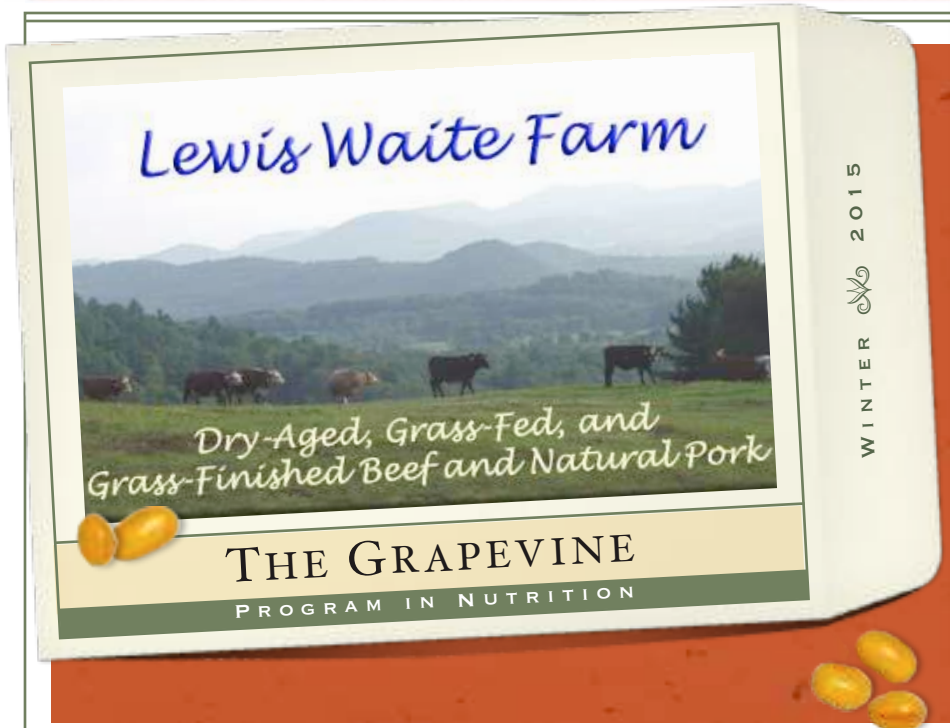


WINTER
2015

THE GRAPEVINE

Teachers College, Columbia University

Lewis Waite Farm

by Sandeep Dhillon

The food landscape in our country can be difficult and frustrating to navigate, especially for those of us concerned about the quality and origins of the food we eat. It is a relief and pleasure when we can find operations that offer a well-varied assortment of products that satisfy our desire to eat food that is sustainably and humanely raised and grown.

One such operation is Lewis Waite Farm (LWF), a small family business run by Nancy and Alan Brown that operates from Greenwich, NY. Teachers College's own Pam Koch, who met The Browns a few years ago at the onset

of their business venture at the Just Food Community Supported Agriculture (CSA) in NYC Mini Conference, introduced me to LWF.

Koch, who has been involved with her own CSA for almost two decades, recognized the interest in sustainability demonstrated by her students, many of whom felt they had no affordable access to ethically produced meats, grains, produce and other food staples. She knew LWF was the answer and simply needed a student coordinator who could accept and distribute deliveries on campus. During a chat early last fall, I volunteered to be that student.

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LETTER FROM THE EDITOR

Dear Students, Faculty, Alumni, and Staff,

Why have just one? The Winter 2015 Grapevine newsletter is all about doubles. We have double film reviews (Cultivation and Food Chain\$) and double restaurant reviews (Say Cheese and The Black Ant) for double the fun. With such a chilly winter break, watching movies and enjoying New York City's restaurant scene were two of students' favorite activities.

Matthew Graziose and I add to the "Listen Up" section of The Grapevine, which features some food and nutrition related podcasts and radio programs. For your reading pleasure, dig into Cherry Bombe, the biannual magazine celebrating women and food.

Speaking of food, Sandeep Dhillon gives us the scoop on Lewis Waite Farm, which delivers orders right to Teachers College! Jen Cadenhead brings the issue back to the hot topics of the nutrition world and focuses her piece on zero calorie sweeteners.

Tyffanie Ammeter reminds us to get social with the TC Health Nuts Events Committee, so keep your eyes peeled for fun events throughout the semester.

As we kick off 2015, Jacki Zuckerberg shares her family's New Year's ravioli making tradition with the Grapevine, while Natalie Rizzo gets us thinking about salads in jars. We end this issue with a recipe for Gluten-Free Minestrone Soup and a few pictures and scenes from the Fall Semester.

Special thanks to Julie O'Shea for her help editing, and to Julie, Kelli Baker and Ian Ang for their contributions to the Grapevine's Facebook page.

The Grapevine is written by the students in the Teachers College Program in Nutrition. Thank you to all who contributed to this issue. I encourage all of you to get involved. Send your ideas to me at sal2182@tc.columbia.edu.

"Like us" on Facebook at

www.Facebook.com/TheGrapevineTeachersCollege

Enjoy the issue!

Stephanie Lang
Editor-In-Chief
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Fresh off the Vine: Events & Announcements

- The next **NYC NEN** event will be held on Friday, February 20 and is titled, Nutrition Counseling Toolkit: Best Practices for Successful Behavior Change. Location TBD.
- **TEDxManhattan "Changing the Way We Eat"** is Saturday March 7th and we are co-hosting a viewing party with Natural Gourmet Institute! Feel free to stop by the EarthFriends room (50 Horace Mann) anytime from 9am-6pm to catch an inspiring TED talk and snack on delicious refreshments provided.
- The **Just Food Conference** will be held at Teachers College on March 15, 2015. Eric Holt-Giménez will present the keynote speech. He is the Executive Director of Food First, a "peoples' think-and-do tank" dedicated to eliminating the injustices that cause hunger and environmental degradation. Visit www.justfood.org for more information, opportunities and tickets.

*Stay updated on Tisch Food Center research, events, educational & evaluation resources, and food policy recommendations by following **Tisch Food Center** on social media (Facebook, Instagram and Twitter). Plus, check out *The Tisch Dish*, a quarterly e-newsletter!*



Listen Up!

Give your eyes a break and open up your ears to the wide variety of podcasts and radio programs about food and nutrition. Subscribe to the shows or download the episodes, and tune in. Have a favorite show or episode? Let us know and we can post it in a future issue!

~Stephanie Lang, Editor

Specific Programs:

- **BBC Radio 4 Food Programme:** investigating every aspect of the food we eat <http://www.bbc.co.uk/programmes/b006qnx3>
- **Heritage Radio Network: Radio Cherry Bombe:** "Radio Cherry Bombe brings the pages of Cherry Bombe Magazine to life via conversation with some of the most interesting women in the world of food. Join host Julia Turshen each week as she engages with chefs, farmers, photographers, cookbook editors, entrepreneurs, icons and others to discover their stories and what inspires, excites and influences them."
★ Fun fact from Ina Garten's interview: her mother was a dietitian!
<http://www.heritageradionetwork.org/programs/131-Radio-Cherry-Bombe>
- **Spilled Milk Podcast:** "Here at Spilled Milk headquarters, we combine food and comedy in a bowl and stir it up until it explodes. Join your jovial (possibly too jovial) hosts, Molly and Matthew, for recipes, cooking tips, winning lotto numbers, and catfights."
<http://www.spilledmilkpodcast.com/>

- **The Sporkful:** host Dan Pashman and his guests discuss, debate, and obsess over ridiculous food minutiae in search of new and better ways to eat. Listen to this podcast and your whole world will get more delicious. It's not for foodies, it's for eaters.
<http://www.sporkful.com/>

Specific Episodes:

- Heritage Radio Network & Kim Kessler (Producer). **Eating Matters:** Episode 10: Kids and Food with guests **Pam Koch and Stefania Patinella** [audio podcast]. <http://www.heritageradionetwork.com/episodes/7161-Eating-Matters-Episode-10-How-Can-All-Kids-Eat-Well->
- **Food Sleuth Radio.** Join Food Sleuth Radio host and Registered Dietitian, Melinda Hemmelgarn, for her interview with **Deborah Madison**, America's leading authority on vegetarian cooking. <https://beta.prx.org/stories/136580>
- **Food Sleuth Radio. Karen Collins, M.S., RDN,** Registered Dietitian and Nutrition Advisor to the American Institute for Cancer Research describes dietary strategies for cancer prevention. <http://www.prx.org/pieces/132930-food-sleuth-radio-karen-collins-interview>

(Lewis Waite Farm, cont'd)

About Lewis Waite Community Supported Agriculture (CSA) Extras

Lewis Waite Farm is the creator of the Lewis Waite Farm CSA Extras program, which connects small farms in the New York area with consumers interested in good food produced the right way. Their CSA Extras program provides a single platform where consumers can gain access to a variety of products grown from farms across the region. The customer service is phenomenal, and if you do not hear directly back from Nancy Brown, you will hear back from someone else on the small, friendly team within 24 hours.

Lewis Waite Farm is committed to its philosophy of connecting people with their food. They provide extensive information about the farms and producers they work with on their website, including contact information for those consumers interested enough to actually visit or contact the farms involved in the CSA directly. Deliveries are year round, and there are no minimums, delivery charges, or long-term commitments.

The Products

One of the most satisfying aspects of being a member of this CSA is the variety that awaits consumers interested in supporting sustainable agriculture. They provide products for meat-lovers and vegetarians alike.

Meats

Beef
Buffalo
Chevon
Chicken
Duck
Goose
Lamb
Mutton
Pork
Rabbit
Turkey
Eggs

Their ruminants are 100 percent grass fed and eat diverse forage from Certified Organic pastures free of pesticides, herbicides, and inorganic fertilizers. The animals freely roam across hundreds of acres of diversified pastures and are humanely herded. Even the pigs roam and forage, and the feed that supplements their diet is free of animal by-products, growth hormones, antibiotics and other unnatural additives. All poultry is pasture raised and fed.

Dairy

Cheese (sheep's, goat's, cow's)
Butter
Ice Cream
Yogurt
Cow Dairy
Goat Dairy
Sheep Dairy

Vegetarian. (including but not limited to)

Organic flour
Honeycomb, honey, maple syrup
Sauerkraut (cabbage, carrot-ginger, etc.)
Beans
Breads
Jams
Fruit butters
Coffee
Biscotti

Becoming a Member

Becoming part of a CSA ensures that the money you put toward your food goes directly into the pockets of the people who grew and raised that food. It supports local businesses that prioritize quality over quantity and supports environmentally sustainable agriculture practices that preserve soil quality and ecological diversity.

Simply visit the following website and register as a member of the 114th Street CSA: <http://csalewiswaitefarm.com/register?csa=8b8d3bfcb624d2fb35e4807d79e81009>

To review the full scope of their products, visit their website: <http://csalewiswaitefarm.com>

Deliveries will be once a month on Tuesdays for their winter share, and pick-ups will be in Horace Mann 50.

Whether you are convinced, curious, or even cautious, please feel free to reach out directly to the farm at (518) 692-3120 or email the Lewis Waite Farm Office at nkdbrown@lewiswaitefarm.com.

To speak with members of the share and learn about their experiences, contact Sandeep K. Dhillon at (818) 518-7853 or email her at skd2135@tc.columbia.edu.

On Wednesday, January 28, we invited some Teachers College Program in Nutrition alumni back to the campus for a panel discussion with current students.

Former students Emelia Stiverson, Lauren Thomas, Caryn Huneke, Lorraine Bandelli, and Kira Cohen-Milo shared how they built on their experiences at Teachers College to achieve their career goals.






2014-2015 Nutrition Program Alumni Panel

January 28, 2015

5:00 pm - 7:00 pm

Location: Teachers College, EarthFriends Room (HM 50)

Please join us for a discussion with several graduates of the Program in Nutrition who have professionally established themselves in different areas of our field. Learn how they built on their experiences at Teachers College to achieve their career goals. Refreshments and light snacks will be provided.

	Emelia Stiverson, MS RDN , is a clinical dietitian at Jewish Home Lifecare - Manhattan Campus, a 514-bed skilled nursing facility. Her responsibilities include conducting nutrition assessments for 4 or 5 new sub-acute patients on a daily basis, quarterly and annual assessments for long-term care patients, providing nutrition education to patients and family members, and monitoring the weight trends, diets, and intake of patients on the cardiac sub-acute unit and attending cardiac sub-acute interdisciplinary meetings. Emelia received her degree in Nutrition Education and completed her dietetic internship at Teachers College in 2014.
	Lauren Thomas, MS RD CSSD CDN , is a Registered Dietitian currently working at Nutrition Energy, a private practice in midtown where she does one-on-one nutrition counseling. As a Board Certified Sports Dietitian (CSSD), she specializes in sports nutrition for endurance athletes and fueling for performance, and conducts workshops to various teams throughout the city. She also works at Monte Nido Eating Disorder Treatment Center of NY, where she provides nutrition and meal support to eating disorder outpatient clients. Lauren received her degree in Nutrition Education and completed her dietetic internship at Teachers College in 2011.
	Caryn Huneke, MS RDN , is a 2014 graduate of the Nutrition Education and Dietetic Internship programs at Teachers College. She's now working as a clinical registered dietitian at Northern Westchester Hospital providing nutritional assessment, care, and diet education to patients in the hospital, focusing on the gastrointestinal disease/surgery and oncology units
	Lorraine Bandelli, PhD , serves as a leading voice for GENYOUth Foundation and its flagship program, Fuel Up to Play 60. An expert in the area of child health & wellness, she manages relationships, resources and funding from partners including, but not limited to: public health officials, government entities, health & wellness professionals, education leaders, universities, corporations and other stakeholders. Additionally, Lorraine leads measurement and evaluation efforts related to Fuel Up to Play 60 and other foundation initiatives. Lorraine holds an adjunct faculty position in the Master of Applied Clinical Nutrition Program at New York Chiropractic College and teaches dance in New York City. She earned her PhD from Teachers College in 2013 working with Drs. Contento, Koch and Gray on the Food, Health and Choices USDA grant project.
	Kira Cohen-Milo, MS coordinates and manages the Greenmarket Youth Education Project which involves over 6,000 K-12 students touring Greenmarkets each year as well as coordinating a 10-lesson in-depth classroom curriculum, Seed-to-Plate, that promotes NYC 5 th graders understanding of our food system. Kira was a Health Literacy Zankel Fellow for two years while at TC which provided fundamental classroom experience that compliments her background in regional agriculture, gardening, and nutrition education.

A Message From NYCEN:

New York City Nutrition Education Network, often referred to as NYCEN, is dedicated to educating and supporting a network of members who seek to improve the food and nutrition environment for a healthier NYC. The membership driven Network is comprised of people from organizations dedicated to food and nutrition issues.

NYCEN puts on several events each year that bring in experts from varying fields to discuss issues that pertain to our food and nutrition environment. Check out the website at www.nycen.org to see past and upcoming events.

Worried about membership fees? Don't be. Student membership is only \$10 for the year. If you're undecided, attend an event, which will cost you \$5. Then, should you choose to join later the \$5 can be used toward your yearly membership. Seriously, skip your Starbucks for a week and get the membership. With the events you can attend, the things you can learn about, and the people you can meet, it's worth every cent!

Check #NYCEN out on Facebook, Twitter, and LinkedIn to keep you connected.

The next NYCEN event is titled, "Nutrition Counseling Toolkit: Best Practices for Successful Behavior Change" will be held on Friday, February 20. Stay tuned for updates.



-Tiffany Chag, NYCEN Social Media Coordinator

Cultivation Focuses the Spotlight on Nutrition Ecology

By Jennifer Senecal

On the evening of November 17, though the rain pattered down on the sidewalks, it did not prevent the hundreds of Teachers College students, alumni, faculty and guests from taking their seats in the Cowin Center Auditorium to watch a new documentary by Gioacchino Taliercio (MS '14) titled *Cultivation*. The film, Taliercio's Master's thesis project, examines the incomparable course constructed and evolved by Dr. Joan Dye Gussow at TC.



The course, which is required of all Nutrition Department students, manages to also attract many students from other departments who are intrigued by the subject matter. Designed to draw a big picture for its participants, the class introduces themes on how our food system has developed in recent history, the implications of this development, and inspires critical thinking on what solutions will need to be implemented to solve our current global ecological situation.

Cultivation takes us on a journey via anecdote, historical footage and marketing propaganda from the dawn of the industrial agriculture era, and filmed segments from the current Nutrition Ecology class (Fall '13), examining why and how this course came to be. The personal stories and words of wisdom from local food guru Dr. Gussow, her co-instructor, Dr. Pam Koch, and other current and past faculty of the Teachers College Nutrition Department are carefully woven throughout. In contrast, Taliercio allows us to tag along with his family to destination

pockets of hope- from Gussow's personal backyard garden, to Italy (where his own roots lie), where we get to know some regional potato farmers, cook a dreamy-looking locally sourced pizza, and admire the bounty of a land focused on quality.

For me, the Nutrition Ecology class was a key factor in my decision to apply to Teachers College, and I have gratefully found that the values espoused by the course permeate through the Nutrition Program as a whole. As Ellie Krieger, the Food Network personality, author, and graduate of Teachers College's Nutrition program spoke to open the premiere event, she remembered her own experience of taking the class, touching on how expansively Dr. Gussow's influence is felt.

This film is a beautiful biopic of the inherently *cultivating* classroom experience that is so vividly provided in Nutrition Ecology- a perspective that is vital to the world we now face through the lens of dietetics and nutrition education.

Taliercio ended the presentation by sharing his new mantra, inspired by Gussow: "What gets grown, how it gets grown and where it gets grown has a lot to do with what we are eating and what our health problems are." He is currently still working on the film in an effort to make it available to a wider audience.



Food Chains, a movie exploring the abuse that goes on in the farming industry, was released for limited showing in New York on November 21. It is now available on iTunes and other major paid movie streaming services. The film was directed by Sanjay Rawal and produced by actress Eva Longoria and author Eric Schlosser. The film features the unjust treatment of tomato farm workers in Immokalee, Florida, and how the Coalition of Immokalee Workers (CIW) is fighting back.

Tomato farm workers earn 1¢ per pound of tomatoes that they pick during their 15-hour workday from 5 AM to 8 PM. Not all of the 15 hours are paid, as hours spent traveling to the farm, and being forced to sit in the bus waiting for the dew to evaporate before picking, are not counted. Picking about 4,000 pounds per day, a typical worker featured in the movie earned only \$42.72 per day.

How does such abuse happen? For starters, the Fair Labor Standards Act has many exemptions in the agricultural industry and does not protect these workers. Additionally, the cost of production on farms has had a threefold increase over the past three decades, but the prices at which supermarkets buy and sell foods has not changed. Such a pricing scheme eats into farmers' profits, and farmers in turn are forced to cut wages. For crops such as tomatoes that do not receive Farm Bill subsidies, farmers have to stay competitive. Such is the case that if it is cheaper for fast food or supermarket chains to buy tomatoes from Mexico, it is actually cheaper for American farmers to throw their tomatoes away than to pay for harvesting, transportation, and distribution.

In Napa Valley, good weather and increased tourism saw the demise of affordable housing, forcing workers to live either over 60 miles away from the vineyard in which they work, or close by in slums or make-shift tents. This is economic apartheid, whereby hard-working people cannot afford the most basic standard of living. Working conditions on farms are also brutal and unsafe. Many farm workers work long labor-intensive hours in the field without rest, often in searing heat and humidity, with relief sometimes coming from only a mist of pesticides or herbicides sprayed by crop dusters. Conditions are even worse for women, as an estimated 80 percent of female farm workers experience sexual harassment and assaults at work. Little is done, with only 14 labor inspectors for the 40,000 farms in the U.S. The situation facing farm workers in the spotlight should not be immigration, but human rights issues.

As part of CIW's efforts to increase wages and improve working conditions of farm workers, the CIW started the Fair Food Program (FFP) to try to get large fast food and supermarket chains to buy from farmers that are at least paying tomato farm workers 2¢ per pound of tomatoes instead of 1¢. The cost of farmers paying workers the extra 1¢ per pound of tomatoes picked, as suggested by the FFP, does not have to be losses incurred by farmers or the supermarket. The extra cost can instead be passed on to consumers, and would amount to only an annual 44¢ extra that consumers would have to pay when buying tomatoes for a family of four.

When CIW first got Taco Bell to sign on to the program, other major fast food chains (except for Wendy's) soon got on board. Now CIW is working on getting major

supermarkets on board as well since they similarly are at the end of the supply chain and dictate the market, and therefore can directly impact farm practices.

A large supermarket chain such as Publix, for example, should they choose to swallow the cost from signing the FFP, would incur the loss of \$1 million a year – spare change considering they netted \$29 billion in revenue in 2013. Based in Florida, Publix is one of the “Big 4” supermarket conglomerates, which also include Kroger, Safeway, and Wal-Mart. Three-quarters of Americans live within 2 miles of a Publix. Like the other “Big 4,” Publix boasts of higher profits than Apple or Microsoft. In 2013, after failing to get Publix to even come to the table for discussions about the FFP, CIW members staged a 7-day hunger strike in front of their headquarters. To date, Publix has not budged.

The exploitation of lower classes we see today is no different from the slavery of yesteryears. Corporations like Publix may have public relations moves of giving back to society through donations that they feel is their way of helping farm workers, but the solution is not charity; it is improving practices. These workers do not want charity, but instead want the dignity of earning fair wages for their hard work. You can take a stand by buying tomatoes, as well as other foods, from supermarkets and restaurants that support the FFP and other similar programs promoting fair farming practices and wages. Visit <http://www.fairfoodprogram.org> to see a list of buyers and growers that support the FFP.

For more information about the film, visit <http://www.foodchainsfilm.com>, and to learn more about the Coalition of Immokalee Workers, check the website <http://ciw-online.org>.

Zero Calorie Sweeteners May Not Make You A Size Zero, Or Have Zero Risk

by Jen Cadenhead

Lots of people eat or drink them, but they should perhaps think twice. Zero calorie beverages or snack items may seem like a good idea if you are trying to loose weight or have something sweet without added calories. Many in the medical community even advocate that people who are obese, Type 2 diabetic or need tight control of their calories because of special dietary needs consume these products when hoping to have something sweet. They add zero calories and studies suggest they do not raise blood sugar.

Non-caloric artificial sweeteners (NAS) have been treated as Generally Recognized as Safe (GRAS) by the US Food and Drug Administration for a long time. However, one noteworthy, but small, study in *Nature* (1) strongly suggests that not only should these additives not be considered GRAS, but they might actually cause harm by promoting exactly what people are trying to avoid. This study is also unique in that it suggests how these negative effects happen: NAS consumption changes the gut bacteria, which plays a role in metabolism.

Suspicious about the safety and effectiveness of NAS have been growing among nutrition researchers for a number of years. There have been numerous cohort and experimental studies investigating this issue (2). Based on these results, NAS consumption has been linked to many possible negative outcomes including increased rate of becoming overweight or obese, Type 2

diabetes, metabolic syndrome and cardiovascular events. However, the main criticisms of many of these studies were that the results were inconsistent and some did not consider possible confounding factors, like controlling for BMI, NAS and food intake.

In the *Nature* article, Israeli researchers in Eran Elinav's laboratory at the Weizman Institute of Science used genetically engineered mice which mimic human metabolism to explore the relationship of NAS to health. Control mice were fed a normal diet with sugar water. Compared with the controls, mice fed saccharin and other NAS substances with a normal diet showed signs of glucose intolerance as early as 10 weeks and also changed their gut microbiota. When fed a high fat diet, similar to the Westernized diet, normal weight mice developed similar effects in as little as 5 weeks. Mice with sterile intestinal tracks on a normal diet and who received fecal transplants from those mice that exhibited glucose intolerance also developed glucose intolerance and changed microbiota. In addition, when mice who had developed glucose intolerance after consuming NAS received antibiotics to kill off their gut microbiota, glucose intolerance reversed.

As a final experiment, researchers had human subjects consume NAS who did not normally. About half of these human subjects exhibited glucose intolerance after consuming NAS at the maximum acceptable level for only one week. Fecal transplants from these human test subjects

were transferred into the specialized sterile mice, and they too became glucose intolerant.

A study conducted by Peters, et al, and funded by the American Beverage Association (which has a financial interest in promoting NAS), appearing in *Obesity* (3), concluded that overweight individuals already consuming at least three NAS drinks per week will lose slightly more weight than those who switched to water as the preferred beverage. However, individuals with several conditions, including diabetes were excluded from the study. Individuals who may have developed glucose intolerance, but not diabetes were also most likely excluded.

It may be premature to conclude that continuing to drink NAS beverages while trying to loose (or even maintain) weight or calories is wise for everyone. Therefore, it seems more studies are needed to determine how an individual may be effected by NAS metabolically, but it seems some are. Medical professionals should be aware that NAS products may actually induce the harmful condition they purport to prevent.

References:

(1) Suez, J. et al. Artificial sweeteners induce glucose intolerance by altering the gut microbiota. *Nature* (2014). Volume 514

(2) Shankar, P, Ahuja, S, Sriram, K. Non-nutritive sweeteners: Review and update. *Nutrition* 29 (2013) pp. 1293-1299.

(3) Peters JC, Wyatt HR, Foster GD, et al. The effects of water and non-nutritive sweetened beverages on weight loss during a 12-week weight loss treatment program. *Obesity* 22 (2014) pp. 1415-21.

TC “Health Nuts” Bring Monthly Events to Students *By Tyffanie Ammeter*

The Nutrition program has a student-run committee that is dedicated to planning a variety of events for the students. The group began unofficially in the spring of 2014 as Jessica Laifer, Emily Braaten and me brainstormed ways in which we could get to know our nutrition classmates outside of the classroom. We hosted our first happy hour in April 2014 at Amigos, a Mexican restaurant within walking distance from campus. Over 30 students ranging from first semester students to those in the dietetic internship attended. We also ended the spring semester with a "Calm Before the Storm" yoga class taught by nutrition student Deborah Olarte as a way to distress right before finals.

Over the summer we hosted a naming contest as we began to formalize the group and plan for the fall. Thanks to the creative genius that is Morgan Bookheimer, we are now called the “TC Health Nuts Events Committee.” Our mission is to facilitate a greater sense of community in the Nutrition program and provide

opportunities for students to meet, network and socialize with each other outside of the classroom.

We have worked hard to host an event each month of the fall semester. We kicked things off with a Welcome Back Potluck in the Russell Courtyard in early September as a way to meet new students, catch up with old friends and enjoy the beautiful weather while we munched on the delicious food that everyone brought!

In October, we got our groove on in a Pon de FLO exercise dance class taught by our co-founder Jessica Laifer in Whittier Hall. The highlight of the semester was our jam-packed movie night at Dr. Randi Wolf’s home. With standing room only, we watched “Fed Up” and had a great discussion about the myriad of issues brought up in the film. Dr. Wolf cooked a delicious meal for all and several students contributed with amazing desserts to top off the evening!

We rounded out the last month of the semester with our first ever Holiday Party, held in the EarthFriends room in early December. We wanted to share

some holiday spirit before everyone got too far into preparation for finals. The evening included some delicious snacks—most notably the coffee toffee made by Jenna Kaufman-Ross—and a laughter-filled white elephant gift game. To end things on a high note, a social hour was held on the last day of classes at Dinosaur BBQ in West Harlem.

We will be starting the spring semester off with the Alumni Panel on Jan. 28th from 5-7pm. We also hope to have a happy hour in early February to welcome the new students and to catch up on everyone’s winter break. Keep a lookout on the TC Nutrition Program News Blast and on our Facebook page (search “TC Health Nuts Events”) for the announcements!

We are looking for some new members to join the Health Nuts Committee in the spring since two of our current members will be heading into the dietetic internship in the summer. If you are interested in being a member, email us at healthnutsevents@gmail.com for more information!



TC Health Nuts Co-founders (R-L): Tyffanie, Emily & Jessica



(Right) Fall 2014 Movie Night Group Picture

RESTAURANT REVIEW:

Say Cheese: Sustainable Comfort Food on the Upper West Side

By Ali Hard

Since moving to the Upper West Side, I have been curious about the small restaurant, Say Cheese, that I frequently pass on 83rd street. With its “farm to table” claims and enticing menu—featuring dishes like the “oeuf and turf parmesan” with organic poached egg, sautéed kale and shaved asiago—I couldn’t resist giving it a try.

Say Cheese is currently open on weekends only, 11 AM - 8 PM, but owner Stella Ballarini, who also runs the catering company next door, Scoozi Events NYC, says that she plans to extend hours and expand the menu in January. The restaurant specializes in comfort food made from mostly local, organic ingredients. The setting is nostalgic meets hipster, with exposed brick walls decorated with antique food advertisements, an antique ice box displayed in the corner, and a communal table as the centerpiece of the dining room.

The current menu features egg dishes, grilled cheese, salads, sides and “farm-to-glass” beverages. Ballarini says that the menu expansion will add more dinner options, like organic pan-roasted chicken and short ribs. Disappointed to discover that eggs were not available at dinner, my dining companion and I dug into a Swiss, Parmesan and truffle grilled cheese (made gluten free), tomato bisque, tater tots, and a “kitchen sink” salad which featured mesclun greens, artichoke hearts, apples, pears, cherry tomatoes, bacon and ranch dressing.

I was thrilled that they offered gluten free grilled cheese (which I recognized as Udi’s bread), and the cheese and truffle combination did not disappoint, especially when dipped in creamy,

lightly spiced bisque. Tater tots, too, were crispy and delicious—our favorite part of the meal. The salad was overdressed, and not as delicious as our other selections. We finished with a chocolate milkshake, which did not quite compare to its peer from Shake Shack down the street. We were pleasantly surprised that our bill came out to under \$50, before tip.

Scoozi, the restaurant’s parent company, has three stars from the Green Restaurant Association, which means that they meet standards for sustainable food, energy, water efficiency, waste reduction and recycling, disposables, and chemical and pollution reduction. They earned this certification by, among other things, composting, recycling fry oil to fuel vehicles, and sourcing mostly organic ingredients, says Ballarini. Many ingredients are hand picked from the Union Square Greenmarket, like lettuce, tomatoes and kale, and others (like mesclun) come from Satur Farms on Long Island, which uses sustainable agricultural practices like crop rotation and planting cover crops. Dairy products are sourced from Organic Valley or Horizon Organic. Surprisingly, Say Cheese uses paper napkins (though they are recycled), and served my grilled cheese (though not our other dishes) on a paper plate.

If you find yourself in the neighborhood, I recommend Say Cheese for a casual meal with a good value, and a focus on environmentally friendly sourcing and practices. Keep an eye out for the extended hours and menu in 2015; I know I am looking forward to seeing what they come up with.

Say Cheese

Address: 142 West 83rd St., between Amsterdam Ave. and Columbus Ave.

Hours: 11am - 8pm weekends only

Notes: Extended hours and expanded menu slotted for January 2015

RESTAURANT REVIEW: THE BLACK ANT

By Jessica Laifer

I have been writing restaurant reviews for The Grapevine for over a year now, and while it has been a loving, fulfilling relationship, I thought it might be time to spice things up a bit. Which is why when I heard about The Black Ant, a restaurant that serves ants and other insects along with its Mexican fare, I decided to up the ANTe and give it a try. After all, bug-eating is all the rage right now (see: cricket flour). So, readers, I ate ants, and I did it for you.

Surprisingly, the ants were the best part of the experience; the highlight of an otherwise lackluster dinner. The name, the location, the décor, even the website – all of it leads you to expect something different and exciting, or at least *good*, but instead, it falls flat. After doing some research, it appears the chef had high aspirations when the restaurant opened last summer, with a menu chock-full of creepy crawlies, plus inspired dishes like rabbit enchiladas, goat barbacoa and cod cheek tacos. Its creative menu and dark, funky décor set it apart from other bland, trendy Mexican spots, like Rosa Mexicano or Dos Caminos, which appeal to the equally bland young-professional-happy hour-margaritas-and-guacamole crowd. However, in what was perhaps an effort to survive in this highly competitive market, the menu devolved to more standard, generic fare, with a few ants sprinkled on top for good measure. It's like they didn't even see the movie *Chef!*

We walked in at around 6 PM on a Friday to a completely empty restaurant, save for a few employees eating at one of the tables in the back. By 8 PM, it was packed with said young professionals, on what was presumably the first of many stops on a night of rabble-rousing in the East

Village. Since it was happy hour, we started with a round of margaritas (\$6 during happy hour, \$11 normally), in fun flavors like prickly pear, mango, cucumber and spicy jalapeño (+\$1,) with smoky ant salt on the rim. The smoky ant salt consisted of salt, ants, and a blend of spices, which, after some discussion, we determined tasted exactly like Lay's Barbecue Potato Chips. Aside from the ant salt, which was added by special request and does not come standard, they were the same as any margarita from the aforementioned trendy places. Which is not to say they were bad, just...the same.

The happy hour menu also offers a selection of small plates for \$8, from which we ordered the Tostaditas de Pato, Inflatitas de Queso and Sopesitos, all disappointing. The Tostaditas de Pato consisted of corn tostadas with duck tinga, olives, cream and sweet chipotle, and was the best of the three, though strangely reminiscent of sloppy joes. "Inflatitas de Queso" sounds way more exotic than "sad, lukewarm cheese puffs," which is precisely what they were. The Sopesitos were a grilled corn "boat," with wild mushrooms, gorgonzola ragout and chile quemado. A Google search for the word *quemado* turned up countless images of people on fire, which was much more exciting than what we learned it to be – a boring sauce to complement a boring dish. In summary, skip the food on the happy hour menu. There are exactly zero people on fire, and you will be disappointed.

Seeking more ants to redeem our experience, we ordered the Black Ant Guacamole (\$12) off the regular menu. It was good, certainly the best thing we ate by far, but we were sad to

discover that it was topped with the same ~~Lay's Barbecue Potato Chips~~ smoky ant salt from the margaritas rather than whole, identifiable ants. Still, the guacamole was very fresh, and the addition of garbanzo beans to the typical blend of avocado, chipotle, tomato, cilantro and queso made for a nice touch. Those who are gluten-free can substitute the tortilla chips (made from flour tortillas) for a side of corn tortillas at an additional charge.



The Black Ant Guacamole

My advice to chef at The Black Ant, because he is most definitely reading this, echoes the advice I would give a close friend. That is: 1) Don't be afraid to be different. 2) Trust your instincts. 3) Drop everything and see *Chef*. 4) A few bugs never killed nobody (that last one is probably not true).

In all seriousness, there are too many truly adventurous restaurants in New York City, and the East Village alone, to waste your time and money on The Black Ant. Better off getting your bugs the old-fashioned way. If you are a young professional looking for margaritas and guacamole with a twist, however, I think I have found your new favorite place.

The Black Ant

Address: 60 2nd Avenue (between 3rd and 4th St.)

Phone: 2212-598-0300

Website: <http://theblackantnyc.com/>

Notes: Sister restaurant of Ofrenda in the West Village; happy hour from 4-7 pm daily with \$8 plates and \$6 margaritas (plates not recommended); good guacamole; outdoor seating during warm weather months; lower your insect expectations; beware of young



Shout Out: Cherry Bombe Magazine

By Stephanie Lang

Calling all food-loving females. Our time is now, and Cherry Bombe Magazine has the pages to prove it. Cherry Bombe is a biannual publication all about women in the world of food. It was started by Kerry Diamond and Claudia Wu, who met while working at *Harper's Bazaar* magazine. Diamond is also the editor in chief of *Yahoo! Food* and is the co-owner of Brooklyn restaurants Nightingale 9, Wilma Jean, and Smith Canteen. Wu is the founder of Orphan, a graphic design firm, and *Me*, and indie magazine.

Cherry Bombe recently debuted its fourth issue with chef Kristen Kish (she was also the second woman to win title of *Top Chef* in the Bravo show's 11 seasons) on the cover. Past cover girls include author and former food critic Ruth Reichl, Erin McKenna of BabyCakes bakery and model Karlie Kloss. Each issue is splattered with drool-worthy photographs, design and text.

The publication spans everything food and female—from film to fashion and chocolate to vegetables, from ladies who run fire pits and make their own knives to scientists studying safe foods for astronauts. The noteworthy column, *Chef to Chef*, appears in each issue and features two female chefs who interview each other and respond

“Cherry Bombe is a beautifully designed biannual magazine that celebrates women and food — those who grow it, make it, serve it, style it, enjoy it and everything in between. It is about sustenance and style and things that nourish the mind, the eye and, of course, the stomach.”

in their own hand writing.

Laurie David, executive producer of the documentary, *Fed Up* wrote a piece in issue 3 about why America needs to reclaim mealtime and start cooking. Issue 4 highlights the Edible Schoolyard program and the importance of teaching children to garden and cook at school. Looking for a healthy bite in the concrete jungle? Check out featured Manhattan

restaurant, Dimes, whose owners want to redefine New York's version of healthful eating. While health and nutrition are obvious hot topics in the publication, there has yet to be a piece written by or about a food-loving female registered dietitian.

In March 2014, Cherry Bombe hosted the now annual Jubilee, an all day conference and celebration of women in the world of food. Hundreds of attendees, myself included, gathered at the High Line Hotel for a day of speakers, panelists and inspiration. Brushing shoulders with Marion Nestle, Ruth Reichl and Alice Waters in the hallways was only half the fun. Every woman around me seemed familiar and totally cool. Other highlights: striking up a conversation with the lovely Taylor Cocalis of gastro-job search tool, *Good Food Jobs*.

Naturally, the Jubilee allotted multiple breaks for food—breakfast, lunch, snacks and more snacks, featuring food, drink and treats from New York City hot spots (most of them started and run by females).

Cherry Bombe entices readers to carve out their own paths in the food world. Who knows, maybe some day I will write for Cherry Bombe as the pastry cook-registered dietitian-food blogger-newsletter editor that I am! Until then, you can find me eagerly awaiting the 2015 Jubilee, and sporting my Cherry Bombe tote around town.

Cherry Bombe Magazine

What? A magazine celebrating women and food

When? Twice yearly

Who? Founders Kerry Diamond and Claudia Wu

Website: cherrybombe.com

Listen: Tune into Radio Cherry Bombe with host Julia Turshen, Mondays on Heritage Radio Network

Save the Date: Cherry Bombe Jubilee Conference will be held in Spring 2015



Every New Year's Day before dawn, my great-grandmother would begin making so many batches of homemade ravioli that her bedroom became an extension of her kitchen; ravioli would line her bed from end to end. She was born and raised in Trapani, Italy, and after immigrating to Williamsburg, Brooklyn, she would continue to keep her family traditions alive. Making ravioli involved rolling out long sheets of dough across her kitchen table. She would dot the sheet with spoonfuls of ricotta cheese filling. Using a fluted pastry cutter, she would then cut her ravioli into squares.

My mom has fond memories of New Year's Day dinners. The ravioli was accompanied by various cuts of meat and meatballs and topped with meat sauce. Everything was hand-made, even the sauce was made using jarred tomatoes from her grandmother's summer garden.



Times were different three generations ago, when scratch-cooking seemed to be the only option. My grandmother carried on her mother's legacy, modified, to accommodate modern day living. While we still had homemade sauce and meatballs every New Year's Day, she bought fresh pasta ravioli from her local Italian deli. The two p.m. Italian dinner carried on but was now altered by American culture, including ready-made, time-saving foods.

My mother followed in her mother's footsteps. As a kid, I remember shopping at the Italian deli in Howard Beach and loading up with bags of Italian delicacies to bring to my grandma's house in Rockaway, Queens. As my

grandma cooked New Year's dinner, my brothers and I would fill up on antipasto, including olives and bread. I still remember the aroma of simmering tomatoes permeating throughout the house.

My brothers and I are the next generation and we continue to keep the traditions alive. This past New Year's Eve, my brother, Brian and I set out to make homemade ravioli with a twist, using local emmer-wheat flour and a squash filling (check out the recipe on the next page)! We bought the emmer-wheat flour from a farmer in upstate New York and the squash from John

D. Madura Farms of Orange County, New York. The emmer-wheat dough was tougher than semolina, but after a lot of kneading, it made for a delicious ravioli. I'm lucky that I'm part of a family of avid cooks who find it fun to sit in the kitchen for hours concocting new dishes which blend with old family traditions. The

stories of my great-grandmother make me feel as if I know her and I am inspired by her cooking. As I ran the dough through our pasta machine, I couldn't help but remember the stories of the long pasta sheets that covered her kitchen table. Brian and I decided to ditch the machine and pull out a rolling pin, just as my great-grandmother did. Instead of the traditional ricotta cheese filling, we made a butterkin squash and walnut filling. The result was delicious.

As the winter cold sets in, I think back to the fun I had cooking this past holiday season and look forward to continuing the family tradition next year. What is your family tradition in the kitchen?

*Don't have fancy kitchen gadgets? No problem! You can make ravioli with a rolling pin.
Don't have a rolling pin? Use a wine bottle! Enjoy.*



Serving size: 5 servings (Makes about 30 ravioli)

****Note:** If you make the recipe with white flour you will be able to roll it thinner and will have enough dough for about 50 ravioli, but the filling will need to be doubled!

For the dough:

- 2 ¼ cups local emmer whole wheat flour (whole wheat pastry flour or white flour can also be used)
- 2 large eggs plus 1 egg for egg wash
- ½ teaspoon salt
- 1 tablespoon olive oil
- ¼ cup water or more as needed

For the filling:

- 1 lb. butterkin squash or any winter squash, chopped, peeled and seeded (about 2 ½ cup after prepped)
- 4 cloves garlic
- 1 cup celeriac, peeled and chopped
- 2 tablespoons grapeseed oil
- ¼ teaspoon salt
- ½ cup walnuts
- Optional: Romano cheese

1. Place squash, garlic and celeriac in a roasting pan and drizzle with oil and salt. Roast in the oven at 400 degrees for 45 minutes.
2. Meanwhile, make a mound of flour on a large cutting board. Make a well in the middle of the flour and add the eggs and oil in the center. Using a fork, beat together slowly incorporating the flour from the inner rim of the well. Add the salt and water, incorporating more flour from the inner rim of the well.

3. Once most of the flour is combined, bring the dough together using your hands. Add more water if it feels dry.
4. Knead the dough with both hands for up to 10 minutes, adding more flour if needed. Cover the dough, and allow it to rest for 30 minutes at room temperature.
5. Using a blender or food processor, puree the roasted vegetables and walnuts. Set aside.
6. Roll out the dough, until ideal thickness (I aim for about 1-mm thick with white flour, but it is hard to get the whole wheat as thin).
7. Using half of the dough, place 1 teaspoon of the squash mixture in orderly lines, leaving about 1/2-inch between each teaspoon.
8. Beat an egg to make an egg wash and brush between the mounds of squash filling and around the outside of the sheet.
9. Once half of the dough is filled, carefully lift the other half of dough and cover the rows of filling.
10. Use your fingers to press down between the rows where the egg wash was placed and press the dough together.
11. Using a knife, cut the ravioli along the lines that were pressed.
12. Cook the ravioli in salted water for 5-7 minutes.

Optional sauce:

- ⅓ cup rose wine or dry white wine
- ½ cup white onion, diced
- 1 tablespoon white wine vinegar
- 3 tablespoons butter, cubed
- 1 teaspoon chopped fresh thyme

Combine wine, onions, and vinegar in a saucepan; bring to a boil. Cook 5 minutes or until liquid is reduced. Turn heat down to low. Add butter cubes, 1 at a time, whisking after each addition until butter is fully incorporated. Stir in thyme. Enjoy!



MASON JAR SALAD: PACKED LUNCH MIRACLE OR MISTAKE?

By Natalie Rizzo

Have you heard of the new trend of layering a salad in a Mason Jar? The claim is that it is an easy way to pack a salad that will not get soggy. I bring my lunch to work most days in an attempt to save money, control my portions and eat healthy. The only issue with bringing my lunch is packing something that will taste good at lunchtime even though it was made the night before. Salads usually don't fit that criteria. Dressing the salad ahead of time leads to soggy ingredients. Dressing it at work means carrying the dressing in an extra container that often leaks. I almost ruled out bringing salads for lunch until I read about Mason Jar Salads. I decided to give this technique a try.

Once all the ingredients are washed and chopped, throwing this type of salad together can take less than 5 minutes. Below are my detailed instructions on how to construct a Mason Jar salad. Continue reading to see my verdict on this lunch: was it a miracle or mistake?



Mason Jar Salad

Balsamic Vinaigrette

Chickpeas

Chopped Carrots

Chopped Apples

Feta Cheese

Chopped Red Cabbage

Red Leaf Lettuce, Washed

Chopped Walnuts

1) Coat the bottom of the Mason Jar with dressing.

2) Layer the ingredients from hardest (usually beans) at the bottom to least hard (lettuce) at the top. My order (bottom to top): dressing, chickpeas, carrots, apples, feta, cabbage, lettuce, walnuts.

*I didn't put the cheese next to the lettuce because I thought the moisture of the cheese would make the lettuce soggy. I also didn't put the nuts on the bottom because I didn't want them to get soft from the dressing.

3) Store the jar in the fridge until ready to eat.

4) When ready for lunch, shake up the Mason Jar until the ingredients are mixed and coated with dressing. Eat in a bowl or on a plate, as pictured below.

My verdict: This was one of the BEST packed lunches I have ever brought to work. I was able to add a variety of ingredients and nothing got soggy. I thought the chickpeas might get mushy because they were sitting in dressing, but they tasted perfect. Everything was coated evenly with dressing after shaking up the jar. I tried to eat the salad directly out of the Mason Jar only to find it was impossible to get a mixture of ingredients in one forkful, so I poured the salad on a plate, mixed up the ingredients, and enjoyed my lunch that way. I will definitely be making this again with a variety of ingredients.

Catch more of Natalie's recipes and nutrition tips on her blog, nutritionalanatalie.com.

RECIPE CORNER

Minestrone is a quick, easy soup that I love to make on a cold day. Add Parmesan cheese to the top of your prepared soup for a delicious meal!

- Emily

Gluten-free Minestrone Soup

Makes 6 Servings

1/4 cup olive oil
1 small onion, coarsely chopped
4 pounds (6 cups) washed and cut kale
1 cup zucchini, chopped
1 cup cauliflower, chopped
1 cup broccoli, chopped
1 cup green beans (fresh or frozen), chopped
1-14 1/2 oz can petite diced tomatoes in juice
5 1/4 cups reduced-sodium chicken or vegetable broth
2 cups water
1 cup gluten-free macaroni
1-19 oz can cannellini beans, rinsed and drained
3/4 teaspoon salt
1/2 teaspoon black pepper

Recipe by **Emily Ellis**

1. Add olive oil to a large pot. Brown the onions. Add the kale and sauté. Add the chopped zucchini, cauliflower, broccoli and green beans.
2. Add the tomatoes in juice, broth and water and bring to a boil.
3. Add the macaroni and simmer the soup for about 10 to 15 minutes. Add the beans and simmer for another 3 to 5 minutes. Add salt and pepper as desired.

Scenes from the Fall Semester

