

Creative Living *with Sheryl Borden*



6900 Series - Foods & Nutrition - Section II

Table of Contents

Foods & Nutrition

Nightshade Substitutes.....	I-3
Chia Seeds in the Paleo Diet.....	I-4
The Aromatic Kitchen	I-4
Luscious Legumes.....	I-5
G-Free Foodie Club.....	I-6
Candy Melt Cupcake Toppers	I-6
Treat Pops	I-7
Candy Pinwheels.....	I-7
Sneaking Whole Grains Into Recipes.....	I-8
Salads & Toppers	I-10
California Figs.....	II-11
Favorite Foods.....	II-14
Fish: It's So Versatile	II-16
TexaSweets Recipes	II-18
Guests	II-19

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, “Nightshade Substitutes” is in Section I on page 3, whereas “California Figs” is in Section II on page 11.

California Figs

Fig Cauliflower Curry

- 2 cups Jasmine rice
- 4 cups water
- 2 Tbsp. coconut oil
- 1 head cauliflower, cut into 1/2" slices
- 1/2 cup Serra figs, sliced
- 1/4 cup pine nuts
- 1 1/2 Tbsp. Madras curry powder
- 1 1/2 cups coconut milk, full fat
- 1 tsp. salt
- 10 cilantro sprigs



In a sauce pot combine rice and water. Cover and turn heat on to medium. Bring to a boil and reduce to a simmer and cook for about 20 minutes or until rice has absorbed all liquid. In a sauté pan add the coconut oil and turn heat on to medium-high. Place cauliflower slices into sauté pan and sear until golden brown on each side. Move cauliflower to outside of pan and add figs. Let cook until they begin to caramelize, turning down heat if necessary so they do not burn. Move figs to side and add pine nuts. Let them toast lightly. Add curry powder and salt and stir. Let cook 1-2 minutes. Add coconut milk and stir. Reduce heat to low and let simmer until coconut begins to thicken. When sauce has thickened remove from heat. Spoon curry over rice when ready to serve and garnish with cilantro sprigs.

California Fig and Walnut Smoothie

- 1 cup ice
- 7 Mission figs
- 1/3 cup walnuts
- 1 cup almond milk, unsweetened

Place all ingredients in order listed in a high speed blender. Blend on high until very smooth in consistency. Serve immediately.



California Fig Sesame Ball

- 3 cups almonds, whole, natural, roasted
- 1 cup almonds, sliced, toasted
- 1 cup oats, thick rolled, toasted
- 1/4 cup almond flour
- 2 Tbsp. flax seed, ground
- 1/2 cups pumpkin seeds, toasted
- 6 oz. honey
- 9 oz. agave nectar
- Water, as needed
- 3/4 cup fig paste
- 1 cup dried figs, diced
- 1/2 cup sesame seeds, toasted



In a stand-up mixer combine whole almonds, sliced almonds, oats, almond flour, flax seeds, sea salt (2 tsp.) and pumpkin seeds. In a medium, heavy-bottomed sauce pan add the honey and agave nectar; bring to a boil over high heat. Brush sides with water to prevent crystallization of syrup. Cook syrup to 240° F. then reduce heat to low. Add the almond butter and fig paste to the syrup mixture and incorporate thoroughly. Pour the almond butter and syrup mixture into the stand-up mixer. Using the paddle attachment, coat the dry ingredients thoroughly. On a half sheet tray lined with parchment evenly lay out the mixture. Once cool, portion into small, equal balls. Roll each ball in sesame seeds.

California Fig Savory Spiced Bar

- 3 cups almonds, whole, natural, roasted
- 1 cup almonds, sliced, toasted
- 1 cup oats, thick rolled, toasted
- 1/4 cup almond flour
- 2 Tbsp. flax seed, ground
- 1 tsp. sea salt
- 1 1/2 cups dried figs, diced
- 1 1/2 cups pumpkin seeds, toasted
- 2 Tbsp. sesame seeds, white, toasted
- 1/2 tsp. cayenne pepper
- 1/2 Tbsp. red pepper flakes

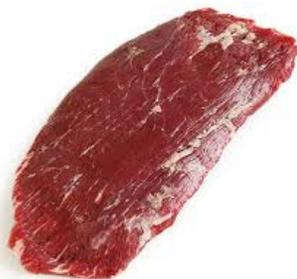


- 1/2 Tbsp. black pepper, cracked
- 1/2 tsp. cumin, ground
- 1/2 Tbsp. coriander seeds
- 6 oz. honey
- 8 oz. agave nectar
- 1/3 cup fig paste
- Water as needed
- 1 cup almond butter
- 2 Tbsp. cocoa nibs, toasted
- 1 tsp. red pepper flakes

In a stand-up mixer combine whole almonds, sliced almonds, oats, almond flour, flax seeds, sea salt, pumpkin seeds, sesame seeds, cayenne pepper, red pepper flakes, black pepper, cumin and coriander. In a medium, heavy-bottomed sauce pan add the honey and agave nectar; bring to a boil over high heat. Brush sides with water to prevent crystallization of syrup. Cook syrup to 240° F. then remove from heat. Add the almond butter to the syrup mixture. Pour the almond butter and syrup mixture into the stand-up mixer. Using the paddle attachment, coat the almond, oat and spice mixture thoroughly. On a half sheet tray lined with parchment evenly lay out the mixture. Sprinkle the cocoa nibs and red pepper flakes over the top of the mixture and press. Cool at room temperature. Once cool, cut into bars.

California Korean BBQ Beef (Bulgogi)

- 8 oz. California figs, soaked in water
- 1 oz. Gochujang (Korean red pepper paste)
- 3/4 Tbsp. Chinese 5 spice
- 4 oz. Rice vinegar
- 2 oz. Mirin, sweetened rice wine
- 1 Tbsp. garlic powder, roasted
- 1/2 oz. salt, kosher
- Water retained from soaking
- 1 tsp. sesame oil
- 2 Tbsp. sesame seeds, toasted
- 8 oz. steak, thin sliced across grain, such as flank steak, sirloin strip, top round



In a food processor or blender, blend all ingredients (EXCEPT sesame seeds and oil) on low for 1-2 minutes. Then blend on high until completely smooth. Pulse on low until the sesame oil is combined. Remove the sauce from the blender and fold in sesame seeds until evenly mixed. Marinade sliced

beef in half of the marinade for a minimum of 4 hours, refrigerated. Grill meat medium or as desired on charcoal grill or contact grill. Serve immediately with steamed rice. Garnish with fresh sliced scallions.

California Fig and Cinnamon Bread

DOUGH:

- 1 1/2 tsp. instant dry yeast
- 1 1/4 cup warm water
- 2 cups bread flour
- 2 cups whole wheat flour
- 1/4 cup nonfat dry milk
- 1 egg
- 2 Tbsp. butter, melted
- 3 Tbsp. honey
- 2 tsp. salt



FILLING:

- 1 egg, beaten
- 1/4 cup sugar, granulated
- 1 1/2 tsp. cinnamon, ground
- 1 tsp. bread flour
- 1/2 cups dried figs, diced

Measure out 1 1/4 cups very warm water and check the temperature; it should be 120° F. to 130° F. Combine both flours, dry milk, egg, canola oil, honey, salt, yeast and warm water in the bowl of a stand mixer fitted with the dough hook. Mix 3 minutes on the lowest setting, increase to the next highest setting and mix 5 more minutes. The dough should be soft and sticky. Transfer the dough to a large bowl coated with cooking spray. Cover tightly with plastic wrap and let rise at room temperature until the dough has nearly doubled in size, about 1 1/2 hours. In a small bowl mix sugar, cinnamon, bread flour and fig pieces together. Transfer the dough to a floured work surface. Fold the dough in half 3 times, pressing out the air each time. Roll the dough into a square. Brush the dough with the beaten egg and sprinkle with sugar and fig mixture evenly. Roll the dough into a log. Pinch the ends to seal and pinch the seam closed. Transfer the log, seam-side down, to a lightly greased 9" x w5" loaf pan. Cover the pan and allow the bread to rise 1 hour. While the dough is rising, preheat the oven to 350° F. Bake the bread for 40 to 45 minutes or until the internal temperature reaches 190° F. Let rest in the pan for 5 minutes and remove. Place on a baking rack to cool completely.

Turkey Sliders with California Pepper Fig Salsa

California Pepper Fig Salsa

- 2 1/2 cups diced fresh California figs
- 1/2 cup diced red bell pepper
- 1/2 cup golden raisins
- 2 green onions, thinly sliced
- 1 jalapeno pepper; stemmed, seeded and minced
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon ground ginger



Sliders

- 1 package (20 ounces) fresh lean ground turkey
- 1 cup finely minced dried California figs
- 1/4 cup sliced green onions
- 2 tablespoons chopped herbs, i.e. fresh marjoram, thyme, rosemary, and sage; or to taste
- 3/4 teaspoon sea salt
- 1 cup baby arugula
- 12 small dinner rolls; cut in half, horizontally

Combine Salsa ingredients in medium bowl and stir together. Cover and chill for several hours.

For Sliders, combine turkey, minced dried figs, green onions, herbs and sea salt in medium bowl and mix to combine well. Divide and shape into 12 small, flat burgers. Generously oil grill or barbecue and cook over medium-high heat for 3-5 minutes on each side, until done (165°F). Arrange a few arugula leaves on bottom half of each roll; top with turkey burger and spoon on salsa. Replace tops and secure with toothpicks, if desired. Serve with additional salsa on the side. Yields: 12 Sliders.

Gorgonzola Stuffed California Figs with Prosciutto

- 1 pound prosciutto, sliced very thin
- 16 medium or 24 small fresh or dried California figs, stemmed
- 3 tablespoons soft Gorgonzola* cheese
- 1/2 cup seedless raspberry jam, melted
- 1/2 cup white balsamic vinegar
- fresh thyme leaves, chopped

Divide prosciutto into 24 long, thin strips; set aside. Starting at stem end, cut figs in half lengthwise, leaving blossom end intact. Spoon about 1/2 teaspoon cheese in center of each and press halves back together. Wrap each fig with strip of prosciutto and thread onto skewers. Grill over high heat, 5 minutes, turning frequently, until lightly charred on all sides. Remove from grill to 8 individual serving plates. Combine jam and vinegar; mix well and drizzle over figs. Sprinkle with thyme. Serve warm. Serves: 8.

* **Notes:** Gorgonzola or any premium blue-veined cheese.



Chocolate Covered Figs

- 4 whole fresh California figs with stems
- fine sea salt; as needed
- 1 cup semisweet chocolate chips



Wash and dry figs; dust lightly with salt. Set aside. Measure chocolate chips into microwavable bowl. Microwave on high for 30 seconds; stir. Microwave for 30 seconds more and stir until chocolate is completely melted.

Holding fig by stem, dip in melted chocolate and set on wax paper-lined tray. Sprinkle with sea salt. Let stand until chocolate is set. Serves: 4.

COURTESY: John Csukor
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www.californiafigs.com

COURTESY: Karla Stockli
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FAVORITE FOODS

Baked Salmon with Avocado Mango Salsa

Salsa

- 1 large mango, chopped
- 2 ripe avocados, chopped
- 1/4 cup minced red onion
- 1 Serrano chile, minced
- Juice of 2 limes

Glaze

- 1 tablespoon brown sugar
- 1 teaspoon honey
- Juice of 1 lemon
- 1 tablespoon soy sauce
- 4 (6 ozs. ea.) salmon fillets
- Olive oil
- Salt, to taste

Prepare salsa, set aside. Mix together Glaze ingredients in a small bowl. Line a roasting pan with aluminum foil, brush with olive oil. Place salmon on pan, skin side down and brush with olive oil. Brush with glaze. Sprinkle with salt. Bake at 400° F for 10-15 minutes or until fish flakes in the center. Serve with Avocado Mango Salsa. Makes 4 servings.



Macaroni Salad with Tomatoes

- 1 pkg. (8 ozs.) uncooked pasta
- 3 tablespoons Bertolli White Wine vinegar
- 1 tablespoon minced fresh basil
- 3/4 teaspoon salt
- 1/2 teaspoon sugar
- 1/4 teaspoon crushed red pepper
- 2 tablespoons Bertolli Extra Virgin olive oil
- 2 teaspoons minced garlic
- 4 cups chopped seeded tomato (about 6 tomatoes)



- 1/4 cup toasted bread crumbs
- 2 tablespoons thinly sliced fresh basil

Cook pasta according to package directions, omitting salt and fat. Drain and rinse with cold water, drain. Cover and chill. Combine vinegar, 1 tablespoon basil, salt, sugar and crushed red pepper in a large bowl. Add 2 tablespoons oil and minced garlic, stirring with a whisk. Add cooked pasta and tomato; toss well to coat. Sprinkle with bread crumbs and remaining sliced basil.

Cilantro Pesto Pizza

- 10 Rhodes" Dinner Rolls, thawed to room temperature
- 1 pound boneless, skinless chicken breast, cut into 1-inch pieces
- 1 tablespoon taco seasoning
- 2 tablespoons olive oil
- 11/2 cups grated Colby-Jack cheese
- 1/2 cup chopped tomatoes
- 2 tablespoons chopped green onion



Cilantro Pesto:

- 2 cups cilantro leaves
- 1 jalapeno pepper, seeded and chopped
- 2 cloves garlic, minced
- 3 tablespoons pine nuts or walnuts
- 2 tablespoons olive oil
- 1 tablespoon fresh lime juice
- Salt and pepper to taste

Spray counter lightly with non-stick cooking spray. Combine rolls together and roll into a 13-inch circle. Place on a sprayed 12-inch pizza pan. Poke several times with a fork to prevent bubbles from forming. Bake at 350° F 10 minutes. Remove from oven to cool. Combine cilantro pesto ingredients in a small food processor bowl and process until almost smooth. Spread

evenly over cooled crust. In a bowl, combine chicken and taco seasoning and mix well. Heat olive oil in a skillet over medium heat. Add chicken and cook until cooked through. Place chicken evenly over pesto. Top with cheese, tomatoes and green onion. Bake at 350° F 10-15 minutes
 Note: I used precooked chicken breasts to save time.

Vinaigrette or your favorite salad dressing, to taste

California King Salmon Salad

This salad is a cinch to make. It's perfect for a party or a last minute casual dinner. It is just as good with cold salmon as it is with hot. For a quick meal, use last night's salmon from dinner for the salad or if planning ahead for your meal, prepare the salmon and salad separately and store in the refrigerator until you are ready to use. Then add dressing and croutons.



- 1 lb. California King Salmon filets
- 2 teaspoons olive oil
- 2 teaspoons fresh lemon juice
- Salt and pepper, to taste
- 1 clove garlic, minced or pressed
- 1 1/2 teaspoons fresh rosemary leaves, minced

Spray broiler pan or grill with the cooking spray. Preheat oven broiler or grill. Mix the olive oil, lemon juice, salt, pepper, garlic and rosemary. Brush mixture on both sides of the fish. Place fish under the broiler or on the grill. Broil about 4 inches from the heat for 5 minutes per half-inch of thickness, or until fish is flaky in the middle. Cut salmon into 3-4-inch chunks.

Salad

- 1 pkg. (6 ozs.) spring salad mix
- red bell pepper, thinly sliced, then cut in half
- 1/4 cup mushrooms, sliced
- 1/2 cup cherry or grape tomatoes, halved
- 1 cup croutons

Lemon Slices

- 12 Rhodes Dinner Rolls, thawed but still cold
- 1/2 cup sugar
- Grated zest from 3 lemons
- 1/3 cup butter, melted

Lemon Glaze

- 2 ozs. cream cheese, softened
- 1 tablespoon fresh lemon juice
- 1/2 cup powdered sugar

Cut each roll in half and press each half into a 3 x 3-inch oval. Combine lemon zest and sugar. Dip each oval into the melted butter and then press into the sugar zest mixture. Line them up in a sprayed 9 x 5-inch loaf pan, each piece on its edge to make a loaf shape. Cover with plastic wrap and let double in size. Remove wrap and bake at 350° F 25-30 minutes. Cover with foil last 5-10 minutes, if necessary, to prevent over browning. Remove from pan to cool. Combine glaze ingredients and spread over warm lemon slices.

COURTESY: Connie Moyers
NM Cooperative Extension Service
California King Salmon
www.calkingsalmon.org

Fish: It's So Versatile

Chile Verde Tuna Enchiladas

- 2 cans (5 oz. each) drained or 1 pouch (5 oz. **or** 6.4 oz.) tuna
- 1/2 cup sour cream
- 1 cup low-fat cottage cheese
- 1/2 cup chopped green onions
- 1 teaspoon garlic salt
- 1 dozen (9") flour tortillas
- 1 can (28 oz.) green chile enchilada sauce
- 1 cup jack cheese
- 1 cup cheddar cheese

Preheat oven to 350° F. Combine tuna, sour cream, cottage cheese, onions and garlic salt. Fill tortillas with tuna mixture and roll (about 1/3 cup each).



Arrange tortillas in 9x13 baking dish. Pour green chile enchilada sauce to cover. Top with cheeses. Bake at 350° F for 20 minutes or until hot and bubbly. Serve with Spanish rice and refried beans if desired.

Tuna Apple Salad Sandwich

- 1 Fuji or Pink Lady Washington apple
- 1 (12-oz.) can or pouch chunk light tuna, drained
- 2 Tbsp. low-fat plain yogurt
- 2 Tbsp. fat-reduced mayonnaise
- 1/2 cup raisins or chopped figs
- 1/4 cup chopped walnuts
- 1/8 tsp. ground black pepper
- 2 Tbsp. chopped fresh parsley, optional
- 1/2 tsp. curry powder, optional
- 8 leaves lettuce (Bibb, Romaine, green or red leaf)
- 8 slices whole grain bread

Cut apple in quarters; remove core and chop. In a medium size bowl, mix all salad ingredients, except tuna. Gently fold in tuna. Make sandwiches, using lettuce and whole grain bread (toasted, if desired), and fill with tuna apple salad.



Avocado Tuna Dip

- 1 can (12 oz.) drained or 2 pouches (5 oz. **or** 6.4 oz. each) tuna
- 1 large ripe avocado, peeled and pitted
- 1 tablespoon lemon juice
- 1 clove garlic, minced
- 2 teaspoons freshly minced onion
- 4 drops hot pepper sauce
- Crackers or fresh cut vegetables (optional)

In a medium bowl, flake tuna and gently fold in remaining ingredients, except crackers. Serve with crackers, fresh cut vegetables or use as a sandwich filling.



Create an original and festive holiday serving dish by using the hollowed-out avocado shells to hold the dip. Serve with your favorite crispy vegetables.

Easy Salmon Cakes

- 1 (5-oz.) can or pouch skinless and boneless pink salmon
- 1/4 cup finely chopped red bell pepper
- 1/4 cup finely chopped green onions
- 1/4 cup mayonnaise
- 1 Tablespoon freshly squeezed lemon juice
- 1/4 teaspoon seasoned salt
- 1/2 teaspoon garlic powder
- Dash cayenne pepper
- 1 large egg, beaten
- 1 cup seasoned breadcrumbs
- 3 Tablespoons butter

In bowl, combine red pepper, green onions, mayonnaise, lemon juice, seasoned salt, garlic powder and cayenne pepper. Stir in salmon, egg and 1/3-cup breadcrumbs (mixture may be sticky). Divide and form mixture into 4 balls. Roll salmon balls in remaining breadcrumbs; flatten into cakes about 1/2-inch thick. In skillet, melt butter over Medium heat. Fry salmon cakes 3 to 4 minutes per side or until golden brown.



Serving Suggestion: Dollop these cakes with an easy Lemon Dill and Chive Sauce. Simply combine 1/3 cup of sour cream with a pinch of lemon zest and 1 teaspoon **each** of fresh dill and chives.

Lemony Shrimp with Asparagus

- 8 oz. dried whole wheat blend thin spaghetti **or** Angel hair pasta
- 3 Tbsp. extra virgin olive oil, divided
- 4 garlic cloves, minced
- 1 bunch asparagus (about one pound), trimmed and cut into 1-inch pieces
- 1 lb. medium or large raw shrimp (26-30 count), shelled and deveined
- 1 Tbsp. lemon zest (zest from one lemon grated on the small holes of a box grater)
- 3/4 cup all-natural chicken broth

- 1 tsp. cornstarch
- 3 Tbsp. lemon juice (juice from one lemon)
- 1 2/3-oz. bunch fresh basil, cut into thin strips (about 1/2 cup)
- 1/4 cup grated Parmesan cheese
- 1/4 cup toasted pine nuts
- Kosher salt and freshly ground pepper to taste

Bring a large pot of salted water to a boil. Add the pasta and cook according to package directions. Drain and set aside. While the pasta is cooking, heat two tablespoons oil in a large nonstick skillet or Dutch oven over medium heat. Add the garlic and cook until golden, about 30 seconds. Add the asparagus and cook, stirring frequently, until the asparagus is crisp-tender, about 3 minutes. Push the asparagus to the side, add the remaining oil, and raise the heat to medium-high. Add the shrimp and lemon zest and cook for 2 minutes. Whisk together the chicken broth and cornstarch and add to the pan with the lemon juice and basil. Raise the heat to high and simmer, stirring constantly, for 1 to 2 minutes. Divide the pasta evenly among four pasta bowls and top with the shrimp mixture. Top with the Parmesan cheese and pine nuts, and season with salt and pepper to taste.



COURTESY: Pat Baird
National Fisheries Institute
www.aboutseafood.com

TexasSweet Recipes



Rio Star Grapefruit Lemonade

- 1 cup sugar
- 2 1/2 cups freshly squeezed lemon juice (14 lemons)
- 2 cups freshly squeezed Texas Rio Star Grapefruit juice (3 large grapefruit)
- 1 grapefruit cut into thin round halves for garnish



Prepare an ice bath. Combine the sugar and 2 cups water in a medium saucepan. Stir well and set over medium-high heat. Bring to a boil and cook, stirring occasionally, until all of the sugar has dissolved. About 10 minutes. Pour the sugar syrup into a medium bowl and set the bowl in the ice bath to cool. Syrup should yield 2 1/2 cups. When ready to serve the beverage, combine the lemon juice, grapefruit juice, and the sugar syrup in a medium pitcher. Add the grapefruit garnish and fill with ice cubes. Serve immediately.

Rio Star Grapefruit & Quinoa Salad

- 1 Texas Rio Star Grapefruit, sectioned
- 1 Texas Orange, sectioned
- 8 thin slices fresh ginger
- 1/4 cup extra-virgin olive oil
- 3/4 cup quinoa
- 1/2 tsp. kosher salt, plus additional for seasoning



salt, plus additional for seasoning

- 1 small serrano or jalapeno chile, minced (with seeds for maximum heat)
- 2 scallions (both white and green parts), minced
- 2 carrots, peeled & diced
- 2 tablespoons chopped fresh cilantro leaves
- Freshly ground black pepper

Strip the peel from the grapefruit with a vegetable peeler, taking care not to include the bitter white pith. Warm the grapefruit peel, ginger, and olive oil in a small saucepan over medium heat. As soon as the oil starts to bubble, after about 2 minutes, remove from heat. Set the oil aside to steep for 30 minutes. Strain and reserve the oil. Meanwhile, rinse the quinoa in a bowl and drain. Put the quinoa in a small saucepan with 1 1/2 cups water and 1/2 teaspoon salt. Boil over high heat, and then reduce heat to maintain a gentle simmer and cook, uncovered, for 15 minutes. Set aside off the heat, undisturbed, for 5 minutes. Transfer the quinoa to a bowl and fluff with a fork. Cool. Segment the grapefruit over a bowl, reserving the segments and juice separately. Whisk 3 tablespoons of the grapefruit juice with the vinegar, honey, and salt to taste in a medium bowl. Gradually whisk in 3 tablespoons of the reserved grapefruit oil, starting with a few drops and then adding the rest in a stream to make a slightly thick dressing. Season with pepper to taste. Toss quinoa with the dressing, chiles, scallions, carrots and cilantro. Season with salt and pepper, to taste.

COURTESY: Eleisha Ensign
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