Ceres Opens New Satellite Kitchen in Sonoma Valley

On Tuesday September 3rd and Wednesday, September 4th, 12 teens gathered at the new catering kitchen at Hanna Boys Center in Sonoma to cook meals for four local families. Led by Francesca Fifis, Ceres’ newest staff member and a long-time mentor chef at our Sebastopol location and adult mentors Lorraine Musante, Britt Lee, Chris Moonsammy and Sarah Farrell the groups prepared three dinners, a soup, a salad and a healthy dessert for their neighbors in the Sonoma area who are struggling with a serious illness.

While Ceres Community Project has always served clients from Sonoma, Glen Ellen and Boyes Hot Springs, the distance from our Sebastopol location has been a challenge. Fewer clients in the area were aware of Ceres’ services, delivery was sometimes difficult, and very few teens were able to make the 45 minute drive to participate in the program. The new satellite kitchen at Hanna Boys Center will change that by bringing Ceres directly to the community.

As we near capacity in our Sebastopol kitchen – at 60,000 meals annually – we’re hoping our Sonoma Valley satellite will provide a model for growing our impact here in Sonoma County.

Over the next year we expect the Sonoma Valley project to grow to serve 15 to 18 clients each week, and to provide more than 5,000 meals during 2014. As always, our work in Sonoma Valley reflects the partnership of the whole community.

We are deeply grateful to Impact 100 and the Junior League of Napa and Sonoma for providing significant seed funding, and to Hanna Boys Center for providing the use of the kitchen. Dozens of volunteers, both teens and adults, are already involved as chefs, mentors, client liaisons and delivery angels. Whole Foods Market, Paul’s Produce and Oak Hill Farm are supporting the project with food donations. Numerous private individuals stepped up to offer lightly used commercial kitchen equipment and others like Kendall Jackson Winery offered thank you’s for donations.

Each week here in Sonoma County, eighty clients and their families sit down to a nourishing meal prepared with love. More than a hundred young people gain vital life and job skills, discover their own leadership, and are supported in taking their place in the community. And hundreds of adult volunteers, donors and community partners experience their profound connection to one another.

We are thrilled that Ceres’ new Sonoma Valley project will make this life-changing program available to hundreds more people over the years to come.

Potential clients in the Sonoma Valley area should call Ceres Community Project 707-829-5833 x231, or email annaka@ceresproject.org.

If you are interested in volunteering or donating food, please email Francesca@ceresproject.org or call 707-829-5833 x230.

Donations for Sonoma Valley can be made online at www.ceresproject.org. Click on the donate button and choose Sonoma Valley or mail donations to:

Ceres Community Project
7351 Bodega Avenue
Sebastopol CA 95472.

Please note “Sonoma Valley” in the memo or include a note letting us know that you would like to designate your donation to support the Sonoma Valley project.

We’re excited to introduce COLOR to our newsletters. New technology allows us to share all the vibrant color of Ceres for just pennies more than our black and white costs.
The Ceres approach – empowering teens, educating the community about healthy eating, caring for our neighbors in need, and engaging the whole community to be a part of the solution – is a powerful community-based model that works.

Our work at Ceres Community Project is critically important. More than 53% of all deaths in the United States now have poor eating habits as a precipitating cause. Some experts think young people today will have shorter life spans than their parents – for the first time in our country's history – because of poor diets, obesity, and lack of exercise. And one out of every four Americans is now so isolated and alone that they believe there is no one they could turn to for help in a time of crisis.

The world is hungry for the experience we are having at Ceres. There is a deep longing for meaningful, heart-centered relationship, and for a connection with real food and the earth that provides it. And helping people successfully change their eating habits is essential if we’re going to address the health care crisis and reverse rising rates of obesity and type 2 Diabetes. The Ceres approach – empowering teens, educating the community about healthy eating, caring for our neighbors in need, and engaging the whole community to be a part of the solution – is a powerful community-based model that works.

Through her experience as a Ceres Community Project client, Cindy Molina discovered the power of healthy food to make her feel better. She shared what she learned with her family, leading to a legacy of healthier eating habits for her children and grandchildren. Past client Darlene Ste. Croix has beat the odds, living well beyond the two years her doctors gave her when she was diagnosed with leukemia. She and her partner Uschi believe it’s the food and love they received as part of the Ceres Community Project family that made the difference. A well-used copy of Nourishing Connections Cookbook lives on their counter.

Thanks to our work together, there are more than 1,000 stories like Cindy’s and Darlene’s rippling through our community and communities across the country. Over the past seven years since our work began, clients ranging in age from 7 to 97 have been wrapped in the love and nourishment of Ceres Community Project during one of the most challenging times in their lives. Some of our clients have passed, some are still struggling with a serious health challenge, and others have regained their health, but in every case their experience at Ceres was profound and life-changing for them and everybody around them.

The gifts that young people receive at Ceres are no less dramatic, especially because they come at such a formative time in their lives. Gaining the confidence to follow her dream, Carly Fernandez has completed Santa Rosa Junior College’s culinary program and has just enrolled in Bauman College’s Natural Foods Chef training. Sonya Dexter says that her four years at Ceres taught her to be a leader, and helped her realize that leadership means helping others succeed, not simply telling them what to do. Joining Ceres because he wanted to give back to the organization that helped his uncle during cancer treatment, Luke Lindenbush has become a passionate advocate about healthy food. He’s pursuing an interdisciplinary major at New York University in public health, public policy, nutrition, and food studies. Young people find community and belonging at Ceres. They gain life and
job skills, and experience what it feels like to be needed and valued for their contribution. Being part of a team, working with caring adults, and being trusted to make a life-saving difference for people in need gives teens at Ceres invaluable opportunities essential to becoming healthy, engaged and productive adults.

This is the work we are doing together at Ceres Community Project: re-imagining what a healthy community means, what it looks and feels like, and how it works. Each individual act we take can seem small and isolated . . . peeling potatoes, picking up a food donation, sterilizing containers, acknowledging a teen for a new skill, donating funds, watering the garden, lugging compost, welcoming a new teen into the kitchen, or delivering a bag of meals to a client.

Yet the cumulative impact of our collective actions is revolutionary. Together we are literally transforming lives, building new pathways of caring connection, changing eating habits, and restoring a deep experience of community for ourselves and our world.

Over the past 18 months we’ve doubled our impact in Sonoma County – from 55 youth active each month to more than 140; from 5,500 youth service learning hours each year to more than 13,000; from 28,550 meals to 60,000; and from four Ceres-inspired projects nationally to ten that are operating or in the process of launching.

The opportunities for growing our impact continue to abound. But fulfilling our vision – of a world where healthy fresh food is seen as the foundation of health, where each of us feels connected in meaningful ways, and where every young person is empowered to take their place in the community – will take all of us.

Your partnership – as a teen or adult volunteer, donor, in-kind community partner or client – is essential to our work. And please join me this holiday season in giving as generously as you can to our end of year fundraising campaign. Our collective gifts will provide the foundation we need to deepen and expand our impact in 2014, both here in Sonoma County and across the country. Please look for the latest updates in my letter in mid-November!

Thank you for helping to re-imagine a healthy community, one teen, one family and one healing meal at a time. ♥

What’s Ahead in 2014?

We expect to increase the number of meals we provide to 70,000, up from an estimated 60,000 this year thanks to our new Sonoma Valley satellite.

Expanding and deepening our Teen Program.

- This fall Ceres became the first non-high school site offering a Regional Occupational Program culinary class for high school credit. The Ceres Community Culinary Class offers youth up to ten credits per year and includes a 2-hour class per week plus up to eight hours of volunteer work in the garden and kitchen.
- Working at Ceres helps teens prepare to be successful on the job. Showing up on time, completing tasks, good hygiene and communicating effectively are just four of the “work ready skills” that we help youth develop. Beginning this October, we’ll offer all teen volunteers a chance to complete a Work Ready Certificate. Along with demonstrating their competence in 15 soft skills that employers look for, the program also helps youth create a resume, identify references, write a cover letter, and learn how to handle a job interview.

Nurturing our national affiliate network.

New projects are in development in Eugene, Oregon; the Berkeley/Oakland area; and Grand Rapids, Michigan. We’ll conduct two affiliate trainings in 2014 while continuing to support existing programs through monthly webinars and one-on-one mentoring with our staff. ♥
Clients and Teens Experience Lasting Impacts

by Deborah Ramelli, Communications & Fund Development Manager

We’re inspired daily by our clients’ and volunteers’ stories about how their involvement with Ceres has transformed their lives. The surveys we conduct with teen volunteers and clients give us hard data about that impact in the short term. Although we don’t currently survey participants who have been out of our programs for more than three months, we do have wonderful examples of how their Ceres experience continues to touch their lives long after they’ve left the program.

When I called Liz Larew, one of our earliest clients, she had just taken a bite of the turkey meatloaf her partner had made from Ceres’ Nourishing Connections Cookbook, which still sits on their kitchen counter and inspires their daily meals five years after Liz completed as a client. Raw sauerkraut, Immune Broth and Vital Bites are other signature Ceres recipes in their regular diet. Since her retirement, Liz has made time to volunteer in our kitchen and garden, and helped create the beautiful mosaic that welcomes visitors to our building.

One of the lasting impressions that the Ceres community left on Liz and her partner is that “magic happens. Ceres was such a gift in such a difficult time. (How to nourish ourselves) was a piece of the recovery and treatment that we didn’t have a grasp on, and then here it came. Magic has happened with Ceres.”

Amy Tucker is a fourth year Pre-Med student at Humboldt State University. She volunteered for nearly two years before leaving us in August 2010 to pursue her studies. She recently wrote that Ceres “has forever impacted my life”, from the healthy meals she learned to cook at Ceres and continues to prepare for herself daily, to her career path.

“Ceres is the reason I am studying to become a doctor”, Amy shared. “Seeing the impact I made on (our clients) made me question what else I was capable of doing in the future in regards to helping others. I am fascinated with cancer and the study of aging, and I hope to be a part of a research team one day that contributes to society’s understanding of cancer and age related diseases like Alzheimer’s and dementia.” In addition to her school commitments, Amy holds two part-time jobs and is an active volunteer in her community.

Asked what the three most important lessons she learned at Ceres were, Amy replied: “No matter how small you think something is, it may mean the world to someone else. Every kind action counts. Don’t take life for granted.”

Ivan Redus and Keala Peterson met as Teen Chefs in the Ceres kitchen back in 2010, and have been together ever since. They recently moved to New York, where Ivan is continuing to pursue his career as a professional cook and Keala is studying for a graduate degree in Food Studies at New York University and learning the tradition of affinage (the aging of fine cheese) as an intern in the caves at Murray’s Cheese.

Although Ivan stopped working in the Ceres kitchen three years ago after four years of being a vital part of the team, he still comes back to work whenever he’s in town to visit his family. “Now that I’m older and have more experience, I love mentoring others. Working with younger kids is my favorite part of staying involved.” Ivan’s professional experience includes stints at Bistro des Copains and
Cyrus, but he credits Ceres with helping instill a farm-to-table approach and an appreciation for cleaner, more fresh vegetable tastes at a time when avant-garde, modern cuisine was the norm in many fine restaurants.

Ivan told me he’s “one of the lucky ones who got to see (Ceres) turn from 12 clients to what it is now. It’s incredible.” He finds the recent opening of our satellite Sonoma Valley program, which operates out of Hanna Boys Center, to be especially touching. He shared that he almost went to Hanna Boys Center after having “drug problems.” Getting back into the Ceres kitchen after he came out of rehab was one of the main things he credits with getting him “back on track.”

While Keala’s time at Ceres was of much shorter duration, it came at a time when she was “a little unsure of myself and where I fit into the larger schema. Ceres was a much needed respite, where I felt at ease knowing I was part of something bigger than myself. I left that summer with a warm flame in my belly, a little surer of my deep love for food and everything it inspires.”

Former teen leader Christina Saschin is now studying nutrition at Chico State, and more than a year after spending regular time at Ceres, she continues to feel the effects every time she prepares a healthy meal in her new apartment using the chef’s knife she was gifted with when leaving, garnished with snips of basil or rosemary from the plants she grows. Christina credits Ceres with influencing her desire to become a nutrition or biology teacher. Like Ivan, we see her back in her chef’s coat at Ceres whenever she’s home for a break from school.

Julie Carmen became a client four years ago, when she was diagnosed with breast cancer a short while after moving to Sebastopol. She and her husband Billy received meals for 8 months, and were grateful for the support they received from their new community. Julie says she considered herself a healthy eater before she encountered Ceres, but that her experience taught her how to nourish herself on a whole new level. She now starts her day with green smoothies and prefers to sip Immune Broth rather than coffee or tea.

Nervous about sustaining the changes to her diet once she stopped being a client, Julie took advantage of our cookbook, classes and the personal connections she forged to support her in maintaining the new diet and exercise habits that she credits with helping her heal. It’s only recently that she realized that those habits are no longer a chore that she works at, but a natural part of her daily routine.

The Carmens have just moved to Michigan, where they’re already talking to their new neighbors about healthy eating and Ceres. Julie shared: “I was never a community-oriented person prior to cancer. I never understood how to connect in and get involved. Ceres taught me how to be a part of a community. I now know what to look for to find my community, and am confident I’ll find it here.”

Julie and Billy assured me they’ll both be passionate, life-long supporters of Ceres no matter where they live. They’ve already connected with a group in Grand Rapids with whom we’re in conversation about starting a Ceres-affiliated project, and Julie tells me she’ll be setting up a lemonade stand and passing out Dixie cups of Immune Broth in their new home town of Waterford. I think she was only half-joking.

People don’t really need to know you to give their heart and soul to you. I didn’t know that happened with people who don’t know you. That was a huge lesson to me—that I don’t have to know somebody to offer something to them. You guys taught me how to do that.

-Julie Carmen, Ceres Client 2009-2010
Ceres Supporters Come in All Stripes and Sizes: What’s the Right Fit for You?

One of the unique things about Ceres Community Project is the myriad of ways in which people can join our mission to create a healthier, more connected and caring community. From our extensive family of dedicated volunteers, to those who raise funds for Ceres through events, to those who leave a Legacy Gift, we are blessed and humbled by the generous outpouring of support, and by your commitment to caring for our neighbors in a health crisis and giving teens vital experiences of making a difference in their own health and that of their community. Each individual action and contribution, no matter how small, adds to the extraordinary collective impact you make possible here at Ceres.

In this issue, we celebrate some of the creative and unique ways you sustain and nourish our community through Ceres.

Extreme Cyclists Pedal for a Cause

Bill and Debbie Albers raised funds for Ceres while riding the Furnace Creek 508 bicycle race in October. Bill is a firefighter with the City of Healdsburg, and Debbie is a math instructor at Santa Rosa Junior College. The bicycle race is a 508 mile race which begins in Valencia, CA at 9:30 a.m. October 4th and ends in Twenty-Nine Palms at 6:30 a.m. October 6th. The race includes 35,000 feet of climbing and rides through Death Valley and the Mojave Desert.

The Albers have a friend, Allen Losh, who was diagnosed with stomach cancer in February and is receiving meals from Ceres. Allen suggested that Bill and Debbie raise funds for Ceres rather than his family directly, so that more people could receive the kind of support he has found so healing.

If you’d like to make a donation in honor of Allen, Bill and Debbie, please note FC 508 in the online donation comments box or the memo line of your check.

Volunteers

We have hundreds of volunteers who are the heart of our Healing Meals for Healthy Communities Program. Richard Whipple, Executive Chef at Brasserie Restaurant and Lounge at Hyatt Vineyard Creek in Santa Rosa got involved earlier this year when he created a signature dish to pair with one of DeLoach Vineyards renowned Pinot Noirs for our Leadership Level donor appreciation event. Richard so enjoyed working with the teen chefs that evening that he also volunteered to be part of creating the wonderful meal for Harvest of the Heart.

He’s now one of the newest Mentor Chefs in our Sebastopol kitchen. Along with a constant inflow of new volunteers like Richard, we are blessed to have a number of ongoing volunteers who have been with us for many years. All of our volunteers make a unique and vital contribution to the Ceres community, putting their love and care into all of their efforts.

Payroll Deductions

Many employers give their staff the option of electing to donate to nonprofits via a pre-tax payroll deduction. There are quite a few companies that will also match those donations, doubling your gift. Contact your Human Resources department for information. We receive matched gifts from employees of Kaiser Permanente, Genentech, Google, Chevron, AT&T, Amgen, Agilent, Bank of America and more.

Local Business Support

From the restaurants that have donated a portion of their sales to Ceres through Dine Out events, to the hundreds of businesses who donate auction items or products in support of our events, our local businesses show their strong commitment to community support year in and out.

Some highlights from this year included our very successful auctions at Harvest of the Heart (see page 10); CeresFest, an Oktoberfest celebration hosted by Lagunitas Brewing Company; our Annual Zazu Brunch; and Dine Out events at GTO’s Seafood House and Sushi Hana. Silk Road Teas donates a portion of proceeds from sales of their new and boxed teas.

Osmosis Day Spa & Sanctuary partnered with Rumi’s Caravan to create an event that benefited Ceres, and they also provide ongoing financial support through their purchase of delicious and healthy boxed spa lunches for their clients.
**Introducing Ceres’ Kale Club for Monthly Donors**

Our monthly giving program has a new name and some terrific gifts to offer participants. As a monthly donor, your gift provides sustainable income we can count on, month in and month out.

**Stephanie and Michael Poley** learned about Ceres through a friend when Michael was going through chemotherapy in 2010. Stephanie attended our Healing Foods Cooking Class and was amazed at the good information and support she got. The Poleys are now volunteers and donors who share “we find monthly donations to be the easiest plan for us. We want to contribute and having automatic payments made using a credit card is very easy.”

As a member of the Kale Club, you’ll know that each day your support is providing vital nourishment for clients throughout Sonoma County and engaging hundreds of teens. A little goes a long way! Just a dollar a day equates to enough money over the course of a year to provide two months of meals to a client.

**About the Kale Club**

- Members receive a special monthly email with a week’s worth of seasonal recipes that Ceres’ Teen Chefs are preparing for our clients.
- We promise not to ask you to give at any other time during the year.
- It’s a great way to build support for your favorite cause into your monthly household budget.
- You’ll receive our Annual Report, Quarterly Newsletters, our Monthly e-Newsletter, and several other special updates about the difference you are making.
- You’ll be included in a special “Drive and Dine” event for our monthly donors, offered two times a year.
- You’ll receive a receipt for your annual donations in January.

**Join the Kale Club today** by visiting the Donate page of our website. If you prefer not to use a credit card, your bank can assist you with setting up an automated monthly payment via your checking or savings account. Don’t forget to ask your employer to match your gift!

For more information about monthly giving through the Kale Club, please contact Deborah Ramelli, deborah@ceresproject.org or 707-829-5833 x104. ♥
Artisana Joins Ceres Community Project Family

We’re thrilled to welcome Artisana to the Ceres Community Project family. The Oakland, California based company is known and respected for their high quality organic nut butters, tahini and coconut oil products all processed with very low heat to protect the food’s natural enzymes, proteins, vitamins and minerals. Their support of Ceres includes a combination of direct cash support and in-kind product donations worth about $15,000 annually.

Artisana and Ceres share deeply held values about creating food that supports the health of people and planet. The company sources from small organic farms that raise their products sustainably and pledge to treat and compensate their workers fairly. Their products are minimally processed to protect as much of the food’s natural benefits as possible. And Artisana has a long history of community giving, supporting The People’s Grocery and City Slicker Farms, two groups doing important food justice and food access work in Oakland, as well as Rainforest Action Network, Global Exchange, and The Cornucopia Institute.

In addition to their cash support, Artisana will supply Ceres with all of the coconut oil, tahini, and nut butters we use in our meals, as well as special single serving packets of the company’s products to include in clients’ meal bags and as snacks for the teen chefs and gardeners. The 1-ounce (2 tablespoon) packets of cashew, almond, walnut and pecan butters provide healthy fats and proteins and are easy for clients to carry with them for snacks or extra energy. Artisana’s Cacao Bliss is a luscious combination of all organic coconut oil, coconut butter, agave syrup, cacao and cacao butter that provides iron, protein, fiber and healthy fats while meeting nearly anyone’s standard for delectability.

Thanks to Artisana’s partnership, we’ll also provide clients with single serving packets of five new Superfood Nut Butters. The ½ ounce packages, including Acai Berry, Berry Antioxidant, Blue Algae, Goji Berry & Milk Thistle, and Marine Phytoplankton, are nut butter based with nutrient-rich ingredients added to enhance their nutritional value. Designed as on-the-go snacks, the packets will offer clients an easy way to add healthy calories to their diets.

Thank you Artisana for becoming a Ceres Community Project partner, and for helping us support the nutritional needs of our clients while we empower healthy, engaged young leaders. And thank you for your work creating a more nutritiously alive and just food system for all of us.

Ceres Presents: Meals for Health

Did you know that Ceres is offering a limited fee-based healthy meals program for people in our community who need the support of organic, nutrient-rich, pre-cooked meals and can afford to pay a subsidized fee for their meals? Our priority is to serve those with illness who may have either completed the free meal service or who are not eligible for it.

This small program allows us to expose a wider range of people to the healing power of food, and also helps us to generate income to support our client meal program.

Meals for Health customers pre-pay for the service and pick up a bag of food at Ceres once each week, usually on Wednesday afternoon. Customers receive 4 entrees, a soup, hearty salad and dessert for $60 per person per week. For more information about Meals for Health, please contact Nancy at 707-829-5833 ext 101.
Ceres Honored as a Leader in Sustainability

As Ceres has grown from a small, volunteer start-up nourishing four families in March 2007, there has also been a growing understanding of the far-reaching impacts of our work. From early characterizations as “the Meals on Wheels for cancer patients”, Ceres is now seen as a community resource empowering youth, nourishing families in need, and educating all of us about the vital link between what we eat and our health.

Being honored as a 2013 Leader in Sustainability by the Leadership Institute for Ecology and the Economy helps us tell another part of the Ceres’ story. The award honors exceptional accomplishments in creating a more sustainable community, especially contributions to environmental stewardship, economic vitality and social equity.

One of our four Operating Principles – and a cornerstone of our integrated approach to building a healthy community – is “Everything Matters: Nothing is left out. We work to have every action and choice lead to building a healthy community – is a cornerstone of our integrated approach to building a healthy community.” Here are a few examples of how we’re working to build a healthier, more sustainable world.

- A sustainable community is a connected community. We work to connect people of all ages and from all walks of life in a way that deepens our experience of belonging and builds bridges of compassion and understanding.
- We believe everyone in our community deserves access to food that supports healing and wellness. Three-quarters of our clients have household incomes below $45,000 a year, and 30% have household incomes below $10,000.
- Building a more sustainable world has to start with individual and organizational sustainability. We’re committed to providing our staff with livable wages, adequate paid time off, health benefits, and a working environment that supports their well-being.
- Building healthier communities means re-connecting all of us to whole food and the earth that provides it. Our nutrition education approach has been to frame wellness as growing from our interconnection with self, others and the earth. Putting your hands in the soil, knowing where your food comes from, growing and preparing food with love and eating it with intention and gratitude are all practices that support our remembering of our essential connection with all of life.

- Ceres’ teen empowerment program helps young people take their place in the community with a grounded understanding of the interconnections essential to a healthy and sustainable world. Our hands-on soil-to-table program includes education about the global impact of our food choices, and topics such as composting, seed saving, soil health and building healthy ecosystems.
- Food sourcing – we use 100% organic, sustainably grown products in the kitchen, and source locally as much as possible. Nearly 100% of our produce comes from local suppliers, as do all of our poultry and eggs, rice, olive oil, tempeh, coconut oil, nut butters and almonds.
- We do our very best not to source from any companies that use BPA in their cans, or whose parent companies don’t support GMO labeling.
- We build and promote our relationships with local farmers and food producers who we purchase from and who support our work with product donations, helping to foster a strong and resilient local food system.

Other honorees include Paul Kaiser, whose Singing Frogs Farm in Sebastopol serves as a model for sustainable farming and land management; Alvarado Street Bakery, a Petaluma worker-owned collective; and William Gallaher, honored for his role in launching Sonoma Clean Power.

We’re deeply honored by this recognition from the Leadership Institute for Ecology and the Economy of the far-reaching contributions that we as the Ceres community are making here in Sonoma County and around the country. By coming together, each of us contributing our time, talents and treasure, we are building a healthier, more vibrant, more connected and more sustainable world.

Board Members
Sharon Keating, President
Joe Marshall, MBA, Treasurer
Deborah Vogan, Secretary
Sonya Dexter, Teen Member
Ken Maiolini
Kellie Noe
Judi Pereira
Padi Selwyn

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Dr. Keith Block, Co-Founder, Block Center for Integrative Cancer Treatment
Jed Emerson, Executive Vice-President, ImpactAssets
James S. Gordon, M.D., Founder and Director, Center for Mind Body Medicine
Rebecca Katz, MS, Author, Cancer Fighting Kitchen
Michael Lerner , President and Co-Founder, Commonweal
Dr. Liz Lipski, PhD, CCN, CHN, Author, Digestive Wellness
Michael Pollan, Author and Director of the Knight Program in Science and Environmental Journalism, University of California at Berkeley
Brian Swimme, PhD, Professor of Cosmology, California Institute of Integral Studies

Cathryn Couch, Executive Director
Ceres Community Project
Thanks to our sponsors, 100% of auction and ticket sales go directly to fund our work.

**Harvest of the Heart Event a Bountiful Success!**

Thanks to everyone in the community who came together to create a wildly beautiful, fun, delicious, and successful event. From our guests and sponsors, to all of the farms and businesses that donated food and auction items, to the more than 100 Ceres volunteers plus numerous professional chefs who donated their time and talents, it was truly wonderful to see the Ceres community come forward in such a powerful, loving, and generous way.

We’re thrilled to report that we raised $153,435, making this our most successful fundraising event to date.

This outpouring of generosity will ripple out and touch many, many lives! The money we raised is enough to provide 25,000 meals to families experiencing a health crisis in Sonoma County, with each meal prepared by our team of Teen Gardeners and Chefs, who are learning valuable life and leadership skills as they discover the connections between food and health, and give back to their community.

Please join us in supporting all of the wonderful businesses who helped make this event a reality through their donations of auction items, food and more.

Be sure and mark your calendar for next year. We’ll be gathering on Saturday, August 16 in the Ceres Community Garden at O’Reilly Media. ♥

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Client Nicole Warwick was one of our inspiring speakers.

Teen Chef Jessica Rosen and Teen Leader and Board Member Sonya Dexter serving at the Harvest dinner.
Upcoming Classes & Events

Volunteer Enrichment Evening: Nourishing Ourselves While we Support and Care for Others
Wednesday, October 30, 6:30 to 8:00 pm
We invite all Ceres adult volunteers to this evening exploring practices and foods to help reduce stress and nourish ourselves. A Ceres teen chef/gardener, and a client will share their experiences of making and receiving our beautiful, delicious and nourishing meals. Meet your fellow volunteers and enjoy delicious warming foods and tea together.
Please RSVP at www.CeresProject.org/VEE by October 25.

Celebrating JoEllen DeNicola’s many Contributions to Ceres
Friday, November 15, 4:00 to 6:00pm
Join us in celebrating JoEllen’s years of inspired involvement at Ceres and in sending her off with a heartfelt farewell! RSVP at www.CeresProject.org/JoEllen.

Backyard Restaurant presents: Guest Chef Benefit Dinner
with Ceres’ Executive Chef Rob Hogencamp & Ceres Teen Chefs Joining Backyard Chef Daniel Kedan
Sunday November 17, 5:30 to 9:00pm
6566 Front Street, Forestville
$40 per person includes starter, entrée, dessert and beverage
Reservations at 707·820·8445

Healing Foods Basics
Tuesday, November 26, 6:00 to 7:30 pm
Get an overview of Ceres’ nutrient-rich approach to healthy eating, and learn simple, practical tools you can put to use in your home kitchen. Reservations and more information at www.CeresProject.org/HFB.

Tea & Talk: Ceres Community Connections Presents Navigating Integrative Medicine with Pam Koppel, LCSW
Tuesday, December 10, 6:00 to 7:30pm
Are you interested in using complementary and alternative medicine (CAM) as a part of your healing program but not sure where to start and what to choose? This talk will be valuable for people dealing with a range of health concerns and specifics will be tailored to those who attend.

Volunteer Orientation
Tuesday, November 19, 5:30 to 6:30pm
Take the first step to becoming part of the Ceres volunteer family.
Register at: www.CeresProject.org/volunteerAdults.html

For the Sonoma Valley area
Wednesday, November 20, 6:00 to 7:30pm
Hanna Boys Center Fine Arts Auditorium
1700 Arnold Drive, Sonoma
(no need to register)

Holiday Open House
Saturday, December 7, 3:00 to 5:00 pm
Join us for our annual community celebration! Please RSVP at www.CeresProject.org/Holiday
Chicken Stew with Red Wine & Kale

1 chicken, 3 lb, cooked and deboned
3 Tbs extra-virgin olive oil
3 cups yellow onion, thinly sliced
1 1/2 cups carrot, cut in half lengthwise and then sliced 1/2 inch
1 lb red-skinned potatoes, cut into 1/2-inch cubes
1 1/2 cups celery cut into 1/2 inch cubes
3 garlic cloves, crushed
1/4 cup tarragon leaves, chopped
1/4 cup Parsley -- chopped
3 fresh thyme sprigs
1 bay leaf
1 1/2 cups chicken stock
1 1/2 cups red wine
4 cups kale, stemmed and cut into bite sized pieces
1 1/2 tsp salt
2 tsp black pepper

In a large saute pan, heat olive oil, add onions and saute until transluscent, add carrot, celery, garlic, and potatoes. Cook for about 10 minutes. Pour the wine into the pan and return to medium-high heat. Bring to a simmer, stirring to scrape up any browned bits from the pan bottom. Add the stock, wine, salt and pepper, herbs, kale, and the chicken to the saute pan, cover and cook medium high (275) for 30 minutes, remove bay leaf before serving.

Servings: 8