

Earth Day South LA

Saturday, April 17, 2010

Healthy Cooking Demonstration Schedule

- 12:30** **Lane Goldman from Sol Catering Cooperative** www.solcooperative.org
Preparing: Raw Zucchini with Pad Thai Sauce
Lane Gold is a vegan chef who lives, cooks, and eats showing compassion for animals and concern for the planet and its inhabitants. SOL Catering is a worker-owned cooperative specializing in seasonal, organic and local cuisine. Our produce is freshly gathered from local sustainable farms and gardens. 100% Vegan! Sol Catering donates to HUNGER ACTION LA's Feed the Hungry Program; providing Nutritious meals to Los Angeles' most vulnerable street populations.
- 1:30** **Chef Gino from Kitchen Kids** www.chefgino.net
Preparing: Kid Friendly Fresh Stuffed Pasta
Chef Gino is the star of Kitchen Kids on AOL.com and a recurring special guest on a Jenny Garth hosted Web Show on NBC.com entitled, "The Garden Party Show." Gino is also a master chef at Piccolo Chef Culinary School for children in Culver City, and he volunteers for the Garden School Foundation in Los Angeles.
- 2:30** **Lisa Nunez from U are What U Eat**
Preparing: Pickles
Lisa Nunez is a writer, teacher and activist. While working in Mexico in the 1990's she met the founders of the Slow Food Movement and has become passionately involved with the global food revolution. Lisa presently teaches nutrition and healthy cooking workshops to inner city children in her U R what U eat program. These workshops stress the "lost culinary skills" of baking bread, putting up jams, preserving pickles, growing sprouts and making cheese and yogurt.
- 3:30** **Sirena Pellarolo from East Side Café**
Preparing: Juices, Sprouts and Fermented Beverages
Sirena Pellarolo is activist-scholar, published poet and playwright and educator born in Argentina. She is Associate Prof. of Spanish and Latin American Studies at CA State Univ., Northridge. She firmly believes that juicing veggies along with sprouting beans and seeds is a cheap and easy way to increase health and vitality while losing weight.
- 4:30** **Jason Michaud from Local Restaurant** www.silverlakelocal.com/
Preparing: Chicken Curry with Farmers Market Greens
Jason is the owner of Local, Silverlakes first wholly organic and sustainable and non-specialty restaurant. Jason and Local believe in reconnecting the neighborhood back to the local farm and more importantly a belief in the future.