



FOR IMMEDIATE RELEASE:

Relish Culinary School Offers “On The Farm” Cooking Classes *Proceeds to benefit Alexander Valley School Garden Program*

HEALDSBURG, California, May 23, 2005 — Relish Culinary School announces a series of culinary events to be held on Sonoma and Marin County farms. The **ON THE FARM** series introduces people to the farms and farmers that help make this region a culinary bounty. Students will enjoy a total experience, starting with a personal tour by the farmer as they touch, feel, and smell the origins of the gourmet meal that they’ll learn how to prepare and, lastly, share around the farm table. Relish will offer one lunch or dinner class each month from May through September. Costs range from \$75 to \$80 per person with advanced registration through Relish. A portion of the proceeds will be donated to the Alexander Valley School Garden Program.

As with all Relish events, the **ON THE FARM** classes will be educational and entertaining. After the farm tour, the demonstration cooking class will highlight the farm’s specialty—summer fruits, heirloom vegetables, farm-raised meats, farmstead cheese—and ends with a gourmet meal paired with fine local wines.

The five classes in the series include:

- **Spring Dinner at Tierra Vegetables** featuring legumes, greens and garlic, farm-raised pork, and strawberries and rhubarb with Lee James, farmer, and Britt Galler, previously the chef and co-owner of Acre Café in Healdsburg. Galler recently returned to the Bay Area after two years managing the Esalen Institute kitchen in Big Sur. Saturday, May 26, 5 – 8 PM. \$75
www.tierravegetables.com

- **Summer Dinner at Carrot Top Farm** featuring vegetables and greens with Ed Miller, farmer, and Rick Goldberg, co-owner of G&G Specialty Foods in Santa Rosa and an accomplished gourmet chef. Miller will lead a comparison tasting of salad greens before the class where Goldberg will focus on grilling techniques. Thursday, June 23, 4 – 7 PM. \$75
- **Summer Lunch at Pt. Reyes Farmstead** featuring Point Reyes Original Blue Cheese, with Monte McIntyre, cheesemaker, the Giacomini family, dairy farmers, and Kevin McKenzie, executive chef at Dry Creek Vineyard. A dairy tour with the Giacomini family and a cheese-making tour with McIntyre will precede the cooking class. McKenzie will highlight natural, raw-milk blue cheese as both a focal point and a complementary flavor in his gourmet lunch menu. Friday, July 1, 10:30 AM – 2:30 PM. \$75 www.pointreyescheese.com
- **Dinner at Dry Creek Peach and Produce** featuring tree-ripened peaches and plums and farm-grown vegetables with Gayle Sullivan, farmer and pastry chef, and Michael Voltaggio, executive chef at Dry Creek Kitchen where Dry Creek produce and other local artisan foods are used regularly. Sullivan will lead the orchard tour and create a peach dessert to end the four-course meal. Friday, August 5, 4 – 7 PM. \$75 www.drycreekpeach.com
- **Lunch with ‘the girl & the fig’ at Middleton Farm** featuring figs and other late summer fruits and vegetables, with Nancy Skall, farmer, and Sondra Bernstein and John Toulze, owner and chef, respectively, of ‘the girl & the fig’ restaurant. Skall will lead a tour of the picturesque farm before Toulze highlights food in the French Country style of the restaurant with an emphasis on the fig varieties grown at Middleton. Friday, September 16, 10:30 AM – 2 PM. \$80 (includes a copy of *the girl & the fig Cookbook*, a \$30 value)

“I wanted to create an opportunity for students to directly connect with farmers,” stated Donna del Rey, owner of Relish Culinary School. “Visiting these farms gives people an understanding of the hard work and passion these farmers have for what they do. When you taste their products, you experience the ‘life force’ in food served fresh from the farm and develop a greater appreciation for the importance of diverse foods.”

“We are so lucky here in Sonoma County to have such incredible products,” adds Sondra Bernstein, owner of ‘the girl and the fig’ restaurant in Sonoma and ‘the fig café and winebar’ in Glen Ellen. “It is a treat to take the restaurant to the farm and be inspired by the freshest ingredients.”

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The selected farms supply ingredients to many notable Sonoma County, Bay Area and, in some cases, national restaurants. All of the farmers sell at various farmers markets and support sustainable farming practices. Many have farmstands or stores that will be open for students to purchase products after class.

The Alexander Valley School Garden Program is organized by parent volunteers who define and implement garden projects for kindergarten through sixth grade students. The goal of the School Garden Program is to complement math, science, and health curriculum with hands-on garden activities, such as a salsa garden, viticulture program, habitat garden, and other grade-specific projects.

For more detailed information on the menus and locations, or to register for a class, visit the Relish website at www.relishculinary.com or contact us by phone at 877.759.1004.

About Relish Culinary School

Relish Culinary School is a culinary education business based in Healdsburg, California, in the heart of the Sonoma County wine country. Relish combines talented chefs, fabulous cuisine, and captivating Sonoma County locations to create one-of-a-kind wine country cooking classes and other culinary events for individuals, groups, and businesses. Our goal is to celebrate good food and provide a fresh and stimulating learning experience for everyone in every class. For more information, visit www.relishculinary.com.

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