



NATURAL GOURMET INSTITUTE FOR HEALTH & CULINARY ARTS

Issue 17
July 2007

Save the date!

**Thursday, November 15, 2007
the Natural Gourmet
celebrates its 30th year!**



Everyone's "mom," Jeri Rostron, will be planning the event – details to follow. Expect to hear from her soon.

THOUGHTS FROM THE FOUNDER

by Annemarie Colbin, Ph.D.



I was thinking about how much things have changed in our society since I started the Natural Gourmet in 1977. At the time, all bread was white with some exceptions. Meals in hotels invariably featured canned and frozen vegetables. The concept of "whole grains" was completely alien. Forget tofu, and don't even mention shiitake. Everybody drank milk, while meat and eggs were considered health food.

I knew that consuming milk products gave me pimples, but nobody in the "establishment" believed that. In fact, milk products were said to give people beautiful skin. As I knew for a fact that was not the case for me, or for many others, it was not hard for me to doubt the credibility of the mainstream nutrition teachings. As I also had found that sugar made me lethargic and depressed, and nobody believed that either, I had more grist for the mill of my "alternative" approach.

In those days, I made my own whole grain bread and started teaching people how to cook nice meals with whole grains and beans, lots of fresh vegetables and desserts without sugar or dairy. People like me were called "health nuts."

Now, the words "whole grain" are marketing mantra. I'm not sure that they mean the same in an ad for "whole grain breakfast cereal" as they mean to me, but it's a start. I've had fabulous meals in hotels with gorgeous, fresh vegetables. Quinoa and polenta appear on upscale menus. Everybody, from the government to the school districts to the average mother, talks about eating more fruits and vegetables. And it was with great pleasure that I read a report in the *New York Times* early this

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year about a study in the *Journal of the American Academy of Dermatology* that showed that dairy foods can bring on acne. It's about time! They could have asked me 30 years ago, and I would have told them. Sugar is also getting a bad reputation, but they have not yet noticed how much it affects the emotions. Just wait and see.

What really amazes me is the huge amount of hype about chocolate. Yes, it may be rich in antioxidants, and yes, who doesn't love it – I certainly do – but it is also high in caffeine and other mind-altering chemicals, and that is pretty much ignored. For many people, now pleased to indulge in their chocolate cravings under the notion that it's healthy, the caffeine can wreak havoc with their sleep cycles, yet nobody talks about that. A friend of mine with many sleeping problems started taking a sleeping drug which caused a variety of disturbances. She recently quit her daily chocolate and coffee, as well as the drug. Now she sleeps as well naturally as she did with the drug and without the adverse effects. I wonder if all those ads for sleeping drugs show up because of so much chocolate being consumed for its antioxidants.

It is still true that regardless of what the "science" shows, we each need to be aware of what works and what doesn't for our own bodies. Dairy is still a problem for many, even if it is raw and grass fed. Organic evaporated cane juice is still sugar.

Meanwhile, we can't go wrong with brown rice instead of white, whole grain breads instead of the fluffy stuff, fruits and vegetables that are fresh, not canned or frozen, wild salmon if you can get it, or other abundant fish, organic or grass-fed fowl or beef. Going by an all-brown vegetarian dish at a recent fancy dinner I attended, it was clear that even caterers still don't know how to prepare a really good vegan meal. So even though things are better, and more people understand the issues, we need to continue to educate the public as well as the professionals on how to eat healthfully and how to use food as a healing tool. There is still lots of work for us to do.

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ON THE PRESIDENT'S MIND

MY MATZO BALL ADVENTURE



As Passover approached this year, I decided it would be fun to make a special meal, kinda like a Seder. I use this terminology because I'm not too into organized religion, having been raised by a formerly protestant mother turned atheist in NYC. My father was Jewish, but not terribly religious, and besides, I don't remember living with him because my parents split up when I was about 1 1/2 years old. I do remember Dad's telling Mom that since we always had a Christmas tree, we should also have a Hanukkah bush to expose my brother and me to Jewish culture. My mother said that she didn't know what a Hanukkah bush was, and my father assured her that all florists carried them. So, my fair-minded, gullible mother went all over our neighborhood, asking the florists for one, and of course, no one knew what she was talking about.

We always celebrated Christmas and Easter, but it was all about Santa Claus, trees decked with lights and ornaments, the Easter Bunny, dying and hunting for eggs, Easter bonnets and parades (no mention ever of Jesus Christ or the Lord God). The food was good (at least that's how I remember it), although not gourmet. It was always roast turkey with cranberry sauce out of the can, mashed potatoes from flakes out of a box, frozen green beans and salad with Wishbone Italian Dressing and lots of sugary treats like candy canes, chocolate Santas, chocolate eggs, jelly beans and marshmallow chicks.

We never celebrated Jewish holidays during my childhood, so it was not until the last few years that I prepared any of the traditional dishes. I made matzo balls (aka kneidlach) once, following the directions on the back of the matzo meal box. They were okay -- heavy balls of starch with a pleasant flavor, nothing inspirational. I decided that this year it was time for me to learn how to make kickass matzo balls. I selected Judith Friedman, our Program Director of public classes to be my guide and master for this undertaking. I knew that she would have much experience in this realm and that she would have taken a good, traditional recipe to the next level, given her creative nature, passion for perfection and considerable culinary talents. Boy, did I make a great choice!

The following is Judith's aunt Dorothy's recipe, updated by Judith, and further modified by me.

AUNT DOROTHY'S MATZO BALLS WITH A NATURAL GOURMET TWIST

Yield: 3 dozen or so

Ingredients:

1/4 cup organic chicken fat (schmaltz) plus 2
tablespoons extra-virgin olive oil
-OR-
6 tablespoons extra-virgin olive oil
3/4 cup firmly packed, finely chopped leeks
1/4 cup firmly packed, minced chives
1/4 cup minced dill
4 whole, organic eggs
2 tablespoons seltzer
2 1/2 teaspoons sea salt (more if using Celtic sea
salt)
1/4 teaspoon black pepper
1 cup matzo meal

Procedure:

1. Heat fat in skillet. Add leeks and sauté 5 minutes. Stir chives and dill into softened leeks and remove from heat.
2. Place eggs in a bowl and "beat with a fork until there's nothing schlepping on the fork" (Aunt Dorothy's advice). To the egg add: seltzer, 1 1/2 teaspoons salt, pepper, matzo meal and leek mixture. Cover bowl and refrigerate at least 2 hours or overnight.
3. Line a sheet pan with plastic wrap. Using moistened hands, form rounded teaspoonfuls of batter into balls and place on baking sheet.
4. Bring a large pot of water to boil with remaining teaspoon of salt. Drop matzo balls into pot, cover and cook for 30 minutes without peeking (it's bad luck to peek, according to Aunt Dorothy).

I confess that I peeked, and so far so good, or is that why my beloved cat, Norbert, mysteriously disappeared a few weeks ago?

Before the balls are cooked, they will be very green. My daughter, Emily, thought this was totally disgusting and was kvetching about it and how she doesn't like dill and how could I put it in all the balls? Once the balls are boiled, they turn the

traditional color with lovely green flecks. These are the best matzo balls I have ever tasted. They are light, moist and deliciously herby. So try them, you'll love them!

P.S. After vanishing for close to one month, Norbert is safely back at home. One Saturday morning I received a call from Ellie and Gene, a retired, elderly couple who had been feeding him, along with a group of feral cats, for a few weeks. It had taken that long for them to get close enough to Norbert (Ellie had named him Tinkerbelle in the interim) to read his tag. The miraculous part of the story is that they live in New Jersey, and we live in Manhattan! The moral of this fairytale is twofold: don't buy the tear-away type collars for outdoor pets (they come off too easily), and don't ever stop believing that they will come home to you!

ADVENTURES IN COOKING

by Sue Baldassano



Joan Didion, in her book, *The Year of Magical Thinking*, writes "Life changes fast. Life changes in an instant. You sit down to dinner, and life as you know it ends."

For my friend Kate, life as she knew it changed in the waiting room of New York Presbyterian Hospital this last fall. She brought her beautiful, sweet, six-year-old daughter, Amelia, in for an MRI just to rule out "anything really crazy." Amelia's only symptom was twice-a-day vomiting.

Her gastro doctor had discouraged the MRI as unnecessarily invasive and cautioned Kate. "If it has hoofs and a mane, it's most likely a horse, not a zebra," he said.

Maybe it was mother's intuition. Kate added 3 more fake symptoms to Amelia's "vomiting only" symptom in order to get the doc to approve an MRI. As she sat in the waiting room, she heard over the loudspeaker, "Amelia Schefs-Bevington to Neurology, Stat."

Twenty agonizing minutes later, a doctor emerges and confirms every parent's worst nightmare. "Your daughter," he says, "has a mass in her brain." Your blue-eyed, auburn-haired daughter who loves Ralphie (her stuffed doggie), Fairy Barbie,

My Pretty Ponies and Dora the Explorer, most likely has brain cancer.

Meanwhile back at my ranch, I'm sort of wondering why I haven't heard from my friend Kate in a while. You know how you have this thing with certain friends. It's okay not to speak with each other for a week or two but after that you get a telepathic weird feeling like something is up. I call Kate once and wait a couple of days--no response. I email twice--same deal--nothing. Finally after 2 weeks I get a call.

"Hi, sorry I haven't gotten back to you. Things have been really crazy. Are you sitting down?" she says.

I'm thinking--oh my god--she's preggers (pregnant) again. She is 44 and already has Leon, 7 and Amelia, 6.

She delivers the euphemistic watered down "everything will be okay" version of the story--doesn't mention the C word (they haven't gotten the biopsy results yet) but Kate knows there is a 95% chance it is cancer. She doesn't share this information (not even with her partner and Amelia's other mom, Margaret) or any of her close friends until much later.

Three more weeks pass by before I hear anything definitive, even though I leave "no pressure" messages every other day. "Hi, it's Sue (fake, cheery voice). Just checking in. Call me when you can."

Finally, desperate for news, I subway to Kate's Long Island City neighborhood and camp out at a mutual friend's house for whom I have no contact info except an address. I wait until her friends come home from work and then pounce on them.

"Yes, yes it's true. Amelia has brain cancer and needs a gazillion radiation and chemo treatments and still may not make it."

What can I do here? How can I help this family, my friend of over 20 years, this innocent, old-soul child who has never had time to do anything wrong or hurt anyone? A child, by the way, who has been fed only organic food her entire life, was breast fed, has cotton clothing, Baby Einstein tapes, etc, etc. I do the only thing I know how to do: I cook.

Cooking worked when my father was ill last year. Cooking worked when I moved in with my future husband and cooked for his children. Cooking works when I visit Mexico and Italy. It allows me to "speak" to women from other cultures and backgrounds. Cooking works when my grandchildren come to visit. For me, cooking

is a powerful tool for communicating in so many situations.

Amelia, like many cancer patients, isn't too hungry for anything, but the rest of the family loves the roasted chicken, homemade chicken stock, brisket, rice and beans, pasta and fresh vegetables that I lug in from Brooklyn on the G train. The caretakers are thrilled that someone is there taking care of them for a few hours.

With Amelia, I make butter cookies in different shapes that she decorates with sprinkles, sometimes with great enthusiasm, sometimes with only a perfunctory sprinkle and then back to bed.

Everyday for weeks she goes with her mom for radiation, bringing Ralphie, her stuffed doggie and one other stuffed animal. (They rotate.) She lies on the radiation table with her head down with Ralphie on one side and another animal on the other. She cannot move -- sometimes for an hour on end. Every night it's a big decision as to which other stuffed animal gets to go. Ralphie, of course, always goes. Ralphie never complains, and neither does Amelia.

A week before Christmas and about the third week of radiation, Amelia loses her hair. It doesn't come out slowly as I thought it would, but suddenly -- almost literally overnight. I was there on a Tuesday making cookies with her, and when I returned on Thursday she was half bald with thick clumps of hair plastered to her scalp. I was so shocked I had to ask myself if I'd been there last week or just two days ago. I went over it in my head and yes, it had only been 2 days.

The day of the "clumpy hair" happened 3 days before Christmas, the same day a few close friends drop by and then have to leave suddenly to go do some last minute Christmas shopping. Once they leave the apartment, they go into the hallway and change into Santa and Elves costumes.

I stay behind in the apartment and pretend to cook dinner for just the immediate family, waiting for Santa and the Elves to make their grand entrance. I pretty much know the kids will recognize "Santa" as Ron who has just been in the apartment a few moments ago, but I think it would be fun anyway.

Finally, after stalling dinner for what seems like an hour, Santa and Elves make their grand entrance. The \$100 Santa suit is a piece of s#*t. The beard is so full that he looks more like a Wildebeest than a Santa. Ron doesn't play the jolly "Ho, Ho, Ho" Santa. He comes in holding his lower back, dragging his sack and complaining -- more like an "Oy Vey, I can't believe you have no elevator, and I had to walk

up 4 flights of stairs” Santa.

I’m half expecting any minute for the kids to yell out, “You’re not Santa. You’re Ron!” but I don’t hear them say that. I don’t hear them say anything. I glance over at both Leon and Amelia. They are stone cold quiet, staring at “Santa.” All of a sudden I think, Holy S#*t! They believe he’s the real deal! It would be like The Beatles showing up at my door singing “She Loves You.”

Santa leaves, and 5 minutes later, Ron returns. Still the children don’t make the connection. Leon with his extra year and a full set of marbles believes Santa was there. Amelia who has been operated on, radiated and chemo-therapied, her personal space violated on a daily basis, believes Santa was there.

As I’m about to leave I wave goodbye to Amelia. She waves back, half a head of stuck, clumped-on hair, and a very long road ahead of her. “Next time you come,” she said, “let’s make bread together.”

UPCOMING COOKING TOURS



To Grandmother's House We Go...

Oaxaca, Mexico

Feb. 17 - 27, 2008 (non-vegetarian)

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June 1 - 9, 2008 (non-vegetarian)

Groups limited to 12 people per trip

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e-mail: grancooks@earthlink.net

Tel: 718-768-4662

THE ETHICS OF BEING A HEALTH- SUPPORTIVE CHEF

by Nathan Donahoe (CTP 113)



Michelle Coleman
was a client of mine.

A psychologist specializing in lesbian and homosexual psychology, she had a thriving practice in the southern California area. Two years ago she was diagnosed with liver cancer. Like many people diagnosed with a life-threatening illness, she felt confused and lost about which healing therapy to pursue. There were thousands of options. All boasted impressive success rates, and all conflicted with each other. She tried chemotherapy which treats cancer with toxic chemicals. She tried the Primal Diet by Ajonus Vonderplanitz, a non-vegan raw diet based on the theory that cancer is part of the body’s detoxifying mechanism, and that drugs and radiation are poisons. She went to Mexico to do the Gerson therapy, a mostly vegan, raw and cooked natural healing therapy that recommends many coffee enemas and cooked greens. She tried a metabolic-typing diet by Dr. Oz Garcia that said cooked greens were deadly to her and that eating 20 almonds a day would help heal her condition. Unable to eat, she died of starvation, still confused about which diet was the one.

Michelle’s death was unnecessary. Like most people facing a life-threatening illness, it wasn’t necessarily the disease that killed her, but the lack of correct and timely information. I have compiled a list of guidelines that have helped me in the past when working with clients who have serious health concerns.

Avoid exaggerating and oversimplifying information. This is something we all have been guilty of. When working with clients, be honest about what you know. Use “I” statements when conveying information and memorize these words, “In my experience.”

Bad Example

Client: Do you think raw milk will be good to add to my diet?

You: Of course, everyone does well on raw milk! It has lactase and probiotic bacteria -- way better than pasteurized! You’ll do great!

Good Example

Client: Do you think raw milk will be good to add to my diet?

You: There are many different theories that exist about raw milk. Some say that raw milk can contain harmful bacteria and that pasteurizing it makes it safe. Others say that pasteurizing milk makes it indigestible, creates lactose intolerance and that the bacteria are beneficial. **In my experience**, raw milk eliminated my lactose intolerance, and I feel great on it. I think it is likely you will, too.

It is easy to speak passionately about something you believe in. When dealing with clients who have chronic illnesses, however, it is important to accurately state both sides of the story so they can make their own choices.

Do thorough, extensive research and practice, practice, practice! Sorry, “Googling” is not sufficient research, and reading a book is only slightly better. It takes years of practical experience and an abnormally unbiased mind to be a truly effective health-supportive chef. Have you read that organic food is healthier than conventional? Then intern with Hawthorne Valley Biodynamic Farm (www.hawthornevalleyfarm.org) in New York and find out for yourself. Interested in raw food? Then live and work with current and former raw foodies at Pangaia in Hawaii (www.pangaia.cc), and see if it really is “the new macrobiotic.” Many of my former classmates at University of Southern California ended up becoming waiters after they graduated because they had little or no practical experience in their field, and no one wanted to hire them. Real life experience will always be better than book smarts.

Be skeptical of all information and research, and cultivate this philosophy with your clients. The health industry is a business. The information you read is not objective, impartial or free from error. You and I cannot generally afford the 10 million dollars it takes to fund a proper research study, so it usually comes down to special interests who consider it an investment to present a certain point of view. Read *How To Lie With Statistics* by Darrell Huff to learn about the true, subjective nature of statistics and research studies. Be aware of the obvious lack of coherence in the health industry. Fat makes you fat, or is it thin? Eggs were bad, but now TV says they can be good. Many of the health food gurus I’ve studied with claim high success rates with illnesses, yet they look extremely sick themselves. If you recommend macrobiotics to clients, they need to be aware that one of the founders, Aveline Kushi (and her daughter) died of cancer.

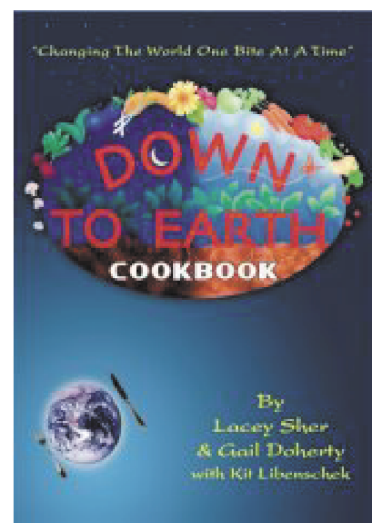
Like the saying goes, “You can cook a fish for a client, and he/she will eat for a day. You can show a client how to cook a fish and he/she will eat for life.” The best thing we can do for our clients is to go beyond just teaching them. We need to show them the most effective way to teach themselves so they’ll feel the benefits long after we have left.

As a health-supportive chef, be a beacon of knowledge and objectivity in the foggy sea of confusion that is the health industry. When a client has a life-threatening illness, this confusion isn’t just inconvenient -- it can be deadly. As an ethical, health-supportive chef, remember the human connection, and treat your clients as people, not piggy banks.

DOWN TO EARTH COOKBOOK

by Lacey Sher (CTP 58E)
& Gail Doherty (CTP 60E)
with Kit Libenschek (CTP 117)

This is the long-awaited collection of recipes that made the Red Bank, NJ restaurant, Down to Earth, a magnet for all who value fresh, organic whole foods prepared with passion and creativity. The book contains over 170 recipes that celebrate vegan cuisine from the basics to world-class creations. You’ll find appetizers, soups, salads, sandwiches, entrees, live foods, beverages and desserts. There’s even a section on kid’s food. Filled with all kinds of useful information, this cookbook is a welcome addition to any kitchen.



NGI GRADS ON TV!

Hilary Brown (CTP 101)
Executive Chef/Owner
Local Burger
Lawrence, KS
www.localburger.com

Recently featured on the Sundance Channel's "Big Ideas for a Small Planet," Hilary Brown fulfilled her vision of offering healthy fast food in a casual environment when she opened Local Burger in 2005. The restaurant sources all of its meals locally and features a variety of burgers, including elk, buffalo, beef, lamb and pork, as well as a veggie burger that is gluten-free, egg-free, dairy-free, corn-free, soy-free and yeast-free. At Local Burger, there's something for everyone -- carnivores and vegetarians alike. And, the menu is very Celiac friendly.



Hilary supports local farmers, advocates for the humane treatment of animals and workers, recycles right in the dining room and composts organic waste, all the while serving food that tastes good and is good for you.

(Facts and visuals taken from www.localburger.com)

Porsche Combash (CTP 83)
Jessica Prentice (CTP 42)
Chefs/Co-owners
Three Stone Hearth
Berkeley, CA
www.threestonehearth.com



Three Stone Hearth was featured on ABC news last fall. It is a community-supported kitchen that sells prepared food, ready to eat at home. The menu changes weekly, but always follows certain guidelines. Most of the ingredients are organic and almost all come from local farms, using methods that are ecologically sound and humane to animals. The food is all nutrient dense.

In addition to the weekly boxes of prepared food, Three Stone Hearth offers monthly Full Moon Feasts served family style to residents of the community.

(Facts and visuals taken from www.threestonehearth.com)



STAY IN TOUCH

What's going on in your culinary career? We'd like to share your good news. So tell us what you're up to.

Online: Alumni Update Form

Email: placement@naturalgourmetschool.com

Phone: 212-645-5170, ext. 103

Next news deadline is October 1st.

WHO'S DOING WHAT

CTP 143 (2007)

Nicole Lorenti is chef/assistant at Organic Avenue in NYC.

CTP 141 (2007)

Michael Giacomello is the sous chef at Vegetate in Washington, DC. **Jennifer Randolph** is a baker at Little Buddy Biscuit Co. in Brooklyn. **Mary Skinner** is a personal chef in FL.

CTP 139 (2007)

Dina Cuttrone has a business called Tall Order in Brooklyn. She offers personal chef services, dinner parties, cooking classes, holistic health counseling and healthy living lectures. **Milan Doshi** is working at Windrush Farms near St. Louis. He's writing a guidebook with the owner about foraging for and cooking local wild edibles. **Caroline Ishii** has a business called ZenKitchen in Ottawa. She provides personal chef services, catering, cooking lessons and monthly gourmet vegan meals. **Luis Munoz** is asst. pastry chef at Town in NYC. **Yuki Itoh** has a vegetarian cooking school in Tokyo. She plans to open a small restaurant there this year.

CTP 138 (2006)

Amy Bowlen has a garde manger position at Equinox in Washington, DC. **Beth Dergarabedian** is a line chef at TW Restaurant in MA. **Leslie Heilbrunn** is a freelance writer/editor. **Sarah McFarlane** has a garde manger position at Al Di La in Brooklyn. She's also a baker at Downtown Atlantic Restaurant & Bakery. **Mark Orintas** works for Mod Skin Labs in CT. He's also starting an organic coffee roasting business. **Sally Rupert** has a pastry and garde manger position at Owest in NYC. She's also working with Sarma Melngailis on the second cookbook for Pure Food & Wine, as

well as cooking for private clients in CT. **Montse Vallory** is a personal chef and instructor. **Charlie Wilson** does product development for Pure Food & Wine and One Lucky Duck in NYC. **Tressa Yellig** is the chef/kit. mgr. at Highland Ranch in CA.

CTP 136WS (2007)

Laurie Gershgorin is a cooking instructor/lecturer in Westchester.

CTP 135 (2006)

Gail Berrigan is a line cook at Canyon Ranch in the Berkshires. She's also a personal chef and yoga instructor. **Kristen Palmer** is a baker at Claudia's Natural Foods in Toledo. She's also a freelance retreat chef. **Mary Wilson** is working at Word of Mouth Catering and at Whole Foods in Austin, TX. She also teaches cooking classes at Home Harvest Organics. **Conor Yates** is a personal chef in NYC. He'll be moving to Santa Barbara this summer. **Jessi Zaborowski** is a pantry chef at The Inn at St. Peter's Village near Philadelphia.

CTP 134 (2006)

Nicole Alaimo is a p/t baker at Il Giardino in NY. **Susan Ball** is working p/t at My Chef Direct in NYC. She is also the director of the Sylvia Center, a nonprofit, farm-based learning center for at-risk kids, funded by Great Performances Catering. **Susan Calvert** is doing volunteer work for City Harvest and God's Love We Deliver in NYC. **Laura DiScipio** is a personal chef in NYC. **LaMana Donadelle** is the innkeeper and breakfast chef at The Inn at 2920 in MD. **Jain Lee** is a cook at Basic Café in NJ. **Numi Mansdorf** is a baker at Amy's Bread in NYC. **Magaly St. Vil** plans to open her own restaurant. **Melissa Zelenovic** is a p/t cook at Cal-A-Vie in CA.

CTP 133 (2006)

Sarah Hill is the kitchen mgr. at Dodo Café in NYC. **Nicholas Colloton** is a baker/decorator at Eleni's Cookies in NYC. **Anna de Castro Lacerda** assisted Matthew Kenney with his two new raw cookbooks. She's currently enrolled in the IIN program in NYC. **Emily Marciniak** is a personal chef in CA. **Janice McLean** is doing catering in NYC. **Karen Reiner** is a cook at Airlie Conference Center in VA. **Molly Schrecengost** is a personal chef in CA. **Chris Janse Van Rensburg** is a cook at The Cleaver Co. in NYC.

CTP 132S (2007)

Jacqueline de Villegas is a kitchen supervisor at Whole Foods Market on Houston in NYC. **Lenaya Pongan** is in a work exchange program at The

Occidental Arts & Ecology Center in CA. She also cooks weekly dinners at Howard's Café, a restaurant that showcases local, seasonal dishes. **Stefania Rubicondo** is a baker at Baked in Brooklyn. **Melinda Tracy** is a personal chef in NYC. **Sabrina Wu** is a freelance chef for Tentation, Potel & Chabot Catering in NYC. Last March, she was featured in Vegetarian Times Magazine.

CTP 131 (2006)

Kevin Angley is the chef at The Organic Connection in Brewster, NY. **Diogo Andrade** is a cook at Moo in Barcelona. **Diane Collins** is a line cook at the Sheraton Hotel in Rockville, MD. **Ronit Netter** had a baby girl in January. **Danielle Steffener** is a cook at Kites Restaurant in Vernon, NJ.

CTP 130 (2006)

Hans Bartges started a farm in upstate NY. **Andrea Basile** is a line cook at Lido Restaurant in Miami Beach. **Grace Buderus** is a cook at The Cleaver Co. and a p/t manager at The Green Table in NYC. **Luigi Scarapicchia** is a roundsman at Franina in Syosset, NY, as well as chef/manager at the New York College of Health Professions. **Michael Schurr** is a private chef in NYC.

CTP 129E (2006)

Susan Banzon works p/t at Fancy Girl Catering in NYC. **Kate Christman** is a personal chef in Philadelphia. **Ela Guidon** is a personal chef and instructor in NJ.

CTP 128 (2006)

Renae Ask is a personal chef/caterer in MN. **Amy Ball** is the lead cook and vegan pastry chef at Google's Slice Café in CA. **Tim Celenza** is a cook at Jandi's Natural Foods Market on Long Island. **Ginny Evans** is a personal chef in the Bay Area. She's also a prep cook at Living Room Events and Back to Earth catering companies. **Ngina Johnson** is a cook at Prune in NYC. **Brandi Kowalski** is a line cook at Pure Food and Wine in NYC. **Summer Kriegshauser** is a wholistic health counselor in NYC. **Linda Lantos** is a food educator at the Children's Aid Society in NYC.

CTP 127S (2006)

Helena Aktar is a cooking instructor and demo chef in NY. **Leslie Angle** has a business called Sheffa Foods in NYC. **Nick Dimartino** is collaborating with an Ayurvedic physician and chef to transform Ayurvedic healing principles and nutrition into a model that can be taught and easily assimilated into the lives of busy westerners. **Jill Engelhardt**

is a personal chef on L.I. **Kristan Flynn** teaches cooking classes for kids at Apple Seeds. She also creates their curriculum. **Brian Jones** is the sous chef at Perelandra in Brooklyn. **Philip Kess** is the mgr. at Provisions Natural Foods on Long Island. **Rachel Merga** was featured in the March issue of Vegetarian Times Magazine. **Asya Ollis** is the sales/marketing coordinator for Great Performances Catering/Event Planning in NYC. **Carly Smith** is a baker at Saint Cupcake in Portland, OR, where she's creating a vegan menu and doing full production. **Lindsey Williams** is a cookbook author.

CTP 126 (2006)

Susie Arnold is kitchen mgr. and exec. chef at Sevananda Food Co-op in Atlanta. **Theresa Bliffert** is a cook at Spoonriver in Minneapolis. **Karen Formanski** is a bakery team member at Whole Foods in Chicago. **Christine Foti** has a business called Christine's Cuisine in NYC. **Sara Gifford** is the food service mgr. at Jandi's on Long Island. **Doron Hanoch** is the chef at Montalvo Arts Center in CA. **Cheryl Hines** is managing the food program at The New Deal Day Care Center in Queens. She's also a cooking instructor. **Jill Hitchcock** is the deli mgr. at Abundance Cooperative Market in Rochester. **Annie Kunjappy** is a personal chef and a retreat chef in NYC. She's also an instructor at the Natural Gourmet. **Claire Levitch** is a pastry chef at Café Sunflower in Atlanta. **Perry Pearson** is the kitchen manager at Nutricurean in PA. **Kate Walston** is training to become a certified personal trainer and hopes to combine fitness with cooking.

CTP 125 (2006)

Stephanie Beine, R.D. is a line cook at Millennium in San Francisco and an instructor for The Cancer Project. **Lauren Culleton** is the pastry chef at The Ravens in CA. **Jana Keith-Jennings** has a pastry position at Pure Food & Wine in NYC. **Chandra Lee** is a f/t clinical dietician and a p/t nutrition consultant for Johnson's Nutritional Services. She does cooking & nutrition workshops for HeadStart and daycare centers in all 5 boroughs. **Aja Marsh** is a personal chef/caterer in NYC. **Derek Treuer** is kitchen mgr. at The Rice Diet Program in NC.

CTP 124S (2006)

Susan Albarran is an admin. asst. at C-Cap in NYC. **Madea Allen** is a cook at The Cleaver Co. and a community chef for Just Food. She also conducts wellness workshops. **David Carpenter** is a freelance cooking instructor and demo chef in PA. **Erin Hoppin** works at Cowgirl Creamery in San Francisco.

CTP 123 (2005)

James Barry is a personal chef in CA. **Ann Cary** is a line cook at Fivespice in Lake Oswega, OR. **Emily Elliot** is a line cook at Tabla in NYC. **Jennifer Goldberg** is a personal chef specializing in meals for new mothers in CA. **Stefan Goldberg** is getting a degree in holistic nutrition in AZ. **Neal Harden** is the chef at Pure Food and Wine in NYC. **Maleta Van Loan** is a line cook at Pure Food and Wine in NYC. She also works in the wholesale dept.

CTP 122E (2006)

Steven Bowe was featured in the March issue of Vegetarian Times Magazine. **Brianna Nichols** is the chef at Perelandra in Brooklyn. **Matt Slagle** is foodservice director at Springvale Inn in NY.

CTP 121 (2005)

Yasmin Alli is a private chef in NYC. **Dree Andrea** is a food coach and personal chef in NYC. **Lydia Choudhry** has a business called The Daily Vegan in PA. **Allison Fasano** is a personal chef in Yonkers. **Sunie Pope** is touring the country as a brand ambassador and chef for Kashi products.

CTP 120 (2005)

Annie Alvarez is a line cook at Stone Soup Bistro in WV. **Charlie Branciforte** is a baker at Mr. Ritts Gluten-Free Bakery in Philadelphia. **Sara Driscoll** is a cook at Nature's Temptation in NY. She's also a personal chef. **Liz Fleischman** gave birth to a baby boy last winter. **Jessica Tomkovick-Janecki** owns a business called Katie's Soft Pretzels in NC.

CTP 119 (2005)

Julie Cole is assistant manager at Dinner Done in Tampa, FL. **Matt Downes** is the pastry chef at Pure Food and Wine in NYC. **Adrienne Felder** has a business called The Whole Bite, Inc. in Chicago. She teaches classes, cooks for clients, does consulting and catering. She also writes recipes for The Active Survivor Network newsletter. **Carolyn Gilles** has a meal delivery service called Blue Note Foods in NYC. **Shane Kelly** is a cooking instructor in TN. **Gloria Reyes** is assistant manager at Hungry Hollow Co-op in NY.

CTP 118S (2006)

Ori Cosentino is a freelance caterer and personal chef. **Abby Fammartino** works at Monsoon in Seattle. She also has a personal chef business called The Natural Chef's Custom Cuisine. **Schuyler Frazier** is a pastry cook at Gramercy Tavern in NYC. **Pam Hori** is a vegan chef at Whole Foods Mkt. in Cambridge, MA. **Thomas Lipski** has a

personal chef business called Healthy Spoon in NJ. **Pierre McNeil** is a line cook at 202 in NYC. **Joanna Perl** is an assistant manager at Le Pain Quotidien at 72nd & Columbus in NYC. **Mary Silfven** is a private chef.

CTP 117 (2005)

Kit Libenschek is at the Solar Living Institute where she teaches cooking classes while studying permaculture and sustainability.

CTP 116E (2005)

Tino Carero is a vegan chef for The Belgian East-West Centre and the 4D Life School. He is also a personal chef, instructor and caterer. **Danny Casbarro** is kitchen manager, cooking instructor and yoga instructor at Sivananda Yoga Ashram in Grass Valley, CA. **Joel Mittertag** is the chef at East-West Café in NYC. **Ashley Pilato** is a cooking instructor at Young Chefs Academy on Long Island.

CTP 115 (2005)

Jay Hough is a cook at Nita Nita in Brooklyn. **Kirti Rahi** has a restaurant called Piquant Bread Bar & Grill in NJ.

CTP 114S (2005)

Jennifer Asfar is a personal chef in NJ. **Tracy Jorg** is a private chef and caterer on Long Island. **Wendy Ramunno** is an editor and writer in NYC. Last March, she was featured in Vegetarian Times Magazine. **Wendy Schnitzer** has a company called Yogalicious in CT. **Jason Sellers** is the chef at Laughing Seed Café in NC.

CTP 113 (2005)

Lindsay Chapman is a caterer in NYC. **Nathan Donahoe** is traveling around the country studying permaculture and farming. **Lakshmi Harilela** has a catering business called Love True Food in Hong Kong. **Dana Jellinek** is working on her Master's Degree in Clinical Nutrition. **Erica Strait** is a line cook at Spoonriver in Minneapolis.

CTP 112 (2004)

Alana Boucher is studying linguistics at the University of Illinois. **Jennifer Brawn** is a personal chef in NYC. **Josh Gonzales** is the chef at 'Snice in NYC.

CTP 111E (2005)

Joyce Gurian is a p/t instructor in the culinary workshop program at Shop Rite in NJ. She's also an instructor at the Viking Cooking School. **Brenda Peterson** has a business called Green Planet Market in CT. **Cindy Siegenfeld** has a business

called Turning Point Culinary, LLC on Long Island. **Kevin Takasato** has a personal chef business called Food Alchemist in NYC.

CTP 110 (2004)

Laura Demeri is an adjunct professor at Clark College in Vancouver, WA. **Desiree Henshaw** is a baker at Hotcakes in VA. **Becky Mendez** has a business called Frescura in PR. **Joslyn Oppenheimer Sagasta** has a business called Nosh in the Netherlands.

CTP 109E (2005)

Erik Lucas is manager/head chef at MilkBoy Coffee in PA. **Gilda Mulero** is a personal chef in NYC. **Diane Raymond** has a personal chef business called Healthy Plate in NYC. She also lectures and conducts workshops.

CTP 108 (2004)

Aly Crispi is a partner in The Little Catering Co. in NYC. She also works in the Events/Catering Dept. at the Tribeca Grand Hotel/Soho Grand Hotel. **Priscilla Knowlton** is getting a Bachelor's Degree in Culinary Arts at New England Culinary Institute in VT. **Lauren Pilgrim** is a personal chef in NYC. She's also a partner in The Little Catering Co.

CTP 107 (2004)

Nick Beitcher is a cook at Per Se in NYC. **Bo Quijano** owns a restaurant called Baby Bo's Burritos in NYC. **Nicole Parker** has a catering business called Kitchen Alchemy in Salt Lake City. **Tal Ronnen** is a vegan food specialist at Peta in VA. **Shannon Sullivan** has an online health store: www.eatforchange.com. **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)

Natalie Pitchford is a food scientist at The Great A & P Tea Company in NJ. **Angela Vicari** is a cook at Canyon Ranch in Tucson.

CTP 105E (2004)

Tara Delanghe is the pastry chef at Jefferson Grill in NYC.

CTP 104 (2004)

Anne Baptiste is the pastry chef at Millennium in San Francisco. **Rossana DeAngelis** is a wellness consultant in Canada. **Laura Heifetz** is a cheesemonger at Murray's Cheese in NYC. She's also a p/t personal chef. **Liz Kahler** has a personal chef/nutritional counseling business in CA. **Anthony Pallante** owns Anthony's Everyday

Italian Deli & Market in FL. **Allison Saunders** does prep and production for a TV cooking segment in San Francisco. She's also a recipe tester. **David Stowe** is a personal chef in MI. **Dana Wallace** has an organic bakery in MT called Ice House Baking Company. **Matt Weber** is the executive chef at Camp Carroll Joy Holling and the Swanson Retreat Center in NE.

CTP 103 (2003)

Lynne Forte has a business called Earthwise Personal Chef Service, LLC in CT. **Chris Harper** is a private chef in NYC. **Carole Ortenzo** has a business called Organic Personal Chef Service in Pittsburgh.

CTP 102E (2004)

Elena Balletta is the pastry chef at Broadway East in NYC. **Maria Diaz** is the pastry chef at Organica Natural Foods in NJ. She also works in the specialty dept. at Whole Foods in Union Square. **Colombe Jacobsen** is a finalist on *The Next Food Network Star*. **Sara Ross** is a freelance caterer in NYC.

CTP 101 (2003)

Hilary Brown has a restaurant in Lawrence, KS called Local Burger. **Eavan Daily** is a production chef at Whole Foods in Princeton. She's also a freelance personal chef and caterer. **Katherine Matutina** is the catering manager and events/marketing coordinator for Medicine Restaurant in San Francisco. She also has a personal chef/catering business called Lick the Plate. **Veronica Rodriguez** is chef/owner of a café called Asiquesi in Cabo Rojo, Puerto Rico.

CTP 100 (2003)

Rachel Brumitt has a personal chef business in Washington, DC. **Jennifer Dudek** is the head baker/bakery manager at The Palate Pleasers in Annapolis, MD. **Molly Lippitt** is an asst. winemaker at a small winery in the Napa Valley.

CTP 99E (2004)

Megan McCluskey is the culinary expert at Williams-Sonoma in NYC. **Sarah Huck** is a caterer in NYC.

CTP 98 (2003)

Lance Cohen is the sous chef at Regency Health Spa in FL. **Dan Epstein** is the cheese dept. mgr. at Dean & DeLuca in NYC. **Sheri Lazar** has a personal chef business called Blissful Palate in MI. **Stefania Patinella** is manager of food and nutrition programs at The Children's Aid Society in NYC. **Lisa Reeder** is the foodservice mgr. at a grocery

store and café called Feast! in Charlottesville, VA. **Michael Welch** is a personal chef, health food coach and cooking instructor in NYC.

CTP 97 (2003)

Cherina Eisenberg writes a food column for the LA-based *Iranian Jewish Chronicle*. She's also writing a cookbook. **Beth Kaufman** is catering mgr. 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 completed Holistic Health Practitioner Training at the Academy for Healing Nutrition and works as a nutrition coach and cooking instructor in NJ. **Elizabeth Johnson** is a partner in Conscious Cravers in NYC. **Ariel Nadelberg** is director of food sales and concessions at Prospect Park Alliance in Brooklyn. **Danielle Orthwein** is a partner in a catering business in PA. She's also a personal chef.

CTP 95 (2002)

Susan Anzalone got married. **Brandon Fortenberry** is the vegetarian chef at the Kosher Dining Hall at Cornell. **Jenna Hamilton-Prochilo** works at Elemental Foods in NYC. **Rebecca Stevens** is an elixirs bartender at Café Gratitude in San Francisco. She's also a retreat chef. **Junko Takagi** is a chef at a vegetarian café in Tokyo. She's also a cookbook author and cooking instructor.

CTP 94E (2003)

Katrina Bisanti is a caterer/event planner in RI. **Pete Solomita** has a cookie business in Brooklyn called Little Buddy Biscuit Company.

CTP 93 (2002)

Celeste Oertel Kellerhouse is a personal chef in CA. **Andie Kouyoumjian** is chef/owner of The Newton House & Monty's Pub in SC. **Christina Santini** is the sustainability coordinator for Harvard University's Allston Development Group. She'll be starting a Master's Program in City Planning at MIT in the fall focusing on regional food systems and food security in developing countries.

CTP 92 (2002)

Anthony Archer is a personal chef and freelance baker in NYC. **Julie Ayotte** is the bakery team leader at Whole Foods Market in Woburn, MA. **John Fleischman** is the head banquet chef for the Pacific Grill at the Marriott Hotel in Tacoma, WA.

CTP 91E (2003)

Gillian Chi is co-manager of Buttercup Bake Shop in NYC. **Tanya Lopez** has a business called Ladybird Home Catering in Newburgh, NY.

CTP 90 (2002)

Anthony Di Rienzo is the fish cook at Fifth Floor Restaurant in San Francisco. **Kassidy Harris** is general manager and wine director at Restaurant 55 in Sacramento, CA. **Cheryll Jarrett** has a personal chef business called You Choose I Cook in NYC. **Bob Stevenson** is the executive sous chef at The Center for Discovery in Harris, NY.

CTP 89 (2002)

Jonah Chasin is a chef at Pennington House in NYC. **Gretchen Kohan** is a personal chef/caterer in NYC.

CTP 88 (2002)

Gillian de Seve is a personal chef in NYC. **Andrea Gunderson** is the sous chef at Superfine in Brooklyn. **Catherine McConkie** is a cooking instructor at Bauman College in Berkeley as well as a personal chef. **Anna Sobaski** has a business called Gluten Evolution in IA. **Omawali Stewart** is a personal chef in the DC area.

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** is chef/owner of Gourmet for the Day, providing cooking classes, dinner parties and personal chef services. **Leda Scheintaub** is a personal chef and cookbook editor in NYC. **Bryant Terry** is a chef, author and food justice activist.

CTP 85 (2001)

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

CTP 84E (2002)

Glenna Clark is the financial manager of the retail shop at Kripalu in MA. **Pat Curley** is a private instructor in NJ. **Ladan Raissi** is chef de cuisine at L'Escale in the Coronado Marriott Resort in CA.

CTP 83 (2001)

Porsche Combash is a partner in Three Stone Hearth in CA. **Alex Jamieson** is a holistic health counselor and author. **Matteo Silverman** owns 4-Course Vegan in Brooklyn. Last March, he was featured in Vegetarian Times Magazine.

CTP 82 (2001)

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

CTP 81 (2001)

Ted Hobart has a personal chef business called Clematis Cuisine in the DC area. **Louisa Shafia** has a business called Lucid Food in NYC. She was featured in Domino Magazine last winter.

CTP 80E (2001)

Anne Gallagher is a caterer and personal chef in CT. **Erin Galligan** relocated to Raleigh, NC.

CTP 79S (2002)

TipTip Cipriano is a baker at Lifethyme Natural Market in NYC. **Isabel Marin** is a personal chef in NJ. **Aliyah Rowe** is the assistant manager in the nutrition education dept. at City Harvest in NYC.

CTP 78 (2001)

Thom Kotch is executive chef at Shadowbrook Inn & Golf Resort in PA. **Dre Maher** relocated to Grass Valley, CA where she plans to re-establish her cooking business, Boodabelli. **Maria Washburn** is co-manager of Buttercup Bake Shop in NYC.

CTP 77 (2000)

Leslie Bauer is a whole food chef and nutritional educator in AZ. She also markets a raw food bar she developed called Cocobarra. **Mickey Walker** has a bakery called LUST in CA.

CTP 76E (2001)

Lagusta Yearwood is chef/owner of Lagusta's Luscious Vegetarian Meal Delivery Service in New Paltz, NY.

CTP 74 (2000)

Catherine Barker-Hoffman is a personal chef and postpartum doula in NYC. She got married last October. **Marisa Caltagirone** is a nutritionist at Canyon Ranch in the Berkshires. **Sara Robillard** is a private chef in NYC. **Camilla Sherret** has a restaurant in Banff called The Bison Mountain Bistro. **Deborah Soffel** is a personal chef in NYC. **Carrie Spence** is a personal chef in NJ.

CTP 72E (2000)

Tom Falconi is a personal chef in NY. **Judith Friedman** has a business called Conscious Cuisine in NYC. She offers private cooking, catering and cooking classes. She's also the program director at the Natural Gourmet Institute for Food and Health, as well as an Institute and CTP instructor. **Athina**

Holmes has a personal chef/catering business called One Hot Stew in FL.

CTP 71 (2000)

Vanessa Allen got married in May. She's working as a personal chef/caterer in NJ. **Sofia Wilt** is a personal chef, caterer and instructor in HI.

CTP 70S (2001)

Carol Gawryszeski is a cook/instructor for cancer prevention and survival in The Cancer Project's Food for Life cooking class series, sponsored by PCRM. **Annette Wilson** is a personal chef in CT.

CTP 69 (1999)

Heidi DeCosmo is a culinary consultant and cooking instructor in PA.

CTP 68E (2000)

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

CTP 67 (1999)

Katie Haje has a business called Elemental Foods in NYC.

CTP 66 (1999)

Rebecca Katz is the founder of The Inner Cook, a business focused on teaching individuals and communities how to make healthy connections with food in CA. She's also a senior chef at Commonwealth Cancer Help Program and a cookbook author.

CTP 65S (2000)

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

CTP 64E (1999)

Marisa Czajkowski works for a catering company in NJ. **Irene Dorosh** is a personal chef in NYC.

CTP 63 (1999)

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

CTP 62 (1999)

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

CTP 61 (1999)

Julie Kaye is an RD. **Deb Marlow** has a business called The Dharma Kitchen in WI where she teaches cooking classes. **Amanda Nahas** is chef/owner of From Scratch Personal Chef Service in NJ.

CTP 60E (1999)

Gail Doherty is a chef at Earth Fare in Asheville, NC. **Sarah Lacamoire** is a freelance journalist in Scotland. **Laura Solimano** is a nutritional counselor/personal chef in CT. **Elise Spiro** is the pastry sous chef at Sundance Natural Foods in OR.

CTP 59 (1998)

Birgitte Antonsen is a personal chef, instructor and nutritional therapist in Seattle. Her business is called Nature's Way Food. **Alexandra Borgia** is a full-time instructor at the Natural Gourmet as well as a personal chef.

CTP 58E (1999)

Marcella Friel is kitchen manager at Spirit Rock Meditation Center in CA. She's also a culinary instructor at Bauman College in Berkeley and Penngrave. **Lacey Sher** is a personal chef in CA.

CTP 57 (1998)

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

CTP 54 (1998)

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

CTP 53E (1998)

Stefanie Sacks is a culinary nutritionist in NY.

CTP 52 (1998)

Martha Diaz is a cook at Jandi's on Long Island. **Carlin Greenstein** is a personal chef in NYC. **Ron Malanga** is the operations manager at Land of Medicine Buddha in CA. **Mary Jo Romano** is a freelance recipe developer in CT.

CTP 51 (1998)

Tatiana Cardoso has a vegetarian restaurant called Moinho de Pedra in Sao Paulo. **Marcella Dirks** is a personal chef in San Francisco. **Eric Hunter** is owner/executive chef of Kem-Ra, Inc.

CTP 50E (1998)

Sue Cadwell and **Nancy Persoons** are partners in Health in a Hurry in Fairfield, CT. **Adriana**

Estefan owns Sunrise Pizzeria in NJ. **Jackie Sharlup** has a restaurant in Bayshore called Tula Kitchen. **Heidi Klein Valenzuela** has a meal delivery business called Name Your Diet.

CTP 49 (1997)

Kate Potter is personal chef in NJ.

CTP 48 (1997)

Colleen Holland is food editor for Veg News in San Francisco. **Soraia Melo** is a personal chef in CT.

CTP 47 (1997)

Dina Brigish has a vegan inn in VA called The White Pig Bed and Breakfast. **Nicole LoBue** has a catering company in the SF Bay Area called LoBue Events. **Mitch Orland** is the executive chef and food service director at Earth Fare in Asheville, NC.

CTP 46E (1997)

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

CTP 44E (1997)

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

CTP 43 (1997)

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

CTP 42 (1996)

Jody Mutzenberger is a wellness specialist for The Extended Care Program at The Hazelden Foundation in MN. **Jessica Prentice** is a chef, food activist, author and founder of Wise Food Ways in CA. She is also a cofounder of Three Stone Hearth, Locavores and the Eat Local Challenge.

CTP 40 (1996)

Tommy Habetz is the executive chef at Meriwether's in OR.

CTP 39E (1997)

Hillary Stern is a food counselor/educator in New Milford, CT. **Elisa Winter** has a personal chef business called Order, Please in Kingston, NY.

CTP 38 (1996)

Christine Maguire owns Rinconada Dairy in CA. **Paulette Prudhon** writes a food column called *Kitchen Kaleidoscope* and is a restaurant critic for her regional NYT newspaper in FL.

CTP 37 (1996)

Dan Esses is the sous chef at Buddakan in NYC.

CTP 36 (1996)

Chris Erickson has a national Fat Flush meal delivery business based in Newport, RI. Last March, he was the natural foods chef on The Taste of Health Cruise in the Caribbean for the second time. **Donald Montgomery** is a personal chef in NM.

CTP 35E (1996)

Gabrielle Ettlinger is a program officer at Food Change in NYC. **Alex Grant** is a yoga teacher in Sydney, Australia. He's also working on a degree in Chinese Medicine and Acupuncture. He's married and has two daughters.

CTP 34 (1996)

Ali Ghiorse has a business called Savory Thymes in CA. **Sheri DiPlesi** is the catering director/event planner at Second Helpings Café in Brooklyn. **Marguerita Mees** is a personal chef in CA.

CTP 33 (1995)

Barbara Frish is a personal chef in NJ. She also lectures at The Siegler Center for Integrative Medicine. **Rachel Stevens** is a prep cook and vegan chef at 6th St. Bakery & Icehouse in Alpine, TX.

CTP 32 (1995)

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

CTP 31E (1995)

Kathryn Bari does demos and lectures at Stonybrook College in Stonybrook, NY and marketing for Organic Frog Int'l. She also does private cooking, instruction and life coaching. **Joelle Plagianos** is a personal chef and yoga instructor in Miami Beach.

CTP 29 (1995)

Kate Colson is a culinary instructor at The Kitchen Conservatory in St. Louis, MO.

CTP 28 (1995)

Amy Gordon, R.D. has a wholistic nutrition counseling practice called South Mountain Wellness in NJ. She also teaches Nutrition at the Natural Gourmet. **Sascha Weiss** is the executive chef at

Lettus Café Organic in San Francisco.

CTP 27E (1995)

Hiranth Jayasinghe has a restaurant in West Milford, NJ called Blue Earth Burrito.

CTP 26 (1994)

Lisa Boymann is the CTP administrator and an instructor at the Natural Gourmet.

CTP 24 (1994)

Judith Shapiro is the night manager at the Natural Gourmet.

CTP 21 (1993)

Caroline Fidanza is the chef at Diner in Brooklyn. **Dana Nichols** is a juicepreneur and principal in Adina World Beat Beverages in CA. **David O'Brien** has a personal chef business called Gourmet Organic Dinners in Beverly, MA. **Carolyn Weeks** works p/t at Whole Foods and does freelance catering in CA.

CTP 19 (1993)

Karin Turett is a personal chef in Utica, NY.

CTP 18 (1993)

Bob Arndt owns Harvest Natural Foods in WY.

CTP 17 (1993)

Marlene Liff-Anderson is executive chef/owner of Wildfire Restaurant & Bar in Corvallis, OR.

Prior to 1992

James Amerson is the senior catering sales mgr. at Hilton Capitol Center in Baton Rouge. **Louis Centeri** is a team leader at Whole Foods in NYC. **Ken Charney** writes restaurant reviews for Hudson Valley Magazine in NY. **Richard Choy** is a certified Quantum Touch instructor in NYC. **Fran Costigan** is chef/owner of For Goodness Cakes, a catering and consulting company specializing in customized, organic, vegan desserts. She is also a food writer, a cookbook author, an instructor at the Natural Gourmet Institute for Food and Health and a regular presenter at conferences throughout the country. **Liz Gagnon** is the chef at Nature's Temptations in NY. **Myra Kornfeld** is a cookbook author and an instructor at the Natural Gourmet. **Jeanette Maier** owns Fancy Girl Catering in NYC. **Leslie Weiner Morrison** is a personal chef and cooking instructor in NJ. **Cheryl Perry** is an instructor at the Natural Gourmet. **Peggy Tobin Edwards** is a personal chef in CT. **Eric Tucker** is a cookbook author and executive chef at Millennium in San Francisco.