food Scientist at The Great A & P Tea Company in NJ. **Angela Vicari** is a Cook at Canyon Ranch in Tucson.

CTP 105E (2004)

Tara Delanghe is the Pastry Chef at Jefferson Grill in NYC.

CTP 104 (2004)

Anne Baptiste is the Pastry Chef at Millennium in San Francisco. **Rossana DeAngelis** is a Wellness Consultant in Canada. **Laura Heifetz** is a Cheesemonger at Murray's Cheese in NYC. She's also a p/t Personal Chef. **Liz Kahler** has a personal chef/nutritional counseling business in CA. **Anthony Pallante** owns Anthony's Everyday Italian Deli & Market in FL. **Allison Saunders** does prep and production for a TV cooking segment in San Francisco. She's also a Recipe Tester. **David Stowe** is a Personal Chef in MI. **Dana Wallace** has an organic bakery in MT called Ice House Baking Co. **Matt Weber** is the Executive Chef at Camp Carroll Joy Holling and the Swanson Retreat Center in NE.

CTP 103 (2003)

Lynne Forte has a business called Earthwise Personal Chef Service, LLC in CT. **Chris Harper** is a Private Chef in NYC. **Carole Ortenzo** owns

Organic Personal Chef Service in Pittsburgh.

CTP 102E (2004)

Elena Balletta is the Pastry Chef at Broadway East in NYC. **Vanessa Cabrera** has a personal chef/natural health consultation business in NYC. **Maria Diaz** is the Pastry Chef at Organica Natural Foods in NJ. She also works in the specialty dept. at Whole Foods in Union Square. **Colombe Jacobsen** is a Personal Chef/Caterer in NYC. This past year she started the Harvest Time in Harlem Program at the Children's Storefront School where she teaches kids about healthful eating and cooking. She was recently named one of *Shape* magazine's 2007 "Women Who Shape the World." **Josh Kosloski** moved to Los Angeles. **Sara Ross** is a freelance Caterer in NYC.

CTP 101 (2003)

Karen Black is Operations Mgr. at Local Burger in Lawrence, KS. **Hilary Brown** has a restaurant in Lawrence, KS called Local Burger. **Eavan Daily** is a Production Chef at Whole Foods in Princeton. She's also a freelance Personal Chef and Caterer. **Veronica Rodriguez** is Chef/Owner of a café called Asiquesi in Cabo Rojo, Puerto Rico.

CTP 100 (2003)

Rachel Brumitt has a personal chef business in Washington, DC. **Jennifer Dudek** is the Head Baker/Bakery Manager at The Palate Pleasers in Annapolis, MD. **Molly Lippitt** is an Asst. Winemaker at a small winery in the Napa Valley. **Amie Swanson** is the Sous Chef at Veggie Planet in Cambridge, MA.

CTP 99E (2004)

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 the Sous Chef at Regency Health Spa in FL. **Dan Epstein** is the cheese dept. Manager at Dean & DeLuca in NYC. **Sheri Lazar** has a personal chef business called Blissful Palate in MI. **Stefania Patinella** is Manager of Food and Nutrition Programs at The Children's Aid Society in NYC. **Lisa Reeder** is the Foodservice Manager at a grocery store and café called Feast! in Charlottesville, VA. **Michael Welch** is a Personal Chef and Owner/Publisher of Edible Finger Lakes, a quarterly magazine focusing on local food, farming and chefs in central NY.

CTP 97 (2003)

Beth Kaufman is Catering Manager at Max &

David's Restaurant in Elkins Park, PA. **Jennifer Lutrell** runs an organic café at a farmers' market in IN. **Janet Rosenholz** is a Personal Chef in NJ. **Adam Taylor Smith** is the Vegetarian Chef at Hole in the Wall Gang Camp in CT.

CTP 96E (2003)

Marian Buck-Murray is a Nutrition Coach and Cooking Instructor in NJ. **Elizabeth Johnson** is a partner in Conscious Cravers in NYC. **Jordan Mayhew** is a Kitchen Assistant Chef at Living Light in CA. **Ariel Nadelberg** is Director of Food Sales and Concessions at Prospect Park Alliance in Brooklyn. **Danielle Orthwein** is a partner in a catering business in PA. She's also a Personal Chef.

CTP 95 (2002)

Susan Anzalone-Moore and her husband started a full-service event planning company called Moore Please! Catering in NM.

CTP 94E (2003)

Katrina Bisanti is a Caterer/Event Planner in RI. **Lee Glenney** is a Fitness Instructor in NYC. **Michele Lucido** moved to NC where she plans to open a restaurant. **Pete Solomita** has a cookie business in Brooklyn called Little Buddy Biscuit Co.

CTP 93 (2002)

Celeste Oertel Kellerhouse is a Personal Chef in CA. **Andie Montgomery** is Chef/Owner of The Newton House & Monty's Pub in SC. **Christina Santini** is the Sustainability Coordinator for Harvard University's Allston Development Group.

CTP 92 (2002)

Anthony Archer is a Personal Chef and freelance Baker in NYC. **Julie Ayotte** is the Bakery Team Leader at Whole Foods Market in Woburn, MA. **John Fleischman** is the Head Banquet Chef for the Pacific Grill at the Marriott Hotel in Tacoma, WA.

CTP 91E (2003)

Gillian Chi is Co-Manager of Buttercup Bake Shop in NYC. **Tanya Lopez** has a business called Ladybird Home Catering in Newburgh, NY. **Tony Smith** is a Chef at Raw Soul in NYC.

CTP 90 (2002)

Kristin Bennett is the Kitchen Mgr. at Stillmeadow Retreat Center in OR. **Anthony Di Rienzo** is the Fish Cook at Fifth Floor Restaurant in San Francisco. **Kassidy Harris** is General Manager and Wine Director at Restaurant 55 in Sacramento, CA. **Cheryll Jarrett** has a personal chef business called You Choose I Cook in NYC.

CTP 89 (2002)

Jonah Chasin is a Chef at Pennington House in NYC. **Gretchen Kohan** is a Personal Chef in NYC.

CTP 88 (2002)

Gillian de Seve is a Personal Chef in NYC. **Andrea Gunderson** moved to San Francisco. **Catherine McConkie** is a Cooking Instructor at Bauman College in Berkeley. This spring, she'll be teaching gluten- and dairy-free classes at a cooking school for kids. **Anna Sobaski** has a business called Gluten Evolution in IA. **Omawali Stewart** is a Personal Chef in the DC area.

CTP 87E (2002)

Annamarie Butera is a Personal Chef and Cooking Instructor in PA. **Ludie Minaya** is a partner in Conscious Cravers in NYC. **Daniel Nydick** is Chef/Owner of Gourmet for the Day, providing cooking classes, dinner parties and personal chef services. **Leda Scheintaub** is a Personal Chef and Cookbook Editor in NYC. **Bryant Terry** is a Chef, Author and Food Justice Activist in CA.

CTP 86 (2001)

Jennifer Alexander is Stewardship and Events Manager at McCarter Theatre Center in Princeton.

CTP 85 (2001)

Holly Mendenhall has a personal chef service in Brooklyn called Unfussy Food. She also teaches cooking classes. **Marie Pavillard** is a Personal Chef in NYC. **Alec Schuler** is the Executive Chef at Treppeda's Italian Ristorante in Niwot, CO.

CTP 84E (2002)

Glenna Clark is the Financial Manager of the retail shop at Kripalu in MA. **Pat Curley** is a Private Instructor in NJ. **Ladan Raissi** is Chef de Cuisine at L'Escale in the Coronado Marriott Resort in CA.

CTP 83 (2001)

Porsche Combash is a partner in Three Stone Hearth in CA. **Alex Jamieson** is a Holistic Health Counselor and Author. **Matteo Silverman** owns 4-Course Vegan in Brooklyn. He also developed and markets raw, organic dog treats called Nuggz.

CTP 82 (2001)

Amy Rau has a business called Cakes, Confections and Associates in NYC. **Anie Salerno** is a Personal Chef in NYC.

CTP 81 (2001)

Ted Hobart has a personal chef business called Clematis Cuisine in the DC area. **Louisa Shafia**

has a business called Lucid Food in NYC.

CTP 80E (2001)

Melanie Driscoll is a Personal Chef/Caterer in San Francisco. **Anne Gallagher** is a Caterer and Personal Chef in CT.

CTP 79S (2002)

TipTip Cipriano is a Baker at Lifethyme Natural Market in NYC. **Aliyah Rowe** is the Assistant Manager in the Nutrition Education Dept. at City Harvest in NYC.

CTP 78 (2001)

Thom Kotch is Executive Chef at Shadowbrook Inn & Golf Resort in PA. **Maria Washburn** is Co-Manager of Buttercup Bake Shop in NYC.

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. **Mickey Walker** has a bakery called LUST in CA.

CTP 76E (2001)

Lagusta Yearwood is Chef/Owner of 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 and postpartum Doula in NYC. **Marisa Caltagirone** is a Nutritionist/Educator for Country Life Vitamins in NY. **Sara Robillard** is a Private Chef in NYC. **Camilla Sherret** has a restaurant in Banff called The Bison Mountain Bistro. **Deborah Soffel** is a Personal Chef in NYC. **Carrie Spence** is a Personal Chef in NJ.

CTP 72E (2000)

Tom Falconi is a Personal Chef in NY. **Judith Friedman** has a business called Conscious Cuisine in NYC. She offers private cooking, catering and cooking classes. She's also the Program Director at the Natural Gourmet Institute for Food and Health, as well as an Institute and CTP Instructor. **Athina Holmes** has a personal chef/catering business called One Hot Stew in FL.

CTP 71 (2000)

Vanessa Allen is a Personal Chef/Caterer in NJ. **David Petrelli** recently completed a cooking program at the Kushi Institute in MA. **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 class series, sponsored by PCRM.

CTP 69 (1999)

Heidi DeCosmo is Asst. to Chef Cary Neff in PA.

CTP 68E (2000)

Gaby Sherrow has a business called Gaby's Granola in NYC.

CTP 67 (1999)

Katie Haje has a business called Elemental Foods in NYC.

CTP 66 (1999)

Rebecca Katz has a business called The Inner Cook in CA. She's also a Senior Chef at Commonwealth Cancer Help Program and a Cookbook Author. **Shawn Kroop** is Executive Chef/President of Personal Chef Services of Hona in HI. **Mafalda Leite** is Food Editor of Blue Cooking Magazine. She's also writing a cookbook and doing consulting work for a 5-star eco resort.

CTP 65S (2000)

Debbie Kleinen does menu planning for weight loss and health. **John Lanci** is Chef/Owner of Lanci's Ristorante in Saratoga Springs, NY. **Mark Majer** owns Organic Harvest Café in NYC.

CTP 64E (1999)

Marisa Czajkowski works for a catering company in NJ. **Irene Dorosh** is a Personal Chef in NYC.

CTP 63 (1999)

Katie O'Donnell is a Sous Chef at Esca in NYC. **Janelle Sterner** is Chef/Director of Research and Development at Inland Empire Foods, Inc. in CA.

CTP 62 (1999)

Ellen Abraham owns Simple Treats in VT. She's also a Cookbook Author. **Sara Kuntz** is a certified Nutritional Practitioner. She works for an organic/natural food company in Toronto. **Cassie Tolman** is the Chef at Desert Garden Montessori School in Ahwatukee, AZ. She helped set up a vegetarian, child-friendly kitchen, as well as an edible garden.

CTP 61 (1999)

Julie Kaye is an RD. **Deb Marlow** has a business called The Dharma Kitchen in WI where she teaches cooking classes. **Amanda Nahas** is Chef/Owner of

From Scratch Personal Chef Service in NJ.

CTP 60E (1999)

Gail Doherty is a Chef at Earth Fare in Asheville, NC. **Laura Solimano** is a Nutritional Counselor/Personal Chef in CT. **Elise Spiro** is the Pastry Sous Chef at Sundance Natural Foods in OR.

CTP 59 (1998)

Birgitte Antonsen is a Personal Chef, Instructor 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)

Lacey Sher is a Personal Chef in CA.

CTP 57 (1998)

Jacques Gautier has a restaurant called Palo Santo in Brooklyn where he is Executive Chef. **Sherry Krum** has a food consulting business in MD called The Wholesome Krum.

CTP 56 (1998)

Nino Jovicic is a Personal Chef and Certified Nutrition Consultant in San Francisco.

CTP 54 (1998)

Nikole Paulos is the Chef at Laurel Springs Retreat Center in Santa Barbara, as well as Chef/Owner of Goodie Goddess Treats, a mail order cake company.

CTP 53E (1998)

Stefanie Sacks is a Culinary Nutritionist in NY.

CTP 52 (1998)

Martha Diaz is a Cook at Jandi's on Long Island. **Carlin Greenstein** is a Personal Chef in NYC. **Ron Malanga** is the Operations Manager at Land of Medicine Buddha in CA. **Mary Jo Romano** is a freelance Recipe Developer in CT.

CTP 51 (1998)

Tatiana Cardoso has a vegetarian restaurant called 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.

CTP 50E (1998)

Sue Cadwell and **Nancy Persoons** are partners in Health in a Hurry in Fairfield, CT. **Adriana Estefan** owns Market Café in West Orange, NJ. She also does catering for medical offices and St. Barnabas Hospital. **Jackie Sharlup** has a restaurant in Bayshore called Tula Kitchen. **Heidi**

Klein Valenzuela has a meal delivery business called Name Your Diet.

CTP 48 (1997)

Colleen Holland is Food Editor for Veg News in San Francisco. **Soraia Melo** is a Personal Chef in CT. **Eric Rickmers** is the Chef at The Jamesport Manor in Jamesport, NY.

CTP 47 (1997)

Dina Brigish has a vegan inn in VA called The White Pig Bed and Breakfast. **Nicole LoBue** has a catering company in the SF Bay Area called LoBue Events. **Mitch Orland** is the Executive Chef and Food Service Director at Earth Fare in Asheville, NC. **Cheryl Robbins-Dooley** owns and operates Blackflower Chocolate in VT.

CTP 46E (1997)

Jennifer Branitz opened an organic, vegetarian deli in New Paltz called Karma Road. **Michele Owings** is the Chef at Annie's Bread & Butter in Oneonta, NY, as well as a Personal Chef. **Natanya Siegel** is a Personal Chef in Tucson.

CTP 44E (1997)

Shawna Good is the Manager of Bouley Bakery & Market in NYC. **Margot Van Der Putten** (formerly Schulman) graduated from IIN and Columbia Univ. She's married and has a son, Oliver.

CTP 43 (1997)

Lisa Gabriel Eklund is a Contract Chef at Hilton Head Health Institute in SC. **Daniel Landes** is Chef/Owner of Watercourse Foods in CO. **Laura Pole** is on the advisory board of the Center for Mind-Body Medicine and its Food as Medicine Training Program. She also has a business called Eating for a Lifetime in VA and is the Chef for Smith Farm Retreats.

CTP 42 (1996)

Jody Mutzenberger is a Wellness Specialist for The Extended Care Program at The Hazelden Foundation in MN. **Jessica Prentice** is a Chef, Food Activist, Author and Founder of Wise Food Ways in CA. She is also a Cofounder of Three Stone Hearth, Locavores and the Eat Local Challenge.

CTP 40 (1996)

Tommy Habetz is the Executive Chef at Meriwether's in OR.

CTP 39E (1997)

Hillary Stern is a Food Counselor/Educator in New Milford, CT. **Elisa Winter** has a personal chef business called Order, Please in Kingston, NY.

CTP 38 (1996)

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

CTP 37 (1996)

Dan Esses is the Sous Chef at Buddakan in NYC.

CTP 36 (1996)

Chris Erickson is a Chef and Caterer in Newport, RI. This winter he'll make his third guest appearance as the Natural Foods Chef on The Taste of Health Cruise in the Caribbean. **Donald Montgomery** is a Personal Chef in NM.

CTP 34 (1996)

Ali Ghiorse has a business called Savory Thymes in CA. **Sheri DiPlesi** is the Catering Director/Event Planner at Second Helpings Café in Brooklyn. **Marguerita Mees** is a Personal Chef in CA.

CTP 33 (1995)

Barbara Frish is a Personal Chef and Lecturer in NJ. **Rachel Stevens** is a Prep Cook and Vegan Chef at 6th St. Bakery & Icehouse in Alpine, TX.

CTP 32 (1995)

Elliott Prag is a full-time Instructor at the Natural Gourmet.

CTP 31E (1995)

Kathryn Bari does demos and lectures at Stonybrook College in Stonybrook, NY and marketing for Organic Frog Int'l. She also does private cooking, instruction and life coaching.

CTP 29 (1995)

Kate Colson is a Culinary Instructor at The Kitchen Conservatory in St. Louis, MO.

CTP 28 (1995)

Amy Gordon, R.D. has a wholistic nutrition counseling practice called South Mountain Wellness in NJ. She also teaches Nutrition at the Natural Gourmet. **Meghan Riley** is Specialty Food and Wine Team Leader at Whole Foods in Walnut Creek, CA. **Sascha Weiss** is the Executive Chef at Lettus Café Organic in San Francisco.

CTP 27E (1995)

Hiranth Jayasinghe has a restaurant and a catering business in NJ.

CTP 26 (1994)

Lisa Boymann is the CTP Administrator and an Instructor at the Natural Gourmet.

CTP 24 (1994)

Judith Shapiro is the Night Manager at the Natural Gourmet.

CTP 21 (1993)

Caroline Fidanza is the Chef at Diner in 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 Harvest Natural Foods in WY.

CTP 17 (1993)

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

Prior to 1992

Richard Choy is a certified Quantum Touch Instructor in NYC. **Fran Costigan** is Chef/Owner of For Goodness Cakes, a catering and consulting company specializing in customized, organic, vegan desserts. She is also a Food Writer, a Cookbook Author, an Instructor at the Natural Gourmet Institute for Food and Health and a regular Presenter at conferences throughout the country.

Liz Gagnon is the Chef at Nature's Temptations in NY. **Sarah Cuyler Kast** is a Personal Chef in Rochester, NY. **Myra Kornfeld** is a Cookbook Author and an Instructor at the Natural Gourmet. **Jeanette Maier** owns Fancy Girl Catering in NYC. **Leslie Weiner Morrison** is a Personal Chef and Cooking Instructor in NJ. **Cheryl Perry** is an Instructor at the Natural Gourmet. **Kim Taylor** is the Chef at Ginger's Restaurant in NYC. **Peggy Tobin Edwards** is a Personal Chef in CT. **Eric Tucker** is a Cookbook Author and Executive Chef at Millennium in San Francisco.

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