# Celebrating the Abundance of Local Foods, Season by Season

EAST

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DIM SUM, ZERO WASTE, KODA RICE, LOCAL HEROES

Member of Edible Communities

## Smart by Nature: Schooling for Sustainability

Michael K. Stone/Center for Ecoliteracy (University of California Press, 2009)

With innovative farming, food preparation, and CSA programs, East Bay schools like Richmond High, King Middle School, the College Preparatory School, and Prospect Sierra are leading the nation in using hands-on, experiential learning projects to teach students about healthy food and using resources to meet our present needs without compromise for future generations. Educators, parents, students, and others interested in these programs will find value in a recent book published by the Berkeley-based Center for Ecoliteracy: Smart by Nature: Schooling for Sustainability. The

"Home of oak wood roasted coffee" MR. ESPRESSO OAK WOOD ROASTED COFFEE SINCE 1978 696 Third St. . Oakland phone 510.287.5200 fax 510.287.5204 We are passionate about coffee - from our slow roasting to the proper method of preparation. We hope that you will come to share our enthusiasm for this drink once described as "lovlier than a thousand kisses." We carry organic and fair trade coffee. Available in gourmet restaurants and cafés and online at

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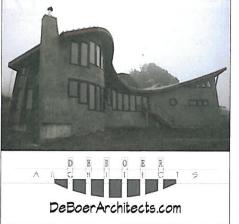
book profiles school programs throughout the U.S. (including the East Bay's own John Muir Elementary School and Head Royce School) that have incorporated sustainability coursework into their curriculums. The case studies and extensive resource lists in this practical guide suggest strategies for developing and implementing programs that give students the skills to transform their schools into healthier and more ecologically sensitive environments, leading to learning that extends far beyond the classroom.

### Learn:

## **Asian Culinary Workshops**

Oakland Asian Cultural Center, 388 Ninth St, Suite 290, Oakland

Wondering how to make Tibetan Churu (fermented cheese soup), Mongolian Buuz (wheat dumpling), or Banh Xeo (Vietnamese crêpes)? Then you'll want to sign up for the Oakland Asian Cultural Center's seasonal culinary workshops. The 2010 class schedule was not ready at the time of publication, but keep a watch at the following web address for details: oacc.cc/programs/classes/culinaryworkshops.



# **COOK! Summer Programs for Teens**

Paulding & Company

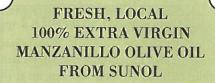
1410 D 62nd St, Emeryville

Now is the time to register for this exciting summer cooking camp for teens and preteens, which takes place in a dynamic commercial teaching kitchen. Participants gain fundamental culinary skills and learn how to work cooperatively. Sessions run June 21-August 6. Info: 510.594.1104, cookprograms.com

## **Bay-Friendly Gardening Workshops**

Locations rotate around Alameda County

Learn how to grow a beautiful edible garden all year round here in your East Bay paradise. This series of hands-on workshops covers what to plant and when, building healthy soil, eco-





**First Cold Press** 

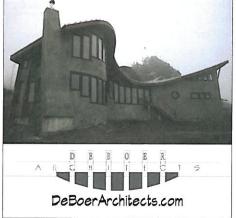
Handpicked Picholine/Miss 2009 Harvest Sunol Valley, California 375 ml 375ml elegant, tall bottle: \$20

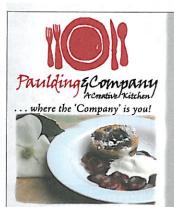
Featured in Edible East Bay Fall/Winter 2009

Small mill available \$350/day (Nov.-Dec.) in Sunol, also 100% Pure Unfiltered small bottling facility Extra Virgin all year. DLIVE OH

Handmade ornamental olive oil/ lavender gardeners' soap @ \$4.50/ bar.

hillcrestrancholiveoil.com





Paulding & Company and COOK! Programs for Teens invite you to come cook with us

Offering private parties, team building, summer programs and year-round culinary adventures for 9 to 109 year-olds

> 1410 D 62nd St. Emeryville, CA 94608 · 510-594-1104 · pauldingandcompany.com www.cookprograms.com

"each pot has it's little distinctive charm that never fails to delight. A combination of bodily comfort and freshness enliven the food-truly an inspiration to use."

-Deborah Madison, chef, cookbook author and farmers' market connoisseur

"salt pot"

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