We aim to envelop our clients in a circle of care that extends beyond the sustenance contained in our deliciously nutritious meals. From the first phone call with one of our client managers, to cards and gifts made by our teen volunteers, to weekly visits from our Delivery Angels bearing bags filled with delicious, nourishing meals, and calls from their Client Liaisons, our clients are held by the Ceres community on their healing journey.

With a plan to deliver 88,000 meals this year to about 550 clients and their families in Sonoma and Marin counties, the volunteers who work directly with our clients are crucial to insuring that each is supported with care and compassion.

After a double mastectomy, hematoma, transfusion, and anemia, Bridget couldn’t lift a pan, let alone cook. The meals she received from Ceres in Marin were a lifeline not just in terms of the crucial nutrition they provided, but also for the caring connection that supported her. Bridget’s Client Liaison, Mary Bernstein, called her 1-2 times a week to check in. Every Thursday, a Delivery Angel would arrive with her bag of beautiful, nourishing meals. Many of the Ceres’ volunteers who served Bridget were cancer survivors and as such could truly empathize with her journey and understand how best to support her. Bridget shared: “I couldn’t have made it without Mary and the meals from Ceres.”

Whether a client is living alone or with their family—we’ve served families as large as 7—a serious illness can leave them feeling isolated. The weekly phone call from their Liaison, or a visit from a smiling Delivery Angel, can make a big difference in how a person copes with his or her treatment and healing. Underlying that personal contact is the support of our whole community of volunteers and donors. Over and over again, we hear from clients how meaningful that community connection has been to them. Ginger recently wrote: “You brought to me, a total stranger, your nutritious meals. But more than that you brought your compassion, kindness and selflessness. I needed that magic perhaps even more than the meals. I feel pretty alone with this cancer and because it has attacked my face, I am fearful to be out among people, even the few that I know. To know there are people who care who don’t even know me, makes me cry. The energy that radiates from the food and the people who bring it, cook it and stay in touch with me, is powerful juju that can overcome my times of despair.”

Our clients are not the only ones who benefit from these personal connections. Many of our volunteers tell us they receive as much or more than they give as volunteers. Client Liaison Morgan Hewitt shared these words about her relationship with one of the clients she worked with:

“I met a client who has two different forms of cancer—both stage 4. He is of very modest means, and is extremely bright. He loved the Ceres food and the flowers, cards and thoughtfulness that was conveyed in every food delivery. Our conversations each week were deep and thought provoking. His tumors shrank and his health improved. We knew he was in extreme financial need, so at the point when his service was ending we worked to build some life lines for him. I hope and pray his

Summer 2014 Newsletter

Inside our Client Support Program

Summer Fund a Meal Campaign

We need your help! This year we expect to deliver 72,000 beautiful, delicious and nutritious meals from our kitchens in Sebastopol and Sonoma, and another 16,000 in Marin. That’s 16,000 more meals than last year . . . and that’s why we need your help. Those added meals will cost about $120,000 to prepare and deliver.

Support our summer Fund a Meal campaign by using the enclosed donation envelope or donating online at www.CeresProject.org. With 5,000 people on our mailing list, if each of us donates just $24 we’ll reach our goal. So dig deep and give as generously as you can.

$7.50 provides a beautiful, delicious and nourishing organic meal made with love

$55 provides a week’s worth of meals for one client

$210 provides two weeks’ of meals for a couple

$630 provides a month of meals for a single mom and her two children

$1,260 provides three months of meals for a couple

Your financial support will mean the world to one of our clients!
cancer is at bay, but I don’t know. I learned that we give all the support we can and then turn to a higher power to carry on for us. He taught me a lot about courage and the tender aspects of accepting help. We have to let go of the medical model that says we are successful only when there is a cure. The quality of both this man’s life and mine improved throughout our Ceres friendship.”

Most of our clients, like Morgan’s, have low incomes and would not have access to high quality, healing, organic whole foods without Ceres’ service. In 2013, 75% of our clients had household incomes below $45,000. Twenty five percent of our total client population had a household income below $10,000, making food security a pressing concern.

When facing a serious medical condition, staying well-nourished can mean the difference between life and death. Our experience shows us that food—and all the love and care with which it’s infused—is, indeed, medicine. That’s why we’ve committed to reaching more clients this year, and why we’re grateful to the amazing volunteers and donors who partner with us to make stories like these possible. Thank you!

♥

The Place I’m Most Proud to Be Part of: Teen Leader Mikaela Dibble-Kahn’s Story

I know all the things I should be telling you. I should be telling you how I am Senior Class President. I should be telling you how I am president of the Interact Club, and I should probably be telling you about my work in an orphanage in Ukraine. However, I am not going to tell you about any of these things because the place that I am most proud to be a part of is the place where I have blossomed most as a leader.

The first day I stepped into the hectic Ceres kitchen I was the young, reserved girl trying to de-heart artichokes with little success. But after four years of chopping, slicing, blanching, and sautéing, I am now the person that the little, quiet kids ask for directions and help. I have morphed into a confident woman in this kitchen where teens help create beautiful, delicious and nutritious meals for those in our community suffering from illnesses such as cancer.

There is nothing more rewarding and nothing that fills my heart with more pride than when I get to walk into the kitchen each week and put on my chef coat. This lets all the other teens know I am a Teen Leader who can help them with anything they need. The clanking of pots, the thud of knives chopping kale, and the chatter of the other teens are music to my ears. By the end of my shift each week, the aromas from hours
of cooking still linger in the air and I can smell the sweet spices and flavors that went into each dish. I don’t just put in my time once a week anymore. I have become a keystone teen in this organization acting as one of the head servers at most of their big fundraisers, training new teens, giving local talks about the organization, and being one of their most reliable and dedicated volunteers. Very few teens get the honorary title of Teen Leader; only about 15 teens out of the hundreds that rotate show enough passion and capability to be trusted with this position. That shy 13 year old that stood in the corner doing dishes most of her first day is long gone. Now I am the one who feels the pride of knowing I am one of the leaders in helping heal my community.

The most pivotal moment in Ceres was when my mom fell ill and started receiving food. She was in the hospital and I thought she could die. Her condition was fragile and the recovery long, but I was so grateful when she came home. Each week I would pour some extra love into the food I made, knowing it was going to her. While it is rewarding to help all of our clients, it was my greatest accomplishment knowing that I could actually take care of the one who usually takes care of me, my loving mom. Knowing that I could feed both my parent and my community with nutritious food to help them heal is when I realized I was no longer a child.

As I take my place as an adult and a leader of my community, I realize I can be the instrument of change. Cathryn Couch, the founder of Ceres, has shown me that one woman with a single idea can turn her vision into a magnificent project. With a vision, dedication, hard work and tenacity I can be my own Cathryn. Ceres has helped to mold me into a compassionate and capable leader. With my newfound confidence I can clearly imagine creating my own inspiring project in the world, adding to the work I have already accomplished in my own community. ♥

Mikaela will attend Lewis & Clark College this fall. She received the Trystan Nash Shelly Selfless & Giving Award, a Leadership and Service Scholarship, and a Lewis & Clark Dean’s Scholarship. Congratulations to Mikaela and all our graduating Seniors!

Leadership Development at Ceres Community Project

At Ceres we believe that Young people are intelligent, responsible, capable, creative, and caring, and they must be central participants in creating our collective future.

Our teen program is at the heart of what Ceres is about. We’re committed to creating a positive, safe environment in which young people can thrive. Through a hands-on experience of learning, growing, and giving we offer teens the opportunity to discover their strengths, skills, and abilities.

Teens who are active in the program for 6 months/50 hours earn a personalized Ceres apron with their name embroidered. Teens who have been active for at least a year and who meet specific criteria developed by the Teen Leaders themselves are invited to become Teen Leaders.

These teens receive chef coats with the Ceres logo and their name embroidered and serve as role models and peer teachers in the program. They lead the teen portion of the monthly Volunteer Orientation and two Teens Leaders serve on Ceres’ Board of Directors. Teen Leaders meet every other month for team building and leadership training. There are currently 26 Teen Leaders active in the program. In March they held their first weekend retreat with 23 of the 26 able to attend.
A Healthy Food System, Caring Connections, Engaged Youth
Ceres’ 2013 Annual Report

Our Annual Report shares Ceres’ work and its impacts through the voices of our clients, volunteers and experts from the community, and is filled with beautiful photos of our kitchens, garden, and the people we serve. You can read the full report online at www.CeresProject.org/AR01.html.

Read the story related by Fasih Hameed, Associate Medical Director of Petaluma Health Center, who was amazed when one of his patients, undergoing treatment for Hepatitis C, showed a normalization of her white blood cell counts after receiving meals from Ceres. He shared: “in the eight years that I have been treating Hepatitis C, I’d never seen such a dramatic improvement. I wish every community could have a Ceres.” In our surveys, 100% of clients report that Ceres’ meals and what they learned about the connection between food and health were extremely important for their healing. 81% of those clients report that they’re eating less fast and processed food, and 42% have increased their vegetable consumption.

Teen Leader Alya Bohr realized through her time at Ceres that “all food has a story—who makes it, what conditions it’s made in, where it travels, what ingredients are used, and how it affects the environment.” Because of what they’ve learned at Ceres, 50% more teens report that they’re encouraging friends and family to make healthier food choices. 65% fewer teens are regularly eating fast food.

To get a sense of the long-term impact Ceres is having on our clients and teen volunteers, we looked at what their reported dietary change will translate to in the coming years. We found that those who participated in 2013 will consume a whopping 4,530,745 additional servings of fruits and vegetables over the next 10 years.

Read all of this and much more, including how our incredible community of volunteers and donors makes our work possible as we continue to deepen our work and reach more clients and teens in the years ahead. ♥

Take Action!

Our individual actions, taken collectively, change the world. It’s up to us. Together, we can make miracles happen in our lives, in our communities and for our planet.

This year, we’re launching a campaign to empower action. What are you doing to improve your health, the health of your community and the health of our precious planet? We’ve shared 10 of our favorite actions on the card included with this newsletter as ideas to get you started. We hope it will inspire you to action through the year ahead.

Please share your stories, photos and videos with us, and check our website, Facebook page and Pinterest boards to see what others are doing.

Join Us!

Connect with us
www.CeresProject.org/ EmpoweredAction/
www.CeresProject.org/ Facebook/
www.Pinterest.com/ CeresProject

Sign up for our monthly e-newsletter
www.CeresProject.org
Ceres Community Project is thriving in Marin and just got a big boost with a move to a new kitchen at Community Action of Marin in San Rafael.

Ceres Marin, which launched with leadership from volunteers Julie Burford and Ann Wathen, has provided more than 30,000 meals to hundreds of Marin residents since it began at the now-closed Marin Youth Center in late 2010. For the past 3 years the program rented space from Whistlestop, a senior center in downtown San Rafael, but the small kitchen and limited hours meant the program was capped at just 6 teens on each of their two cooking days, and about 12,000 meals a year.

Community Action of Marin offers a larger and more professional space with the potential to add another cooking day and/or longer hours over the next six to eight months. With help from more than a dozen volunteers, the move was completed over a weekend – without missing any deliveries to the team’s 20 clients. A special crowd-funding campaign on Crowdrise.org raised more than $8,112 to help pay for an ice machine, range and all the pots, pans, bowls, measuring equipment and utensils to support weekly meal preparation for our Marin clients.

The larger kitchen means that many more teens will have a chance to learn about cooking and eating healthy fresh and organic foods. Those extra teen hands also translate to more meals. Thanks to their help we estimate that we’ll provide 16,000 meals in Marin County this year, a 30% increase from the 12,068 provided in 2013.

For more information:
Ceres Community Project’s Marin program operates Wednesday and Thursday afternoons from 4-6:30pm at Community Action of Marin, 4308 Redwood Hwy, Suite 100, San Rafael.

To learn more about receiving meals, volunteering or donating in Marin please visit Marin.CeresProject.org
Zazu Summer Dinner Supports Ceres and our Remarkable Teens

Join Duskie Estes, John Stewart and teens from Ceres Community Project for a very special meal at zazu kitchen + farm.

5:30-8:30 pm, Tuesday, July 1
Call zazu for reservations at 707·523·4814

Three course dinner $49 per person
Optional wine pairing $19

menu

lettuces, cherries, pistachios, vanilla bean + white balsamic vinaigrette

choice...

wild king salmon, backyard tarragon sweet peas, saffron rice, pink peppercorn aioli
or
whole lamb spezzatino, redwood hill goat cheese gnocchi, watercress, parmesan frico
or
green noodle sfoglie, bellwether ricotta, gourmet mushrooms, soda rock farm tomatoes

choice...

sebastopol strawberry sorbetto shortcake + backyard rose geranium
or
s’more in a jar

beverages
DeVoto Cider
Radio Coteau 2013 County Line Chardonnay North Coast
EMTU 2013 Pinot Noir Rosé
Wind Gap 2008 Syrah Russian River
Ceres Community Project presents
Harvest of the Heart Benefit Event
Saturday August 16, 5pm

with Chefs John Ash, Barbara Hom
and the Ceres Teen Chefs & Gardeners

Auction by State Senator-Elect,
Sonoma County Supervisor Mike McGuire

Ceres Community Garden
O’Reilly Media, 1005 Gravenstein Hwy N. Sebastopol

Please join us in the Ceres Community Garden for an evening of food prepared by a gathering of the finest chefs in Sonoma County served with some of the most extraordinary wines in the world. All served in the Ceres way—with warmth, generosity, and abundance of spirit!

You’ll not only enjoy yourself thoroughly — you’ll also help raise funds to support Ceres’ clients and teens!

The evening begins with a garden reception featuring an assortment of food, wine and cider pairings, and a Ceres Smoothie Bar. Celebrated local chefs — including Daniel Kedan of Backyard Restaurant and Nezar Jabbar of Whole Foods Market Sebastopol — will join with our teens to delight your palate. Bid on an exceptional selection of silent auction items including gift certificates to superb restaurants in Sonoma and the Bay Area, unique adventures and outings, and guest stays at fabulous locations near and far.

Then, stroll to our outdoor pavilion for a multi-course dinner prepared by renowned chefs John Ash and Barbara Hom and the Ceres Teen Chefs and paired with illustrious Sonoma County wines.

You’ll hear inspiring stories from Ceres clients and teens. Our live auction will tempt you with an array of outstanding must-haves. The evening will conclude with scrumptious desserts accompanied by organic, Fair Trade pour-overs from Bella Rosa Coffee Company.

Harvest of the Heart is our most important fundraising event of the year. Our goal is to raise $175,000 this year to nourish local families facing a serious illness, and teach teens about growing, cooking and enjoying healthy whole foods as they discover their power to make a difference in our community.

Please join us in the Ceres Community Garden for an evening of food prepared by a gathering of the finest chefs in Sonoma County served with some of the most extraordinary wines in the world. All served in the Ceres way—with warmth, generosity, and abundance of spirit!

Please join us!

Tickets are $150 each.

For help or questions about registration, contact Arlene Harchut 707-829-5833 x128 • arlene@ceresproject.org

Corporate sponsorships are still available. Please contact Scott McDougall 707-829-5833 x103 • scott@cerescommunity.org

To purchase tickets, visit: www.CeresProject.org/Harvest2014/

Live Auction Sneak Preview

A Year of Nurturing Self Care
including a monthly massage from Barbra Friedman of Cottage Massage and a year of weekly yoga classes with Ann Austin, plus a year’s membership to the Dhyana Center Self Care Studio.

Joy Rx: Eight Week Journey to Wellness
Ceres’ own Thais Harris, Nutrition Education Program Manager, leads a small group on this transformative journey, featuring classes and lectures from guest teachers; cooking classes with Ceres’ chefs and Teen Leaders; and 8 weeks of nourishing Ceres meals.

Authentic Moroccan Feast for Eight
You and your guests will feel like you’ve been transported to northern Africa as you sit around a low table beneath a sumptuous outdoor tent for this regal feast prepared by the Lorenzen’s, experts in the art of gracious entertaining with gourmet themed meals.
**Lemon Broccoli Millet Salad**

1. 1/2 cup millet  
2. 2 cup water  
3. 4 cups broccoli florets  
4. 1 cup celery, thinly sliced on the diagonal  
5. 1 cup cherry tomatoes, halved  
6. 1 cup minced parsley  
7. 1/4 cup minced fresh dill weed  
8. 1/2 cup cashew pieces, toasted  
9. 1/3 cup olive oil  
10. 1/3 cup fresh lemon juice  
11. 1/2 tsp salt  
12. 1 1/2 tsp fresh minced garlic

1. Toast the millet over medium heat until it becomes golden and aromatic. Pour in boiling water (carefully). Reduce heat to low, cover, and cook for 20 - 25 minutes or until the millet is tender and the water is absorbed. Turn out onto a sheet pan to cool. When it is cool, crumble it into a bowl.  
2. Blanch the broccoli just until it is crisp tender, rinse under cold water and drain well. Be careful not to overcook the broccoli - it should be bright green.  
3. For the dressing, whisk together the olive oil, lemon juice, salt and garlic.  
4. When the millet is cool, add the broccoli, celery, cherry tomatoes, parsley, dill and cashews. Toss well. Add the dressing and toss to combine. Serve immediately. If preparing in advance, wait to add dressing until just before serving, as the lemon juice will discolor the broccoli.

Servings: 8  
Yield: 2 quarts

_Variations:_  
This salad can be made with couscous, millet or quinoa with equally good results. You can also include diced sautéed peppers.

“Kevin and I have experienced for many weeks the healing energies and intentions of the food we have received and we enjoy so much. Everything is just so tasty and satisfying attractive! But it is also the sense we have of connection to all the volunteers and the community that enhances our meals.”

**Whole Foods Market Deli Salad Program**

Delicious salads that help Ceres Community Project change and save lives. Look for the Ceres logo in the Deli Case at Whole Foods Market stores in Sonoma, Marin and Santa Cruz counties. Every pint you purchase generates $1 for Ceres.

Thank you Whole Foods Market for donating $34,182 to Ceres during 2013.
Nutrition News
You Can Use

Confused about the latest in nutrition news? Just what should you be eating for your health? You’ll find a number of relevant articles from our Nutrition Education Program Manager, Thais Harris, on our website, including:

Understanding Fats – This three-part series details the health imperative of consuming adequate amounts of healthy, “good” fats in our diet and explains which fats to avoid and why.

Sugar-How Sweet It Isn’t – Understand why the high – and often hidden – quantities of sugar in our diet are a risk for our well-being on many levels.

Ceres Food Philosophy – What’s behind the ingredient and cooking choices made at Ceres? This article explains the science and philosophy that informs our work. These articles are available on our website with new articles posted monthly:

www.CeresProject.org/NutritionArticles.html

Want to learn more about incorporating Ceres’ food philosophy into your own life?

Healing Foods Basics Class

Make the connection between your health and the food and lifestyle factors that influence it. This class offers an overview of Ceres’ nutrient-rich approach to healthy eating while providing a fun environment and loving community.

TOPICS INCLUDE

♥ Whole food nutrition basics
♥ Shopping strategies
♥ Foods to add and to avoid
♥ Eating well on a budget
♥ Healthy lifestyle choices

THURSDAYS
6:00 to 8:00 PM
June 26 (En Español)
August 28
October 30

LOCATION
Ceres Community Meeting Room
7351 Bodega Ave
Sebastopol CA 95472

Please register at:
www.CeresProject.org/HFB

“For the last 12 weeks you have provided us with delicious and nutritious meals. For half of this time my husband and I were traveling to the Stanford Cancer Clinic, where I received radiation every day. I was able to keep my strength and energy up during this time. We have learned much about the Ceres way of preparing food and have felt the support and caring from all of the people who are a part of Ceres. Though we haven’t met, you are all dear to us and have impacted our lives in a very positive way.”

SUPPORT CERES WITH YOUR NEXT REAL ESTATE TRANSACTION – KB PROPERTIES CUTS THE CHECK

Our 5% Back program turns real estate transactions into cash donations. 5% of KB Properties Realtor’s commission is available for donation and allows us to support the valuable non-profits in our area.

PROUDLY SERVING SONOMA COUNTY

Adam Goldberg
adam@kbtrust.com
707.321.2111  BRE: 01798689

Chelsea Wieczek
chelsea@kbtrust.com
707.696.2299  BRE: 01873633

mykbproperties.com
Our new sachets offer high-grade, select teas with tastes that are distinct and rich. We sourced organically grown, aromatic and flavorful varietals and an herbal flower for our new tea offering. The leaves are larger (we milled them minimally) to preserve the natural flavors and bring a richer, deeper flavor to the cup. **Every box purchased supports Ceres Community Project!**

Available at these fine stores:
- Berkeley Bowl
- Bi Rite Market
- Bryan’s Market
- Cal Mart- Calistoga
- Good Earth Natural Foods
- Mill Valley Market
- Nature’s Food Depot
- New Leaf Market
- Paradise Foods – Marin County
- Rainbow Grocery
- Real Foods
- RJ’s Market
- Sierra Hills Market
- Small Foods
- Sunshine Foods
- Toby’s Feed Barn
- Valencia Whole Foods
- Whole Foods Markets – North Bay
- Woodlands Market

**Board Members**
- Sharon Keating, President
- Joe Marshall, MBA, Treasurer
- Deborah Vogan, Secretary
- Sonya Dexter, Teen Member
- Mimi Largier, Teen Member
- Sophie Leveque-Eichhorn, Teen Member
- Jason Gittins
- Kellie Noe
- Erin Rickard
- Padi Selwyn
- Nichole Warwick
- Josh Weil

**Ambassador Council**
- Donald I. Abrams, M.D., Chief of the Hematology-Oncology Division, San Francisco General Hospital
- 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

Enjoy a monthly email full of Ceres recipes when you join the Kale Club, our monthly donor program.

www.CeresProject.org/KaleClub
Upcoming Classes & Events

June 28, Noon-4pm
Matanzas Creek Winery’s 18th Annual Days of Wine and Lavender Festival, benefiting Ceres Community Project. We’ll be on hand with some of our teen chefs serving up tastes of a few Ceres specialties. Located on the beautiful grounds of Matanzas Creek Winery in Santa Rosa and featuring exquisite wines paired with unique foods featuring lavender from the best local chefs. The estate lavender gardens will be at their most fragrant and beautiful for this fun and popular event.
Find out more and purchase tickets at www.MatanzasCreek.com

July 1
Zazu Summer Dinner with Ceres Teens (see page 6 for details) For reservations, call 707-823-4814.

July 17, 6-9pm
Lakshmi Devi: World-Inspired Kirtan
A Benefit Concert for Ceres Community Project presented by Osmosis Day Spa Sanctuary and Lambert Bridge Winery.

An ecstatic evening of inspired devotional music in the legendary Osmosis Meditation garden. The evening starts with a delectable Indian meal provided by Ceres, perfectly paired with fine wines poured by Lambert Bridge. Then, enjoy an eclectic array of original and traditional sacred music. Lakshmi’s strong spirit and devotional musicality are supported by her band of incredible world musicians.

To reserve your spot now visit LakshmiDeviOsmosisConcert.eventbrite.com or call 707-823-8231

June 17, July 15, August 19
5:30-7 pm
Sebastopol Volunteer Orientation
7351 Bodega Avenue, Sebastopol. Visit our website for details and registration.

July 8, August 26, 6-7pm
Sonoma Valley Volunteer Orientation
Hanna Boys Center Fine Arts Auditorium 17000 Arnold Drive Sonoma.

June 26, August 28, 6-8pm
Healing Food Basics. This class offers an overview of Ceres' nutrient-rich approach to healthy eating while providing a fun environment and loving community. Our June class will be presented in Spanish. 7351 Bodega Avenue, Sebastopol

June 27
Sample delicious salads from our Nourishing Connections Cookbook and meet our Sonoma Valley volunteers at Whole Foods Market Sonoma. Purchase your favorites and Whole Foods will donate $1.00 to Ceres for every pint sold.

August 16
Harvest of the Heart
at Ceres Community Garden (see page 7 for details)

September 20
Local Foods Dinner prepared by our teen gardeners and chefs for their parents

September 27, 11am-4pm
18th Annual Kendall-Jackson Heirloom Tomato Festival, benefiting Ceres Community Project. Kendall-Jackson Wine Estate & Gardens, Santa Rosa.

This signature event reveals the delicious flavors of more than 175 heritage varieties of tomatoes grown in Kendall-Jackson’s expansive estate culinary gardens. Try them all and enjoy the perfect fall day with garden tours, exceptional wine and food pairings, dynamic wine and garden seminars, the popular Chef’s Challenge, and music provided by The Carlos Herrera Band!

Information and tickets at www.kj.com/visit-tomato-festival/

Visit our website to register and get more information about our classes and events.
www.CeresProject.org

Connect with us
www.CeresProject.org/EmpoweredAction/
www.CeresProject.org/Facebook/
www.Pinterest.com/CeresProject

Sign up for our monthly e-newsletter
www.CeresProject.org
Join us at zazu kitchen + farm on July 1st for our 4th Annual teen-powered fundraising event! See page 6 for details.

www.CeresProject.org

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.

Summer Fund a Meal Campaign

We need your help! This year we expect to deliver 72,000 beautiful, delicious and nutritious meals from our kitchens in Sebastopol and Sonoma, and 16,000 in Marin county. That’s 16,000 more meals than last year … and that’s why we need your help. Those added meals will cost about $120,000 to prepare and deliver.

Support our summer Fund a Meal campaign by using the enclosed donation envelope or donating online at www.CeresProject.org.

With 5,000 people on our mailing list, if each of us donates just $24 we’ll reach our goal. So dig deep and give as generously as you can.

“...the Ceres way of preparing food and have felt the support and caring from all of the people who are a part of Ceres. Though we haven’t met, you are all dear to us and have impacted our lives in a very positive way.”

Your financial support will mean the world to one of our clients!