



CELEBRATING 40 YEARS



Creative Living with Sheryl Borden



7000 Series



Foods & Nutrition
Section II



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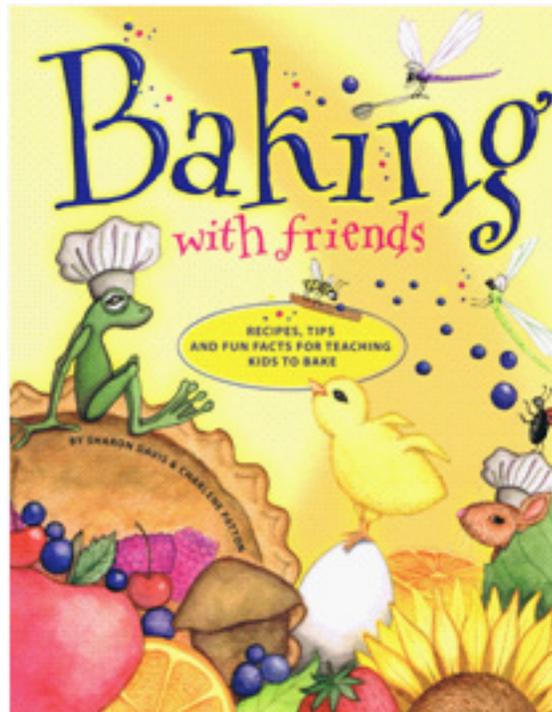
Due to the size of this section, it has been separated into two sections in order for it to be downloaded more quickly. For instance, “Gazpacho” is in Section I on page 3, whereas “Country Desserts” is in Section II on page 11.

Country Desserts

COUNTRY FRUIT COBBLER

- 4 cups sliced fresh or frozen peaches (about 8)
- 1 cup sugar, divided
- 1/4 tsp. ground cinnamon
- 1/2 cup all-purpose flour
- 1/2 cup white whole wheat flour
- 2 tsp. baking powder
- 1/4 tsp. salt
- 1 cup milk
- 1/4 cup melted butter

Preheat oven to 350° F. Combine peaches, 1/2 cup sugar and cinnamon in large mixing bowl. Place peach mixture in greased 13x9-inch baking dish or iron skillet. Combine 1/2 cup sugar, both flours, baking powder and salt in medium mixing bowl. Add milk and melted butter to dry mixture. Blend well. Pour batter over peaches. Bake for 50 to 60 minutes or until crust is crisp and golden brown. Serve hot with ice cream or whipped cream. Makes 8 servings.



Fun Fact: Cobblers are a simple traditional American desserts with many variations. The batter may be a biscuit, cake, dumpling or pie pastry placed on top or underneath the fruit. Fruits available vary, depending upon the season and local markets.

Family Activity: Cobbler recipes have been passed down through the generations. Visit with relatives and discover cobbler traditions in your family. You may find there are several versions! Visit a fruit farm and find fruits that are grown locally to make your cobbler.



COURTESY: Charlene Patton
Home Baking Assn.
www.homebaking.org

California Figs

Figlicious Recipes

California Figs are the special ingredient that brings out the chef in all of us. Test your culinary prowess using figs, the ancient fruit that many believe was actually the forbidden fruit in the Garden of Eden.

Truly spectacular dishes can be created by adding just a handful of California Figs. Like many people from around the world, you'll enjoy cooking with plump, juicy California Figs. Naturally sweet California Figs enhance flavors and bring the right touch of sweet balance to every dish.

Roasted Cauliflower with Calimyrna Figs and Lemons

- 2 heads cauliflower
- 12 dried California Calimyrna figs
- 2 cloves garlic, peeled and minced
- 1/2 cup extra virgin olive oil
- 2 tablespoons fresh lemon juice
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 2 fresh lemons, sliced

Preheat oven to 400°F. Remove and discard outer leaves and thick stem from cauliflower; divide, vertically, into quarters. Then, with each quarter laying flat on the cut side, cut into 1/4 inch slices. Remove stems from figs and cut, lengthwise into eighths. In mixing bowl, combine minced garlic, olive oil, lemon juice, salt and pepper; mix well. Add sliced cauliflower, figs and lemon slices; toss to coat lightly. Transfer mixture to large ovenproof casserole and spread evenly in a shallow layer. Roast at 400°F until cauliflower is lightly browned and tender, about 30 minutes, or roast about 20 minutes and finish under the broiler. Serves: 8.



Stuffed Figs with Yogurt and Grand Marnier

- 1/2 cup Greek yogurt
- 2 tablespoons orange zest
- 1/2 teaspoon chopped fresh thyme, leaves only
- 1 tablespoon Grand Marnier liqueur
- 12 large dried California Calimyrna figs
- 1 tablespoon finely chopped salted almonds
- 24 small mint leaves; for garnish

Mix yogurt, orange zest, chopped thyme, and liqueur together until smooth; set aside. Remove stems and cut figs in half lengthwise. Divide and spoon scant tablespoons of yogurt mixture onto cut side of each fig half. Sprinkle with chopped almonds and garnish with mint sprigs. Arrange on platter or individual serving plates. Store in refrigerator until ready to serve. Serve cold or at room temperature. Yields: 24 appetizers.



Fig Banana Smoothie

- 1 cup dried California figs; stemmed and chopped
- 2 bananas, sliced
- 1 cup plain, low-fat yogurt
- 3 cups crushed ice
- 1 tablespoon honey
- mint leaves; for garnish
- berries; for garnish



Measure ingredients into blender and blend together until smooth, about 2-3 minutes. Turn into chilled glasses. Garnish with mint leaves or berries, if desired. Serve immediately. Serves: 4.

COURTESY: John Csukor & Sophia Greenia, chefs
Kor Food Innovation
www.korfoodinnovation.com
www.californiafigs.com

Butterball 101

Turkey Sausage with Apple-Sauerkraut

This easy-to-prepare skillet dish features sauerkraut, apple and onion topped with smoked sausage.

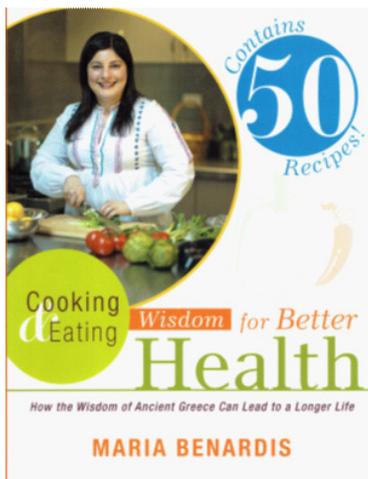
- 1 tablespoon pure vegetable oil
- 1 cup chopped onions
- 2 cups chopped cooking apples
- 1 can (14 ounces) sauerkraut, drained
- 1 tablespoon firmly packed brown sugar
- 1/2 teaspoon caraway seeds
- 1 package (14 ounces) Butterball® Smoked Turkey Dinner Sausage

Heat oil in large skillet on medium heat. Add onions and apples; cook 5 minutes, or until tender, stirring frequently. Stir in sauerkraut, sugar and caraway seeds. Cut sausage crosswise into 6 pieces each. Place on top of sauerkraut mixture. Cover skillet with lid. Cook 10 minutes, or until sausage is hot.



If you're a new cook and want to get experience in the kitchen but you're not sure where to start, the Butterball Turkey Talk-Line is a great resource to turn to for cooking tips and expert advice. You can reach the Turkey Talk-Line at 1-800-BUTTERBALL, Facebook and Twitter. You can also go to their website (see below.)

COURTESY: Marty Van Ness
Butterball
www.butterball.com



Discover Harmony and Simplicity in the Kitchen with Music and Colours

Greek cuisine, both in the past and in the present, has always centered on simplicity. This principle, along with balance and harmony, are all interrelated with the belief of eating in

moderation. When following this philosophy, ingredients are respected and are allowed to sing in a dish. There are no complicated cooking techniques, no heavy sauces, and no fancy decorations. The main focus is on the food and its flavour.

Most ancient Greeks practiced the principles of simplicity, balance, harmony when cooking for healing purposes. Plato believed that food should have simple flavours and wrote that 'even sweets should sing with their simplicity'. The philosopher Epicurus tells us 'to avoid shallow transient pleasures. Keep life simple. Seek calming joys that contribute to peace of mind'. This principle equally applies to eating and cooking. Overcomplicating a dish with too many ingredients disrespects the ingredients and causes disharmony. It also confuses the palate.

The principles of balance and harmony are taken a step further when music and colour are incorporated into a dish. There were many therapies adopted in ancient times for healing, and many of these are still practiced today but music therapy (musicoterapia) and colour therapy (chromoterapia) were of great importance when cooking.

Music Therapy

Music is vibrational and can transform one's mood, energy and state of mind. Music while cooking and eating can have a profound effect on us. Music can make our hearts sing with joy and our souls attain peace. Playing the right music can relax us and help us achieve a sense of inner calm. It can reduce any stress or anxiety we may feel in the kitchen (or in our lives) and help us relax so that we can find the answers that we are looking for and vibrate lots of good energy into our dishes.

Pythagoras also utilized music, singing, playing musical instruments and dancing to clear any blockages in the chakras i.e. any trapped mental or emotional stress or fears. He believed that music could heal any physical ailment for it purified a persons thoughts.

Pythagoras is also credited as being the first person to use music as medicine. There were many musical instruments in ancient Greece and included the harp, kithara, lyre, organon, flute, tambourine and the water organ. The flute and the lyre were two of the primary instruments used by Pythagoras and his followers for healing purposes.



In Crete and in other parts of Greece life is celebrated with *mantinades*, a form of folk poetry. It is a way that Greeks express how they feel musically and rhythmically. *Mantinades* are sung or verbalised in daily encounters with each other and performed while cooking and dining.

Colour Therapy

Colours also have vibrational frequencies attached to them which alter one's harmony and heighten an experience. If we become sick it means that our pattern of vibration is disturbed and out of order. To heal ourselves we have to restore the vibration pattern of our being. *Chromotherapy* or colour therapy is a complementary medicine practised in Greece. It uses light and colour to balance the body and to create energy to cure whatever a person is suffering from. Colour is used to heal and includes using different colour combinations in ingredients when cooking, as well as aromatic oils to treat illnesses.

A common practice amongst the ancient Greeks was also healing by sunlight, which Herodotus is supposed to have introduced. The ancient Greek city of Heliopolis was famous for its healing sunlight temples. The healings were performed while one was sleeping. It also required the person to fast for a day so that they were able to receive the enlightened messages, truth and answers from within. Healing

occurred when a change of mind happened and when one connected with their inner spirit.

In Greece, all these therapies are still practiced today. Food is cooked simply and it is clean, pure and harmonious. When a simple staple such as beans are cooked, herbs, tomatoes and carrots are added for colour and flavour. Heavy sauces are avoided at all times. Although the food is simply cooked to respect the ingredient, it does not in any way mean that the flavour or texture is compromised. They still taste as good as a meal at a five-star restaurant. The serenity and open-heartedness of the people when cooking, the melodic chants sung when stirring or working the filo pastry all contribute to the good energy and balance that is felt when the dish is eaten.

When our bodies are in harmony they will crave or ask us to consume foods of a particular colour. The attraction of that colour will be because our bodies are in need of that nutrient or need the energy from that food, for example soothing foods such as soups when we are unwell. Coloured foods heal and contain the nutrition our bodies require. To attain optimum health, eat foods of all these colours every day.

Orange/yellow foods: Orange foods are stimulating while yellow enhance weight loss. Both contain beta-carotene, flavonoids, lycopene, potassium and vitamin C. These foods help reduce age-related macula degeneration, pre-

vent cancer, lower cholesterol and blood pressure and fight harmful free radicals. Foods include yellow capsicum (peppers), oranges, pumpkin, carrots and lemons.

Red foods: These foods contain nutrients such as lycopene, ellagic acid and antioxidants. They provide energy

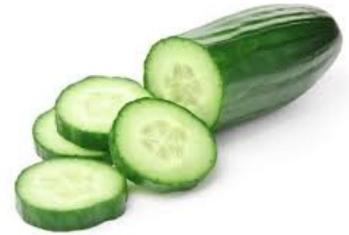


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and reduce the risk of cancer, lower blood pressure and reduce harmful free radicals. They improve the heart and support joints. Examples include strawberries, tomatoes, red onions, red grapes raspberries.

Green foods: These foods detoxify the body because they contain chlorophyll, fibre, lutein, folate, vitamin C and calcium. They reduce the risk of cancer, lower blood pressure and cholesterol levels, aid digestion and boost the immune system. Examples include green herbs and leafy vegetables, celery, cabbage, green capsicum (peppers) and cucumber.



antioxidants. Examples include blueberries, purple grapes and pomegranates.

White foods: These foods contain beta-glucans which are beneficial to the immune system, reduce the risk of cancer, and assist in balancing hormones. Examples include garlic, bananas, white onions and mushrooms.



Eating and cooking will always be considered therapeutic in Greek culture. They are not tasks or chores that need to be done but a moment in time to heal, to be still and to reflect.

COURTESY: Maria Benardis
Author
www.mariabenardis.com

Fresh From the Garden



Lemon Balm Pesto

- 2 cups lemon balm leaves, tightly packed
- 4 garlic cloves
- 1 cup shelled walnuts
- 1 teaspoon salt
- 1 cup extra virgin olive oil
- 6 ozs. grated Parmesan cheese
- Fresh ground black pepper

Rinse lemon balm, let soak until needed. Peel garlic, place in food processor while it is running until minced.



Pat dry lemon balm, remove leaves and put in food processor or blender. Put walnuts and salt on top of leaves. Process until finely chopped but still a bit rough. With machine running, slowly pour in olive oil. Stop machine and add parmesan cheese. Process briefly to mix. Taste, add salt and pepper as needed. This pesto is light and lemony, and a perfect pasta sauce in summer. Also a great sandwich spread or as an appetizer. Lemon balm brings a calm and peaceful feeling.

How do I can oil with herbs? Can I can pesto?

Herbs and oils are both low-acid and together could support the growth of the disease-causing *Clostridium botulinum* bacteria. Oils may be flavored with herbs if they are made up for fresh use, stored in the refrigerator and used within 2 to 3 days. There are no canning recommendations. Fresh herbs must be washed well and dried completely before storing in the oil. The very best sanitation and personal hygiene practices must be used. Pesto is an uncooked seasoning mixture of herbs, usually including fresh basil, and some oil. It may be frozen for long term storage; there are no home canning recommendations. (National Center for Home Food Preservation)



Pesto

- 1/3 cup pine nuts
- 4 cups fresh basil leaves
- 2 cloves garlic
- Dash coarse salt
- 1/2 cup freshly grated Parmesan cheese
- 1/4 cup grated Romano cheese
- 1 1/4 cups extra virgin olive oil

In a large food processor bowl place pine nuts, basil, garlic and salt.

Pulse until paste forms.

Add cheese and drizzle in olive oil, a tablespoon at a time, process lightly.

Refrigerate in jars topped with a very thin coating of extra virgin olive oil just to cover the pesto. Toss pesto with your favorite hot cooked pasta for a quick and easy meal. Left over pesto can be frozen in an ice cube tray. After frozen remove and store in a freezer bag or container.



Baked Pesto Chicken

- 4 boneless, skinless chicken breasts
- salt and fresh ground black pepper for seasoning chicken
- 1/2 cup basil pesto
- 1/2 cup grated low-fat Mozzarella cheese

Preheat oven to 375° F. Trim all visible fat and tendons from chicken pieces, then cut each chicken breast lengthwise into 2 or 3 pieces. Spray a 9"x11"x13" baking dish with non-stick spray, then spread 1/4 cup basil pesto over the bottom of the dish. Lay chicken strips over the pesto, then spread 1/4 cup more basil pesto over the chicken. Cover the baking dish with aluminum foil (or use a baking dish with a tight-fitting lid) and bake the chicken for 25-30

minutes, just until chicken is barely firm and cooked through. (Don't cook too much at this point, or the chicken will be overcooked by the time the cheese is melted and browned.) When chicken is barely cooked through, remove foil and sprinkle chicken with 1/2 cup grated mozzarella cheese. Put dish back into the oven without foil and cook 5 to 10 minutes more, just until cheese is melted and chicken is done. Broil for the last 5 minutes if you would like for the cheese to be lightly browned. Serve hot. There will be some flavorful juice in the bottom of the dish when this is done, so you may want to serve with rice, couscous, or quinoa to soak up the juice or just spoon the juice over the chicken.

8 Steps for Freezing Herbs in Oil

1. Choose firm fresh herbs.
2. Chop them fine or leave in larger sprigs & leaves.
3. Pack ice cube trays about 2/3 full of herbs.
4. You can mix up herbs, too; think about freezing a bouquet garni of sage, thyme and rosemary to add to winter roast chicken and potatoes!
5. Pour extra-virgin olive oil or melted unsalted butter over herbs.
6. Cover lightly with plastic wrap and freeze overnight.
7. Remove frozen cubes and store in freezer containers or bags. Don't forget to label each container or bag with type of herb and oil inside.

Fresh Pickled Cucumber Salad

- 7 cups unpeeled pickling cucumbers sliced thin
- 1 cup sliced onions
- 1 cup sliced bell peppers
- 1 tablespoon salt
- 1 cup white vinegar
- 2 cups sugar
- 1 teaspoon celery seed
- 1 teaspoon mustard seed



Mix cucumbers, onions, peppers and salt; set aside. Put vinegar, sugar, celery seed and mustard seed in a pot and bring to a boil. Remove from heat and let cool for one hour. Pour mixture over cucumbers. Put in jars and store in refrigerator. Will keep up to 2 months. Makes 2 quart jars. **DO NOT STORE AT ROOM TEMPERATURE!**

Garden Salad with Lime Cilantro Dressing

- 1 head lettuce or other fresh salad greens, washed and leaves cut or torn into large pieces
- 2 tomatoes, sliced or quartered
- 1/2 red onion, thinly sliced
- 1 avocado, sliced or diced
- 1 tablespoon finely chopped cilantro
- Juice of 2 limes
- 2 tablespoons olive oil
- Salt and pepper, to taste

Combine the lettuce, tomatoes, onions and avocado in a large bowl. To make the dressing, whisk the chopped cilantro, lime juice, olive oil, salt and pepper together. Toss the salad with the dressing and serve.



Add slices or grilled chicken or meat, or leftover salmon/shrimp to make this a full entrée style salad.

Southwestern Chopped Salad with Cilantro Dressing

- Large head of romaine or other fresh salad greens
- 1 can (15 ozs.) black beans, rinsed and drained
- 1 large orange bell pepper
- 1 pint cherry tomatoes
- 2 cups corn (can use frozen)
- 5 green onions
- Dressing of choice

Finely chop lettuce, bell pepper, tomatoes and green onions. Place all ingredients in a large bowl and mix to combine. Toss with desired dressing.

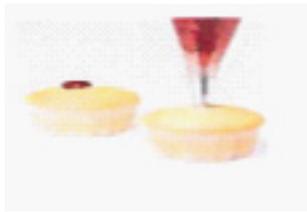
**COURTESY: Connie Moyers
NM Cooperative Extension Service**

Cupcake Basics

Filling a Cupcake

Step 1:

Prepare a decorating bag with your icing filling and round decorating tip #230. Insert tip in top center of an uniced cupcake and squeeze out a small amount of filling. Or, use the Wilton Dessert Decorator, which includes a filling tip and an easy-to-control cylinder for adding just the right amount.



Step 2:

Cut open your cupcake or take a bite and find a yummy surprise!



Step 3:

For lemon meringue filling. We've made this favorite pie portable! Use your favorite lemon pie filling in a disposable decorating bag fitted with tip #230. Insert the tip in the top of cupcake and squeeze. For the top, pipe with tip #1M. Place cupcake in 375° F. oven until top is light brown.



Step 4:

For Raspberry Mousse Cupcake Filling. A great flavor match with chocolate cupcakes! Use your favorite raspberry mousse recipe in a disposable decorating bag fitting with tip #230. Insert the tip in top of cupcake and squeeze. Cover top with tip #1M swirl in raspberry mousse.



Step 5:

For Peanut Butter and Jelly Cupcake Filling. A flavor combination filled with memories. Attach tip #2A to two disposable decorating bags. Fill one bag with creamy peanut butter and one with your favorite jelly. Insert tip in top of cupcake, filling first with peanut butter, then with jelly. Cover top with tip #1A swirl in buttercream.



How to Spatula Ice a Cupcake

Step 1:

Place a dollop of icing at the center of the cupcake.



Step 2:

Spread icing across the top, pushing toward the edges. For a smooth look, run the spatula edge across the top.



Step 3:

For a fluffier look, lightly touch the iced surface with the spatula blade and lift up.



Applying #1M Swirl

Step 1:

Hold tip #1M approximately 1/2 inch above cupcake top at a 90 degree angle to cupcake surface. Squeeze out icing to form a star.



Step 2:

Without releasing pressure, raise tip slightly as you drop a line of icing around the star in a tight, complete rotation.



Step 3:

After completing the first rotation, move tip toward center and up and around to make a second spiral around the inside edge of the first spiral.



Step 4:

Release pressure to end spiral at center of cupcake.



Applying #2A Swirl

Step 1:

Hold decorating bag straight up. Pipe a mound of icing in the center of the cupcake. As the icing begins to build up, raise the tip with it, but keep the tip end buried in the icing.



Step 2:

Squeeze as you move tip counterclockwise around the mound.



Step 3:

Continue squeezing in a counterclockwise motion for four turns or until completed. Lift tip up and away to end spiral.



REGAL RAINBOW RUFFLE CAKE

Step 1:

Make cake. Prepare batter following recipe directions. Bake and cool cake. Cake is three-layers. Trim one layer to 1 inch high for a 5 inch high tier. Place on foil-wrapped cake circle.



Step 2:

Decorate cake. Prepare buttercream icing following recipe directions. Tint icing in colors of your choice. Position cake on turntable for decorating. Use spatula and 1 color of icing to ice cake smooth. Use tip #104 and a darker icing to pipe ruffle, beginning at bottom border and then around cake. Move tip up 3/8 inch. Use tip #104 and a lighter color of icing to pipe a second ruffle, moving tip up 3/8 inch. Repeat, alternating icing colors to pipe rows of ruffles, and cover cake sides. On cake top, begin at the outside edge and pipe ruffle around top. Move tip in 3/8 inch, repeat piping alternating colors to cover cake top.

**COURTESY: Nancy Siler
Wilton Brands
www.wilton.com**

Power Up! What Makes Breakfast the Best Meal of the Day?

Breakfast may well be the most researched meal of the day. And the evidence is undeniable. Breakfast skippers eat more fat and less of other nutrients like vitamin D, calcium, potassium and dietary fiber. Add that to the existing research that says skipping breakfast contributes to fatigue, inability to focus, poor performance at school or work, less resistance, and it's easy to see why breakfast is so critical.

Despite the overwhelming evidence of the benefits of breakfast, 31 million Americans skip it according to a survey by the NPD Group. In addition, the latest Dietary Guidelines say that, "Skipping breakfast" is one of the "selected behaviors that leads to a greater propensity to gain weight."

The Guidelines also say "On average, Americans of all ages consume too few vegetables, fruits, high-fiber whole grains..." And, they recommend Americans "increase intakes of shortfall nutrients - vitamin D, calcium, potassium and dietary fiber." Breakfast is the ideal way to get a jump start on good nutrition!

Set Up for Success!

- most people skip breakfast because they weren't hungry, didn't feel like eating or were too busy
- weight loss is a goal for most people: breakfast eaters lose weight better and keep it off longer
- the Dietary Guidelines point out that skipping breakfast leads to weight gain
- breakfast eaters feel better, have a sharper memory, better math and reading scores, higher attendance and improved mood
- breakfast is an easy and delicious routine that sets the stage for you to do your best

What You're Missing & How to Get It:

- breakfast skippers eat more fat during the day and tend to get less potassium, calcium, vitamin D and fiber
- the DG's call out potassium, calcium, vita-

min D and fiber as "shortfall" nutrients for all Americans

- breakfast is the ideal time to get a jump start on these nutrients plus better nutrition overall
- add the power of protein for more satiety (fullness after a meal)

Use the Power of the Plate - MyPlate:

- the easier the better... it's more likely to be repeated and become permanent
- MyPlate shows at a glance how to plan all meals
- why this is so important: ensures vitamins, minerals and fiber
- milk is often the overlooked item in a meal



Creamy Banana Walnut Oatmeal

- 1 cup 1% milk
- 2 packets instant oat meal
- 1/2 ripe banana, mashed
- 1/2 Tbsp. chopped walnuts

In a small bowl, combine milk and oatmeal. Microwave on high for 1 to 2 minutes until steaming hot, but not boiling. Add mashed banana and mix until creamy. Garnish with walnuts.



**COURTESY: Pat Baird
Got Milk Campaign
www.gotmilk.com**

Foods & Nutrition Guests

Pat Baird

Nat'l. Got Milk Campaign
15 E. Putnam Ave.
Greenwich, CT 06830
917-797-1024
pat@patbaird.com
www.gotmilk.com

Maria Benardis

Cookbook author
635 W. 42nd St., 16D
New York, NY 10036
917-319-7783Bu
info@greekalicious.com
www.mariabenardis.com

John Csukor

Chef, Kor Food Innovation
9432 Atlee Commerce Blvd.
Ashland, VA 23005, St. K
804-496-6748
jc@korfoodinnovation.com
www.korfoodinnovation.com
www.californiafigs.com

Carol Fenster

Savory Palate, Inc.
6834 S. University Blvd. #410
Centennial, CO 80122
303-741-5408
carol@carolfenster.com
www.savorypalate.com
or www.carolfenster.com

Sophia Greenia

Chef, Kor Food Innovation
9432 Atlee Commerce Blvd.
Ashland, VA 23005, St. K
804-496-6748
sophia@korfoodinnovation.com
www.korfoodinnovation.com
www.californiafigs.com

Connie Moyers

Roosevelt Co. Coop. Ext.
Service
P. O. Box 455
Portales, NM 88130
575-356-4417
comoyers@nmsu.edu

Charlene Patton

Home Baking Assn.
2931 SW Gainsboro Rd.
Topeka, KS 66614
785-478-3283
hbapatton@aol.com
www.homebaking.org

Sara Robbins

DairyMax
P O Box 36377
Albuquerque, NM 87176-6377
505-255-0000
Fax: 505-255-0769
Cell: 505-259-3194
robbinss@dairymax.org
www.dairymax.org

Nancy Siler

Wilton Brands
2240 West 75th St.
Woodridge, IL 60517
630-810-2208
630-810-2710
nsiler@wilton.com
www.wilton.com

Emily Tatak

Wilton Brands
2240 W. 75th St.
Woodridge, IL 60517
630-810-2216
etatak@wilton.com
www.wilton.com

Julie Usher

Author, pastry chef, food stylist
405 Newport Ave.
St. Louis, MO 63119
314-960-2712
sweetlife@juliausher.com
www.juliausher.com

Marty Van Ness

Butterball LLC
1240 Diehl Rd.
Naperville, IL 60601
312-240-2734
www.butterball.com

John Vollertsen (Chef Johnny Vee)

Las Cosas Cooking School
231 E. Santa Fe Ave.
Santa Fe, NM 87505
505-988-3394
chefjohnnyvee@aol.com
www.chefjohnnyvee.com