



Creative Living with Sheryl Borden

6100 Series



Foods + Nutrition - Section II



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Due to the size of this section, it has been separated into two sections in order for it to be downloaded more quickly. For instance, “California Figs, Cheese & Wine” is in Section I on page 3, whereas “Quick & Easy Food Dishes” is in Section II on page 11.

QUICK + EASY FOOD DISHES

Cranberry Salsa

- 1 small navel orange, peeled & quartered
- 1 bag (12 ozs.) fresh or frozen cranberries
- 1 cup sugar
- 2 jalapeno peppers, halved lengthwise & seeded
- 1/8 tsp. salt



Process all ingredients in a food processor until coarsely chopped, stopping once to scrape down sides. Pulse 2 or 3 times until mixture is finely chopped. Transfer mixture to a bowl; cover and chill at least 1 hour. Serve with chips, crackers or over cream cheese topped with pecans.

Apple Jack Spread

- 1 pkg. (8 ozs.) low-fat cream cheese, softened
- 4 ozs. Monterey Jack cheese, shredded
- 2 tsp. Dijon mustard
- 1 large Granny Smith apple, shredded
- 2 Tbsp. chopped chives
- 1/2 cup finely chopped pecans or walnuts
- Assorted crackers or crisp vegetables



In a food processor or by hand, combine cheeses and mustard, blending until smooth. Remove to a medium bowl. Add apples and chives and gently combine mixture. Sprinkle with pecans. Chill and serve with crackers or vegetables.

Brownie Trifle

- 1 pkg. (19 1/2 ozs.) fudge brownie mix
- 1/4 cup coffee liqueur (optional)
- 2 pkgs. (3.9 ozs. ea.) chocolate fudge instant pudding
- 1 container (12 ozs.) frozen whipped topping, thawed
- 8 (1.4 ozs. ea.) chocolate-covered toffee candy bars, coarsely crushed
- Ground nutmeg

Prepare brownie mix according to package directions using a 13x9x2-inch pan. Prick top of warm brownies at 1-inch intervals with a wooden pick; brush with coffee liqueur, if desired. Cool and crumble. Prepare pudding mix according to package directions, omitting chilling. Layer half of the crumbled brownies in a 3-quart trifle bowl or dish, top with half of pudding, half of coarsely crushed candy bars, and half of whipped topping. Repeat with remaining brownies, pudding and topping. Cover and chill 8 hours or overnight. Garnish with nutmeg and remaining crushed candy bars. This can also be prepared and served in stemmed glasses for individual servings.

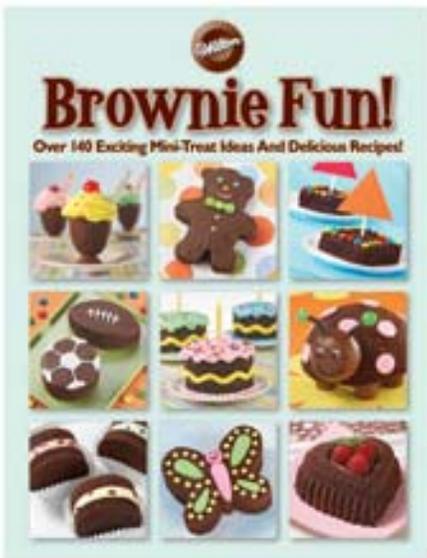


**COURTESY: Connie Moyers
Extension Home Economist
NM Cooperative Extension Service**

Treats from Wilton

Floral Cakes

Use a 9" round cake with different shades and sizes of violet drop flowers with tips #2D, #131 and #225 and tip #3 yellow centers



Brownie Fun!

It's the book that proves brownies can be as colorful and fun as your favorite party treats! In *Brownie Fun!*, the fudgy treats everyone loves take on amazing new shapes and dazzling colors that will be the talk of your next celebration.

Brownie Fun! is packed with over 140 easy-to-make designs and recipes for brownies and mini treats. You'll find fun shapes like flowers, footballs, burgers, volcanos and space aliens that are perfect for kids' birthday parties. Create perfect brownies for every holiday, too, dressed up in festive seasonal colors. From stand-up Easter eggs and Halloween witches' brooms to candy-topped Christmas ornaments and shaped snowflakes, you can enjoy *Brownie Fun!* all year long. You'll even find brownies elegant enough to serve at weddings, showers and other special occasions, with candy monograms, fondant flowers and more.

Black Forest Brownie Pizza

- 1 8 oz. pkg. cream cheese
- 1/3 cup granulated sugar
- 1 tsp. clear vanilla extract
- 1 21 oz. can cherry pie filling
- 1/3 dark cocoa Candy Melts, melted

Rocky Road Pizza

- 3/4 cup miniature marshmallows
- 1/2 cup chopped peanuts
- 1/2 cup chocolate chips
- 1 cup dark cocoa Candy Melts, melted

Peanut Butter Pizza

- 1 4 oz. pkg. cream cheese
- 1/2 cup creamy peanut butter
- 1/4 cup granulated sugar
- 1/4 tsp. clear vanilla extract
- 2 Tbsp. milk
- 1 cup assorted toppings (chopped peanut butter cups, chocolate chips, peanut butter chips, chopped peanuts)
- 1/3 cup dark cocoa Candy Melts, melted

For each pizza, prepare a brownie mix according to package directions. Spread mix on bottom of pizza pan that has been pre-sprayed. Bake. Let cool and then top as desired.



COURTESY: Nancy Siler
Wilton Brands
www.wilton.com

LET'S TALK TURKEY!



Cajun Turkey Sandwich

- 1 (3 pound) Butterball® Boneless Cajun Breast of Turkey Roast, thawed
- no-stick cooking spray
- 2 tablespoons butter
- 1 cup green pepper strips
- 1 cup red pepper strips
- 1 cup sliced onion
- 1/2 teaspoon hot pepper sauce
- 1/2 teaspoon celery seed
- 8 Kaiser rolls, split
- 1/4 cup mayonnaise
- 8 slices (1 ounce each) cheddar cheese

Preheat oven to 325°F. Remove roast from package; lightly pat with paper towels. Discard gravy packet or refrigerate for another use. Lift string netting and shift position on roast for easier removal after cooking. Place roast, skin side up, on flat roasting rack in 2-inch deep roasting pan. Spray roast with cooking spray. Bake 1-3/4 to 2 hours, or until meat thermometer inserted in center of roast reaches 170° F. Let roast stand 10 minutes before removing string netting. Carve into thin slices. Meanwhile, melt butter in medium skillet over medium heat. Add green and red peppers and onion. Cook and stir 8 minutes, or until tender. Stir in hot sauce and celery seed. Remove from heat. Spread bottom halves of rolls evenly with mayonnaise. Top each with 1 slice cheese, 2 turkey slices and vegetables. Cover with top halves of rolls. Serves 8.

Turkey Smoked Sausage and Vegetable Kabobs

- no-stick cooking spray
- 2 medium sweet potatoes, cubed
- 1/2 cup apricot preserves
- 2 tablespoons spicy brown mustard
- 1 package Butterball® Smoked Turkey Dinner Sausage, cut into 1/2-inch slices
- 1 medium red bell pepper, cut into 1-inch pieces
 - 1 medium yellow bell pepper, cut into 1-inch pieces
 - 1 large red onion, cut into 8 wedges



Spray cold grate of outdoor grill with cooking spray. Preheat grill for medium direct heat. Place sweet potatoes in medium saucepan. Add enough water to cover. Bring to a boil on high heat. Cook 5 to 7 minutes, or until almost tender. Meanwhile, combine preserves and mustard. Set aside. Drain potatoes. Thread evenly onto 8 skewers alternately with the sausage, bell peppers and onion. Grill 8 to 10 minutes, or until sausage is hot and vegetables are crisp-tender, turning and brushing several times with the preserves mixture. Serves 8.

Turkey Bacon Frittata

- 1 package (11 ounces) Butterball® Turkey Bacon
- 6 ounces angel hair pasta, broken in half
- 2 teaspoons olive oil
- 1/3 cup finely chopped onion
- 1 medium red pepper, cut into thin strips
- 8 large eggs
- 5 ounces ricotta cheese
- 4 ounces shredded mozzarella cheese
- 4 ounces shredded Swiss cheese
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 package (10 ounces) frozen chopped spinach, thawed, squeezed dry
- no-stick cooking spray

Preheat oven 350° F. Cook bacon in microwave according to directions on package; crumble and set aside. Cook pasta according to package directions.



Rinse, drain and set aside. Heat oil in large skillet on medium heat until hot. Add onion and peppers. Cook and stir until tender. Combine eggs, cheeses, salt, pepper and cooked pasta in large bowl. Add cooked vegetables, spinach and turkey bacon. Spray a 10-inch quiche dish with cooking spray. Pour egg mixture into dish. Bake 30 minutes or until knife inserted comes out clean. Cut into wedges. Serves 8.

Turkey Foil Wrap-Up

- 1 package Butterball® Smoked Turkey Dinner Sausage, cut into 1" pieces
- 1 medium zucchini, sliced 1/2" thick
- 1 medium yellow squash, sliced 1/2" thick
- 1 large onion, cut into chunks
- 1 medium red bell pepper, cut into 1" pieces
- 1/4 cup apple juice
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon butter

Prepare the grill for indirect medium heat. Cut an 18-inch square of heavy foil. Place sausage, zucchini, squash, onions, and peppers in center of foil. Add the apple juice and rosemary. Cut butter into small pieces. Place evenly over all. Seal the foil. Place on grill. Cook 50 to 55 minutes or until sausage is heated through (160°F) and vegetables are tender. Serves 4.



Turkey and Roasted Pepper Quesadillas

- 1 package (5 ounces) Butterball® Thin Sliced Honey Roasted Turkey Breast
- 8 slices Swiss cheese
- 1/4 cup chopped roasted red peppers
- 2 tablespoons chopped fresh parsley
- 1 tablespoon olive oil
- 4 (10 inch) flour tortillas

Place equal amounts of turkey, cheese, roasted peppers, and parsley on each of 2 tortillas. Top each with another tortilla. Place a 12-inch nonstick skillet over medium heat until hot. Add olive oil. Tilt skillet to coat bottom. Carefully add the tortillas. Cook 3 minutes on each side, pressing down on top with a spatula, or until the cheese is melted and the tortillas are golden. Remove from pan and cut into wedges. Serves 4.

The Ultimate TLT Sandwich

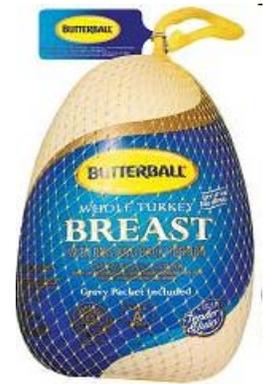
- 6 tablespoons light ranch dressing
- 1/4 cup bacon, cooked and crumbled
- 3 Kaiser rolls, split
- 3 lettuce leaves
- 3 slices tomato
- 1 package (5 ounces) Butterball® Thin Sliced Oven Roasted Turkey Breast

Combine dressing and bacon until blended. Spread evenly onto cut sides of rolls. Place 1 lettuce leaf, 1 tomato slice and 6 turkey slices on bottom half of each roll. Cover with tops of rolls. Serves 3.

Turkey Turnovers

- 1 cup quartered fresh mushrooms
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 1/8 teaspoon dried thyme leaves
- 1 tablespoon vegetable oil
- 1 tablespoon all-purpose flour
- 1/3 cup whipping cream
- 1 cup chopped leftover cooked Butterball® Turkey
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 can (8 ounces) refrigerated crescent rolls

Preheat oven to 375° F. Cook mushrooms, onion, garlic and thyme in oil in a large skillet on medium-high heat until onions are soft. Add flour. Cook 1 minute or until well blended, stirring constantly. Stir in cream. Cook and stir until thickened. Stir in turkey, salt and pepper. Remove crescent rolls from package. Flatten and separate into 4 rectangles. Press perforations together to seal into four solid rectangles. Spoon about one fourth turkey mixture onto center of each rectangle. Fold into triangles. Press edges to seal in turkey mixture. Place on baking sheet. Bake 15 to 18 minutes or until golden. Serve hot. Serves 4.



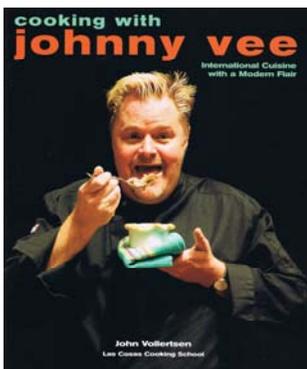
Roast Turkey With Spicy Rub

- 3 tablespoons firmly packed light brown sugar
- 3 tablespoons kosher salt or sea salt
- 3 tablespoons paprika
- 2 tablespoons chili powder
- 2 teaspoons black pepper
- 2 teaspoons roasted cumin
- 1 teaspoon ground coriander
- 2 teaspoons garlic powder
- 2 teaspoons crushed red pepper flakes
- 1 Butterball® Turkey (12 to 14 pounds), thawed if frozen
- 6 tablespoons canola oil, divided

Combine all ingredients except turkey and oil. Blend well. (May be prepared 2 to 3 days in advance. Store mixture in an airtight container at room temperature.) Remove neck and giblets from body and neck cavities of turkey; refrigerate for another use or discard. Drain juices from turkey; pat dry with paper towels. Turn wings back to hold neck skin in place. Return legs to the tucked position, if untucked. Place turkey, breast side up, on flat rack in shallow roasting pan. Brush outside of the turkey with half of oil; rub outside and inside cavity with spice mixture. Cover and refrigerate 12 hours or overnight. Preheat oven to 325° F. Brush spiced turkey with remaining 3 tablespoons oil. Bake approximately 3 hours*, or until meat thermometer reaches 180° F when inserted in thickest part of thigh. Remove turkey from oven. Let turkey stand 15 minutes before carving. *Follow cooking times according to package directions; times vary by size of turkey.

Tip: For a spicier rub, increase crushed red pepper to 1 tablespoon and add 1 or 2 teaspoons cayenne pepper.

COURTESY: Marty Van Ness
Butterball
www.butterball.com



Cooking with Johnny Vee

Orange & Fennel Cured Olives

- 1 cup brine-cured olives (such as Kalamata and/or green olives)
- 1/4 cup fresh orange juice
- 1/4 cup olive oil
- 2 Tbsp. very thin matchstick-size strips orange peel
- 2 teaspoons toasted fennel seeds
- 2 garlic cloves, very thinly sliced
- 1/2 teaspoon (or more) dried crushed red pepper

Mix first 6 ingredients in small bowl. Season to taste with red pepper and salt. Cover and refrigerate overnight. (Can be prepared 4 days ahead. Keep refrigerated.) Makes 1 cup.

ROASTED PEPPERS AND POTATOES WITH BAGNA CAUDA

Roasted Peppers and Potatoes

- 1 1/2 pounds baking potatoes
- 2 tablespoons olive oil
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 2 large yellow bell peppers
- 2 large red bell peppers

Peel potatoes and cut crosswise into 1/4-inch-thick slices. In a shallow baking pan, toss potatoes with oil, salt and pepper and spread in one layer in pan. Roast potatoes in a preheated 450° F. oven, stirring occasionally, until they are golden brown and slightly crispy, about 30 minutes. Roast the peppers directly over gas burners or under a broiler set on high heat. Turn peppers occasionally until skins are blistered and charred. Transfer peppers to a bowl and let steam, covered, until cool. Peel peppers and discard stems and seeds. Slice into finger wide strips and set aside.

Bagna Cauda

- 1/3 cup olive oil
- 4 large garlic cloves, chopped
- 1 teaspoon kosher or sea salt
- 5 anchovy fillets, mashed to a paste
- 2 tablespoons chopped fresh parsley leaves
- 1 tablespoon fresh oregano

Mash garlic, salt and anchovies with a mortar and pestle until a smooth paste forms. In a small saucepan, heat oil and garlic/anchovy paste over moderate heat, stirring, until it starts to bubble. Stir in parsley and oregano. In a large bowl toss peppers and potatoes with warm bagna cauda to coat and season with salt and pepper. Arrange on a large platter and serve immediately. Make sure to have crusty bread on hand to gobble up all that salty oil left in the bottom of the serving dish!

COURTESY: John Vollertsen
Chef Johnny Vee
Los Cosas Cooking School
www.chefjohnnyvee.com



Ev **Everyday Food & Wine Pairings**

Shrimp & Citrus Salad with Creamy Avocado Dressing

Pairs with Mirassou® California Sauvignon Blanc

For the dressing:

- 1/4 cup orange juice
- 1/2 ripe Haas avocado (reserve the other half for the salad below)
- 1/4 cup sour cream
- 1/4 cup loosely packed cilantro leaves
- 1/4 cup fresh lime juice
- 1/4 cup water
- 3/4 tsp. kosher salt
- 3/4 tsp. sugar
- 3/4 tsp. freshly ground black pepper
- 1/4 cup salad oil



For the salad:

- 2 seedless oranges
- 1 head butter lettuce, washed and torn
- 3 red radishes, cut into thin wedges
- 12 large cooked shrimp, peeled and deveined, chilled
- 1/2 ripe Haas avocado
- Cilantro leaves as needed for garnish

Pour orange juice and the remaining dressing ingredients into a blender. Blend for about 30 seconds, or until the dressing is smooth, and the cilantro is very finely minced.

Peel the oranges with a sharp knife as you would a melon. Slice the orange into 1/4-inch wheels, and cut each in half. Place the lettuce in a mixing bowl, and toss with about half of the dressing. The leaves should be evenly coated and flavorful, but not soggy. Transfer

the dressed leaves to a broad, shallow salad bowl. Arrange the orange segments, radish wedges and shrimp on the lettuce, and drizzle the salad with additional dressing to taste. Garnish with whole cilantro leaves and serve immediately. Serves 6.

Macaroni & Cheese with Applewood Bacon

Pairs with Mirassou® Monterey County Chardonnay

- 1/2 pound macaroni or small shell pasta
- 4 ounces thick-cut applewood bacon
- 1 cup panko bread crumbs
- 1 teaspoon minced fresh thyme
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 1/2 teaspoon grated nutmeg
- 1 tablespoon dry mustard
- 3 1/2 cups whole milk
- 2 shallots, minced
- 12 ozs. sharp white cheddar cheese, grated
- Salt to taste
- Freshly ground Black pepper to taste



Preheat an oven to 350° F. Cook the pasta *al dente* in boiling salted water as directed on the package. Drain and set the pasta aside.

While the pasta cooks, cut the bacon into 1/4-inch pieces, and sauté in a small pan until crisp and golden. Remove the bacon from the pan with a slotted spoon to drain on paper towels. Pour off all but 2 tablespoons of the drippings, and return the pan to low heat. Add the breadcrumbs and thyme to the bacon drippings, and toss to coat evenly. Season with a sprinkle of salt and pepper, and set the pan aside.

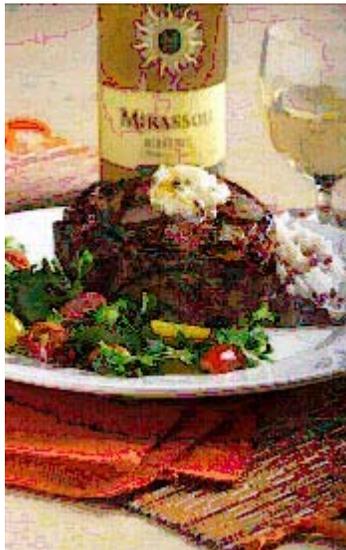
In a four-quart saucepan, melt the butter over medium-low heat. Add the flour, nutmeg and dry mustard, and stir vigorously with a wooden spoon to work the dry ingredients into the butter. Continue to cook for 3 minutes, stirring often. Whisk in the milk in 1/2-cup increments, making sure to work the mixture smooth each time. Whisk in the shallots, and simmer the mixture for about 10 minutes, stirring often. Turn off the heat and whisk in 3/4 of the grated cheddar. Season the cheese sauce with salt and pepper to taste. Stir in the macaroni and bacon, then pour into a greased 2-quart baking dish and top with the remaining cheese. Sprinkle over the breadcrumb mixture and bake uncovered for 45 minutes, or until the cheese and breadcrumbs are golden. Serves 6 as an entrée, 8 as a side dish.

Maple Pork Chops with Apricot & Sage Butter

Pairs with Mirassou® Monterey County Riesling

For the pork chops:

- 3 cups water
- 2 cups apple cider
- 1/2 cup maple syrup
- 4 Tbsp. kosher salt
or 2 Tbsp. table salt
- 2 cloves garlic, cracked with the heel of the hand
- 1/2 tsp. black peppercorns
- 1/2 tsp. fennel seed
- 1/2 tsp. coriander seed
- 1 bay leaf
- 4 bone-in pork loin chops, about 1 1/2 inch thick
- Olive oil as needed



For the apricot & sage butter:

- 4 Tbsp. unsalted butter, softened
- 2 Tbsp. apricot preserves
- 1 tsp. minced fresh sage
- 1/2 tsp. kosher salt

Combine all of the ingredients except the pork chops and olive oil in a saucepan and bring the contents to a boil. Remove the pan from heat and allow the brine to cool fully before proceeding. Place the pork chops in a non-reactive container (not aluminum or copper), such as a Pyrex dish, and pour the brine over. Cover

the container with plastic or a tight-fitting lid, and refrigerate for at least 6 hours or up to 12 hours.

While the meat is brining, make the apricot and sage butter. In a small bowl, work the softened butter together with the apricot preserves, sage and salt. Refrigerate in a small container, but allow the butter to come back to room temperature before using.

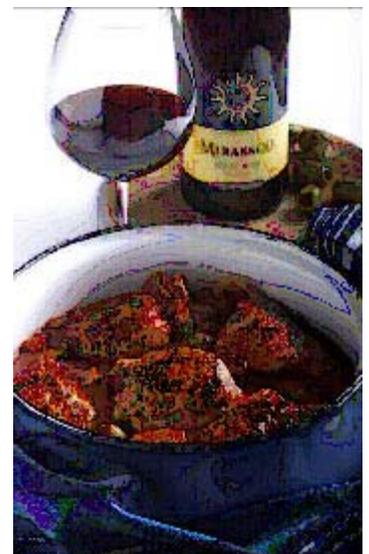
Remove the pork chops from the brine and pat dry with paper towels. Preheat a grill or broiler. Brush the chops with a scant coating of oil and season lightly with salt and black pepper. Grill or broil to an internal temperature of 145 degrees. Rest the chops in a warm place for 3 to 5 minutes. Top each chop with a dollop of apricot sage butter just before serving. Serves 6.

Chicken in Tomato & Olive Braise

Pairs with Mirassou® California Pinot Noir

- 6 chicken thighs, 5-6 ounces each
- 2 teaspoons kosher salt, more to taste
- Freshly ground black pepper to taste
- 2 tablespoons olive oil
- 3 cloves garlic, sliced about 1/8-inch thick
- 1 medium yellow onion, thinly sliced
- 1 pinch hot pepper flakes, or to taste
- 1/2 teaspoon ground fennel seed
- 1/4 cup Mirassou Pinot Noir
- 1 large can (1 pound 12 ounces) excellent quality diced tomatoes in juice
- 2 teaspoons brine-packed capers, rinsed
- 1 cup whole pitted green olives, rinsed
- 1 ounce Parmigiano Reggiano cheese, shaved with a vegetable peeler
- 1 loose cup whole parsley leaves, plucked from the stem

Preheat an oven to 325° F. Select a 3 to 4 quart oven-safe baking dish, and set it aside. Heat a large, heavy skillet over a medium-high burner. While the pan is heating, season the chicken with the salt and ground black pepper. Add the olive oil to the skillet, and allow it to



heat through, then add the chicken pieces skin-side down. Cook until crisp and golden, about 5 minutes, then turn and brown equally on the other side, about 4 minutes. Remove the chicken to a plate.

Pour off all but about 2 tablespoons of the fat from the skillet, and return it to the stovetop over medium heat. Add the garlic and onion, and stir often for 3 minutes, or until it smells sweet. Stir in the pepper flakes and fennel. Deglaze with the wine, stirring against the bottom of the pan with a wooden spoon to release the browned juices. Add the tomatoes, capers and olives, and bring the skillet to a simmer. Cook for five minutes, stirring occasionally. Adjust the seasoning to taste, then pour the tomato mixture into the oven-safe baking dish. Arrange the chicken pieces over the tomato mixture, skin-side up, and sprinkle the shaved cheese over the chicken. Place the baking dish on the center rack of the oven and cook for 10 minutes, or until a thermometer reads 160 degrees in the center of the largest piece of chicken.

Garnish the dish with parsley leaves and a drizzle of extra virgin olive oil. Serve with soft polenta or your favorite short pasta, and a crisp green salad. Serves 6.

Everyday Meals Wine Pairing Chart



Meal	Sauvignon Blanc	Chardonnay	Riesling	Pinot Noir	Merlot	Cabernet
Pastas/ Pizza						
Mac and Cheese (cheddar)		X				
Fettuccine Alfredo	X	X				
Cheese Ravioli		X				
Spaghetti with Meatballs				X	X	
Lasagna with Meat Sauce				X	X	
Cheese Pizza/Margherita				X	X	
Sausage/Pepperoni Pizza				X	X	
Fish						
Sautéed Shrimp	X	X	X			
Fish & Chips	X	X				
Fish Tacos	X		X			
New England Clam Chowder		X				
Baked Salmon		X				
Grilled Salmon/Tuna		X		X		
Fowl						
Sautéed Chicken Breast, Boneless/Skinless	X					
Grilled Chicken Breast, Boneless/Skinless	X	X				
Chicken Tacos			X			
Roast Chicken		X		X		
Glazed Roast Chicken			X			
Roast Turkey		X				
Grilled Half Chicken						
with rosemary and garlic		X		X		
with BBQ sauce			X	X	X	
with pesto	X			X	X	
Chicken Curry			X			
Pork						
Roast Pork		X	X			
Glazed Ham		X	X			
Pork Chops with Applesauce			X			
Sweet and Sour Pork			X			
Baby Back Ribs				X		
Italian Sausage				X	X	
Beef						
Beef Stir Fry/Spicy			X			
Hamburger/Cheeseburger				X	X	
Beef Tacos				X	X	
Meatloaf				X	X	
Beef Stew				X	X	X
Pot Roast				X	X	X
Grilled Steak					X	X
Roast Beef					X	X

For a clearer chart, go to www.mirassou.com and see it there.

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