

NATURAL GOURMET INSTITUTE FOR HEALTH & CULINARY ARTS

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THOUGHTS FROM THE FOUNDER

by Annemarie Colbin, Ph.D.

COMPLEXITY

This past October I started the third Food Therapy program. This is a course I'd been wanting to teach for some time, ever since I got my doctorate in 2002. It has become a 100-hour, nine-weekend course, once a month for 9 months. It also has become one of the most fun courses I've taught in my life.



Basically I am trying to teach people how to think in complex terms about food and health, and about how to apply that in the specific case of nutritional counseling. So, it's a CE course, not for the beginner. It's initially based on my dissertation, and let me entertain you with that title, as it has scared off many a conversation. This is it: "Wholistic Nutrition – from biochemistry to chaos, complexity, and quantum physics – applying some concepts from 20th Century science to a new understanding of how food relates to health." I thought that using Asian concepts like the theory of opposites (translated as expansive/contractive), and the 5-phase theory, while they had been very

useful for years, needed to be replaced by some more Western ideas to support our whole-foods approach.

The idea of complexity theory is very easy for everyone to understand when you think of "the whole is more than the sum of its parts." That also means that we cannot understand the whole (food, in this case) by taking it all apart and counting the parts (nutrients). I believe the scientific approach to studying humans (and food) is equivalent to what an extra-terrestrial might do when meeting a television set for the first time (when it's on). This curious creature would take the whole set apart, and carefully study each and every part, piece, and every molecule and atom, looking for what makes the pictures and sound. Obviously, something is missing there, and it cannot be found with the techniques employed.

Complexity theory talks about "emergent qualities," the kind of qualities absent in individual components or building blocks, but that show up when these blend together as systems. Example: oxygen and hydrogen are both gases, but when they come together as H₂O, suddenly they are no longer gases but water that sloshes and gurgles. We could never understand water just by studying the H and the O!

Same thing with food. We have been applying 19th Century mechanics to the study of food, looking at the "nutrients" and convinced that "taking your vitamins" is the key to good health. Well, it might be from the mechanistic/reductionistic point of view, but from the complexity point of view that notion does not hold up. That is because we are not dealing with fixed entities here – a human body is not a machine that needs a variety of parts and fuel. It is much more fluid and complicated than that. Specifically, one thing that has to be considered is the context – that is, what is the condition of the body that we're putting the vitamins *in*? Is this a body that has been deprived of certain vitamins? If so, which ones, how many, for how long? How do we know? Has this body adapted itself to this condition, or is it in deficiency state?

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The body is actually a *complex adaptive system*, as it is constantly changing according to the environment and whatever challenges come its way. It does NOT stay the same all the time. Let me share with you a thought on how complex we really are. This is from a chapter on Biogenic Medicine, by J.W. Apsley II, in *The Advanced Guide to Longevity Medicine* by M. J. Ghen. It always blows my mind!

Every cell in the body registers more than one million disturbances or alterations daily, all of which need to be corrected just to keep abreast and maintain the integrity of the system against these stresses. Multiplying that by 75 trillion (the number of cells in the body), that means that *every second of every day the bodymind is performing close to 870 trillion corrections.* (Emphasis mind).

So you see, the idea of the body as machine is very limited and only very partially true. And the food we eat is much more than an aggregate of nutrients. Fortunately, the scientific establishment is coming around to that notion with the concept of “food synergy.” This is a concept put out by a number of scientists, led mostly by David Jacobs of the University of Minnesota and the Chair of the Scientific Advisory Committee of the Whole Grains Council, a nonprofit consumer advocacy group working to increase consumption of whole grains for better health.

This is an interesting quote from www.webMD.com. If you go there and do a search on “food synergy” you will find a good bunch of thoughtful articles. See this from the blog section:

“I recently read a study in which a pair of epidemiologists documented a large body of evidence that a diet rich in whole grains reduced the death rate for all causes. But the really interesting thing was that when they looked at individuals who got the same levels of dietary fiber, vitamin E, folic acid, phytic acid, iron, zinc, magnesium, and manganese in the diet as the whole grain eaters, they found that they did not obtain the same level of health benefits.”

The emphasis on whole foods that we have maintained at the Natural Gourmet for the past 30 years is now fully supported by science. Isn't that nice?



ON THE PRESIDENT'S MIND

by Jenny Matthau

My CSA

For the past several years, I have bought most of my produce at health food stores such as The Westerly, Whole Foods and the Union Square Greenmarket. The Westerly has the best selection of organic produce, but does not carry much, if any, that is locally grown. While some of the fruits and vegetables at Whole Foods are locally grown, and some are organic, they sell quite a lot of conventional produce that is far from local. Shopping there does nothing to make me feel that I am part of a community. It is as impersonal as shopping at Safeway or the Food Emporium. My favorite shopping venue is the Union Square Greenmarket. I love buying directly from the people who grow the food or work for the farms that grow it. I have found that the amount of organically grown offerings has increased substantially over the past several years, although a lot of the produce is still grown conventionally. The best days are Wednesdays and Saturdays, but I found that I was often too busy to make it down there. The crowds started to get to me as well, so I was very pleased when one of our CTP graduates, Marion Banzhaf, mentioned to me last spring that Chelsea CSA (community supported agriculture) had shares available for the upcoming season. I signed up for the vegetable, fruit and fresh flower shares and started receiving the food in June. The weekly cost is \$18.75 for the vegetables and \$11.25 for the fruit.

I was most impressed by the variety of greens. In the spring we got myriad varieties of beautiful lettuces, many types that were previously unknown to me. The yellow cherry tomatoes and the berries in the summer were especially sweet and delicious. The only thing I was not crazy about was the edamame, which came in tiny pods on stalks with lots of greens, which I was told, are not edible. They tasted fine, but the yield was not worth the time and effort involved in peeling them. As we have moved into the fall season, the fruit is limited to pears and apples--tons of them! My husband and I can't possibly eat all of them, so I juice them along with fresh greens. (I have been waiting for over five years for my Champion juicer to stop working, so I would have an excuse to buy a Green Star. The damn thing wouldn't die, but started leaking a bit, so I finally took the plunge). Last week, we got broccoli, collards, yellow cauliflower, escarole,



I have found that if I wait until I get home from work (often not until around 8:00 pm) to start prepping and cooking, we don't eat until very late, so I have learned to do things in stages. I wash and do most of the cutting in the morning. I also like to blanch many of the vegetables (leafy greens, broccoli, cauliflower, carrots and turnips) to cut down on cooking time in the evening. They also make a good lunch, served with a sauce or dressing. Here's one of my favorites: In a bowl, mix together equal parts

Accreditation isn't all wine and roses, however. For the school, it means major amounts of paper pushing, tracking and accessing each and every student. For the student, it has resulted in



stricter policies for grading, attendance, tardiness, internships and yes...uniforms.

An example of some of the visuals that you will no longer witness at the school as a result of the accreditation are the students' choice of headgear. In the early days of the school, our students wore (or didn't wear) pretty much anything they wanted. For a while the hat *du jour* was a dish towel wrapped around the head, followed by a run on cheesecloth-wrapped heads and finally, the woolen hat pulled down over the eyes era -- usually paired with lots of facial jewelry and blue-black painted fingernails.

Now our students all wear the same uniform (including the same hat). They look neat and clean. This, in turn, has resulted in increased professional behavior.

In 2004 we experienced another major change. The students began referring to each of our culinary instructors as "Chef."

What does this term "Chef" imply? With the advent of the celebrity chef, the well-known Bravo show *Top Chef*, the Food Network's *Next Food Network Star* (both shows, by the way, have included our graduates) and dozens of other food-centered TV programs and print media, chefs have certainly moved up the food chain in the last 25 years. When I first started cooking at Angelica Kitchen 25 years ago, we all just strapped on an apron, tied our hair back in a pony tail and got down to cutting and cooking. We weren't "Chefs" back then. We were artists, dancers, writers and musicians waiting for our ships to come in. We were often considered losers by family and friends. Working in a kitchen was considered by some to be one of the stops before or after prison.

I began my cooking career 25 years ago after a ten-year "career" as an artist. My family was thrilled when they heard I had given up art, but the thrill was gone soon enough when news leaked out about my new "career."

"What!" my grandmother cried. "I came over here on the banana boat from Sicily so my granddaughter should cook tofu for a living?"

Today it's an entirely different ball game. Aspiring to "Chefdom" is not only considered acceptable by mainstream parents, it almost has bragging rights (not like having a doctor as an offspring, but still, nothing to be ashamed of and keep as a secret from family members at bar mitzvahs and weddings).

As far as the "Chef" moniker in the culinary classroom is concerned, some people think it is a way

of distancing students. It sets clear boundaries and a tone of formality and gravity in the kitchen. The term "Chef," to me, is also almost maternal/paternal. It implies respect, but it can also be used almost as a term of endearment.

When I attended culinary school and addressed the "Chef," I remembered my grandfather's house where there was a certain unspoken protocol of behavior that was not questioned. Upon entering his home, there was the mandatory peck on the cheek to all adults over 30 years of age (all adults' existences were acknowledged). There was also a great deal of cheek-pinching back then by old, bald great uncles with thick Italian accents. There was no soda drinking until the spaghetti was consumed, no talking at the dinner table, and no one ate anything different from Grandma's house special. Before leaving the house, the adults were once again cheek-pecked, and children were cheek-pinched.

This protocol was somehow comforting because it was a pattern that was familiar. Grandpa and his cronies were older, wiser and ultimately there for us. He provided a center to our universe. Were we all a little bit afraid of Grandpa and the rules of his house? Yeah, a bit, but mostly we felt good about him and the parameters of behavior in his household.

The same could be said about codes of behavior in a professional kitchen. The "Chef" is acknowledged, respected and if a bit feared, hopefully a bit loved, too.

All this bowing to the "Chef" has benefits for the students, as well. If you are being called "Chef" all day long, you make sure you are acting like one. You are prepared as possible for your classes and practice what you preach in terms of proper technique, sanitation and professional demeanor.

In the recent past, I have been back in the classroom as the "Chef" for some of the students' Friday Night Dinner projects. I find it exhilarating to be away from my desk working closely with the students once again. The students, in turn, seem to appreciate my guidance, help, ideas and "tough love" approach.

Many of our full-time students leave home to attend the Natural Gourmet. While they are here in NYC, the Chef/Instructors at the school (along with Jeri) do (for better or worse) become surrogate parental types. The "Chef" functions as an orbit for students to revolve around and be there for them in case they get off track. But mostly, the "Chef" is there to watch them flourish and learn their own culinary magic.

UPCOMING COOKING TOURS



To Grandmother's House We Go...

Oaxaca, Mexico

February 8-15, 2009 (non-vegetarian)

Sicily, Italy

June 2009 (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

natural kind. Luckily, I am a graduate of Natural Gourmet where my teachers taught me to think for myself. They taught me that there is a difference between farm-raised and wild salmon; grass-fed and grain-fed beef; pasteurized and unpasteurized dairy. Is there a difference between "factory-farmed" and "organic/natural" as well?

What is alcohol?

Along with carbon dioxide, alcohol -- specifically ethanol -- is the byproduct of bacterial fermentation. Basically, when bacteria or yeast eat carbohydrates (sugar and grains) they poop out alcohol. Humans have been well aware of this for over 8000 years and have long revered alcohol for its medicinal uses as a relaxant and pain reliever. Actually, humans have been unknowingly ingesting alcohol for over millions of years. Yes, because of endogenous ethanol production, right now you are slightly "buzzed" because the bacteria in your intestines are actually making alcohol from the carbohydrates you ate today. For an amusing example of this on YouTube, search "drunk animals Africa."

Is this good for us? Hard to know for sure, but what we do know is that in industrial settings, alcohol is famous for its abilities as a solvent and degreaser (look for the word "ethanol" in the ingredients section on your favorite bottle of blue-colored glass cleaner). So it is not really that crazy to say that endogenously produced alcohol could have a similarly beneficial if not necessary "cleaning out effect" on our own bodies. It is unclear whether this same effect will occur with alcohol that is produced out of the body such as wine or spirits.

Spirits are liquors that have been distilled (separation by heating) and include vodka. Most conventional vodkas proudly boast the amount of filtration they have gone through, and many people drink vodka specifically because it is "cleaner" than other liquors. Ironically, this is an indication of the poorness of quality. Paul Davis, 41-year veteran of the alcohol and wine industry and president of Maison Jomere (www.maisonjomere.com), a distributor for Organic Spirits Company, compares conventional vodka to factory-farmed animals: "Just as the flavor and chemical content of factory-farmed beef is inferior to organic, so it is the same with conventional and organic vodka. Conventional, harsh fertilizers unnaturally fatten up the grains or fruit to unhealthy levels. This dramatically increases starch/sugar content and weakens the food which then requires more pesticides and fungicides. This unnatural process then necessitates more manipulation (filtering, additives, stabilizers) to reach a desirable and consistent end product."

AN EYE-OPENER ON ALCOHOL

by Nathan Donahoe
(CTP 113)

Introduction.

Alcohol has a bad rep and deservedly so. Drunk driving, crime, regrettable one night stands top the list of effects from the only beverage infamous enough to cause the Constitution to be amended to ban its presence except in hospitals and churches. (If only the same could be said about corn-syrup based sodas). Besides some of the best music in the past 50 years being made under its influence, it seems that there is nothing redeemable about this fermented beverage...at least that is what "they" want you to think. In the past two years of working with drug addicts and alcoholics as a natural chef, I have delved deeply into research about alcohol and its effects. The strangest thing that I learned is that nearly no one -- doctor or layman -- differentiates between conventional alcohol and the organic/



Since most vodkas are mass produced, they need stabilizers added to create consistency but these potentially create more problems for the drinker, such as hangovers. In the United States, glycerin is legally added for “mouth feel”; sugar and citric acid are added for flavor. However, the United States government has little to no control over foreign production. With no ingredients legally required on the labels, what is actually in it is a mystery. Vodkas such as UK5, (www.maisonjomere.com) are unfiltered and 100% chemical free. Used as the base for their gin which has the medicinal herbs juniper and angelica root, one can see little difference between it and the same herbal extract sold at a health food store.

One of the most pretentious beverages in the world, wine is synonymous with heritage, sacred tradition and gourmet cuisine. Nearly every wine is marketed as if it were made by old man *Francois*, who on weekends enjoys hanging out in his *chateau* watching a *beau soleil* over his hilly *vigne* while sipping an oaky *Bordeaux* and eating *fromage*. Well, it's a good thing for Francois that wines aren't legally required to put ingredients on their labels, because if they were, this rich “wine pro” would end up a broke “wino” once people found out what goes into their wines.

Europeans love their wine and would use only the finest fertilizers to grow it, right? The BBC show, *Dispatches*, showed that for decades garbage from the streets of Paris was used to fertilize the vineyards of Champagne, leaving behind non-organic delights such as razor blades, syringes and plastic bags. Also, because of *sur latte trading*, that \$200 bottle of “garbage grown” champagne you bought for your sweetheart may not even be made from that company. Those companies can legally buy someone else's wine and put their label on it.

We have all seen the phrase “sulfites added” to wines, but what about ingredients that aren't listed? “Poor farming practices which reduce nutrients in the soil and high levels of pesticide residue can actually starve yeast and inhibit the fermentation process,” says Jon Frey of Frey Vineyards (www.freywine.com), the first certified organic and biodynamic winery in the United States. “Winemakers will add yeast vitamins such as di-ammonium phosphate (also used as a plant fertilizer and fire retardant) as a source of nitrogen to enable the fermentation process.”

For all you vegans out there who look forward to including wine in your Friday Night Dinners, call the winemaker first to make sure that fish, dairy, eggs and beef have not been used in making it. Wine

in the barrel is not the same clear, smooth liquid you find in the bottle. In order to make it clear, stable and useable in cooking, wine companies must add “fining agents” to take out the gunk. On the natural side, many wines use animal products such as fish bladders, casein (milk protein), egg whites and gelatin (cow hooves). On the less natural side, agents such as polyvinyl polypyrrolidone (a plastic similar to nylon) are used.

That all happens before the wine is actually bottled. From the BBC program *Dispatches*, John Colbert-Willward of the British Wine and Spirit Association says, “Wine is grown in different patches of land, affected differently by the weather...the winemakers have to put ingredients in different batches to get consistency of product.” If the weather gets too hot, such as in California, winemakers will use tartaric, citric and malic acid to round out the flavor. If it's too cold, such as in France, they will add evaporated grape juice concentrate or even white sugar. Even the most expensive and prestigious bottles of wine engage in these practices. Imagine what a real wine tasting would sound like if most people knew what was really in wines: “Ah, this 1997 Merlot from Napa Valley tickles the palate with a full bodied, complex flavor of sturgeon and cattle with a hint of polyester.”

How to drink alcohol healthfully.

As shown, all alcohol is not created equally. Organic/natural alcohol can taste and feel better than the factory-farmed kind. However, it is important to look at your diet as a whole when considering engaging in healthy drinking or recommending it to your clients.

Acid/Alkalinity.

Most alcoholic beverages are acidic. On the PH scale, wines average about 3.5; spirits I have measured are about 5.5. For comparison, stomach acid is about 2 and vinegar is about 2.4. When drunk, these acids increase the overall acidity of the body. In my experience with my clients and myself, I have noticed this can cause demineralization and irritability. Interestingly, I have seen that this increased acidity kicks the body into a state of hyper-craving, where the person will seek out something to restore balance and calm the system which, more often than not, is more alcohol. That is why it is so important to alkalinize before or during alcohol consumption. In my experience, I have found that a modified version of the green juice recipe by Aajonus Vonderplanitz (www.wewant2live.com) is perfect. I recommend drinking a 1-pint combination of celery, cucumber and parsley juice roughly 1-2 hours before wine consumption. I recommend the same amount

before or while drinking spirits. Just put a shot of the spirit into the green juice.

Delipidator.

Alcohol functions as a delipidator and a solvent. That means that it is extremely effective at extracting and dissolving fat and oils. Alternative medicine is well aware of this fact, and for thousands of years has been using alcohol to extract the healing oils from plants and animals to make medicinal tinctures and extracts. Theoretically, it has a similar effect on our bodies, removing not only years of hydrogenated oils and hardened cholesterol, but beneficial fat as well. That is why I recommend to my clients that if they are going to drink alcohol, to have a healthy fat with it or sometime that day. In my experience, raw natural fats work the best, especially raw dairy such as raw butter, cream, eggs or cheese. Taking one tablespoon of raw butter and swallowing it like a pill right before drinking is an easy way to get the fat you need. Wine with raw cheese, spiced rum with raw eggs and raw cream (egg nog) are some of the tasty and more healthful combinations. Vegans, vegetarians and those who engage in low-fat, low-protein diets need to be aware of the fact that they may not have the “buffers” necessary to prevent as much damage as they could if they included one of the fats listed above.

Alcohol cannot be simply classified as good or bad. Like any food or medicine, its effectiveness is dependent on each person's circumstances. As a natural chef, I have had some clients to whom I would never recommend organic/natural alcohol because they were alcoholic, and one sip would send them to rock bottom again. I have had other clients who would scoff at my “organic healthy meals” and would love factory-farmed mojitos. By making organic/natural rum available to them, it was a small psychological concession that precipitated much larger changes in their diets and lifestyles down the road. Before they knew it, they were eating -- as my brother calls it -- “hippie food.” Flexibility, non-judgment and acceptance of all behavior allows me an authentic relationship with my clients where they get the help they need at the level they are at. I stress moderation over abstinence. It is more likely that the evils associated with alcohol consumption are because of overindulgence with factory-farmed alcohol. Anything, even brown rice, consumed in extreme amounts will decrease health.

WHO'S DOING WHAT

CTP 162 (2008)

Tanisa Amatayakul has a Garde Manger position at Kittichai in NYC. **Melinda Beaulieu** is a Personal Chef in NYC. **Sean Rhodes** works at Palm Greens Café in Palm Springs, CA. **Nicole Torre** is a Pastry Line Chef at Pure Food and Wine in NYC.

CTP 160 (2008)

Cindi Avila is pursuing a career as a TV Chef and will soon appear on network shows featuring her cooking. **Lakshmi Devi** is the Sous Chef at Option Institute in MA. **Danny Heffernan** is a Chocolatier at Artfully Chocolate/Kingsbury Confections in DC. **Risa Lichtman** has a garde manger position at Spice Market in NYC. **Larry Robbins** is a Cook at Trader's Point Creamery in IN. **Geri Petito** owns Creatively Catered in NJ. **Alison Wiener** is a Cook at Naturally Delicious in Brooklyn.

CTP 159 (2008)

Daniel Brusky is a Line Cook at Hundred Acres in NYC. **Lori Ferri** is a Cook at The Simple Kitchen in NYC. **Kay Michaels** is a Personal Chef in NYC. **David Nuss** is a Cooking Instructor at the Children's Aid Society in NYC. **Flavia Scigliano** is a Personal Chef/Instructor in Brazil. **Ruth Tovim** is Head Cook at the Wild Cherry Vegetarian Café at the London Buddhist Centre. **Sachiko Taji** is a Pastry Cook at How Sweet It Is in NYC. **Jen Woodard** moved to San Francisco. **Chelsea Zimmer** is a Line Cook at Latour Restaurant in NJ.

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** spent the Fall as an Outward Bound Instructor. **Jessie Gold** works at Sweet Deliverance and Flatbush Farm in Brooklyn. **Wendy Isoda** is a Line Cook at Napa & Co. in CT. **Virginia Staska** is a Cook at Spoon River in MN.

CTP 156 (2008)

Meg Brand is Lead Cook at an elementary school in the Rye City School District. **Nicole O'Brien** is a Resident Chef at The Center for Discovery in Harris, NY. She is also a Baker at Catskill Harvest Market. **Linda Rubin** is a Volunteer at God's Love We Deliver in NYC. **Tatyana Shamalov** is a Personal Chef/Holistic Health Counselor in Queens. **Idil Sanal** returned to Istanbul. **Karen Spirer** is a Chef/Baker/Instructor/Consultant in NY.

CTP 155T (2008)

Natalia Gaviria is a Line Cook at Naturally Delicious Caterers in Brooklyn.

CTP 154 (2008)

Masako Asazuma moved to Munich. **Sara Boan** is a Residence Chef at The Center for Discovery in Harris, NY. **Georgia Dind** returned to Australia. **Nikki King** is a Line Chef at Pure Food and Wine in NYC. **Amy Miller** is the Chef/Owner of The Golden Guernsey Barn & Breakfast in NY. **Jason Moore** is a Line Cook/Sous Chef at The Winsor House Inn in MA. **Matthew Mosshart** is the Sous Chef at Counter in NYC. **Laura Rubin** works for Sweet Tree Farms in CA and recently designed a menu for an organic juice bar. **Marni Wasserman** is a Personal Chef and Holistic Nutritionist in Toronto. **Marti Wolfson** is a Personal Chef, Certified Body Talk Practitioner and Gyrotonic Teacher in NY.

CTP 153W (2008)

Gretchen Brinson is a Personal Chef in NYC. **Lauren Davidson** is a Line Cook at Prune in NYC. **Hilda Eribo** freelances at Marcey Brownstein and Rosey Malone Catering Companies in NYC. **Heather Esposito** is a Personal Chef/Instructor in NJ. She's also a Prep Cook at Bonefish Grill. **Marissa Peluso** is the Chef at 116 Crown in CT. **Tom Quackenbush** is a Bistro Chef at The Center for Discovery in NY. **Chelsea Smith** is the Manager at Watercourse Foods Bakery.

CTP 152 (2008)

Dean Boswell has a Garde Manger position at The Inn of the Seventh Ray in CA. **Laura Jackson** is an Expeditor at Angelica Kitchen in NYC. **Andrea Mavro** is a Cook at Jandi's on Long Island. **Dillon Runyon** is a Pastry Assistant at Mas in NYC. **Katie Sobel** is a Health Counselor and Personal Chef 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 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** is a Personal Chef/Caterer in NYC. **Cody Strauss** is the Chef at the Lang House, a B&B in Burlington, VT. **Christine Von Der Linn** does occasional culinary workshops in NJ.

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 the Sous Chef at The Green Table in NYC. **Ashley Whitmore** is a Line Cook at Chestnut in Brooklyn. **Jessica Welles** gave birth to a baby girl in August. **Jason Wood** is a Line Cook at Broadway East in NYC and a Personal Chef.

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. **Deb Penn** is working on her Holistic Nutrition Degree. **Marina Schulze** is freelancing at four catering companies in NYC. She's also a FND Hostess at the Natural Gourmet.

CTP 148 (2007)

Amanda Anderson is a Personal Chef/Holistic Counselor in NY. **Danya Bader-Natal** has a Garde Manger position at Mas in NYC. **Steve Matkovich** works at C-House in Chicago. **Carrie McGowan** is a Home Manager/Personal Chef in UT. **Danny Quintana** owns The Glamorous Gourmet in CA.

CTP 147 (2007)

Alexis Blake is Head Chef/Kitchen 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 Caterer/Sous Chef at The Balcony on Dock and a Line Cook at Caprice Bistro in Wilmington, NC. **Federico Saldivar** is a Line Cook at Belcourt in NYC. **Victoria Salom** is a Pastry Cook at Saf in London. **Leah Shomron** is a Food Writer and Cooking Instructor in Israel. **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 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 in NJ.

CTP 145T (2007)

Suzanne Barr is a Line Cook at Abistro in Brooklyn. She also has a catering company called Pepper & Sprouts and a cookie business called Sweet Potato. **Christine Borzell** has a business called Farm to Table Personal Chef Service on Long Island. She's also an Instructor at Sur La Table. **Paulo Brasileiro** is a Personal Chef/House Manager in the

Hamptons. **Iris Cortes** is a Volunteer at Chefs for Humanity in NYC. **Andrea Lennon** is a Personal Chef in NYC. **Silvana Paulilo** is a Personal Chef in CT. **Laura Rosenberg** is a Registered Dietician.

CTP 144 (2007)

Tanya Bielski-Braham is Assistant Buyer at Dean & Deluca in NYC. **Jeffrey Breaux** has a café in India called Jeffrey's Garage. **Melissa Gellert** is a Personal Chef in NYC. **Laura Gibson** owns Laura's Sweet Gourmet in PA. **Sara Kramer** is farming in Italy through WWOOF. **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. **Nicole Lorenti** is a Cooking Instructor at The Children's Aid Society 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. He got married last summer. **Helene Seligman** does counseling and cooking instruction in NYC.

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. **Reo Jones** is a student at USF and a Volunteer at Three Stone Hearth in CA. **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. **Laura Viega** is a Baker at Kripalu in MA.

CTP 139 (2007)

Dina Cutrone has a business called Tall Order in Brooklyn. **Caroline Ishii** has a business called ZenKitchen 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. **Luis Munoz**

is enrolled at CUNY City Tech for Hospitality Management. **David Ramseyer** is the Lead Baker at Benevolence in Columbus, OH. **Zoe Schor** is a Line Cook at Beso in Hollywood.

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** owns Bare Beans Coffee Roasters in CT. **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 the Chef/Kitchen Mgr. at Highland Ranch in CA.

CTP 137T (2007)

Jennifer Bozek is a Cooking Instructor at Teaneck High School in NJ. **Michael Knight** is a Station Chef at Pure Food and Wine and a Cooking Instructor in the Beacon Program in NYC. **Shirley Low** is a Line Cook at Pure Food and Wine in NYC. **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. **Kim Stakal** owns The Green Gourmet in CA.

CTP 136W (2007)

Jay Bither is the Chef at Crisp in NYC. **Laurie Gershgorin** 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)

Gail Berrigan is a Personal Chef and Yoga Instructor in MA. **Mary Wilson** is the Sous Chef at Oakville Grocery. She also works at Word of Mouth Catering in Austin, TX. **Conor Yates** is a Personal Chef in NYC. He is also the Chair for Events and Fundraising for the National Autism Association's New York Metro Chapter. In January, he will be leading a group class on different Autism diets and giving cooking instruction. **Jessi Zaborowski** is a Personal Chef and an Instructor at a Viking Culinary Center.

CTP 134 (2006)

Nicole Alaimo is a Cook/Baker at Linda's Eat Well and Be Well on Long Island. **Susan Ball** is on the Board of the Sylvia Center in NYC. **Laura DiScipio** is a Personal Chef in NYC. **LaMana Donadelle** has a personal chef service called Culinary Healing in NYC. **Jain Lee** is a Cook at

Basic Café in NJ. **Numi Mansdorf** is a Chef at Basic Trust Daycare 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 has a small line of baked goods she sells to an organic restaurant. **Molly Schrecengost-Chester** 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. **Stefania Rubicondo** is a Baker at Baked in Brooklyn. **Melinda Tracy** is a Corporate Chef at Bridger Capital in NYC.

CTP 131 (2006)

Kevin Anglely is the Chef at The Organic Connection in Brewster, NY. **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** is returning to NYC to work at the new Standard Hotel. **Michael Schurr** is a Personal Chef in NYC. He's also the co-contributing Author of *Living Well* by Montel Williams.

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)

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. **Summer Kriegshauser** is a Health Counselor, Nutrition Coach and Chef in NYC.

CTP 127S (2006)

Helena Aktar is a Cooking Instructor and Demo Chef in NY. **Leslie Angle** owns Sheffa Foods in NYC. **Nick Dimartino** is a Naturopathic Doctor in PA. **Jill Engelhardt** is a Personal Chef on L.I. **Brian Jones** is the Sous Chef at Perelandra in Brooklyn. **Philip Kess** is the Mgr. at Provisions Natural Foods on Long Island. **Asya Ollis** is the Gen. Mgr. at The Green Table in NYC. **Carly Smith** is the Pastry Chef at Pix Patisserie 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 Bakery Team Member at Whole Foods in Chicago. **Doron Hanoach** is a Cook at Esalen in CA and a Yoga/Meditation Instructor. **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. **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. **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** has a counseling business called Allergy Kind. She's also a Personal Chef 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. **Emily Elliot-Casey** is the Chef at the Coffeehouse Club in NYC. **Jennifer Goldberg** owns Spork Foods in Los Angeles. **Neal Harden** is Executive Chef at Pure Food and Wine in NYC. **Nina Traywick** is the Pastry Chef at Community Restaurant in NYC. **Maleta Van Loan** is Sr. Accountant at Pure Food and Wine/One Lucky Duck Holdings, LLC in NYC.

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

Sunie Pope is the Chef for the 2009 Kashi Day of Change 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 Tomkovick-Janecki** owns Katie's Soft Pretzels in NC.

CTP 119 (2005)

Matt Downes is a freelance Chef at Bite Catering 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. She is also Assoc. Dir. of Special Events at the Center for the Urban Environment. **Shane Kelly** moved to VA. She's a Farmers' Market Demo Chef 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** has a restaurant called 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 is Kitchen Manager, Cooking Instructor and Yoga Instructor at Sivananda Yoga Ashram in Grass Valley, CA. **Joel Mittenag** is a Cook at Whole Foods Market in NJ.

CTP 115 (2005)

Jay Hough is the Sous Chef at Monkey Town in Brooklyn. **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)

Jennifer Asfar is a Personal Chef in NJ. **Tracy Jorg** is a Personal Chef and Caterer on Long Island. **Jason Sellers** is the Chef at Laughing

Seed Café in NC.

CTP 113 (2005)

Brad Briske is the Chef at Sonoma Restaurant & Wine Bar in San Clemente, CA. **Lindsay Chapman** is the Chef at Rubin Museum Café in NYC. **Nathan Donahoe** is a Personal Chef for a cancer patient in CA. His website (chefofthepeople.com) will make its debut soon. **Lakshmi Harilela** owns Love True Food in Hong Kong. **Erica Strait** is a Personal Chef in Minneapolis.

CTP 112 (2004)

Maiko Amemiya is a Cook at a vegan restaurant in London. **Jennifer Brawn** is a Personal Chef in NYC. **Josh Gonzales** works as a Hot Cook for Spirit Cruises in NYC. **Jennifer Trinkle** is a freelance Food Writer for Vegetarian Times.

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. She's also writing and developing recipes for Glam Media's Wellness section. **Becky Mendez** owns Frescura in PR. **Joslyn Oppenheimer Sagasta** owns Nosh in the Netherlands.

CTP 109E (2005)

Gilda Mulero owns Naturally Tasty in NYC. **Diane Raymond** returned to the UK.

CTP 108 (2004)

Genevieve Chazen is the Cook at Headstart in NYC. **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. **Tal Ronnen** is Executive Chef at Veg Advantage, a nonprofit education organization he founded to help food service operators integrate vegetarian options into their menus. **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 105E (2004)

Fredrik Berselius is the Chef de Partie at Corton in NYC. **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 Cheesemonger at Murray's Cheese in NYC. She's also a p/t Personal Chef. **Maki Stevenson** owns Makifood in Budapest. She's an Instructor, Caterer and Consultant. **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 owns Earthwise Personal Chef Service, LLC in CT. **Carole Ortenzo** owns Organic Personal Chef Service in Pittsburgh.

CTP 102E (2004)

Vanessa Cabrera is Chef/Partner at 5C Vegan Café 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** has teamed up with Sabra, the leading manufacturer of refrigerator Mediterranean dips and spreads. She contributes recipes and cooking tips to their website, participates in events and assists in developing new products. **Yoshiko Mukai-Williamson** is a Cookbook Author, Photographer and Food Stylist in NYC. She's also starting a publishing business focusing on green slow life. **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)

Karen Black is Operations Mgr. at Local Burger in Lawrence, KS. **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. Last October she was a delegate to

Slow Food's Terra Madre Conference in Italy. **Tara Schepp-Robinson** is married, has a daughter and lives in North Myrtle Beach.

CTP 100 (2003)

Rachel Brumitt is a Personal Chef in the DC area.

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** has a local foods consulting business called 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)

Becky Bender-Marrs is a Nutritionist at the Center for Holistic Psychiatry in the DC area. **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)

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 has written a book called *A Healthier Ever After*.

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** 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** has a consulting business called The Groovy Gourmet in Ft. Lauderdale. **Christina Santini** is a grad student at MIT.

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. **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** 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. **Gretchen Kohan** is a Private Chef in NYC. **Uma Yaparparvi** 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** has a business called Gluten Evolution in IA. **Omawali Stewart** is a Personal Chef in the DC area. **Adam Tyner** owns Sprout in Austin, TX.

CTP 87E (2002)

Annmarie Butera is a Personal Chef and Cooking Instructor in PA. **Ludie Minaya** is a partner in Conscious Cravers in NYC. **Daniel Nydick** owns Gourmet for the Day in NJ. **Leda Scheintaub** is a Personal Chef and Cookbook Editor in NYC. **Bryant Terry** is an Eco Chef, Author and Food Justice Activist in CA.

CTP 85 (2001)

Bethenny Frankel is a celebrity natural foods Chef, Author and Spokesperson for Peppridge Farm. 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** opened a restaurant in Boulder called Arugula Bar e Ristorante.

CTP 84E (2002)

Glenna Clark is Financial Mgr. of the retail shop at Kripalu in MA. **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 L'Escale in the Coronado 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)

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 owns 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** owns 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 Personal Chef 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 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 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. **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)

Katie Haje owns Elemental Foods in NYC.

CTP 66 (1999)

Robin Gill Lacy is the Research and Development Chef at Veria Wellness in TX. **Rebecca Katz** owns 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 Hana in HI. **Mafalda Pinto Leite** is Food Editor of Blue Cooking Magazine in Portugal. She is also a Cookbook 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. **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/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.

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. **Sarah Doyle Lacamoire** does PR for the wine industry. **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 starting a wholesale baking business 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** is a Personal Chef in CA.

CTP 57 (1998)

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 opened a restaurant called Dirty 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 and has two children.

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 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. She's currently cooking for the New Jersey Nets. **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** 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 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 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** 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)

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 opened 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.

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 has a business called Simple As Gluten Free in AZ.

CTP 36 (1996)

Chris Erickson is a Chef and Caterer in Newport, RI. In March, he'll be the Chef on the Taste of Health Cruise for the 4th year in a row. **Nick Heidemann** bought a goat farm and dairy in Lakeport, CA. He also runs a catering company called Chef Nicholas. He married long time girlfriend, Janine Rossi, last December. **Donald Montgomery** is a Personal Chef in NM.

CTP 35E (1996)

Gabrielle Ettlinger is the CookShop Program Officer at FoodChange in NYC.

CTP 34 (1996)

Ali Ghiorse has a business called Savory Thymes in CA. **Sheri DiPeles** 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. owns 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)

Debra Erbacher is the Cook/Educator at Amazing Magic Beans Learning Center in Queens. **Hiranth Jayasinghe** has a restaurant and a catering business in NJ.

CTP 26 (1994)

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

CTP 24 (1994)

Judith Shapiro is the Night Manager at the Natural Gourmet.

CTP 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.



In Memorium

Joyce Gurian (CTP 111E)

It is with great sorrow that we report the tragic death of Joyce Gurian. She was killed in a car accident in October.

We extend our deepest sympathy to Joyce's family and friends.

STAY IN TOUCH

Online: Alumni Update Form

Email: placement@naturalgourmetschool.com

Next news deadline is May 1st

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