



NATURAL GOURMET INSTITUTE FOR HEALTH & CULINARY ARTS

Issue 21
July 2009

WANTED: FRIENDS & FOLLOWERS

The Natural Gourmet Institute has been cooking up conversations via social networking sites, Facebook and Twitter. We've found these technologies to be an amazing complement to our New York-based facility in connecting with like-minded folks all over the world in the areas of food, health and the culinary arts.

Become a fan of the Natural Gourmet on Facebook by creating an account beforehand. While logged in, visit <http://tinyurl.com/facebook-ngi>. Or you can find us by clicking the Friends link and searching for NaturalGourmet (all results > pages).

For Twitter, simply visit <http://twitter.com/naturalgourmet> and join up. You can also just click the icons below.

If you already have a Twitter or Facebook account, look us up and become a fan (Facebook) or follow us on Twitter. We look forward to tweeting with you.

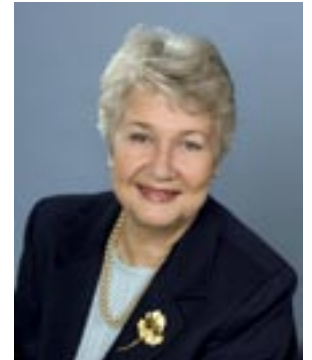


THOUGHTS FROM THE FOUNDER

by Annemarie Colbin, Ph.D.

OUT WITH THE OLD, IN WITH THE NEW

We've heard about the irresistible force and the unmovable object. And there are also the warring opposites in which things want to change, but still remain the same. We do want things to remain the same, don't we? Safe, predictable, recognizable. And yet, when that happens, we get bored and want change.



At the Natural Gourmet, we are contemplating some serious change in our physical space. To wit: We are in the midst of plans to renovate the front office, with the intention to make the place more comfortable and streamlined. We'll knock out some walls, build new ones, make better use of our limited space and give people a modicum of privacy. In preparation for that intense project, we are reviewing all our stored papers. For me personally, we are talking about 20 years of saved stuff. Ouch! What to keep, what to toss? Are we done with this or should it be in the archives? I'm not talking about student files – I'm talking about lists of recipes I taught in the late '80's, notes from teachers' meetings of the early '90's, and other such tidbits.

I've been pulling these out and noting how dramatically things have changed here – just from the normal day-to-day managing of our activities. Anytime something goes wrong, we come up with a new system, a correction, updated policies. Little by little, things have improved – so that most of our daily work nowadays is quite OK. Not perfect yet – but quite OK, and of course still improving.

Cleaning out clutter has a marvelously energizing effect. A friend of mine who occasionally

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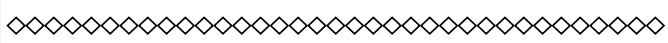


does this kind of work for people, always says, “when you throw out the old, you make room for the new.” In my own experience, I found it really true that you can change your life by tossing out stuff you don’t need anymore. I have often worked with people who specialize in clutter cleaning, as I myself often am too attached to *my old stuff*. But I’m getting better – you should see how much I’m tossing and shredding.

I know that some people have trouble throwing out stuff – who knows, maybe they’ll need it again, or they’ll find they need it right after the garbage truck made off with it. Heaven forbid! But the truth is, that hardly ever happens. And if you REALLY need it again, just buy a new one.

Of course, the stuff I’m going through cannot be bought. It’s memories, mementoes, records of old ideas, lots of old versions of recipes. But I’ve learned over the years that recipes can be re-done, re-invented, and updated a million times. I don’t need to keep those old ones. Besides, most of them are in my books, if they were any good. And do I really need to hold on to those old class notes? What would I use them for? Truth is, I never do.

And speaking of new things, the NGI is trying hard to join the current digital culture. We now have a presence both on Facebook and on Twitter. People who know about this stuff think we’re doing great with it. I’m pleased as well. Check it out!



ON THE PRESIDENT’S MIND

by Jenny Matthau

MY TRIP OUT WEST

Last November I made my yearly sojourn to the Weston A. Price Foundation’s Wise Traditions Conference. It was the first time the Conference was held on the West Coast, near San Francisco.



I heard many fascinating lectures, but was most interested in the three focusing on iodine deficiency and its relationship to thyroid disorders, fibrocystic breast disease, breast cancer and many other health problems, including, but not limited to adrenal dysfunction, depression, chronic infections and all hormonally mediated cancers.

The first speaker was Lynne Farrow, MA,

a former college professor, journalist and editor who currently serves as Director of the nonprofit research and advocacy organization, Breast Cancer Choices. This organization has been conducting a database study called The Iodine Investigation Project which follows women using iodine as part of their treatment for breast disease, especially breast cancer. The main theme of Lynne’s talk was that many people in the U.S. are deficient in iodine today, resulting in much higher incidence of breast cancer compared to thirty years ago. In the 1970’s, manufacturers stopped adding iodine to flour and replaced it with bromide, which contributed to widespread deficiency. An endocrine disruptor and neurotoxin, bromide is used as a fire retardant in the form of PBDE’s (polybrominated diphenyls) and can be found in furniture, iPhones, stuffed animals, mattresses, clothing, computers and cars (responsible for “new car smell”). Bromide greatly increases our bodies’ iodine requirement, which when combined with iodine insufficiency and aging, creates “the perfect storm,” meaning that this confluence of factors greatly increases susceptibility to breast cancer. Lynne presented evidence that iodine protects against breast cysts and breast cancer and that the two conditions are closely related. (Dr. Robert Bard who practices in NYC recently told me that research has confirmed that women who have fibrocystic breast disease are 5 to 7 times more likely to develop breast cancer.) To find out more, visit Lynne’s website at: www.breastcancerchoices.org.

The second speaker was Dr. Janet R. Lang, a chiropractor who in addition to seeing patients, conducts ongoing clinical research and teaches professional Functional Endocrinology seminars across the U.S. She is the author of *Understanding the Peripheral Nervous System* and a contributing author of *The Heart of the Healer*. Dr. Lang explained that the RDA for iodine in the United States (150 mcg) was based on the amount needed to prevent goiter and cretinism, but falls woefully short of the amount needed to prevent thyroid, breast and many other disorders. She recommended adding kelp to our diets, but acknowledged that supplementation is necessary for many individuals. She also maintained that when iodine loading, one needs to increase intakes of selenium, magnesium and essential fatty acids. Her website is: www.drjlang.com.

The third speaker was David Brownstein, MD, Medical Director of the Center for Holistic Medicine in Michigan. He is the author of 8 books, covering a wide array of topics, including iodine, thyroid disorders, arthritis, natural therapies, gluten-free

diets and healthy eating. Dr. Brownstein stated that from 1971 to 2000, iodine levels in U.S. citizens have declined by 50%, and that this parallels increasing breast cancer and thyroid cancer rates, as well as hypothyroidism. He went on to say that many cancer patients need extremely high doses of iodine and that it can take several years to correct iodine deficiency. Dr. Brownstein acknowledged that seaweed is a rich source of iodine, but cautioned that if it is grown in polluted waters, it will take up toxins such as arsenic and bromide. Furthermore, one would have to eat an enormous amount of iodized salt to get sufficient amounts of iodine. He also explained that U.S. soil is iodine deficient, due to soil erosion, fertilizers and pesticides which are high in bromide, chloride and fluoride. All these chemicals, including isoflavones from unfermented soy interfere with iodine assimilation. To learn more, check out Dr. Brownstein's website at: www.centerforholisticmedicine.com.

On the last day of the conference, I was very fortunate to go on a tour of Three Stone Hearth, a Community Supported Kitchen in West Berkeley that prepares nutrient dense foods for inhabitants of the Bay Area. I was particularly interested in this tour because two of our CTP graduates, Jessica Prentice and Porsche Combash are among the five worker-owners. The vision of Three Stone Hearth is to contribute to the healing of their surrounding community and the Earth by creating a sustainable model for community-scale food preparation utilizing traditional foods and preparation methods as described by Dr. Weston A. Price.

Almost all the meat and eggs they prepare come from local farms where the animals are pasture-fed and raised and slaughtered as humanely as possible. Many are certified organic. Most of their dairy is also of local origin, coming from animals that have access to pasture. Many of the vegetables and fruits are locally grown, used in season and almost entirely certified organic. Three Stone Hearth buys food directly from farmers whenever possible. Grains are whole, and soaked in water and yogurt whey to increase their digestibility. The primary fats used are locally produced ghee, butter and olive oil as well as lard, coconut, palm and sesame oil. Sweeteners used include maple syrup, honey agave, palm sugar, sucanat or rapadura.

Each week Three Stone Hearth prepares the following dishes: 48-hour beef stock and 24-hour chicken stock (the cooked bones are ground and mixed with grain to prepare homemade dog food). In addition to selling broth, the stocks are used to make a mineral-rich soup or stew and sauce. Raw

meat patties are formed, fortified with nutritious organ meats, then frozen so they can be cooked quickly by the clientele as needed. Other weekly staples include a grain dish, bean dish, crispy nuts (soaked and dehydrated), crackers, crunchy cereals, yogurt cheese and mouthwatering desserts such as "Transit Bars," a delicious snack made from only dates, prunes, coconut butter, shredded coconut, orange juice, zest and sea salt. At least one cultured vegetable is made, along with a cultured beverage, rich in enzymes and electrolytes. We were fortunate to sample the rose-hibiscus, grape-lemon and lavender-rosehips coolers that accompanied the delicious pork tamale pie, chicken salad and green salad lunch Porsche served us after our tour group completed our kitchen duties: wrapping tamales, meat patties and crispy nuts.

Jessica explained to our group of eight visitors that they were currently preparing food to fill over 200 orders per week, although they have about 2000 accounts in their database. The owners of Three Stone Hearth hope to create a prototype that they can sell inexpensively to other like-minded entrepreneurs around the country. I am hoping they succeed, as most working people across the U.S. have so little time to prepare homemade, nutritious food. For the record, if anyone starts such a business in NYC, I would be one of your best customers!

The other major highlight of my trip was dinner at Millennium, perhaps the most celebrated vegan restaurant in the country. Like Three Stone Hearth, Millennium is committed to using organic, locally grown, seasonal food. Both the head chef (Eric Tucker) and the pastry chef (Anne Baptiste) are CTP Graduates. I dined with three other people, and we ordered a wide variety of dishes, all of which were delicious and beautifully presented. I particularly enjoyed the Sesame-Crusted Oyster Mushrooms with sweet & spicy ginger-chile jam and watermelon radish relish and the Pumpkin Papusa (corn masa with mashed pumpkin, roasted poblano chile and caramelized onion, smoky piquinto bean ragu, sautéed greens, avocado-cilantro cream, sweet and spicy apple salsa and pumpkin seed-crust cauliflower). The service was also excellent, very gracious and welcoming.

In conclusion, my trip was well worth taking. Aside from all the valuable information I acquired, seeing and experiencing the incredible work of our graduates was uplifting and made me very proud to know that they had graduated from the Natural Gourmet.

Wishing everyone a wonderful summer.

ADVENTURES IN COOKING

by Sue Baldassano

Mad Science or the Science of Deliciousness?



By now, most of us in the food business have heard the term “Molecular Gastronomy” and the chef most associated with this term, Ferran Andria. His restaurant outside of Barcelona, El Bulli Tabla (recently voted Best Restaurant in the World), receives 2 million dinner requests per year for a 37-course menu. He serves 8000 of those 2 million requests. He and some of the other chefs working in this vein do not like the term Molecular Gastronomy. They adamantly deny being scientists working in “laboratories” and stress that they are cooking food, not concocting strange inedible scientific experiments. These chefs prefer Harold McGhee’s definition of what they are doing: “The science of deliciousness.” At this point in time there are less than a dozen chefs preparing this experimental cuisine.

The New York version of all this Molecular Gastronomy or Science of Deliciousness is **wd-50**, headed by Wylie DuFresne.

Up front I will say that I am not promoting this kind of cooking, nor do I condone it in any way, shape or form, but I do think that it’s here to stay, and that culinary students should at least know that it exists.

This elite group of chefs use good quality ingredients and claim that they merely use technology in the form of specialized equipment and certain food items that they refer to as “compounds.” Many of these compounds seem suspect to me (not whole foods by a long stretch), but some are actual foods we even use at our cooking school, such as agar.

In November 2008, my curiosity got the better of me, and I had lunch at **wd-50**. Here is my review of my dining experience.

9-Course Tasting Menu

Shrimp couscous, dried cherry, whiskey hazelnut. *Two tablespoons of intensely shrimp-flavored couscous, served with a flattened square-shaped piece of dried cherry (about the size of a medium dice) topped with a brownish teaspoon of hazelnut cream.*

An interesting introduction. I enjoyed the shrimp couscous and the dried cherry. The hazelnut

cream was flavorful but didn’t seem like a logical fit somehow on this plate.

Knot foie. *Foie gras mousse, raisin purée, kim chee purée and a rice crispy-like garnish scattered over the tan squiggle of extremely rich foie gras mousse.*

I couldn’t deal with the foie gras (I dislike liver). I enjoyed the raisin and kim chee purée and the crispy crumble. The waiters noticed that I didn’t eat the foie gras, and they half-heartedly offered a substitute but I declined the lukewarm offer.

Eggs Benedict. *Egg yolk, hollandaise sauce encased in “English muffin,” bacon tuile.*

Three-fourth-inch cylinder of partially cooked egg yolk, five tater-tot-looking items (English muffin?) filled with a hollandaise sauce that oozed out when poked with fork. The dish was garnished with a crisp and very thin bacon tuile. I loved this! The yolk was partially jelled (I asked the waiter if they used agar but was told that no, the yolk was placed in a long cylinder and then slowly poached). The tater-tot English muffins tasted like the real thing but without the satisfying “chew.” The surprise oozing of the hollandaise when you poked the muffin was a fun surprise and delicious. The bacon tuile was salty and crisp, but again, without the chewy quality of bacon.

Crab tail, soybean noodles, cinnamon dashi. *Steamy, cinnamon-scented dashi with thin, pale green soybean noodle, two-inch piece of crab with Thai basil.*

A wonderful bowl of steamy, aromatic cinnamon Thai basil broth! The noodles were tender and pale green with tiny pieces of fresh edamame and sweet crab floating in broth. This course really worked after the Eggs Benedict course.

Rabbit, wild rice polenta, cassis kale, black olive. *Two-inch cylinder of rabbit sausage served over wild rice and polenta blended with olives, served with a sweet and sour kale dish and garnished with crisp, burgundy-colored sour & sweet cassis chips.*

Lots of nice flavors and textures but the plate seemed dark except for the burgundy cassis chips. The blended polenta and olives tasted good but the gray appearance on the plate was really unattractive. The sweet and sour kale dish was mostly sour.

Squab, butternut noodles, cream soda, carob and amaranth. *Three-ounce serving of squab, raw fettuccine-style butternut “noodle” with one tablespoon dollop of cream soda sauce and one*

tablespoon carob-coated amaranth crunch.

The squab was prepared medium rare in sous vide method. The meat was moist and flavorful but I missed the crispiness of roasting or sautéing. The fettuccine didn't have much flavor. The cream soda dollop really tasted like cream soda (but why?). The carob/amaranth crunch was good but too sweet.

Ricotta, capers, frozen honey, caper foam.

One-fourth cup of ricotta with frozen honey bits garnished with a caper and thyme foam.

This was my favorite course -- a steaming glass of ricotta with frozen honey bits and a surprisingly good salty caper foam with a garnish of fresh thyme and capers.

Caramelized brioche, gala apple, brown butter ice cream, smoked pecans. *A miniature brioche with very thinly sliced apples, a brown butter ice cream on a bed of really smoky pecans.*

The brown butter ice cream sitting on top of the very smoky pecans was wonderful. The brioche was rich and just two bites. The apple slices were beautiful.

Concord grape sorbet-encased in black sesame seeds with chocolate "package." *One sesame-coated small truffle filled with Concord grape sorbet served with a small "package" filled with "something" crispy and chocolate.*

The small bite of the chocolate package was tastier than the sesame seed truffle but I could not identify what the package was made of or how it was made.

With one glass of wine, coffee, tax and tip -- \$115. Service, professional but cool. Kitchen, clean, large and laboratory-like in appearance. Offer to deal with special dietary issues including vegan or any other food sensitivities.

Equipment. Some things used in this kitchen are quite familiar items such as processors, blenders, silicone mats, micro planes and dehydrators. There are other pieces of equipment that were not familiar such as:

Cryovac vacuum-packing machine -- for sous vide cooking. Assures greater consistency, tenderness and accuracy of temperature.

Anti-Griddle -- used to freeze many items, giving them a unique texture.

Thermo Circulator -- heats water to a precise temperature for sous vide cooking.

Volcano Vaporizer -- originally manufactured for inhaling marijuana without the smoke, this

versatile vaporizer proved to be the perfect solution for extracting aroma from herbs and spices without adding a burnt or smoky smell.

Ingredients. Some are familiar sounding such as agar, carrageenan (seaweed), pectin and xanthan gum. Others were really foreign sounding such as:

Potassium Citrate -- a sour salt that can be used to regulate acidity and as a preservative.

Pure-Cote B790 -- a modified food starch made from corn by grain processing. It forms flexible films without requiring hydration or cooking. Products thickened with Pure-Cote dry into crispy "glass."

Versa Whip -- a soy protein that can replace egg whites or gelatin. Versa Whip can aerate and stabilize foams to twice the volume of eggs whites. The foams can be served hot or cold.

Again, most of these chefs claim they work with the finest local and organic ingredients, but with all the manipulation one wonders why they bother?

I must admit I enjoyed the novelty of my lunch at **wd-50**, and some of the flavors were amazing, but I won't be going out and purchasing a Volcano Vaporizer any time soon.

UPCOMING COOKING TOURS



To Grandmother's House We Go...

Oaxaca, Mexico

Early February 2010 (dates TBD)

Groups limited to 12 people per trip
10% discount for NGI grads

www.tograndmothershousewego.com

e-mail: grancooks@earthlink.net

Tel: 718-768-4662

WORKING WITH A DOMESTIC PLACEMENT AGENCY

by Nathan Donahoe
(CTP 113)



After graduating from NGI, I got my first job the old fashioned way: I knew somebody who knew somebody who needed a chef. After I left that job, I found that word of mouth simply wasn't going to get me the work I wanted at the salary I deserved. NGI gave me the skills and education I needed to work with high end clients, and I wanted to find those clients! That was when I discovered domestic placement agencies, and specifically, The Help Company, the premier domestic placement agency (DPA) in Los Angeles and New York. They have offered me some the best jobs in LA, and I look forward to working with them more.

In May, Melissa Jensen of The Help Company, agreed to do an interview for our Alumni Newsletter to provide NGI grads with some insights into working with a DPA.

Tell us about The Help Company. The Help Company started in 1982, and the Wall Street Journal stated that it was the first nanny agency in the United States. Since its inception our clients have had other positions that needed staffing from estate management and executive assistant to chefs and butlers. Other publications have written that The Help Company is one of the most discreet staffing agencies and caters to the most discriminating clients in the US.

Is there a typical profile for clients who seek chefs through The Help Company? Just because we are in Los Angeles, our clients tend to be working in the entertainment industry, and in New York, they are in finance. But, we cater to anyone whose needs we can fulfill.

How common is it for clients to have special dietary needs? Recently, more of our clients have contacted us requesting chefs with the ability to handle special needs. These needs are usually weight reduction, food allergies, high blood pressure and high cholesterol. However, there is always a new trend, and lately many clients need chefs who understand The Blood Type Diet, the Macrobiotic Diet, as well as Vegan and Organic. NGI graduates who have any of this additional training would definitely have an advantage over applicants who know only conventional cooking. It is important

to be cutting edge and have a width and depth of experience.

Would a recent grad be considered for a private chef position? Absolutely! We have clients who love a fresh new attitude and desire simple, family-style meals. Their needs simply do not require someone with years of experience.

Is there a minimum amount of experience a private chef must have in order to register? We have chefs who have grown up with family members who cook and fell in love with cooking at a young age. We also have chefs who have graduated from top level culinary institutes and have spent a lot of money furthering their knowledge. Since all of our clients come from different backgrounds with different needs, we like to have a wide variety of chefs from different backgrounds as well. Of course, experience and work ethic are important. A chef with nutritional background is also a bonus.

What is a typical salary range for a full-time private chef position? Depending on experience, \$50-\$150k.

What would a typical hourly rate be for a part-time position? Again, depending on experience, \$30-\$50/hr.

Do you expect an applicant to have a portfolio of menus, food photos and letters of recommendation? A website? We would appreciate anything to help us get the chef a position. Letters of reference are always a bonus. It is all helpful. As an agency, we do find it important to speak with a number of people to find out about a chef's attitude, cleanliness and speed. We like personal information, along with an updated resume, so that we can get a sense of their background. We really love getting to know what drives our chefs so we can find them their dream jobs!

What are the most common mistakes that private chefs make when beginning to work with a new family? Pitfalls? Some of the problems that new private chefs encounter are crossing boundaries, getting too close too quickly and not fully understanding what it is that the family requires. Be clear and ask many questions about their likes and dislikes.

PS: If you decide to work with The Help Company, tell Melissa that Nathan said, "Hi." And always, BRING FOOD! As a chef, food is your resume. I bring food to every interview or meeting I go to -- even if it's just fresh, organic strawberries. It helps the DPA get a sense of your style and makes you memorable.

WHO'S DOING WHAT

CTP 170 (2009)

Lolly Toteroto bakes bread (which is consumed on stage) for the cast of *Desire Under the Elms* in NYC.

CTP 169 (2009)

Amalia Marino is working at Il Buco in NYC.

CTP 167 (2009)

Laurent Pariente has a Garde Manger position at Gramercy Tavern in NYC. **Christopher Sabionski** is the Baker at The Ravens in Mendocino, CA.

CTP 165 (2009)

Kristen Desmond is doing a stage at Rouge Tomato in NYC. **Nancy McArthur, Rebecca Riker** and **Clare Wilson** are Caterers in NYC. **Christian Simeone** has a Garde Manger position at UNO's Chicago Grill in Boston.

CTP 164M (2009)

Janani Urreta is a Prep Cook at Garden Café in Woodstock.

CTP 163 (2008)

Celeste Campbell is a Personal Chef in Spain. **Katie Compton** works with Equilibrium Nutrition in Toronto. She's also developing her own nutrition consulting/personal chef business called Kate and the Kitchen. **Hannah Frank** is the Wellness Chef for Yoga Lounge in OH. **Debbie Gulecki** received her ServSafe certification in March and took the International Bread Baking course at FCI in May. She's moving to ME in August. **Elizabeth LaMantia** is a Cook at New Rivers Restaurant and a Chef Instructor at Kids First in Providence, RI. **Vivien Pallasigie** returned to the Philippines. **Sara Querbes** has a Garde Manger position at Garden Café in Woodstock, NY. **Gabe Rodriguez** is a Line Cook at Jivamukti Café and a freelance Caterer in NYC.

CTP 162 (2008)

Tanisa Amatayakul has a Garde Manger position at Kittichai in NYC. **Ashley Barton** is a Personal Chef in MA. **Melinda Beaulieu** is a Personal Chef in NYC. She's also a Chapter Leader for Sunshine Chef with Project Sunshine. She teaches vegetarian cooking classes to low-income families with medical challenges and is involved in a cookbook for the Project. She recently appeared on The Food Network show *Chopped*. **Vanessa Edberg** works at Friend of a Farmer in NYC. **Lisa Fierro** is a Personal Chef in CO. She also does a weekly vegan meal at Amazing Grace Café. **Nelly Kerpner** is a Cook at

Catit Restaurant in Israel. She also runs workshops for healthy cooking. **Sean Rhodes** works at Palm Greens Café in Palm Springs, CA. **Jaime Studley** is a Line Cook at Jivamukti Yoga Studio and Café in NYC. **Nicole Torre** is a Pastry Line Chef at Pure Food and Wine in NYC. **Aviva Vikstrom** is a Personal Chef/Caterer in Seattle. She's also the NYC Program Director at Career Explorations.

CTP 161T (2009)

Lindsay Brox is a Prep Chef at Grezzo in Boston. **Giovanna Miller** is the Natural Foods Chef for the Kashi 2009 Tour.

CTP 160 (2008)

Cindi Avila is an Anchor at NY1 and was recently a contestant on The Food Network show *Chopped*. **Lakshmi Devi** is Product Development Chef at Subway. **Danny Heffernan** is a Chocolatier at Artfully Chocolate/Kingsbury Confections in DC. **Melissa Iacono** is a Pastry Cook at Mesa Grill in NYC. **Risa Lichtman** is a Line Cook at Delfina in San Francisco. **Larry Robbins** is a Cook at Trader's Point Creamery in IN. **Geri Petito** owns Creatively Catered in NJ and does cooking classes at Whole Foods Market. **Karolina Pietruschka** is the Chef at Rockin' Raw in Brooklyn. **Alison Wiener** is the Sous Chef at Ballibay Camp this summer.

CTP 159 (2008)

Daniel Brusky is a Line Cook at Hundred Acres in NYC. **Kay Michaels** is a Personal Chef in NYC. **David Nuss** is a Cooking Instructor at the Children's Aid Society in NYC. **Andy Russell** does catering for sailing charters in HI. **Flavia Scigliano** is a Personal Chef/Instructor in Brazil. **Ruth Tovim** is an Instructor for the Shoreditch Trust's Good Food Programme in London. **Sachiko Taji** is a Pastry Cook at How Sweet It Is in NYC. **Jen Woodard** is a Volunteer at Project Open Hand, Urban Sprouts and Three Stone Hearth in the Bay Area.

CTP 158W (2008)

Noriko Azuma is a Private Chef in New York and Paris. **Michele Heinrich** and **Aishah Miller** are Partners in Harmony Kitchen. This summer, **Aishah** will be the Chef at an international camp for peace and conflict resolution in Holmes, NY. **Danielle Ott** is a Line Cook at Dirt Candy in NYC. **Mark Tinkleman** is a Line Cook at Café Blossom in NYC.

CTP 157 (2008)

Phil Barth is the Chef at Alpha Phi Sorority House at San Diego Univ. and a freelance Personal

Chef/Caterer. **Anna Billingskog** is a Baker at Sound Lounge in NYC. **Sarah Fillius** is the Chef and Education Coordinator at the Philadelphia Community Farm in Oseola, WI. **Wendy Isoda** is a Line Cook at Napa & Co. in CT. **Virginia Staska** is a Cook at Spoonriver in MN.

CTP 156 (2008)

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

CTP 155T (2008)

Eileen Botti is a Cooking Instructor for The Cancer Project. **Tricia Brown** is a Freelance Caterer in NYC and will be a FND Guest Chef at the Natural Gourmet in November. **Andrea Danielson** is a Private Chef in Brooklyn Heights. **Ellen Emerson** is still on active duty in the Navy, but does occasional catering. **Natalia Gaviria** owns Cook-Life. She also works p/t as a Line Cook at Naturally Delicious Caterers in Brooklyn and is a Teaching Asst. for Conscious Cravers. **Kiki Homer** was a Culinary Corps Volunteer in New Orleans in April. She also volunteers at Operation Frontline and works at Mas. **Juliana Osleeb** is a Private Chef on Long Island.

CTP 154 (2008)

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

CTP 153W (2008)

Gretchen Brinson is a Personal Chef in NYC. **Korrie Chichester** is the Culinary Dept. Mgr. at Lifethyme Natural Market in NYC. **Lauren Davidson** is a Line Cook at Prune in NYC. **Hilda Eribo** is a Personal Chef. She also freelances at Marcey Brownstein Catering in NYC. **Heather Esposito** is a Personal Chef/Instructor in NJ. She's also a Prep Cook at Bonefish Grill. **Katie Gadsby** is a Garden & Nutrition Educator at a non-

profit working with local schools in San Francisco. **Kumiko Itagaki** got married in November and is a volunteer at Eco Kids Earth in NYC. **Marissa Peluso** is the Chef at 116 Crown in CT. **Tom Quackenbush** is a Bistro Chef at The Center for Discovery in NY. **Chelsea Smith** started a breakfast catering business at Watercourse Foods in CO. **Justin Zaslow** is the Gen. Mgr. at Wyndham Fitness & Recreation facility in NJ. He consults on their menu and gives nutrition talks at various corporate health fairs.

CTP 152 (2008)

Dale Fahrnow is a Cook at Digger's in WI. **Laura Jackson** is the Kitchen Supervisor at Angelica Kitchen in NYC. **Andrea Mavro** is the Chef at Naturally Good Foods and Café in Montauk. **Katie Sobel** is a Consultant for an organic food company. **Chris Wegwart** is a Personal Chef in NYC. **Jessica Woods** is a Pastry Chef at Bar Avignon in OR. She also bakes local, sustainable pies and sells them to farmers' markets and restaurants.

CTP 151M (2008)

June Berry is an onsite Prep Cook for Callahan Catering and Sonner & Castle Catering in NYC. **Asuko Doi** is a Pastry Chef at Souen in NYC. **Erika Layfield** is an Event Planner in NYC. **Bevin McNulty** works at Patagonia and Two Fat Cats in ME. **Michael Rosner** moved to San Francisco. **Cody Strauss** is the Chef at the Lang House B&B in Burlington, VT.

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 Brian** is a Personal Chef in San Francisco. **Ashley Whitmore** is a Line Cook at Chestnut in Brooklyn. **Jason Wood** is a Caterer and Personal Chef in NY.

CTP 149W (2008)

Danielle Heard has a Personal Chef/Counseling business called Artemis in the City in NYC. **Jessica Hulett** is a Food Writer and Personal Chef in NYC. **Marina Schulze** is a Caterer in NYC.

CTP 148 (2007)

Amanda Anderson is a Personal Chef/Holistic Counselor in NY. **Steve Matkovich** is Chef de Partie at Bouchon in Napa. **Carrie McGowan** is a Home Manager/Personal Chef in UT. **Julianne Nelson** is a Cook at Jimbo's Naturally in CA. **Danny Quintana** returned to NYC to study Chinese medicine.

CTP 147 (2007)

Alexis Blake is Head Chef/Kitchen Coordinator at Genesis Farm in NJ. **Adfia Bristol** is a Chef Instructor at Imani House, Inc. in Brooklyn and started a business called Yis Ro Yal Organic Vegan Treats and Juices. **Ruth Fehr** is Culinary & Nutritional Consultant for The Palette Foundation in NYC. **Molly Handler** is Caterer/Sous Chef at The Balcony on Dock and a Line Cook at Caprice Bistro in Wilmington, NC. **Gia Ramos** is a Personal Chef/Make-Up Artist in NYC. **Federico Saldivar** is a Line Cook at Belcourt in NYC. **Victoria Salom** is a Pastry Chef at Spiral Lounge in London. **Leah Shomron** is a Food Writer and Cooking Instructor in Israel. **Sarena Stern** is attending the CIA in Napa. **David Wilke** is a Menu Consultant in AZ. **Robert Wilson-Smith** is the Kitchen Mgr. at Radha Yoga & Eatery in Vancouver.

CTP 146 (2007)

Andrea Boje owns The Holistic Chef in NJ. **Isabel Clark** is the Senior Healthy Eating Educator at Whole Foods Market's Global HQ in Austin.

CTP 145T (2008)

Suzanne Barr is a Teaching Asst. for Conscious Cravers and a FND Hostess at the Natural Gourmet. She also does freelance catering and owns Sweet Potato Bakery. **Christine Borzell** is a Personal Chef on L.I. She's also an Instructor at Sur La Table. **Iris Cortes** teaches a class called Global Chef at Global Neighborhood Secondary School in E. Harlem. **Lauren Donath** is a Cooking Instructor/Caterer in NYC. **Kristina Kulin** is the Web Content Mgr. for ISI Brands and a Contributing Expert on recipes and food-related topics for Metabolife. **Andrea Lennon** is Founding Partner at The Good Knife in NYC. **Silvana Paulilo** is a Personal Chef in CT. **Laura Rosenberg, R.D.** owns Green Napkin Chefs in NY.

CTP 144 (2007)

Tanya Bielski-Braham is Asst. Buyer at Dean & DeLuca in NYC. **Jeffrey Breaux** owns Jeffrey's Garage in India. **Melissa Gellert** is a Personal Chef in NYC. **Laura Gibson** owns Laura's Sweet Gourmet in PA. **Sara Kramer** is working at Diner and Marlow & Sons in Brooklyn. **Bela Moriera** is a Personal Chef/Ayurvedic Counselor in NYC.

CTP 143 (2007)

Marion Banzhaf is the Chelsea CSA Coordinator. **Laurel Bell** is a Personal Chef in NYC. **Amber Burkes** is a Cook at Two Chefs and an Instructor at Foxfire Kitchen Gallery in SC. **Emmy Miller** is Bakery Mgr. at Buttercup Bake Shop in NYC.

CTP 142W (2007)

Peggy Chung is Asst. Editor at Cook's Illustrated in MA. **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. **Rick Marquardt** is the In-Store Educator at the Whole Foods Bowery location in NYC. **Roderick McCulloch** is the Kitchen Manager at Brasa Premium Rotisserie in MN. **Kate Merola** is Personal Chef in NYC. **Helene Seligman** does counseling and cooking instruction in NYC. **Mary Skinner** is a Baker at Swirls in Tampa, FL. She's also a Personal Chef.

CTP 140M (2007)

Ellen Arian has a business called Ellen's Food & Soul in NJ. **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. **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. **Laura Viega** is a Baker at Kripalu in MA.

CTP 139 (2007)

Dina Cutrone has a business called Tall Order in Brooklyn. **Milan Doshi** owns The Queen Anne B&B in Denver. **Caroline Ishii** opened ZenKitchen Restaurant in Ottawa. **Yuki Itoh** owns Japan Living Food Assoc. in Tokyo. **Amy Leventhal** is a Freelance Writer in San Francisco. **Gregg Lewis** owns Green Zebra in Toronto. **David Ramseyer** is the Lead Baker at Benevolence in Columbus, OH. **Zoe Schor** is a Line Cook at Beso in Hollywood.

CTP 138 (2006)

Beth Dergarabedian has a son and works as a Restaurant Consultant in MA. **Leslie Heilbrunn** is a freelance Writer/Editor. **Sarah McFarlane** is Customer Service Mgr. at One Lucky Duck in NYC. **Mark Orintas** is a Personal Chef/Instructor in CT. **Sally Rupert** is a Private Chef in WA. **Montse Vallory** is a Personal Chef/Instructor in Barcelona. **Charlie Wilson** is President of Help Yourself Foods Inc. in Key West, FL. **Tressa Yellig** is starting a community supported kitchen in Portland, OR called Salt, Fire & Time.

CTP 137T (2007)

Jennifer Bozek is a Cooking Instructor at Teaneck High School in NJ. **Michael Knight** is a Cooking Instructor in the Beacon Program in NYC. **Shirley Low** opened Red Lotus Bakery & Café in Queens.

Melissa Malinowsky is a Cook at Butterbeans in Brooklyn. **Linda Monastra** is a Recipe Tester/ Developer for Natural Health Magazine. She's also a Culinary Instructor.

CTP 136W (2007)

Jay Bither is the Chef at Crisp and opened 2 more locations this year in NYC. **Laurie Gershgorn** owns Healthy Culinary Creations, LLC in Westchester. **Sangeun Lee** is the Manager at Daily Soup in NYC. **Elise Maiberger** is a Personal Chef in NYC.

CTP 135 (2006)

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

CTP 134 (2006)

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

CTP 133 (2006)

Olivia Go is a Line Cook at Grace in Toronto. **Olga Perez** is a Caterer/Consultant/Instructor at Cocina de la Luz in Bogota, Columbia. She also markets a small line of organic baked goods. **Molly Chester** has a blog called organicspark.com.

CTP 132S (2007)

Anne-Marie Henry is a p/t Caterer in NY. **Judea Johnson** is a Baker at Café Gratitude in San Francisco. **Melinda Tracy** is a Corporate Chef at Bridger Capital in NYC.

CTP 131 (2006)

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

CTP 130 (2006)

Hans Bartges has a farm in upstate NY. **Andrea Basile** works at the Standard Hotel in NYC. **Michael Schurr** is a Personal Chef in NYC.

CTP 129E (2006)

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

CTP 128 (2006)

Ginny Evans is a Personal Chef in the Bay Area. **Summer Kriegshauser** owns Summer's Nutrition Kitchen in NYC.

CTP 127S (2006)

Leslie Angle owns Sheffa Foods in NYC. **Nick Dimartino** is a Naturopathic Doctor in PA. **Jill Engelhardt** is a Personal Chef on Long Island. **Philip Kess** is the Mgr. at Provisions Natural Foods on Long Island. **Asya Ollis** moved to Washington, DC where she's learning to garden and is exploring culinary business opportunities. **Carly Smith** owns Sin Cakes in Portland, OR. **Lindsey Williams** is a Cookbook Author. **Brenda Winiarski** is forming a not-for-profit culinary website for the PKU community and will be catering some of their events.

CTP 126 (2006)

Susie Arnold is Kitchen Manager and Executive Chef at Sevananda Food Co-op in Atlanta. **Karen Formanski** is a Demo & Events Coordinator at Whole Foods Market in Chicago. **Doron Hanoch** is a Chef at Esalen in CA and a Yoga/Meditation Instructor. **Jill Hitchcock** is the Deli Manager at Abundance Cooperative Market in Rochester. **Annie Kunjappy** is a p/t Instructor at the Natural Gourmet. **Minna Suh** is a Personal Chef in NYC.

CTP 125 (2006)

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

CTP 124S (2006)

Madea Allen is a Holistic Health Practitioner and Chef in NYC. **Kate Christman** is Nutrition Coordinator/Educator at Urban Nutrition Initiative, Univ. of PA. **Adrianna Holiat** owns Allergy Kind in NYC. **Erin Hoppin** is Regional Mgr. at Beemster Cheese in CA. **David Mohammed** is the Chef at a homeless shelter in NYC. **April Neujean** is Chef/ Forager for the Edible Schoolyard in New Orleans.

CTP 123 (2005)

James Barry is a Personal Chef in CA. **Kate Billett** had a baby boy last fall. **Emily Elliot-Casey** is the Chef at the Coffee House Club in NYC. **Jennifer Goldberg** owns Spork Foods in Los Angeles. **Neal Harden** is Executive Chef at Pure Food and Wine in NYC. **Maleta Van Loan** is Accountant at David Paul's Island Grill in HI.

CTP 122E (2006)

Brianna Nichols is the Chef at Perelandra in Brooklyn. **Matt Slagle** is the Sous Chef at the

Isabella Geriatric Center in NYC.

CTP 121 (2005)

Lydia Choudhry is the Campaign Coordinator for Mercy for Animals. **Devin Colon** is a Personal Chef in FL. **Kelly Geary** owns Sweet Deliverance in Brooklyn. **Sunie Pope** is the Manager of the Kashi 2009 Tour. **Melissa Weisman** is Head Baker at Crunchcakes Cupcakery and Asst. Pastry Chef at Café Luck in Santa Barbara, CA.

CTP 120 (2005)

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

CTP 119 (2005)

Matt Downes is the Chef at Otarian in NYC. **Adrienne Felder** owns The Whole Bite, Inc. in Chicago. She also writes recipes for The Active Survivor Network Newsletter. **Carolyn Gilles** is the Founder of Green Edge Collaborative in NYC. In July, she'll move to KY where she will lay the ground work for a new Green Edge Chapter. **Shane Kelly** is a Farmers' Market Demo Chef in VA and works with the Dept. of Rural Economic Development on special projects. **David Kurlander** is Chef/Owner of the March Hare Restaurant in Poughkeepsie, NY. **Gloria Reyes** owns Two Kings in Spotsylvania, VA.

CTP 118S (2006)

Ori Cosentino is a Caterer, Personal Chef, Food Writer and p/t Cook at The Green Table in NYC. **Abby Fammartino** has a business called Your Natural Chef in Portland, OR. She also cooks on scientific charter boats. **Pam Hori** is a Vegan Chef at Whole Foods Mkt. in Cambridge, MA. **Thomas Lipski** owns Healthy Spoon in NJ.

CTP 117 (2005)

Kit Libenschek is a Technical Editor at Kaplan in Chicago.

CTP 116E (2005)

Danny Casbarro owns The Yogi Chef in CT. **Joel Mittentag** is a Cook at Whole Foods Market in NJ.

CTP 115 (2005)

Jay Hough is a Personal Chef in NYC. **Kieren King** is a Pastry Sous Chef at Tabla in NYC. **Kirti Rahi** owns Piquant Bread Bar & Grill in NJ.

CTP 114S (2005)

Jennifer Asfar is a Personal Chef in NJ. **Tracy Jorg** is a Personal Chef/Caterer on L.I. **Carla**

Martinez is a Line Cook at Al Di La in Brooklyn. **Jason Sellers** is Chef at Laughing Seed Café in NC.

CTP 113 (2005)

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

CTP 112 (2004)

Maiko Amemiya is a Junior Sous Chef at SAF in London. **Jennifer Brawn** is a Personal Chef in NYC. **Jennifer Trinkle** is a Food Writer in CA.

CTP 111E (2005)

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

CTP 110 (2004)

Kristen Kancler owns Pura Vida Personal Cuisine in CA. **Becky Mendez** owns Frescura in PR. **Mary Serrilli** is a Personal Chef in NJ.

CTP 109E (2005)

Gilda Mulero owns Naturally Tasty in NYC. **Diane Raymond** is a Personal Chef/Instructor and also works at Tula Kitchen on L.I.

CTP 108 (2004)

Genevieve Chazen is the Cook at Headstart in NYC. **Lauren Pilgrim** is a Personal Chef in NYC.

CTP 107 (2004)

Nicole Bator is Cookery Editor at Duncan Baird Publishing in the UK. **Nick Beitcher** does Garde Manger at Chez Panisse in CA. **Tal Ronnen** is VP of Culinary Innovation at Garden Protein. He's also working on a cookbook. **Pharon Wilson** is Chef/Owner of Melonhead Café in New Orleans and 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.

CTP 105E (2004)

Fredrik Berselius is the Chef at a restaurant in

Southampton, NY. **Claudio Regueira** is a Private Chef in Saratoga, NY.

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 Specialty Food Team Member at Whole Foods Market and a p/t Personal Chef in NYC. **Maki Stevenson** owns Makifood in Budapest. She's an Instructor, Caterer and Consultant. **David Stowe** is a Personal Chef in MI. **Dana Wallace** owns Ice House Baking Co. in MT. **Matt Weber** is the Hunger Outreach Coordinator and Chef for Table Grace Ministries in Omaha.

CTP 103 (2003)

Fabiana Esteves is a Project Manager at Starwood Hotels in NYC. **Lynne Forte** owns Earthwise Personal Chef Service, LLC in CT. **Carole Ortenzo** owns Organic Personal Chef Service in Pittsburgh.

CTP 102E (2004)

Elena Balletta is the Pastry Chef at Counter in NYC. **Vanessa Cabrera** is Chef/Partner at 5C Vegan Café in NYC. **Maria Diaz** is Head Chef/Instructor at the Santa Barbara Montessori School and a Writer for Edible Santa Barbara. **Colombe Jacobsen** is a Personal Chef, Instructor, Food Consultant and Yoga Teacher. She also plans and teaches Harvest Time in Harlem. **Yoshiko Mukai-Williamson** is a Cookbook Author, Photographer and Food Stylist in NYC. **Nathalie Reid** is the Culinary Coordinator at Sur La Table in Manhasset. **Sara Ross** is Director of Catering and Pastry Chef at OX in Jersey City, NJ.

CTP 101 (2003)

Hilary Brown owns Local Burger in Lawrence, KS, 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. **Veronica Rodriguez-Ojeda** is a Personal Chef/Instructor in San Juan.

CTP 100 (2003)

Rachel Brumitt is a Personal Chef in the DC area. **Suki Bergeron** is a Cooking Instructor at Kaunoa Center on Maui.

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. **Morgan Cooper** has a Customer Service/Pantry Asst. position at Beach Pea Baking Co. in ME. **Sheri Lazar** owns Blissful Palate in MI. **Stefania Patinella** is Manager of Food and Nutrition Programs at The Children's Aid Society in NYC. **Lisa Reeder** owns A Local Notion, LLC in Charlottesville, VA. **Michael Welch** is Owner/Publisher of *Edible Finger Lakes* magazine.

CTP 97 (2003)

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

Becky Bender-Marrs is a Nutritionist at the Center for Holistic Psychiatry in the DC area. **Gina Glowacki** is the Produce Manager at Feel Rite Fresh Markets in NY. **Dr. Rob Streisfeld** is the Director of Personal Health Design, Inc. He's also an Author, Consultant, Educator and Spokesperson in the natural products industry.

CTP 94E (2003)

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

CTP 93 (2002)

Celeste Oertel Kellerhouse is a Personal Chef in CA. **Russell Lash** owns The Groovy Gourmet in FL. **Christina Santini** graduated from MIT in June with a Master's Degree in City Planning.

CTP 92 (2002)

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

CTP 91E (2003)

Claudine Sallin works in Garde Manger and

Special Events at Mohonk Mountain House in New Paltz, NY.

CTP 90 (2002)

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

CTP 89 (2002)

Jonah Chasin is a Chef at Pennington House in NYC. **Laura Dean Szlamkowitz** is a full-time mom in NYC, but plans to return to private cooking soon. **Gretchen Kohan** is a Private Chef in NYC. **Uma Yaparparlvi** is a Health Counselor in NYC.

CTP 88 (2002)

Gillian de Seve is a Personal Chef in NYC. **Catherine McConkie** is a Cooking Instructor at Bauman College in Berkeley. **Anna Sobaski** owns Gluten Evolution in IA. **Elizabeth Sentianin** is a Personal Chef/Health Counselor in NYC. **Omawali Stewart** owns Omawali's Soul Food Kitchen in the DC area. **Adam Tyner** owns Sprout in Austin, TX.

CTP 87E (2002)

Annamarie Butera is a Personal Chef and Cooking Instructor in PA. **Ludie Minaya** moved to Japan. She's teaching English while studying Eastern food and wellness. **Daniel Nydick** owns Gourmet for the Day in NJ. **Leda Scheintaub** is a Recipe Tester for a new gelato/sorbet cookbook. **Bryant Terry** is an Eco Chef, Author and Food Justice Activist in CA.

CTP 86 (2001)

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

CTP 85 (2001)

Bethenny Frankel is a Celebrity Natural Food Chef and author of *Naturally Thin*. She also writes for Health Magazine and can be seen on Bravo's Real Housewives of New York City. **Holly Mendenhall** owns Unfussy Food in Brooklyn. She also teaches cooking classes. **Alec Schuler** owns Arugula Bar e Ristorante in Boulder.

CTP 84E (2002)

Pat Curley is a Private Instructor in NJ. **Seana Luddy** is a Baker at Brickmaiden Bread in CA. **Ladan Raissi** is Chef de Cuisine at Current Restaurant and Tides Bar in the Coronado Island Marriott 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. **Kathy Maddux** owns Great Life Cuisine in HI. **Matteo Silverman** owns 4-Course Vegan in Brooklyn. He also developed and markets a variety of vegan cookies, as well as raw, organic dog treats called Nuggz.

CTP 82 (2001)

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

CTP 81 (2001)

Ted Hobart is the AIDS Walk Outreach Coordinator at Whitman-Walker Clinic in the DC area. **Martha Newell Maier** is a freelance Chef in Pittsburgh. **Jason Olensky** is a Personal Chef in NY. **Louisa Shafia** is a Cookbook Author and owner of Lucid Food in NYC.

CTP 80E (2001)

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

CTP 78 (2001)

Thom Kotch is Executive Chef/Partner at The Summerhouse Grill in PA.

CTP 77 (2000)

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

CTP 76E (2001)

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

CTP 75 (2000)

Susan Lehman is a Caterer in IL.

CTP 74 (2000)

Catherine Barker-Hoffman is a Personal Chef 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 and an Instructor at the Natural Gourmet. **Camilla Sherret** owns The Bison Mountain Bistro in Banff. **Carrie Spence** is a Personal Chef in NJ.

CTP 72E (2000)

Tom Falconi is a Personal Chef in NY. **Judith Friedman** owns 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** owns One Hot Stew in FL.

CTP 71 (2000)

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

CTP 70S (2001)

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

CTP 69 (1999)

Carrie Bader is a Health Coach for Regence in Portland, OR. **Jennifer Casey** is an R.D. at Gerald L. Ignace Indian Health Clinic in WI. She also serves on the Slow Food Wise board and helps facilitate the Milwaukee Eat Local Challenge. **Heidi DeCosmo** is Asst. to Chef Cary Neff in PA. **Yvonne Reece** owns Jorac Associates, Inc. in VA. She does consulting, private cooking, catering, instruction, lectures and workshops in VA.

CTP 68E (2000)

Gaby Sherrow owns Gaby's Granola in NYC.

CTP 67 (1999)

Peter Brown is the Chef at the Jimtown Store in Sonoma County, CA. **Tracy Horwitz Milenkovic** got married last year and works at Chef's Inc. as a Teacher's Assistant. **Suyai Steinhauer** is moving to France in September.

CTP 66 (1999)

Rebecca Katz owns The Inner Cook in CA and is Exec. Chef at the Center for Mind Body Medicine. Her new book, *The Cancer Fighting Kitchen: Nourishing Big Flavor Recipes for Cancer Treatment and Beyond*, will be published in September. **Shawn Kroop** is Exec. Chef/President of Personal Chef Services of Hana in HI. **Mafalda Pinto Leite** is Food Editor of Blue Cooking Magazine in Portugal. She's also an Author and a regular on a TV show for women.

CTP 65S (2000)

Debbie Kleinen does menu planning for weight loss and health. **John Lanci** is Chef/Owner of

Lanci's Ristorante in Saratoga Springs, NY.

CTP 64E (1999)

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

CTP 63 (1999)

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

CTP 62 (1999)

Sara Kuntz is a certified Nutritional Practitioner. She works for an organic/natural food company in Toronto. **Kookie Silva** is Asst. Registrar at Teachers College, Columbia Univ. in NYC. **Cassie Tolman** is the Chef at Desert Garden Montessori School in Ahwatukee, AZ.

CTP 61 (1999)

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

CTP 60E (1999)

Gail Doherty is a Chef at Earth Fare in Asheville, NC. **Sarah Doyle Lacamoire** has a blog, The Epicurean Scribe: www.fudryter.blogspot.com. **Mary Jo Fuoco** is a Corporate Flight Attendant/Chef for Graham Capital. **Laura Solimano** is a Nutritional Counselor/Personal Chef in CT. **Elise Spiro** started a wholesale baking business called Conscience Confections in Eugene, 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)

Alice Benedetto owns Raw Indulgence, Ltd. **Lacey Sher** had a baby boy last fall. She's currently in the process of opening an organic wine bar/café in Oakland called Encuentro.

CTP 57 (1998)

Antonia Chan has a Garde Manger position at Restaurant Daniel in NYC. **Jacques Gautier** is Chef/Owner of Palo Santo in Brooklyn where he is Executive Chef. **Sherry Krum** has a food consulting business in MD called The Wholesome Krum.

CTP 56 (1998)

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

CTP 54 (1998)

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

CTP 53E (1998)

Lauren Burt moved to Los Angeles. **Stefanie Sacks** is a Culinary Nutritionist in NY.

CTP 52 (1998)

Martha Diaz is the Chef at Jandi's on Long Island. **Carlin Greenstein** is a Personal Chef in NYC. **Rachel Koladis** is Operations Mgr. at Marquee Events and Catering in CT. **Sally Lukash** is the Nature's Marketplace Team Leader at Wegmans in Woodbridge, NJ. **Mary Jo Romano** is a freelance Recipe Developer in CT.

CTP 51 (1998)

Kathleen D'Angelo is a Personal Chef in NJ. **Tatiana Cardoso** owns Moinho de Pedra in Sao Paulo. **Marcella Dirks** is a Personal Chef in San Francisco. **Eric Hunter** is Owner/Executive Chef of Kem-Ra, Inc.

CTP 50E (1998)

Sue Cadwell and **Nancy Persoons** are Partners in Health in a Hurry in Fairfield, CT. **Elana Cohen** is a Food Counselor and Menu Consultant in NJ. **Adriana Estefan** owns Market Café in West Orange, NJ and caters for medical offices and St. Barnabas Hospital. **Jackie Sharlup** owns Tula Kitchen on Long Island. **Heidi Klein Valenzuela** 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 owns The White Pig Bed and Breakfast in VA. **Nicole LoBue** owns LoBue Events in San Francisco. **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 owns Karma Road in New Paltz,

NY. **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 45 (1997)

Wayne Tumbleson is Executive Steward at World Bank in DC.

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. **Melissa Heffernan-Abbott** is a Health & Wellness Trends Analyst at The Hartman Group in Seattle. **Marie Holtz** is the Pastry Chef at Café Flora in Seattle. **Daniel Landes** owns Watercourse Foods 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** owns Julie's Dinner Delivery in CA.

CTP 42 (1996)

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

CTP 40 (1996)

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

CTP 39E (1997)

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

CTP 38 (1996)

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

CTP 37 (1996)

Elizabeth Edwards owns Simple As Gluten Free in AZ. **Laura Hilliard** is a Cooking Instructor in CT.

CTP 36 (1996)

Chris Erickson is a Chef and Caterer in Newport, RI. **Nick Heidemann** is the Chef at The Harbor House Inn in Mendocino. He also owns a goat

farm/dairy and runs a catering company. **Donald Montgomery** is a Personal Chef in NM.

CTP 35E (1996)

Gabrielle Ettlinger is the School Wellness Program Coordinator at the NYC Dept. of Health and Mental Hygiene.

CTP 34 (1996)

Ali Ghiorse owns Savory Thymes in CA. **Sheri Silver** owns 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 owns The Health Chef on Long Island. **Glory Mongin** is married and living in Ireland. She plans to work at Café Paradiso in Cork.

CTP 28 (1995)

Melanie Brock is a Substitute Teacher at Granet School in UT. **Amy Gordon, R.D.** owns South Mountain Wellness in NJ. She's also a p/t Instructor at the Natural Gourmet. **Sascha Weiss** is the Exec. Chef at The Plant Café Organic in San Francisco and will be opening two more restaurants this summer. He and his wife had a daughter last year.

CTP 27E (1995)

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

CTP 26 (1994)

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

CTP 24 (1994)

Judith Shapiro is the Night Manager at the Natural Gourmet.

CTP 23E (1994)

Laura Stucin is a Personal Chef in NYC.

CTP 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 Jackson Hole Grocer in WY.

CTP 17 (1993)

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

Prior to 1992

Fran Costigan is 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. **Myra Kornfeld** is a Cookbook Author and an Instructor at the Natural Gourmet. **Jeanette Maier** owns Fancy Girl Catering in NYC. **Leslie Morrison** is a Personal Chef and Cooking Instructor in NJ. **Cheryl Perry** is an Instructor at the Natural Gourmet. **Eric Tucker** is a Cookbook Author and Executive Chef at Millennium in San Francisco.

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