

Meet the Chefs and Instructors joining Us this Fall

This Fall, you'll see several new Chefs and Instructors in the Community Kitchen. Some are familiar faces in our local community and others are sure to become familiar soon.

— *Lauren Fawcett,
Community Kitchen
Coordinator*



We're pleased to welcome **Beverley Wolfe and Chef Ron Garrido**, owners of Avalon Restaurant. They'll have tips and techniques to share for cooking and entertaining.



You may know **Simona Carini** as a food writer for the North Coast Journal. Originally from Perugia in central Italy, Simona is passionate about bread baking and cheese making. Her blog <http://briciole.typepad.com> has evolved into a place to share her recipes and cheese making adventures.



Chef René Pineda is no stranger to the culinary world as the former owner of René's House of B in Garberville. René has worked professionally in Southern Humboldt and area restaurants, including the Carter House. These days you can find him at Looking Glass House Restaurant & Bar in Eureka as their Chef de Cuisine.



Chef Pailin Butterfield, is originally from Thailand and has an extensive background in the culinary arts. She started cooking professionally in Thailand and Hong Kong before moving to California a few years ago. Pailin has worked in several fine dining restaurants in California including The Stonehouse Restaurant in the Santa Barbara area and Betelnut in San Francisco.



Sarahfaé is the visionary behind the blog, www.addictedtoveggies.com. Her goal is simple: to inspire people of all lifestyles to eat more fruits and vegetables. Sarahfaé creates raw, vegan and gluten-free recipes that are both visually beautiful and delicious yet approachable, using seasonal, easy-to-find ingredients.



Alissa Sobo is the owner of Naan of the Above in Arcata - the place with the cool yellow tent and delicious regional Indian cuisine. She came to Humboldt County to attend Humboldt State University and, after graduating with a Chemistry Degree, decided to stay in the area and focus on a career in food.



If you have an inquisitive mind and a fondness for Italian cuisine, **Rose Marquez-Bond** shines a fresh light on mealtimes by exploring the science behind the recipes. She believes that a deep understanding of food unlocks the true potential of flavors and textures, leading to a heightened dining experience. Rose has worked to blend her innate understanding of how the different elements of food play off each other with her love of cooking and now focuses on communicating that skill mix to others.

Kathryn Vanderpool and her family own and operate Vanderpool Gourmet Albacore Tuna. They fish the old-fashioned way, hook and line. Kathryn will bring more than 40 years of fishing experience to the classroom as she and discusses the difference between USA troll, wild caught Albacore Tuna and other methods.



Dr. Cindee Grace, retired Naturopath, will be leading two free workshops. Author of *Holistic Self-Care for Post Traumatic Stress and Dissociative Identity*, Dr. Grace leads the free, Eureka Mindfulness meditation group. She also offers lessons in singing, guitar, other instruments, and song-writing. Visit her website at www.humboldtmusic.com/cindeegrace.