

NATURAL GOURMET INSTITUTE FOR HEALTH & CULINARY ARTS



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THOUGHTS FROM THE FOUNDER

by Annemarie Colbin, Ph.D.

How Fast Things Change

The Natural Gourmet started so far ahead of the curve, that the curve is catching up with us real fast. This is nice, exciting, and also a bit anxiety-provoking.

Notice the popularity of whole foods – the wide availability of organically grown grains, beans, vegetables, and fruits -- the fact that you can buy grass-fed meats online – no, wait, there was no “online” when we started 30 years ago, and “grass-fed” was not a clear concept then. But you get my drift.

At the same time, when I go into the local health food store, it is very difficult to find a whole grain dry breakfast cereal that does NOT have “organic cane crystals” or “organic evaporated cane juice” added to it. There is even a chicken stock that has such an ingredient! There used to be



some wonderful whole grain cookies sweetened only with fruit juice; now they all have those “organic cane crystals” or something like it. Anything that is labeled as “fat free” often is very high in sugar, including high-fructose corn syrup, a nasty ingredient if there ever was one.

So sugar is pervasive, especially in commercial “health” foods – and particularly in those brands that have been purchased by large corporations. Here is a trend to be wary of. Note that Kraft Foods, a subsidiary of Altria Group, which also owns Phillip Morris Companies Inc., one of the largest cigarette makers in the world, owns small natural cereals producer, Back to Nature, as well as Boca Burger Inc. Odwalla Inc., which makes premium-priced juices that are all-natural and partially organic, was purchased by Coca-Cola. Dean Foods Co., the largest dairy company in the U.S., bought out Horizon. Kellogg’s owns Kashi Cereal and Morningstar Farms. General Mills purchased Small Planet Foods, which owns organic brand Cascadian Farm. Colgate-Palmolive Co. bought Tom’s of Maine, which specializes in natural oral and personal care products. (Source: the Edmonton Journal, April 17 2006.) In other words, buyer beware, and ALWAYS read the label, even if you’ve been buying the same food for years and you trust your store.

The best thing that has been happening in society has been the now very popular concern for the environment. I love the idea of “greening” – especially with buildings and so on. Here at the NGI we have started that process, and the first thing we did, with the expert help of operations manager, Mark Mace, has been to separate our refuse so that we can compost all the food leftovers. Our standard refuse hauler has a composting section, and he hauls our compost to a farm that turns out to be owned by a friend of mine. How is that for serendipity?

Our next project will be to reduce energy use, and we had an energy audit to see how we can do that. Within the next month or two we will implement whatever measures are appropriate to that end. There will be other projects afterwards,

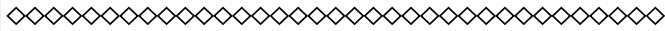
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all with the aim to become more environmentally responsible. With our premises located in a building built in 1924, that is a nice challenge.

And so we move along, following our commitment to enhance the health of human beings on this planet. Thank you for your help in supporting our vision.



ON THE PRESIDENT'S MIND

Eating properly sounds much easier than it often is. While Natural Gourmet students and staff possess a good understanding of food quality, most Americans are not well educated on the subject. Even when one does know what high quality food is, there are other impediments to making healthy food choices. First of all, figuring out what foods are optimal as well as terrible for any one individual can be a challenging endeavor, changing throughout one's lifetime. Secondly, even if one is smart enough to identify all the right and wrong foods, he/she will rarely have the willpower to always resist all the ubiquitous junk food present in modern, affluent societies. This last point is especially pertinent, given that people eat not only for nourishment, but in response to a wide range of emotions, including, but not limited to, happiness, sadness, frustration and anxiety. And people often don't have the time to prepare their own meals and find themselves depending on fast food, most of which is very poor quality.



Making sure that one's children eat well presents additional challenges. It is easiest when they are babies, because one usually has total control over what they eat. Preparing baby food is pretty easy as well. Infants should be living on mostly their mothers' milk, mashed fruit and vegetables, grain cereals and later on, some mashed legumes. I remember when my daughter Emily was a baby she rarely disliked anything I gave her to eat. She loved nursing which provided the bulk of her sustenance for the first two years. (She would probably still be at it if I had not put my foot down when she was three and a half.) Her first prepared foods were raw, mashed bananas, apples and pears. For vegetables I would cook leafy greens like collards and kale, along with sweet potatoes, carrots or winter squash and blend them together. (I have a confession to make:

the only things I didn't prepare from scratch were the grain cereals.) I tried making oat and barley gruels, but it took a long time, and I found washing the pot at the end to be intolerable, so I settled for Earth's Best cereals. For Emily's first birthday party, I made a carrot cake with whole wheat pastry flour and natural sweeteners. This was one of the few times that she was allowed sweets other than fruits and vegetables.

While feeding children mostly whole, unprocessed food is the single, most effective way to improve their diets, talking to them about food as soon as they are able to understand language is important, too. For instance, when my daughter was four and wanted to go to McDonalds, I made up a little story that proved to be an effective deterrent. I told her that McDonalds hired people to break into pet owners' homes while they were at work and/or school and steal their dogs and cats which were then used to make burgers. Some of you reading this may be horrified (Emily's Montessori teachers were), but honestly, she was too young for more complex, scientific explanations.

Once children start socializing with other kids in school and at parties, it becomes much more difficult to maintain the same level of food quality as when they are babies. I thought I had completely avoided the "institutional lunch" problem by sending Emily to school with a homemade lunch. I later found out, thanks to her tattletale best friend, that Emily sometimes was able to trade wholesome items such as fruits or carrot sticks for other kids' junk food. I also became suspicious when I received a bill from her elementary school for her chocolate milk consumption. Then I had to explain about recombinant bovine growth hormone and antibiotics -- just what a seven-year old wants to hear! I compromised by sending her to school with organic chocolate milk.

The lure of Oscar Mayer/Kraft "Lunchables," those compartmentalized, processed meat, cheese and white flour abominations, presented another challenge. Emily became obsessed, and begged me to let her have them. I finally agreed that she could have any "Lunchable" she wanted, but only on her birthday. This turned out to be an effective strategy, because after having it once, she never asked for "Lunchables" again.

Parties are a different story, both in school and out of school. How do you tell a four-year old that he/she may not have soda, candy and cupcakes when everyone else in the room is having some? The way I see it, parents have three choices: refuse to let their children attend parties, accompany their

children to all parties when possible and/or leave strict instructions for the supervising adult(s) not to let their kids eat anything (there is only junk food at most kids' parties), or feed their kids well right before the party so that they will be too full to gorge themselves on junk food. I opted for the latter, because I didn't want to create a resentful, social misfit. I also observed that while kids do eat some junk at parties, they often don't eat that much as they are too busy interacting with the other children. Once again, compromise turned out to be the best solution.

Getting one's children to eat well in middle school is often difficult, because the kids are allowed to eat lunch away from school, and most of them do. When Emily entered sixth grade, I soon discovered that almost every fast food chain had a restaurant (if you can call it that!) within five minutes walking distance from her school and most other urban middle schools. Kids typically are given one half hour or less for lunch and can get a cheap, fast and tasty (according to most people) meal at these places. Beyond that, is the thrill and adventure of getting away from school, albeit briefly, with no adult supervision. Emily begged to go out with her friends, which turned out to be far more important than what she was eating. So we agreed that she would bring a homemade lunch four days a week and eat it at the fast food restaurants with her friends, and she would be able to eat what she wanted on the remaining day.

High school has been the least problematic in terms of food since Emily was a baby. She brings a decent lunch from home (the kids are not allowed to go out) and eats dinner at home most nights of the week. Emily does love pizza, pasta, chips and Auntie Anne's soft pretzels with icing, but she doesn't eat them too often (I hope I'm not deluding myself) while assuring me that, "All teenagers crave and need lots of carbohydrates."

Aside from the junk food, another major issue among teenage girls is their preoccupation with their weight. Emily tells me that most of the girls she knows, as well as her close friends, are obsessed with calorie counting. Many own books that list the caloric content of most foods, and they always relate to food in terms of calories, rather than nutritional value, or gustatory appeal. Fortunately, Emily has a good appetite and a very fast metabolism and does not suffer from this affliction. While this is attributable in part to genetics, I also credit her nutritious diet.

When kids leave home either to work or attend college, parents lose practically all control over

their children's eating habits. While university food leaves much to be desired, there are many dietary choices which are left up to the discretion of the students. I believe that if children are raised eating wholesome, unprocessed food, they will make fairly good dietary choices most of the time. With Emily starting college in the fall, I am pretty confident that she will do this. I hope she will come home often to enjoy wild salmon, grass-fed meat, and organic vegetables with extra virgin olive oil.

Wishing you a lovely summer,

Jenny



ADVENTURES IN COOKING

by Sue Baldassano

Love and Loathing at the Park Slope Food Coop



In case you don't know, the Park Slope Coop is a 35-year-old institution (one of, if not the oldest, continuous running food cooperatives in the United States). Every member must work a 2 ¾ hour work slot in order to be a member in good standing.

Many of the youngish hippies who started the coop are now ambivalent grandmas and grandpas (you know the type -- the guys with long, gray, scraggly pony tails with the chrome dome frontal lobes, and the granny-glassed (now bi-focaled) ladies wearing the "Hate Bush" buttons).

Along with the originals are the more recent members (young families, single-parent households, hipsters, special-diet people, etc. -- as long as you are not Republican, all are welcomed into the Coop).

The Coop has grown from a single edifice with wooden cartons of vegetables strewn on the floor to a 3-building store which we seemed to have outgrown the minute the renovation was completed.

My first foray as a Coop member was in 1988. As a recent completer of the Natural Gourmet Cookery School's apprenticeship program, I was living in the then very tacky Long Island City and ready to slay the private cooking dragon. I would drive my 1973 Toyota to Brooklyn once a week. (Gas wasn't a trillion dollars a gallon back then, and one could still get a parking spot in the Slope.)

I would purchase bulk grains, beans, sea vegetables, rice syrup, etc. at really good prices. Back then, I didn't mind the lines, chaos or confusion that often accompanied any visit to the Coop (pre-menopausal?). I had two clients in Queens who would each week ask for more and more food (at the same price). Only when I realized (way too late) that I was basically giving my time, energy and food away for practically nothing, did I abandon private cooking and not take it up again until I had done 2-3 years of boundary-strengthening shrinkage.

The above realization, along with the theft of my car and a move to Manhattan in the early nineties ended my membership in the Coop for about 10 years.

In 1996 I found myself living in Brooklyn car-less, older, wiser and more jaded.

I re-joined the Coop but I wanted to do a work slot with "meaning." By that point I had been out there cooking and teaching for a while, and I felt that I had something of value to offer in the healthy-cooking arena. I proposed doing a Food Class once a month for the members. The Coop had no kitchen at the time, so I purchased the food one day, cooked it the next and schlepped it back on the night of the class. I did that for about 5 years. (This is when I stared to loath the coop.)

The prep for the class was back breaking and time consuming. I'd get a combination of terrible anxiety and feelings of repulsion right before I taught a class. After the class I would feel relieved and happy -- the audience response to my classes was overwhelming those first few years. I felt fulfilled and content right after the class (for two days), and then again the anxiety and problematic logistics of getting the food purchased, prepared, delivered and discussed would overwhelm me.

When the Coop completed its last renovation they had a small kitchen installed. This made the cooking demonstrations possible as the food could be prepared or partially prepared on site.

By year six I had pretty much run out of cooking themes, so I began to procure guest chefs.

I found not only veteran chefs, teachers and authors such as Myra Kornfeld, Peter Berley and Sandor Katz to do classes, but I also opened up the floor to recent culinary school graduates or just home cooks who wanted to practice and share their information with an audience.

The cookbook authors know how to teach, cook and work the crowd, but they have books to hawk which involves my making sure the books

are ordered, delivered, etc. (sounds fairly straight forward but it involves playing phone tag with four or five people all without voice message systems or emails that seem to function). The inexperienced teachers can really make a mess of things in class with their poor time management skills, to the point that my impulse is to leave the room and hide in the bathroom until class is over and the participants have dissipated. I still dread every class, and I still feel great afterwards from the positive response of the attendees or the books that were sold or the confidence attained by the new teachers.

Aside from my ambivalence regarding my work slot, I have issues with shopping at the Coop. I find the crowds, chaos and confusion bother me now (post menopausal?). I get tired of going to the Coop with my "Happy Face Smile" and "Cooperative Frame of Mind." Some days when the line for checkout snakes completely around the Coop, little kids are running amok and the Coop is out of basic things like yogurt, I ask myself why? Why don't I just go to Whole Foods where children are nonexistent, there are 50 types of everything, and 25 check-out workers are ready and willing to get you out of there in 15 minutes (with no smiley face prerequisite).

Why do I love and hate the Coop, particularly my work slot, followed closely by the tedious shopping experience? For the same reason I love and hate my job, parents, siblings, husband, friends and yes, even my grandkids.

Recently my father was in the hospital with a potentially dangerous medical condition. My mother was there day and night helping him in every way a wife of 56 years should, but she still bitched about him in the hospital hallways. I, in turn, helped my mother get through the situation in every way a 55-year-old daughter should, but still, I bitched about her to my husband.

When you care about something or someone deeply, you can easily get plugged in. When you put your heart and soul into a situation there is always some resentment. When a place or a person becomes part of who you are and, in fact, becomes your community, the thread is always long and tangled.

Much love,

Sue Baldassano

UPCOMING COOKING TOURS



To Grandmother's House We Go...

Oaxaca, Mexico

February 8-15, 2009 (non-vegetarian)

Groups limited to 12 people per trip

www.tograndmothershousewego.com

e-mail: grancooks@earthlink.net

Tel: 718-768-4662

ATTENTION STUDENTS AND GRADUATES

I will be spearheading a fundraiser in mid-September for a sweet, 7-year-old girl (Amelia) who has been battling medullo blastoma (brain cancer) for the last year and a half. You can help in any or all of the following ways:

- * Cook, serve and clean-up night of event
- * Offer an item or service in a silent auction (art work, jewelry, trip, service, etc.)
- * Donate a gift certificate or small item for the gift bag (about 200 items needed)
- * Donate office space to work on this project (about 1 night a week)
- * Donate \$ for the event (food, wine, etc., flowers, decor, etc.)
- * Donate \$ towards Amelia's recovery (massage, acupuncture, tutoring)
- * Assist with phone work
- * Send good thoughts in the form of a card

A percentage of the donations will be given to Make a Wish Foundation which is sending Amelia and her brother to swim with the dolphins this summer. If you would like to help please contact Sue Baldassano at 212-645-5170, ext. 111 or sueb@naturalgourmetschool.com.

Thanks,
Sue

IS FARMING IN YOUR FUTURE?

Find out at www.grassfedinterns.com

Many grads have expressed an interest in learning more about sustainable farming. Here's an opportunity that could be an exceptional learning experience for those willing to roll up their sleeves and get physical. It was Cheryl Perry, former Instructor at the Natural Gourmet Institute and current Executive Sous Chef at The Center for Discovery, who brought it to our attention.

MADE in Schoharie County, a community coalition of pasture-based livestock producers, offer internships on their respective farms in NY state for 15 weeks during the summer months. Applicants accepted into the program have an opportunity to work on a successful pasture-based farm, dealing with every aspect of small-scale livestock production from pasture and livestock management to meat cutting and sales. There's

even cooking instruction and a series of on-farm workshops, such as:

- * Holistic Resource Management
- * Developing a Business and Marketing Plan
- * Farm Financial Planning and Management
- * Grazing Land Management
- * Monitoring the Health of the Farm and Family Ecosystem
- * Marketing Farm Products
- * Meat Identification, Handling, Cooking and Food Safety

And the best part is, you can earn while you learn. Every farm has a different compensation package and labor requirement. Some will offer food and housing in exchange for 20 hours per week; some offer pay for full-time work. Each farm lists its internship job description and compensation package on the website.

Spaces are limited and competitive, so it's important to apply early.

REFLECTIONS ON BECOMING A REHAB CHEF

by Nathan Donahoe
(CTP 113)



There I was, 6 months out of Natty G, sitting in Fred Segal's Malibu beach house overlooking miles of spring wildflowers and sparkling Pacific ocean. As I tried to remember how I got there, he suddenly grabbed my hands and scrutinized my fingernails. "Ahhhhh, they're clean," he said. Two days later, Diane O'Connell (fellow Natty G grad) and I were the new Executive Chefs at The Canyon -- Malibu's newest and most exclusive rehabilitation center.

Being the Executive Chef at a Malibu drug and alcohol rehabilitation center or "rehab" was a mind-blowing first job as a natural chef. You know what rehabs are. You've seen them on TV and in gossip rags. Yes, I cooked for movie stars, musicians and professional athletes. Yes, the cost of a one month stay was equivalent to my yearly salary. Did I cook for Lindsey Lohan and Britney Spears? I can't tell you that because I signed a contract that forces me to keep quiet, but I can tell you that my "Hit Me Baby Back Ribs One More Time" recipe was very popular. Just kidding.

Malibu is literally the nexus of the world for these types of "wellness centers." Along 27 miles of California coastline, there are at least 25 such rehabs, and all of them are looking for chefs with the skills that I learned at Natural Gourmet. I have encountered many dietary issues that I was taught about at school, such as celiac disease, vegetarianism, cancer, Crohn's, AIDS, eating disorders and drug addiction. It would have been impossible for me to work at a Malibu rehab without that precious knowledge. As Khalil Rafati, owner and founder of Riviera Recovery, where I currently work as Executive Chef (www.rivierarecovery.com) says, "People are becoming more aware that alcoholism and drug addiction are multi-faceted diseases. We help the clients heal themselves on a physical, mental and spiritual level, and Nathan's farmers' market fresh and organic food is a huge part of that."

Rehabs are unique environments for natural chefs, blending aspects of corporate and personal chefing. Like a corporate job, there can be health benefits, vacation pay and most importantly,

consistency of work. Like working privately in someone's home, the pay is incredible (\$20-\$35 an hour) and you develop a relationship with clients. The cons are that everything is subject to change with little or no notice ("Oh, instead of 10 people for lunch there will be 25"), and there can be a lot of stress involved.

The stress is definitely worth it, though. At my first gig I was given an unlimited budget, complete control over the menu (no white sugar or flour, only raw honey, agave and spelt) and one-on-one nutritional counseling with the clients. At Riviera Recovery, I set my own schedule, shop for only farmers' market produce and am given a key that accesses the most private and luxurious beach in Los Angeles where I just finished surfing with a client.

Getting sober while being in a strange environment away from friends and family is tough. Having to deal with "strange" and "healthy" food can make it even worse. That is why I created a "Mom Organic" style of cooking where I make comfort food from scratch with fresh, natural ingredients. When my clients ask what kind of food I make, I tell them, "Just before you got here, I kidnapped your mom and grandma, put them in a headlock and made them give me all their recipes and secrets. Expect to eat what you have always eaten, just made with the best ingredients in California." Spelt pizza with homemade, raw mozzarella, gluten-free corn bread with raw maple butter, grass-fed grilled rib-eyes, and raw milk fruit smoothies sweetened with raw honey. Every one of my clients grew up with those foods, so while the ingredients heal their bodies, the comfort and familiarity eases and relaxes their minds.

The ability to get close to my clients and truly help them heal with my love and skills has been the most rewarding experience of my life. My favorite story is when two famous black musicians were clients at one of my rehabs. Wanting to leave and do drugs, they would find any reason to complain about the center, namely "All this white people food." Diane O'Connell suggested we read the Maya Angelou cookbook. The next week every meal was soul food -- fried chicken cooked in lard, collard greens, corn bread and my favorite, ox-tail soup. The two clients were so impressed that they stopped complaining and got the help they needed.

I am very fortunate for the experiences and friends I've made working in the Malibu rehab scene. Since I put in the time and effort before, now I am enjoying a leisurely summer, working part-time with my best friends at Riviera Recovery, surfing everyday and eating great food.

WHO'S DOING WHAT

CTP 156 (2008)

Tatyana Shamalov is a Personal Chef/Holistic Health Counselor in Queens.

CTP 154 (2008)

Masako Asazuma is doing prep work for the Juice Bar at Pure Food and Wine in NYC. **Serena Au** is a Cook at Tiengarden in NYC. **Sara Boan** is a Residence Chef at The Center for Discovery in Harris, NY. **Amy Miller** is the Chef/Kitchen Manager at Catskill Harvest Market in NY. **Matthew Mosshart** is the Sous Chef at Counter in NYC. **Marni Wasserman** is a Personal Chef and Holistic Nutritionist in Toronto. **Marti Wolfson** is a Personal Chef in NY.

CTP 152 (2008)

Dean Boswell started a personal chef/catering business called Veg from Scratch in CA. **Alanna Chermak** is a Line Cook at P*ONG in NYC. **Laura Jackson** is an Expeditor at Angelica Kitchen in NYC. **Dillon Runyon** is a Pastry Assistant at Mas in NYC. **Chris Wegwart** is a Personal Chef in NYC. **Jessica Woods** is a Pantry Cook at Meriwether's in OR. She also works on their farm.

CTP 150 (2007)

Rebecca Arnold is the Hostess at 606 Congress in Boston. **Lisa Hviding** has a Garde Manger position at Poste Moderne Brasserie in Washington, DC. **Sita Palomar** is a Personal Chef in San Francisco. **Nirada Phaphant** is a Line Cook at The Green Table in NYC. **Ashley Whitmore** is a Line Cook at Chestnut in Brooklyn. **Jason Wood** is the Sous Chef and Baker at The Montauk Club in Brooklyn.

CTP 149W (2008)

Danielle Heard has a Personal Chef/Counseling business called Artemis in the City in NYC.

CTP 148 (2007)

Amanda Anderson is a Prep Cook at Jandi's Natural Market on Long Island. **Danya Bader-Natal** moved from Pastry to Garde Manger at Mas in NYC. **Rob Franc** is a Personal Chef in NJ. **Jonathan Gambino** works at Bar Milano in NYC. **Steve Matkovich** left Courtright's, a 4-star restaurant outside of Chicago to join the opening team of Marcus Samuelsson's C-House in Chicago.

Carrie McGowan is a Home Manager/Personal Chef in UT. **Julianne Nelson** is a Baker at Jimbo's Naturally in CA. **Danny Quintana** is I.S.E./Demo Coordinator at Whole Foods in Ridgewood, NJ.

CTP 147 (2007)

Alexis Blake is a Line Cook at the Inn at Millrace and the Food Coordinator at Genesis Farm in NJ. **Rachel Eakley** is Asst. Kitchen Mgr. at Babycakes in NYC. She also works at Sympathy for the Kettle. **Ruth Fehr** is a Personal Chef in NYC. **Molly Handler** is a Sushi Chef at Yosake in Wilmington, NC. **Federico Saldivar** is a Line Cook at Belcourt Restaurant in NYC. **Victoria Salom** is a Pastry Cook at Saf in London. **Leah Shomron** is a Food Writer/Critic for an Israeli Newspaper and a freelance Cooking Instructor in Israel. **Sarena Stern** started a prepared food business in ID. **David Wilke** is Managing Chef at Jivamukti Café in NYC. **Robert Wilson-Smith** is the Kitchen Manager at Radha Yoga & Eatery in Vancouver.

CTP 146 (2007)

Andrea Boje has a personal chef business called The Holistic Chef in NJ. **Isabel Clark** has a holistic health counseling practice called Clark Wellness in Washington, DC. **Christina Daily** is Lab Technician at Chr. Hanson, a flavor and ingredient company in NJ. **Catherine Spillers** is a Pastry Cook at Madeleine's Bistro in CA.

CTP 145T (2007)

Suzanne Barr is the Chef at Tiny Cup in Brooklyn. She's also starting her own baked goods delivery service. **Christine Borzell** and classmate, **Laura Rosenberg, R.D.**, are starting a personal chef business that includes cooking classes. Christine is also a Kitchen Assistant at Sur La Table. **Paulo Brasileiro** is a Personal Chef/House Mgr. in the Hamptons. **Iris Cortes** is a Volunteer at Chefs for Humanity in NYC. **Silvana Paulilo** is a Personal Chef in CT.

CTP 144 (2007)

Tanya Bielski-Braham has a personal chef business called Skinny Tomato in NYC. **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** was promoted to the Pasta/Fish Entremetier station at Blue Hill. **Bela Moriera** is a Personal Chef & Ayurvedic Counselor in NYC.



CTP 143 (2007)

Marion Banzhaf is the Chelsea CSA Coordinator. **Amber Burkes** is a Cook at Two Chefs and a Cooking Instructor at Foxfire Kitchen Gallery in SC. **Emmy Miller** is the Chef at Mighty Diamond in Brooklyn. **Joanne O'Dwyer** is a Line Cook at Clarke Cooke House in RI.

CTP 142W (2007)

Jamie Klotz has a Garde Manger position at Momofuku Ssam Bar in NYC. **Richard Soriero** is a Cook at Savoy in NYC.

CTP 141 (2007)

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 the In-Store Educator at the Whole Foods Bowery location 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. **Helene Seligman** does counseling and cooking instruction in NYC.

CTP 140M(2007)

Jennifer Columbo is Chef/Owner of Naturally Jeni in NY. She's also Assistant at Sur La Table cooking classes and a Columnist for North Fork Parents Web Page. **Reo Jones** is a Partner in a personal chef/nutrition consulting business in NE. **Unju Kim** is a Chef in the Executive Dining Room at Party Rental Ltd. and a Retreat Chef at Cross Roads Retreat Center, both in NJ. **Lisa LaRoche** is an Assistant Instructor at King's Cooking Studio in NJ. **Rath Radelman** is a Demo Chef at the Greenmarket in NYC. **Laura Viega** is a Baker at Kripalu in MA.

CTP 139 (2007)

Donald Blue is Executive Chef at Zizzler's in St. Croix. **Dina Cutrone** has a business called Tall Order in Brooklyn. **Caroline Ishii** has a business called ZenKitchen in Ottawa. **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 Freelance Writer 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 Line Cook at

Beso in Hollywood. **Wiebke Wiechell** moved to San Francisco.

CTP 138 (2006)

Laura Bickhart is Manager at Bloom Naturally in PA. **Beth Dergarabedian** is Chef de Partie 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** has a business called Bare Beans Coffee Roasters in CT. **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 Prep Cook and Baker at Urban Spring in Brooklyn. **Linda Monastra** is a Demo Chef for Rick's Picks and a Recipe Tester for Natural Health Magazine. She's also a Partner in Three Birds Bakery in Brooklyn. **Kim Stakal** moved to Los Angeles and started a personal chef/food consulting company called The Green Gourmet.

CTP 136W (2007)

Jay Bither is a Chef/Caterer in NYC. **Laurie Gershgorin** 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 NYC.

CTP 135 (2006)

Gail Berrigan is a Personal Chef and Yoga Instructor in MA. **Kristen Palmer** owns Pure and Simple Bake Shoppe in OH. **Mary Wilson** is the Sous Chef at Oakville Grocery. She also works at Word of Mouth Catering in Austin, TX. **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 Director of the Sylvia Center, a nonprofit, farm-based learning center for at-risk kids 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. **Melissa Zelenovic** is a Personal Chef in CA.

CTP 133 (2006)

Olivia Go is a Line Cook at Susur in Toronto. **Molly Schrecengost** is a Private Chef in CA.

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 Asst. Pastry Chef/Garde Manger at Candle 79 in NYC. **Stefania Rubicondo** is a Baker at Baked in Brooklyn. **Melinda Tracy** is a Corporate Chef at Bridger Capital in NYC.

CTP 131 (2006)

Kevin Angley is the Chef at The Organic Connection in Brewster, NY. **Sonja Lohage** is a Baker at Food Dance Restaurant in MI. **Ursula Rutledge** has a business called Slow To Go in 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. **Michael Schurr** is a Private Chef in NYC.

CTP 129E (2006)

Susan Banzon is a Cook at Jivamukti Café in NYC. **Ela Guidon** is a Personal Chef and Instructor in NJ. **Theresa Morelli** is a Personal Chef in NYC.

CTP 128 (2006)

Renae Ask moved to Washington, DC. **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. **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** left the United States in June for a year to study Ayurvedic and regional South Indian cooking in India and pastry and bread making in France.

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 General Manager at The Green Table in NYC. **Carly Smith** is the Pastry Chef at Pix Patisserie in Portland, OR. She's also in the process of opening her own vegan cake bakery. **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. **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. **Perry Pearson** is the Kitchen Manager at Nutricurean in PA. **Minna Suh** is a Personal Chef in NYC.

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 conducts cooking classes and wellness workshops in NYC. **Kate Christman** is a Nutrition



Coordinator/Educator at Urban Nutrition Initiative, Univ. of 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. **David Mohammed** is the Chef at a homeless shelter in NYC. **April Neujean** is Chef/Forager for the Edible Schoolyard in New Orleans. She teaches cooking classes to students K-8 with ties to their core curriculum and also organizes school-wide tastings and other culinary events. In addition, she's working on cafeteria reform to improve the quality of the food as well as the nature of the local food culture.

CTP 123 (2005)

James Barry is a Personal Chef in CA. **Kate Billett** has an FOH position at Gusto Organics in NYC. She also does menu planning there. **Emily Elliot-Casey** is the Sous Chef at New French 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. **Nina Traywick** is the Pastry Chef at Community Restaurant in NYC.

CTP 122E (2006)

Brianna Nichols is the Chef at Perelandra in Brooklyn. **Matt Slagle** is Food Service Manager for Aramark at Somers Manor in Westchester.

CTP 121 (2005)

Lydia Choudhry owns The Daily Vegan in PA. **Allison Fasano** is a Personal Chef in Yonkers. **Kelly Geary** has a business called Sweet Deliverance in Brooklyn. **Carrie-Anne Murphy** is the Pastry Chef at Frederick's Downtown in NYC.

CTP 120 (2005)

Sara Driscoll is a Cook at Nature's Temptation in NY. She's also a Personal Chef. **Liz Fleischman** is a Cook at Get Fresh in Brooklyn. **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)

Matt Downes is the Chef de Cuisine at Broadway East 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. **Gloria Reyes** opened a restaurant called Two Kings in Spotsylvania, VA.

CTP 118S (2006)

Ori Cosentino is a Caterer and Personal Chef in NYC. **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 got married last January. **Danny Casbarro** is Kitchen Manager, Cooking Instructor and Yoga Instructor at Sivananda Yoga Ashram in Grass Valley, CA. **Joel Mittentag** is a cook at Whole Foods Market in NJ.

CTP 115 (2005)

Kieren King is a Pastry Cook at Craft in CA. **Kirti Rahi** has a restaurant called Piquant Bread Bar & Grill in NJ.

CTP 114S (2005)

Rosemary Antonelle-Quast is an Independent Consultant for Arbonne Int'l, a Swiss health and wellness company. **Jennifer Asfar** is a Personal Chef in NJ. **Tracy Jorg** is a Private Chef/Caterer on Long Island. **Carla Martinez** is a Line Cook at Tabla in NYC. **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 Cook and Caterer at Robbins Wolfe in NYC. **Nathan Donahoe** is Executive Chef at Riviera Recovery in Malibu, CA. **Lakshmi Harilela** owns Love True Food in Hong Kong.

CTP 112 (2004)

Jennifer Brawn is a Personal Chef in NYC. **Josh**

Gonzales works as a Hot Cook for Spirit Cruises in NYC.

CTP 111E (2005)

Judy Montesarrato is a Personal Chef in RI. **Jennifer Goren** is the Miele Manhattan Gallery Mgr. 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 has a business called Pura Vida Personal Cuisine. She's also writing and developing recipes for Glam Media's Wellness section. **Becky Mendez** has a business called Frescura in PR. **Joslyn Oppenheimer Sagasta** has a business called Nosh in the Netherlands.

CTP 109E (2005)

Gilda Mulero is a Personal Chef in NYC. **Diane Raymond** has a personal chef business called Healthy Plate in NY. She also teaches a 6-wk. course on health-supportive cooking at the Rochdale Village Senior Center.

CTP 108 (2004)

Genevieve Chazen is the Cook at Headstart in NYC. **Aly Crispi** had a baby boy. **Priscilla Knowlton** is a Cheesemonger at Farmstead in RI. **Lauren Pilgrim** is a Partner in Three Birds Bakery in Brooklyn. She's also a Personal Chef.

CTP 107 (2004)

Nicole Bator is Cookery Editor at Duncan Baird Publishing in the UK. **Nick Beitcher** has a Garde Manger position at Chez Panisse in CA. **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. **Tal Ronnen** is Executive Chef at Veg Advantage, a nonprofit education organization he founded in 2004 to help food service operators integrate vegetarian options into their menus. Most recently, he's been preparing recipes for Oprah. **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)

Kathleen Green is Head Chef at Child Center

of NY in Queens. **Linda Mills** is a Mind-Body Practitioner and Natural Foods Chef in NJ. She has a business called To Your Health.

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. **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. She's also the Founder of the Harvest Time in



Harlem Program at the Children's Storefront School where she teaches kids about healthful eating and cooking. In addition, she's working on a project for the Food Network website. **Nathalie Reid** is the Culinary Coordinator at Sur La Table in Manhasset. She's also a Mom. Her son, Liam, was born in Oct. '06. **Sara Ross** is Director of Catering and Pastry Chef at OX in Jersey City, NJ.

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. *Bon Appetit Magazine* recently named Local Burger one of the 10 best eco-friendly restaurants in the country. **Eavan Daily** is a Production Chef at Whole Foods in

Princeton. She's also a Personal Chef and Caterer.

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.

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. **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** started a

local foods consulting business called A Local Notion, LLC in Charlottesville, VA. **Adam Taylor Smith** is studying Ayurveda. **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)

Stacey Dickenson is a Personal Chef in San Diego. **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.

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** works at Down Home Foods 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 relocated to western MA. **Rebecca Stevens** is Elixirs Bartender at Café Gratitude in CA. She's also a Retreat Chef.

CTP 94E (2003)

Katrina Bisanti is a Caterer/Event Planner in

RI. **Lee Glenney** is a Fitness Instructor in NYC. **Michele Lucido** is Chef/Marketing Director at Tidal Creek Cooperative Market in NC. **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.

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. **Claudine Sallin** works in Garde Manger and Special Events at The Mohonk Mountain House in New Paltz. She has two daughters, Seraphine and Pauline. **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. **Uma Yaparpalvi** is a Certified 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. This past spring, she started 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 85 (2001)

Bethenny Frankel is a celebrity natural foods Chef and Spokesperson for Peppridge Farm. She also writes a page for Health Magazine each month and recently signed a multi-book deal. **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 working p/t at l'Atelier in CO while planning to open his own restaurant.



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. **Taffy Elrod** moved back to Brooklyn. **Alex Jamieson** is a Holistic Health Counselor and Author. **Kathy Maddux** has a business called 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)

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. **Martha Newell Maier** is a freelance Chef in Pittsburgh. **Jason Olensky** is a Personal Chef in NY. **Louisa Shafia** has a business called Lucid Food in NYC.

CTP 80E (2001)

Melanie Driscoll moved to CT. **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/Partner at The Summerhouse Grill 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.

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'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. **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. **Yvonne Reece** has a business called Jorac Associates, Inc. She does consulting, private cooking, catering, instruction, lectures and workshops in VA.

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. **Suyai Steinhauer** is the Chef at Emandal in northern CA.

CTP 66 (1999)

Robin Gill Lacy is the Research and Development Chef at Veria Wellness in TX. She was recently married. **Rebecca Katz** has a business called The Inner Cook in CA. She's also a Senior Chef at Commonweal 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.

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)

Irene Dorosh is a Personal Chef in NYC. **Michelle Sister** is a Personal Chef and 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)

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 where she helped set up

a vegetarian, child-friendly kitchen, as well as an edible garden.

CTP 61 (1999)

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 Chef at Earth Fare in Asheville, NC. **Mary Jo Fuoco** is a Corporate Flight Attendant/Chef for Graham Capital. **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)

Alica Benedetto owns Raw Indulgence, Ltd. **Lacey Sher** is a Personal Chef in CA.

CTP 57 (1998)

Antonia Chan is doing F&B Mgmt. Training at the Mandarin Oriental in London. **Jacques Gautier** has a restaurant called Palo Santo in Brooklyn where he is Executive Chef. **Teal Hodgson** is a full-time Mom, but finds time for consulting. **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 55S (1999)

Terri Weston works in the cheese shop at The Hanover Food Co-op in NH.

CTP 54 (1998)

Nikole Paulos is the Chef at Laurel Springs Retreat Center in Santa Barbara, CA

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. **Rachel Koladis** is Operations Mgr. at Marquee Events and Catering in CT. **Sally Lukash** is the Nature's Marketplace Team Leader at Wegmans in Woodbridge, NJ. **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)

Kathleen D'Angelo is a Personal Chef. **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** is a Chef at Tiffin in Bedford, NY. She also 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 Private 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 Chef/Consultant, Teacher and Knife Sharpener in Tucson.

CTP 44E (1997)

Shawna Good is the Manager of Bouley Bakery & Market in NYC.

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. **Marie Holtz** is the Pastry Chef at Café Flora in Seattle. **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. **Julie Roberts** has a business called Julie's Dinner Delivery in CA.

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 Co-founder of Three Stone Hearth, Locavores and the Eat Local Challenge.

CTP 40 (1996)

Tommy Habetz is the Executive Chef at Meriwether's 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** has a personal chef business called Order, Please in Kingston, NY. She's also a Sous Chef at the Omega Institute in Rhinebeck this season.

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. In April, she brought a grower's market to the Center.

CTP 37 (1996)

Elizabeth Edwards has a business called Simple As Gluten Free in AZ.

CTP 36 (1996)

Chris Erickson is a Chef and Caterer in Newport, RI. **Donald Montgomery** is a Personal Chef in NM.



CTP 35E (1996)

Gabrielle Ettlinger is the CookShop Program Officer at FoodChange in NYC. **Alex Grant** is studying Acupuncture and Chinese Medicine in India and China.

CTP 34 (1996)

Ali Ghiorse has a business called Savory Thymes in CA. **Sheri DiPelesi** has a business called Be Healthy and Whole 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. He's also a Recipe Developer for Vegetarian Times Magazine.

CTP 31E (1995)

Kathryn Bari is a Personal Chef/Instructor and Guest Speaker on Long Island.

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. **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 FireWorks Restaurant & Bar in Corvallis, OR.

Prior to 1992

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. **Peggy Edwards** is Chef/Manager at Edge of the Woods in CT. **Liz Gagnon** is the Chef at Nature's Temptations in NY. **Sarah Cuyler Kast** is a Personal Chef. **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 Executive Sous Chef at the Center for Discovery in Harris, NY. **Eric Tucker** is a Cookbook Author and Executive Chef at Millennium in San Francisco.



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Editor: Rosemary Serviss