

FALL
2014

THE GRAPEVINE

Teachers College, Columbia University

THE GRAPEVINE

PROGRAM IN NUTRITION

FALL 2014

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Reflections on The People's Climate March

by Jen Cadenhead

On September 21, 2014, people from all over the world gathered in the largest climate action march in history: The People's Climate March in New York City. Organized by Bill McKibben with 350.org and others, the March was timed in conjunction with over 2,600 other marches and events in over 160 countries to motivate leaders at the UN Climate Summit, which happened just two days later, also in NYC, to begin discussions to end the climate crisis. Marchers hoped to raise awareness about and limit the rise in global temperatures to less than two degrees Celsius, the estimated point of catastrophic consequences. Global leaders will

meet again in Lima, Peru in December 2014 to begin formulating legally binding policy at the UN Climate Change Conference, which hopefully will be signed by treaty in Paris, France in December 2015.

Pam Koch, Ed. D., Executive Director of the Teachers College (TC) Laurie M. Tisch Center For Food, Education & Policy enthusiastically encouraged members of the TC nutrition community to join the more than 400,000 participants that Sunday morning at 72nd street and Central Park West, where the Food Justice contingent of the "We Have Solutions" section convened before the start of the March. At the TC

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LETTER FROM THE EDITOR

Dear Students, Faculty, Alumni, and Staff,

The Fall 2014 Grapevine newsletter delves right into the roots of the food and nutrition world, from gardening and composting to climate change and food trends.

Jen Cadenhead kicks off this issue with her reflections on The People's Climate March, which was well attended by Teachers College (TC) students, among over 400,000 others. Katie Leonard provides a quick update on the TC garden, while Sandeep Dhillon takes us into the Earth Friends Room to discuss her vermicomposting experiments. On a smaller scale, Tiffany Chag gives us a peak into her apartment gardening.

In this issue, Katrina Trisko discusses the Academy of Nutrition and Dietetics' Stone Soup Bloggers, and I reflect on my experience at a benefit dinner for Slow Food NYC. Jacki Zuckerberg and Ian Ang take us into the world of food trends, highlighting their experiences with kombucha and the pumpkin spice latte. Plus, Jessica Laifer reviews the Lower East Side's coolest coffee bar and luncheonette, El Rey.

New to this issue is our "Listen Up" section, which features some food and nutrition related podcasts and radio programs.

We warmly welcome some of the new students who began the Program in Nutrition this fall. The New Student Notes give everyone a glimpse of our nutrition backgrounds, interests and future pursuits.

Current dietetic intern, Natalie Rizzo, explains the application process for the dietetic internship and provides us with a look into her experience. Don't miss Tyffanie Ammeter's Q&A with nutrition entrepreneur, Melissa Halas-Liang.

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

[Facebook.com/TheGrapevineTeachersCollege](https://www.facebook.com/TheGrapevineTeachersCollege)

Enjoy the issue!

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Fresh off the Vine: Events & Announcements

- The next NYCEN event will be held on Friday, November 7 at Teachers College and is titled, “The Socio-Ecological Model: Bridge to Behavior Change.” Presenters include Isobel Contento, PhD, and Tisa Fontaine Hill, MPH. Presenters will engage participants in a hands-on exercise about community mapping of partnerships to help assess how to best utilize partners to create behavior change in our own communities. RSVP to nycnenadmin@gmail.com.
- The Fall 2014 Movie Night Gathering for the Program in Nutrition will be held on Friday, November 7 from 6:30pm to 9:30pm at Dr. Wolf’s house. Join for dinner, drinks, mingling, and a screening of “Fed Up.” Any questions, email healthnutsevents@gmail.com
- Save the date - **Nov 17** - for a screening of “**Cultivation**,” a documentary film by Gioacchino Taliercio, master’s student and dietetic intern at Teachers College. The film features the ground-breaking work of Joan Dye Gussow, EdD, Mary Swartz Rose Professor Emeritus of Nutrition and Education at Teachers College. Gussow has been teaching the life-transformative course, “Nutritional Ecology,” since 1970. With this course, Gussow pioneered a way to teach generations of nutrition students broad systems-level thinking connecting human and ecological health. “Cultivation” captures the essence of Gussow’s teaching and celebrates her continued influence.

*The screening will be held at Teachers College at 6:00pm. To register, go to:
tccultivationfilm.eventbrite.com.*

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. Special thanks to doctoral student, Matthew Graziose, who helped me compile a list of specific episodes from podcasts that are worth a listen. Subscribe to the shows or download the episodes, and tune in.

~Stephanie Lang, Editor

Specific Programs:

- **WNYC’s Leonard Lopate “Food Fridays”** (93.9FM or AM 820); airs Fridays at noon: “[we] look at food through a variety of lenses—culinary, social, cultural, political, and talk to chefs, restaurant critics, food writers.” <http://www.wnyc.org/shows/lopate/series/food-fridays/>
- **Heritage Radio Network:** “committed to archiving, protecting, and advancing our country’s rich food culture through programs that give voice to America’s leading food professionals, farmers, policy experts, artists, and tastemakers.” <http://www.heritageradionetwork.com/>
- **Food Sleuth Radio:** “Join Melinda Hemmelgarn, a registered dietitian and investigative nutritionist, for 28-minute, weekly interviews with national experts in food, health and agriculture.” <http://www.prx.org/series/32432-food-sleuth-radio>
- **NPR Food:** “Recipes, interviews and the story behind your favorite foods from Morning Edition, All Things Considered and other award-winning NPR programs.” http://www.npr.org/rss/podcast/podcast_detail.php?siteId=4985908

Specific Episodes:

- Heritage Radio Network & Kim Kessler (Producer). **Eating Matters:** Episode 3: Joan Gussow: Food, Sustainability, and the Climate [audio podcast]. <http://www.heritageradionetwork.com/episodes/6841-Eating-Matters-Episode-3-Joan-Gussow-Food-Sustainability-and-the-Climate>
- Chicago Public Media & Ira Glass (Producer). **This American Life:** 518: Except For That One Thing. Act Two: Hungry, Hungry, People [audio podcast]. <http://www.thisamericanlife.org/radio-archives/episode/518/transcript>
- Stephen J. Dubner (Producer). **Freakonomics:** There’s no such thing as a free appetizer [audio podcast]. <http://freakonomics.com/2014/06/19/theres-no-such-thing-as-a-free-appetizer-a-new-freakonomics-radio-podcast/>
- Unknown (Producer). **Planet Money:** Episode 554: How The Burrito Became A Sandwich [audio podcast]. <http://www.npr.org/blogs/money/2014/07/18/332612643/episode-554-how-the-burrito-became-a-sandwich>
- Unknown (Producer). **Planet Money:** Episode 555: Why is milk in the back of the store? [audio podcast]. <http://www.npr.org/blogs/money/2014/07/23/334076398/episode-555-why-is-the-milk-in-the-back-of-the-store>

(Reflections on The People's Climate March, cont'd)

Nutrition Program orientation on September 2, Pam asked, "How many of you have heard of the People's Climate March?" Not many raised their hands that first day. However, over the next two weeks, she convinced many to come out and join.

Crowds of people funneled into the March from side streets, from 59th Street and northwards. As a result, two hours after the official start of the March, the Food Justice group finally got moving. Even with the delay, there was no lack of enthusiasm. The contingent was an especially diverse and passionate group. At the start of the block, participants held a large orange banner and parachute entitled "We Have Solutions" as the group flowed onto the March route.

Pam noted, "[It] has been so uplifting to me to see how many people from all of my various circles – my son's schools, my church, friends in my building who were all at the March. I think it truly was the People's March."

Marchers organized a collective moment of silence at 1pm, followed by an uproar of cheering and chanting to remember the first victims of climate change: those whose homes have already been swallowed by the rising ocean waters, devastated by storms, glacial melt, or changing weather patterns. Both the silence and the uproar touched many.

The signs that people held as they marched really carried the day. Many in the group held up signs in support of Food Justice, and used wooden spoons to bang on pots and pans throughout the day. There were children, one of whom held a sign saying, "I want a great sledding season." Another marcher carried a sign of a talking beet that said, "Frack is Whack." People paraded with elaborate floats in other parts of the March.

Joan Gussow, EdD, Mary Swartz Rose Professor Emeritus of Nutrition and Education at TC, watched from home. She advised students, "There's an important lesson in depending on very distant places [for your food]. Learn to eat a more seasonal diet... Maybe we cannot get all of our meat from New York, but we can become much more local-reliant and more seasonal than we are. About 90 percent of our produce comes from Southern California... [but] they are running out of water[!]... Keep in mind the larger picture of where food comes from and what processing does to them to the extent possible... Everything is shouting false information. You need to be able to sort through it."

Joan's group, Just Food (www.justfood.org), works towards connecting New Yorkers with fresh, locally grown foods.

Pam also added, "Our food system is causing climate change and climate change will have severe impacts on our ability to produce food. Also, the food system is part of the solution. As found by the Rodale Institute report, if sustainable agricultural practices were used around the world, we would absorb more carbon than we put out, helping us to reduce and even reverse climate change."

Afterwards, in Nutritional Ecology, a course that Joan and Pam co-teach at TC on understanding the food system and its players, students commented on the March. Many expressed a sense of excitement about joining the March. However, some were concerned that after the excitement of the March died down, the topic would not receive the attention it deserved. They noted that life continued as normal just blocks away from the March; the Columbus Avenue Street Fair was packed and there were people in high consumption mode on Fifth Avenue as they lined up for the latest iPhone. However, after the March, the Rockefeller Foundation made an announcement stating that they were joining the divestment movement moving their \$860 million out of investments of fossil fuels into clean energy alternatives, as 180 other funds have done with \$1.5 billion already. Some noted that at the UN Summit, numerous speeches, like that of President Obama's, alluded to the March.

The organizers of the March also encouraged people to continue to get involved with local groups through their *Stay Involved* section of their website, Peoplesclimate.org. Ten years ago, this March may not have been possible. However, with 400,000 showing up for one march, it is clear that the movement is gaining momentum, it is here to stay and that individual actions can make a difference.

Jen Cadenhead is a first year TC Masters in Nutrition and Public Policy student. She marched at the People's Climate March with her fourteen year old daughter and eleven year old son. Jen hand-screened custom "Justice" t-shirts for her group on the evening before the March.

ON THE DIETETIC INTERNSHIP FRONT

By *Natalie Rizzo*

When I quit my job and went back to school to study nutrition, I knew that all of my schooling was leading up to the dietetic internship (DI). To become a registered dietitian, a DI is mandatory. Good grades and experience in the field are necessary for acceptance into a DI, and with an acceptance rate of 50 percent, getting into the internship was something that always worried me.

When it came time to apply, I wondered if I had done enough to stand out as a competitive candidate, but my biggest concern eventually became *where* to apply. As a Teachers College student, the obvious choice was to rank the TC DI as my first choice, but I also wanted to weigh all my options.

The great thing about the nutrition field is the abundance of topics to study and careers to pursue. I encourage prospective interns to note the topics in nutrition that interest

them before choosing potential DIs. It might be sports nutrition, ecology, public health, medical nutrition, education, or something else!

I love sports nutrition and hope to work with athletes or physically active individuals, and I would also like to start my own business one day. My research of DIs turned up very few that focused on sports nutrition. I ultimately decided to expand my search to more diverse DIs, where I could gain more experience with one-on-one counseling or in a small business setting. For this reason, my list of potential DIs were all community or education based.

For anyone who loves clinical nutrition, I did find many internships that are based in a hospital for the entire internship. But, in the end, I thought that TC's internship was the best fit for me. I ranked it first and, happily, was accepted.

My first five-week rotation was in Community Nutrition at the NYC Department of Health and Mental Hygiene (DOHMH). I learned about different nutrition education programs like Stellar Farmers Market, Eat Well Play Hard, Come See What's Cooking Kids, and Farm to Preschool. I was also able to brush up on my writing and cooking skills by creating an e-newsletter for the NYC DOHMH listserv featuring my own articles and recipes.

My next two sites will be with La Palestra, a preventative medicine exercise facility, and with a WIC clinic at the William F. Ryan Community Health Center. I am excited to work with physically active individuals at La Palestra, and to fine-tune my counseling skills and learn about the needs of pregnant women and infants at the Ryan Center—all skills I had hoped my internship would include!

A Message From NYCNEN:

New York City Nutrition Education Network, often referred to as NYCNEN, 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.

NYCNEN 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.nycnen.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 #NYCNEN out on Facebook, Twitter, and LinkedIn to keep you connected.

The next NYCNEN event is titled, "The Socio-Ecological Model: Bridge to Behavior Change" and will be held on November 7 at Teachers College. Stay tuned for updates.



-*Tiffany Chag, NYCNEN Social Media Coordinator*

New Student Notes

On behalf of The Grapevine and The Program in Nutrition, we would like to extend a warm welcome to the new students who began the program in the Fall 2014 semester...

Peter Agovino: From Irvington, NY, Peter attended Johnson & Wales University in Providence, RI, where he obtained a degree in Culinary Arts & Nutrition. He is currently enrolled in the Nutrition and Exercise Physiology program at TC. Peter has been a mountain biking (XC) high school cycling coach for students in his hometown for the past year, and will continue to coach while at TC.

Chelsea Amengual: From Westchester, NY, Chelsea attended Boston College, where she obtained her undergraduate degree in Theatre and Communications. She is currently enrolled in the Nutrition and Exercise Physiology program at TC. Chelsea has been working as a fitness instructor for the past four years.

Peter Adintori: From Monroe, CT, Peter attended the University of Connecticut, where he obtained his undergraduate degree in Exercise Science. He is currently enrolled in the Nutrition and Exercise Physiology Program at TC. Peter is interested in student athlete rehabilitation, nutrition, and exercise education. After becoming a registered dietitian, Peter plans to pursue medical school.

Kelli Baker: From Glendora, CA, Kelli attended the University of California, Los Angeles, where she obtained her undergraduate degree in World Arts and Cultures. She is currently enrolled in the Nutrition and Exercise Physiology program at TC. Kelli is interested in combining the modalities of nutrition, exercise, and massage to optimize sports performance.

Christina Butigian: From Malverne, NY, Christina attended Adelphi University Honor's College, where she obtained her undergraduate degree in International Studies and Political Science. She is currently enrolled in the Nutrition Education program at TC, and is interested in private practice nutrition and holistic preventative medicine.

Jen Cadenhead: From Dobbs Ferry, NY, Jen attended Duke University, where she obtained her undergraduate degree in Math and Sociology. She is currently enrolled in the Nutrition and Public Health program at TC. Jen is interested in nutrition and the microbiome, and in policy around protecting healthy bacteria. She lives with her husband (a nationally ranked age-group triathlete), her niece, son, daughter, and dog *and* cat.

Erica Fand: From New York, NY, Erica attended Syracuse University, where she obtained her undergraduate degree in Marketing and Entrepreneurship. She is currently enrolled in the Nutrition Education program at TC, and is interested in working with children with gastrointestinal issues.

Erin Gilfillan: From Morristown, NJ, Erin attended Providence College, where she obtained her undergraduate degree in Biochemistry. She is currently enrolled in the Nutrition Education program at TC, and is interested in learning more about oncology nutrition.

Pamela Gorsky: From New York, NY, Pamela attended St. John's University, where she obtained her undergraduate degree in biology. She is currently enrolled in the Nutrition and Exercise Physiology Program. Pamela's future interests include working with athletes, police, and military personnel to incorporate more nutrition into their lives to fuel their bodies more efficiently for their physically taxing and demanding jobs.

Rebecca Guenoun: From New York, NY, Rebecca attended Vassar College, where she obtained her undergraduate degree in Science, Technology, and Society. She is currently enrolled in the Nutrition Education program at TC.

Claire Haft: From Malibu, CA, Claire attended George Washington University, where she obtained her undergraduate degree in Exercise Science with a Pre-Dietetics Concentration. She is currently enrolled in the Nutrition and Exercise Physiology program at TC, and is interested in sports dietetics and weight management.

Ryan Hand: From Far Hills, NJ, Ryan attended Cornell University, where she obtained her undergraduate degree in Biology and Society. She is currently enrolled in the Nutrition Education program at TC. Ryan is interested in global health issues, and hopes to get her PhD one day.

New Student Notes

Alison (Ali) Hard: From Avon, Connecticut, Ali attended Columbia College, where she obtained her undergraduate degree in French and Francophone Studies. She is currently enrolled in the Nutrition and Public Health program at TC. Ali is interested in nutritional epidemiology and public health policy, particularly how policies impact the food environment.

Jenna Koroly: From Westchester, NY, Jenna attended New York University, where she obtained her undergraduate degree in Psychology with a minor in Spanish. She is currently enrolled in the Nutrition and Exercise Physiology program at TC. Jenna is a spinning instructor, she plays the ukulele, and her professional interests include counseling individuals and working for a company such as KIND, Clif, or Kashi.

Erin Kratzer: From Cincinnati, OH, Erin went to Ohio State University, where she obtained her undergraduate degree in Nutrition. She is currently enrolled in the Nutrition and Exercise Physiology program at TC. Erin is interested in sports and collegiate sports nutrition, and nutrition education. Erin also loves to cook and host dinner parties!

Cameron McDonald: From Charlotte, NC, Cameron attended Colgate University, where he obtained his undergraduate degree in Biology. He is currently enrolled in the Nutrition and Exercise Physiology program at TC. Cameron is interested in working with universities or professional teams as a sports dietitian. He is also interested in working with healthcare facilities to help people change behaviors to prevent diseases and health complications.

Brittany Modell: From New York NY, Brittany graduated from Lehigh University, where she obtained a B.A. in Sociology. She is currently enrolled in the Nutrition Education program at TC.

Bianca Passos: Bianca was born in Brazil and lived there until age eight, when she moved to Delray Beach, Florida until college. She attended Barnard College, where she obtained her undergraduate degree in American Studies and received an Elementary Education Certification. She is currently enrolled in the Nutrition Education program at TC, and is interested in nutrition counseling, diabetes, weight loss, and working with children.

Talia Seltzer: From New York, NY, Talia attended Queens College, where she obtained her undergraduate degree in Psychology. She is currently enrolled in the Nutrition Education program at TC.

Anjuman Shah: From Torrance, CA, Anjuman attended the University of California, Los Angeles, where she obtained her undergraduate degree in Psychology with a minor in Education. She is currently enrolled in the Nutrition Education program at TC. Anjuman is interested in developing and implementing healthy education programs in public schools. She has volunteered and worked with organizations like Peer Health Exchange, UCLA University camps, and T.E.A.C.H., a community health and education program at UCLA.

Blair Silverman: From New York, NY, Blair attended Hunter College, where she obtained her undergraduate degree in Theatre. She is currently enrolled in the Nutrition Education program at TC, and she is interested in learning more about nutrition counseling.

Lela Swartz: From Montgomery, NJ, Lela attended Lafayette College, where she received her undergraduate degree in Biology. She is currently enrolled in the Nutrition Education program at TC, and is interested in clinical nutrition.

Yang Tao: From China, Yang Tao attended Sun Yatsen University in Guangzhou, China, where she received her undergraduate degree in medicine. She is currently enrolled in the Nutrition and Public Health program at TC, and is interested in nutrition consulting and nutrition-related NGO projects.

Zhilan Zeng: From China, Zhilan attended Fudan University in Shanghai, China, where she received her undergraduate degree in Pharmaceutical Sciences. She is currently enrolled in the Nutrition and Exercise Physiology program at TC. Zhilan is interested in learning more about sports nutrition and the impact of food companies on nutrition.



INTERVIEW WITH NUTRITION ENTREPRENEUR MELISSA HALAS-LIANG

by Tyffanie Ammeter

Melissa Halas-Liang, MA, RD, CDE is the nutrition entrepreneur behind SuperKids Nutrition Inc. & Melissa's Healthy Living. She is also a preceptor for dietetic interns and has over 10 years of clinical experience. After working with Melissa this summer on a mini-internship, I thought it would be interesting to hear more about her career, as hers is one example of the variety of opportunities available to RDs!

-Tyffanie

TA: Did you always want to be a nutrition entrepreneur or were you interested in other fields of nutrition?

MLH: After my dietetic internship, I worked in nutrition support in critical care and provided continuing education on electrolyte management for 10 years. I loved teaching physicians, pharmacists, and dietitians about insulin and electrolyte management in nutrition support. Later, I specialized in diabetes and earned my CDE. I also created NICU and outpatient oncology positions, implemented hospital wide blood pressure and blood glucose screening, and created a weight management healthy lifestyle program.

After having a child, I discovered a pertinent, unaddressed need among the maternal and pediatric community, had a creative idea on how to approach it, and felt like I was on a mission to solve it! I wanted to inspire moms and teachers to feed their kids correctly right from the start of life. My knowledge from teaching functional foods led me to create the Super Crew, which are now part of a CDC.gov funded grant.

TA: Any advice for students just entering their Dietetic Internship?

MLH: My take away from my dietetic internship is, go for the gold! I volunteered for extra projects during my internship that were not required. I took the initiative to problem solve and when I saw a need, I filled it. My other advice is to write for websites and invest the time into developing your voice and expertise!

TA: What aspects of being an entrepreneur do you enjoy most? Which aspects are most challenging?

MLH: I love motivating people and I enjoy being creative and naturally embrace change—so being an entrepreneur works with my personality. I get to help create healthier kids, families, and communities, which is very rewarding. I work with

amazingly generous and kind people. I get to be creative and no two days are alike, which is why I love my job. I also get to use skills that I've acquired through different jobs along the way, like applying for grants, technical writing, and balancing budgets.

Starting a business is full of challenges. One of the most difficult tasks is to get everything done on your long to-do-list according to your timeline and business plan. There are always unexpected costs, new projects required to get from point A to point B, tedious spread sheets, organization projects, and the list goes on.

TA: Do you have any advice for RDs-to-be that may want to start their own businesses once they have the RD credential?

MLH: Follow your passion and pursue it with integrity and enthusiasm. Volunteer strategically for experience or help others with similar pursuits while you're starting out. Commit yourself because you love it and you'll be surprised by how much you learn and grow. Always remember to never give up after disappointment, because the right doors will inevitably open.

STONE SOUP BLOGGERS: *By Katrina Trisko*
DEVELOPING NUTRITION-RELATED CONVERSATION FROM AROUND
THE WORLD

As future dietitians, we have the privilege of being on the front lines of getting the word out to the general public about the myths and truths of healthy eating.

These days, nutrition education is commonly conducted online. In a recent survey of over 1,000 individuals in cities around the U.S., 89% reported that they go online for recipes and 36% reported themselves as food blog readers. Additionally, over 70% of the survey population said that they trust the information they get from online recipe sites and blogs.

The online forum for food seems to be making waves when it comes to reaching the general public. And the Academy of Nutrition and Dietetics (AND) is certainly making an effort at becoming part of this online forum with their own Stone Soup blog.

A blog that I have come to frequent as of late, Stone Soup is a guest blog written by members of the Academy that includes educational articles as well as recipes. The blog is fairly new, around only since October 2012. All of the posts are archived, and very easy to locate. Published articles have touched on a wide variety of topics such as allergies, food production, sustainability, and weight loss.

My favorite part? Guest bloggers are required to pledge that they will not write on topics, companies, or trade organizations that they represent, or have represented at any time. Unlike the Food and Nutrition magazine which includes advertisements,

Stone Soup is an entirely promotion and advertisement free media source.

In 2014, Stone Soup featured publications from over 70 individuals, including professionals, students, and dietetic interns.

Are you a member of the Academy of Nutrition and Dietetics and think you may also have something to contribute? Individuals who wish to be considered for publication must email stonesoup@eatright.org to apply. Though be advised that the topics and schedule are at the discretion of the editors. As advertised, “negativity need not apply – but everyone is welcome at our table.”

As a food forum blog that is supported and written entirely by RDs and members of the Academy, this should be one of the blogs that the 70% of online users claim they trust. Though Stone Soup is a small fish in a very large pond in the world of blogging, it certainly deserves its place in the RD and nutrition educator toolbox. Getting the word out and attracting readers from the general public should be the next step.



The blog can be found at
[www.foodandnutrition.org/
Stone-Soup/](http://www.foodandnutrition.org/Stone-Soup/).

Gardening for Dummies
—Part II
By Tiffany Chag

I'd love to report that after our inaugural gardening year in 2013, my partner and I really stepped it up and had a burgeoning season. But we didn't. We did, however, show improvement with a handful more veggies. Literally, one handful more. When I last wrote for The Grapevine, I was gloating over all the radishes and Mesclun we grew—enough for a single enjoyable salad the entire summer.

As the 2014 growing season slowly winds down and the air turns crisp, like the apples I'll be eating for the next 7 months, it's time to reflect on another year trying to grow absolutely anything in the window boxes that make up our garden on our 6x6 deck.

This year, to boost morale, we decided to add some colorful flowering plants, Marigolds and Jollies Nantes, plus a sweet smelling Gardenia in case our vegetable containers remained more brown than green. Needless to say, I'm glad we had those plants. The Gardenia really hit the ground running, blooming gorgeous white flowers that were so delightfully fragrant I couldn't help but shove my nose into the plant daily! The Jollie Nantes are a combination of vibrant pink and purple flowers that make you happy to see them each morning. I'm not sure how happy she is since she's only grown maybe one inch since we first bought her. The bright yellow marigolds have hung on, despite our ineptness. Some times they're full of yellow blossoms and others times there are no flowers or buds in sight. They're still alive, so it counts as a win.

Now onto the edible(ish) portion of the “garden.” After last year's one-salad success of Mesclun and radishes, I thought planting those would be a good place to start. I was wrong. This year, the Mesclun decided to go on sabbatical. The radishes, however, came out in full force. We must have grown nearly 30—at least a 500% increase! Confidence boosted...for a second. I tried spinach again. In spite of last year's failure, I wasn't ready to quit. Again, it didn't grow and yet, I know, I'll try again in 2015. We cheated a little this year and bought a 3-inch cherry tomato plant, as

opposed to starting it from seed. At first she remained pretty squat and sad. Then, current TC student, Katie Leonard, taught me about trimming suckers (branches that suck the energy away from the portion of the plant that needs it). Once I started cutting the suckers, the little plant grew to a whopping 20 inches and has churned out at least 40 teensy bright yellow tomatoes. When we have visitors, and when there are some tomatoes ready to be picked, we'll share—each person can get a single marble sized fruit.

We also expanded our herb garden to include dill, cilantro, and basil along with oregano. Ohh, herbs. So delightfully fragrant until you buzz-cut them. One night, my partner went out to cut some cilantro for a salad. The next morning when I saw the little plant, the stems were sticking straight up, naked. No leaves. In my infinite wisdom, I was sure this couldn't be right, so I trimmed them down to the soil line. I used the buzz-cut technique on the dill, too. I can comfortably say this is incorrect. Neither herb ever grew back. At least I had basil, which, thanks to some advice from former TC student, Erin Gordon, is now a small tree. Apparently, if you transplant the seedlings to only one per space the plant thrives. Of course, at the time, as Erin will attest to, I had a very hard time pulling them up (and therefore killing) half of what I'd grown just because they needed space—Sharing is Caring, right?! Wrong. You know who is right? Erin!

Another way to cheat is to go to an actual farm where you can pick what you want to eat. That's what we recently did, and then we spent a few weekends making and freezing tomato sauce and soup loaded with our own basil to enjoy in the winter months. Despite our abundance of errors and absence of vegetables, I still love every minute of urban gardening. The smell of herbs rubbed between by fingers makes me smile. When it rains, I'm happy. And when I can pull a teensy tomato from the plant and gobble it up, I'm thankful. I'm already looking forward and planning for next year—worm composting in 2015!

The Greening of TC Continues

by Katie Leonard

This summer, with the help of children from the Rita Gold Early Childhood Center at Teachers College, Nutrition students grew tomatoes, edamame, radishes, peppers, eggplant, carrots, herbs, chives, lettuces, and greens in the garden in Russell Courtyard. The Rita Gold kids also contributed beautiful hand-painted signs.



Children from the Rita Gold Early Childhood Center inspect the tomato plants. Photo by Carrie Russo

As things wind down for the fall and winter, we plan to experiment with a few cold-weather crops and will make plans to gear up again next spring.

In addition to the garden, there is a compost system, which includes vermicompost (using worms), a rain garden, and equipment for rain harvesting.

The garden is for everyone to enjoy, so please come visit the courtyard and take a look around.

These projects are part of a greater sustainability effort at Teachers College, which includes the newly organized Columbia University student organization,

SANE (Sustainable Agriculture Nutrition Educators).

If you have ideas for campus sustainability projects, get in touch with us and we can all work together.

To quote Teachers College Provost, Tom James, from his 2008



article, *The Greening of TC*, "In short, it's time for the greening of TC. Or rather, I should say it's time once again, since TC started as a place dedicated to healthy growth for all."

Let's grow food, community and sustainability together, in the garden at Teachers College!

To get involved, or to receive weekly garden updates, email greeningtc@gmail.com.



How to Compost Indoors--Using Worms!

by Sandeep Kaur Dhillon

During my first year at Teachers College, I had no idea that there were critters in the Earth Friends room that were slowly and loyally eating food scraps and transforming them into into nutrient-rich vermin-compost (aka. worm manure). To my surprise, vermicomposting (the process of using worms—usually red wigglers—to create compost) is mind-bogglingly simple.

If you're interested in reducing the amount of waste you create, and you want to learn to compost during the cold winter months, vermicompost is a cost-effective and easy way to compost indoors.

To begin with, you'll need a container, bedding, water, worms, and kitchen scraps (I don't recommend fats or animal proteins, as they'll attract rodents). To figure out how many worms you need, first figure out how much kitchen waste you/your family generate(s) in a day. Do this for a week, and average the total per day. Under the right conditions, worms eat about half their body weight in food per day, so if you generate about 1 pound of waste per day, you'll need about 2 pounds of worms. You can order composting worms online, from mail-order suppliers, or even from fishing shops.

Looking at containers, metals conduct heat and may release heavy metals into the compost, and wood may contain resinous oils that are harmful to worms. For these reasons, I recommend using plastic containers. To determine the size of the container, you will need one square foot of surface area per pound—so 2 pounds of worms would require 2 square feet. To

make things more manageable, it's also a good idea to consider having multiple smaller worm bins (for example, divide the 2 lbs. of worms into two bins). Worms require oxygen, so the bin will need holes regularly interspersed to ensure adequate ventilation. I also recommend adding holes to the bottom of the plastic container (and put the container onto a tray) to drain excess liquid that may accumulate as a result of the decaying foods (plastic, unlike wood, is non-absorbent). Your bin should be covered (with a lid/tarp/anything that won't let light in), since the worms, red wigglers specifically, don't like light.

For bedding, the easiest thing to use is shredded newspaper, computer paper, or corrugated cardboard (nothing glossy, though). Fill the bin about halfway with bedding, although you'll figure out what works for your bin over time, especially if the container smaller. The bedding should be moist, not damp (think of a properly squeezed sponge), and it needs to remain moist throughout the week. Once you have your bedding, scatter the worms over it, and you'll notice that they'll wriggle down into the bedding to get away from the light.

It's important to start feeding the worms slowly, since the bacteria that are crucial to helping the worms break down the food will take time to form. Start by spreading a thin layer of food across the top of the bedding (the worms will eat the bedding, too). The worms will come up to eat the food, but only if the container is covered (remember, they don't like light). Add kitchen scraps gradually over the span of days, eventually pulling the bedding back and putting the

scraps *under* at least an inch of bedding. After a few weeks, you'll have your bin up and running.

After 3 to 4 months, the castings will be ready to harvest, either via the dump-and-hand-sort method, the divide-and-dump method, or any variety of methodologies. The web offers excellent ideas for this fun activity. Nothing has been more satisfying for me than harvesting the compost created by the worms in the Earth Friends Room!

You can then use the compost by adding it to your potted plants, working it around the base of your garden plants, or even just mixing it into existing soil. If you don't have indoor plants or a garden, you can donate your compost to a friend, to plants outside your home or even on the sidewalk, or even to a local garden. Vermicomposting is an easy, fun, and a great conversation piece. I encourage you to stop by to Earth Friends Room (Horace Mann 50) to check out the worm bins there.

For troubleshooting your bins, getting more information on how to harvest the castings, or even just to learn more, check out the following resources I relied on heavily to learn about vermicomposting. I also visited a multitude of garden websites and blogs. Good luck, and have fun!

<http://lancaster.unl.edu/pest/resources/vermicompost107.shtml>

<http://cwmi.css.cornell.edu/vermicompost.htm>

<http://www.cityfarmer.org/wormharv8o.html>

Worms Eat My Garbage by Mary Appelhof

Slow Food NYC's Farm-to-Fork Benefit Dinner *By Stephanie Lang*

There was no shortage of whiskey at the second annual farm-to-fork benefit dinner for national non-profit, **Slow Food NYC**. The event was held on Wednesday, September 10 at Kings County Whiskey Distillery in the Brooklyn Navy Yard, and fittingly, the evening began with a tasting—moonshine, bourbon, and chocolate whiskey (moonshine infused with cacao bean husks from Williamsburg's Mast Brothers Chocolate)—made from corn and barley grown onsite.

Guests roamed the distillery's tasting room with more libations in hand from Sixpoint Brewery and Parker Red Wines, nibbling on salty boiled peanuts, salumi, and buttered radishes while music by local Brooklyn band, The Mayberries, filled the room.

The intimate crowd then gathered in the distillery's magnificent barrel room where Chef Ned Baldwin, along with Parker Red's culinary team, prepared and served a five-course dinner, with more wine and whiskey to pair. Baldwin, formerly of Manhattan's Prune restaurant and currently trying to find a home for his North Fork pop-up, Houseman's, created a menu that mixed the familiar with the unexpected:

❖ *To Start: Whelks and Trotters flamed with King's County Moonshine served warm with Green Tomatoes, Lemon and Fennel Blossoms; Charred Treviso, Anchovies, Lemon*

❖ *Moving Forward: Salad of Corn, Watercress and Peaches mixed Liver Mousse, Toasts, King's County Bourbon*

❖ *Digging In: Whole Roasted Carrots, Crumbs, Gremolata; Braised Collards with Mushrooms and Tomatoes; Slow Sticky Pork*

❖ *To Finish: King's County Chocolate Bourbon Bread Pudding*

Proceeds from the dinner will benefit Slow Food NYC's Annual Producer Summit, an event bringing together Slow Food's Snail of Approval and Producer Matrix communities. The event, held in early November at Hawthorne Valley Farm, is a gathering of chefs,

growers, buyers, and distributors focused on improving communication through the supply chain to improve the local food system. The mission of this year's Producer Summit is to present the best opportunities for local partnership at all scales. The day will culminate in the creation of an actionable strategy to strengthen and expand the supply chain of organic and sustainably-grown food to New York City restaurants.

Slow Food NYC awards The Snail of Approval to producers, purveyors and artisans who contribute to the Quality, Authenticity, and Sustainability of food and beverage in the City of New York. Their directory of restaurants makes it easy for locals and visitors alike to find some of the best and 'Slowest' offerings available in the city.

Slow Food NYC works hard to promote a food system that is "good, clean, and fair." The organization hosts a variety of food-related events throughout the year.

To stay updated on the latest news and events, visit slowfoodnyc.org.



Photographs courtesy of Parker Red Catering

RESTAURANT REVIEW:

El Rey Coffee Bar & Luncheonette

By Jessica Laifer

It's been written up by Gothamist. It's #3 on Grub Street's "101 Best Cheap Eats." The Times reviewed it thrice. But you're all wondering - what does The Grapevine have to say about El Rey Coffee Bar & Luncheonette? Well, the results are in and, surprise, we love it, too!

What's not to love? This place is a hit before even trying their fare. Located on what is arguably one of the city's most happening blocks, it is in good company with Mission Cantina, The Meatball Shop, and Stanton Social. For such a tiny space, it serves many purposes: it's part-coffee shop, part-bakery, part-craft beer and wine bar, and part-luncheonette, with Mexican and Middle Eastern influences, wrapped up in a casual, low-key, distinctly SoCal-style package. And, despite Patsy Cline wailing about heartbreak on the speakers, something about being here just makes you *happy*. There's white walls and counters, potted plants throughout, and plenty of natural light pouring through the big windows in front, which remain open on a beautiful day. A chalkboard outside advertises "Food, Coffee, Beer, Wine, Vibes," and it seems every cool person walking by is on their way here. The clientele are the artsy, creative type, chatting quietly over cortados at a countertop, or typing up their restaurant review for The Grapevine in the eleventh hour at a window seat.

They have all of the usual Counter Culture coffee offerings, plus special iced coffees and teas of the day. Like the Iced Mexican Mocha, which was recently touted in Time Out New York and it's a real treat, with cinnamon, chili, mint, Mexican chocolate, and sweet, condensed milk. They also have a solid selection of draft beer and wine, and a daily selection of three Aguas Frescas (\$3.50/\$4.00), making this a popular destination from morning to night.

Even now, at 11:00 am on a Monday, every seat is taken. But, then again, 11:00 am is a magical time at El Rey, for that is when it transforms from a (very good) coffee shop, which has become a dime a dozen on the Lower East Side, to a luncheonette. The BEST luncheonette. The kind of luncheonette your local five-and-dime would be proud to have. They serve a limited, ever-evolving menu of flavorful, healthy, and veggie-centric dishes at a reasonable price, as well as weekend specials, perfect for a low key Sunday brunch. Gerardo Gonzalez, co-owner and head chef, prepares everything in front of you, and he is easy on the eyes, to boot.

El Rey boasts several freshly-baked breads, in flavors like the Beet and Plum, Banana Sesame, and Sweet

Potato (\$3.50), a personal favorite with caramel and spiced Aleppo pecans, though you can't go wrong with any of them. For those with dietary restrictions, they offer a gluten-free brownie with smoked salt that rivals its gluten-full counterpart, and a spirulina bar, made with spirulina, coconut, dates and almonds, which is paleo, and everything else will pale-o in comparison to it. They offer various other diet-conscious treats on a rotating basis, like vegan Pineapple Curry Hand Pies and Buckwheat Oatmeal Cookies (\$2.50).

But the real fun begins when the clock strikes 11:00 am. The garlic-heavy chimichurri is to-die-for, and it is no coincidence that the two menu items which contain it - the Avocado "Del Sur" (\$4) and the Seasonal Falafel (\$8) - are house favorites. The former, a half an avocado, sliced and topped with pickled red onion, hickory smoked salt and that famous chimichurri, is perfect in its simplicity. The latter, containing no falafel, despite its name, consists of chickpeas, avocado, red cabbage, red watercress, and minted cauliflower, served with chimichurri and a fluffy, housemade pita with za'atar. The Jicama Salad (\$6/\$10), with cucumber, peanuts and a sour plum sauce, and the "Lost Bread" Egg Frittata (\$7), with shaved fennel salad and crushed avocado, were both very good, though not quite standouts like the other two dishes.

"Put an egg on it" will surely be your new mantra, after adding one of their fabulous beet-pickled eggs to any dish for \$2. Aside from said egg and the Frittata, other "breakfast-y" offerings are the Chia Seed Pudding (\$7), with coconut, almond and peach, and House Granola (\$5). The Grains & Crudité Salad (\$10), of farro, baby greens, raw shaved vegetables and toasted pecans, tossed in a lemon vinaigrette, is as filling and tasty as it is colorful. For those keeping it grain-free, the Kale Salad (\$6/\$9) can be ordered "loaded" for \$3 extra, adding an egg and all of the same toppings as the Grains & Crudité Salad, without any of those pesky grains.

In short, *El Rey es el mejor*. Go while it still has Yelp reviews in the double digits.



The Loaded Kale Salad

El Rey Coffee Bar & Luncheonette

Address: 100 Stanton St. between Ludlow and Stanton

Hours: 7:00 am - 9:00 pm (Mon-Fri) and 8:00 am - 9:00 pm (Sat-Sun). Luncheonette items served from 11:00 am - 4:30 pm.

Notes: Luncheonette menu changes often. Check their Facebook page (<https://www.facebook.com/elreycoffeebarnc>) for updates

and weekend specials.

The Pumpkin Spice Season

by Ian Ang

Even before we were well into the fall season, pumpkin spice-flavored food products started filling the shelves of food retailers. Food companies are always quick to capitalize on the hottest food trends, and pumpkin spice flavor seems to be the winning bet these days. New in 2014's line-up of products are Pumpkin Spice Oreos and Limited Batch Pumpkin Spice Chobani Greek Yogurt. This adds to the already abundant repertoire of food products that have been launched in the past few years, which include pumpkin-flavored Hershey's Kisses, Kraft marshmallows, Pop-Tarts, and even Pringles potato crisps!

Of course, we must not forget the one that started it all – the Starbucks Pumpkin Spice Latte, or the #PSL as hashtagged by the Twittersphere. Launched in 2003, Starbucks has since sold a self-reported 200 million cups of its pumpkin-flavored beverages. In the same time period, Starbucks also raked high in sales of its associated products, such as the Fontana line of pumpkin sauce, VIA line of Pumpkin Spice Ready Brew Instant Coffee, and the Tazo line of Pumpkin Spice Chai Tea Latte Concentrate.

All in the name of research, I decided to see what the fuss was about and ordered myself a Starbucks Pumpkin Spice Iced Frappuccino for the very first time. I have to admit, it was delicious. It felt like I was drinking pumpkin pie from a cup, with the distinct sharp note of cinnamon paired with the deep creamy flavor unique to cooked pumpkins. A wealth of technological brilliance went into

developing Starbucks' pumpkin spice line of products because these products do not contain any actual pumpkin!

Flavor-creation achieved a whole new level with the birth of this meta-flavor. With the right blend of lactones, ketones, cyclotenes, vanillin, and pyrazines, the food industry formulated the distinct flavors that would blend with but also stand out from the pre-flavored product's palette. I don't really know what these specific chemicals are, how they were produced, and if



an excess of them would have any side effects. Enjoying a treat made with real, fresh pumpkin and spices definitely sounds more appealing.

So why are people going crazy for pumpkin spice-flavored food products? Perhaps it is the association of spiced pumpkin pies with the fond memories of Thanksgiving and Christmas dinners. Perhaps it is the perfect blend of sweet and spicy that provides physical and psychological warmth and comfort as the temperatures drop. Perhaps it is merely the sly marketing ploy of using the seasonality of these products to limit the availability and

get us binging on them before they disappear.

With this explosion of pumpkin-flavored products available, I was interested to see what the nutrition facts reveal. A venti 20-ounce Pumpkin Spice Latte with whipped cream and whole milk packs in over 500 calories, 12 grams of saturated fat, and 62 grams of sugar (that's almost 16 teaspoons of sugar!). Even the tall 12-ounce size contains over 300 calories, 9 grams of saturated fat, and 38 grams (10 teaspoons) of sugar.

While a classic pumpkin pie is still a decadent dessert, containing a little over 300 calories, 5 grams of saturated fat, and 20 grams (5 teaspoons) of sugar, it might be a better option over these drinks, especially if the pie is made from scratch with "real food" ingredients. If you still really want a beverage, try this simple recipe for a pumpkin spice drink: blend pumpkin puree,

spices, a dash of maple syrup or honey, and creamy yogurt or coffee together. Enjoy it cold like a smoothie, or heat the ingredients on the stove for a warm drink. If you make it at home, you know exactly what is going in your drink.

Pumpkin spice season is a yearly occurrence. Celebrate the season and promote "real food" ingredients by preparing and serving classic spiced pumpkin pies (and soups and breads and other foods) made with real pumpkin during your holiday festivities. What's even better? Get cooking with a pumpkin or winter squash picked up from the farmers' market to support your local food systems!

My Journey with Fermented Tea: Kombucha

By Jacki Zuckerberg

Fermentation fever is in the air. People everywhere are making their own kombucha, kimchi, sauerkraut, tempeh, pickles and more. Farmers' markets are selling these goods along with local beer and yogurt. It's not uncommon to see food fermenting in home kitchens and many are brewing up batches of kombucha on their countertops, bringing life to the believed to be age-old practice of tea fermentation. I recently told a friend

about my yogurt-making adventure and taught her the process of heating the milk, letting it cool, adding the starter and letting the magic happen!

There is no need for yogurt machines or fancy gadgets to get these little microbes activated. The fermentation

conversation did not end there. She then shared her recent kombucha-making experience and how

kombucha has replaced her morning coffee. As she grew tired of spending \$4 per bottle, she learned how to make kombucha at home. Unbeknownst to me, she would later show up at my door with her scoby babies, insisting I try to make a batch.

I've tasted kombucha but never thought of making it until a scoby baby was sitting on my countertop. I was faced with the choice of either making kombucha or killing the scoby baby. Scoby stands for symbiotic colony of bacteria and

yeast, a living organism that will die if you don't feed it sugar and tea. I was told to feed the scoby 6 cups of black, green, oolong or white tea (brewed with 4 tea bags) and ½ cup sugar. The final result is supposed to be a delicious, acidic, and sweet bubbly tea. An imbalance in the tea/sugar ratio can hurt the scoby, producing mold or an undesirable product, although a range of 5-15% sugar: tea ratio, has been shown to be effective (1).



Written history of Kombucha is minimal but it is believed to have originated in China and spread to Japan, Indonesia, and Russia (1). Popularized in the US over the last 20 years, kombucha is now found on the shelves of many supermarkets and convenience stores, with sales totaling \$370 million in 2012, according to SPINS market researcher (2).

Kombucha is similar to the fermentation process of vinegar, in that the key component includes the bacteria *acetobacter*, turning the

sugared tea to alcohol, acetaldehyde and then acetic acid, with the alcohol content typically less than 1% (3). A multitude of blogs and books detail how to make the perfect Kombucha, including "True Brews" by Emma Christensen. She includes a master kombucha recipe, flavored kombuchas, a troubleshooting section, and pages dedicated on how to make your own scoby. It's as simple as taking water, sugar, black tea, and starter from commercial kombucha.

After 7-14 days, you'll have a creamy beige gel (a scoby) floating over the tea (4). At this point, the tea is strained into a jar and refrigerated to stop the fermentation process. The scoby is left in its original jar at room temperature with a small amount of tea remaining to begin the next batch.

Many people tout kombucha for its beneficial probiotic makeup, believing it to benefit microbes in the gut, relieve irritable bowel syndrome and lower LDL

cholesterol & triglycerides. In one study, researchers were able to show kombucha's ability to cure induced ulcers in the stomach of mice faster than the use of regular tea (5). In another study, rats fed kombucha along with their usual diet had lower LDL and triglycerides than the control group (6). These results sound promising, but research is sparse and the jury is still out on its benefits. Health officials also warn consumers to be weary, especially when making it at home. Batches can become contaminated with mold or become too acidic.

continued on the next page

My Journey with Fermented Tea: Kombucha

By Jacki Zuckerberg

If you want to try making kombucha and question its safety, you can buy a pH thermometer and measure the pH levels. Unwanted molds tend to grow in a pH >4.7. A healthy pH between 2.4 to 4.2 has been shown to be a safe for healthy scoby (3). While scoby can live a long time, it's important to monitor it as you ferment week to week. Other safety practices include sterilizing your glass jars, handling the scoby with clean hands, and washing the jar every few months. Many kombucha makers swear by the continuous brew: not washing the jar and letting the healthy microbes do their job.

I'm now on my fourth batch of kombucha, housing a mother scoby and a few of her babies. The scoby replicates week to week so every

batch of kombucha will leave you with another scoby. My friend recommends I compost my scoby babies, giving back to the earth. This has sparked my next food project, composting in the backyard, something I look forward to doing soon.

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Food Day 2014

A few snapshots from Food Day 2014 at Teachers College. Thanks to the dietetic interns for hosting!

TEACHERS COLLEGE COLUMBIA UNIVERSITY

FOOD DAY
OCTOBER 23 2014
THURS noon - 6pm
REAL FOOD. JUST FOOD.
www.FoodDay.org
Outside Everett Lounge + Cafe

#FoodDayPlate Contest Oct 6th - Oct 23rd

1. Photograph your meal made with real food
2. Tweet your picture using #FoodDayPlate & tag @Tischfoodcenter
3. KEEP EATING REAL, MOSTLY PLANTS, NOT TOO MUCH

Picture courtesy of crunchyradish.com

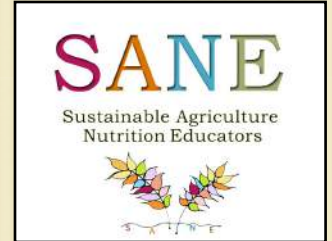
food [food] n. - something that nourishes, sustains, or supplies
real [free-uhl] adj. - true and actual; not artificial

LAURIE M. TISCH CENTER FOR FOOD EDUCATION & POLICY
TEACHERS COLLEGE COLUMBIA UNIVERSITY

NYC Honey Week took place September 8 through 12. Honey Week is a citywide festival celebrating the honeybee and “merging the educational, the entertaining and the downright delicious” (nychoneyweek.com). With the decline of the honeybee population, the survival of the food production system is threatened. Honey Week encourages us to act *now* to educate ourselves about this critical species and to honor the contributions they make to the health of our struggling planet.

The Teachers College Program in Nutrition organization, SANE, attended Honey Fest, an all-day celebration of the honeybee, held at Rockaway Beach. Visit Facebook.com/SANEfoodweb for pictures from the event.

Below is a list of our favorite local honeys, and check out the three fabulous honey recipes developed by students Natalie, Jacki, and Ryan!



- Andrew’s Local Honey** (available at the Union Square greenmarket!)
- Ballard Honey** (available at the Columbia greenmarket!)
- Bronx Bees Honey**-chemical-free honey made in the Bronx
- Brooklyn Grange Bees Honey**-from NYC’s first and largest commercial apiary
- Catskill Provisions Honey**-raw honey made in the Catskills
- Mike’s Hot Honey**-based in Brooklyn; a spicy-sweet mix of honey, vinegar and chiles

SWEET & SAVORY HONEY RECIPES

This fall, put a healthy spin on everyone's favorite campfire dessert with these delicious Apple & Honey S’mores. By replacing the marshmallows with Greek yogurt and adding local honey and raisins in place of the chocolate, these s’mores deliver on nutrition and flavor. People of all ages will have fun building and eating this scrumptious take on an irresistible comfort food!

Recipe by **Natalie Rizzo**



Apple & Honey S’mores

Makes 5 Servings

- 5 graham crackers
- ½ 6-ounce containers of 0% Greek yogurt
- Honey
- Cinnamon
- 1 Gala apple
- ½ cup of raisins

- 1) Wash apples in cold water, and cut into 1-inch slices.
- 2) Lay out two graham crackers on a plate. Spread Greek yogurt over one side of each graham cracker with a knife. Squeeze a drop or two of honey on the yogurt. Sprinkle cinnamon over the yogurt-honey mixture.
- 3) Stick raisins into the yogurt mixture on one graham cracker. Cover the raisins with an apple slice.
- 4) Close the “s’more” by putting the other graham cracker on top.
- 5) Enjoy a delicious snack!

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

SWEET & SAVORY HONEY RECIPES

Grab a bottle of local New York honey & ichiban Japanese eggplants at your next trip to the Farmers' Market and whip up a batch of these mouth-watering miso eggplants. Flavors from this dish are inspired by miso eggplant appetizers found in many Japanese restaurants.

Honey Miso Glazed Eggplant

Makes 4 Servings

- 1 and ½ tablespoon honey
- 2 tablespoon brown miso
- ¼ cup extra virgin olive oil
- 2 tablespoon white balsamic vinegar
- 1 garlic clove (about 1 teaspoon minced)
- 8 ichiban (Japanese) eggplant
- Vegetable oil for baking

Recipe by **Jacki Zuckerberg**



1. Preheat oven to 425 degrees and lightly grease a baking pan with vegetable oil
 2. Whisk together honey, miso, oil, vinegar and garlic.
 3. Cut eggplants lengthwise and place on baking sheet.
 4. Spread 1 tablespoon of dressing onto each eggplant.
 5. Bake for 20 min. Serve and enjoy!
- *Dressing makes about ½ cup.



Recipe by **Ryan Hand**

A delicious and health conscious way to kick-start the day, the green tea gives me a great morning boost while the honey and cinnamon are soothing and sweet! Perfect to pair with a favorite breakfast food.

-Ryan-

Honey Banana Green Tea Smoothie

Makes 1 Serving

Recipe adapted from **POPSUGAR fitness**

- ½ cup green tea
- ½ cup vanilla almond milk
- 2 tsp cinnamon
- 1-2 tbsp honey
- 1 frozen banana

Add all the ingredients to a blender along with a few ice cubes.

Blend until smooth and enjoy!