



Les Dames d'Escoffier
INTERNATIONAL



Birmingham

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August 2017

President's Note

Greetings,

It has been a busy spring and summer for our chapter especially during the recruitment of potential new members. A big thanks goes out to our members who have sponsored such amazing candidates. Gia McCollister, Vice President of Membership, did an excellent job in organizing the committee and shared her home for our interviews. Make time to give special thanks to the committee for doing its job in a professional, efficient, and objective manner: Gia McCollister, Brooke Bell, Susan Nash Gilpin, Mary Esther Carpenter, Sherron Goldstein, Martha Johnston, and myself. The nominees for membership are shared on page 8.

The nominating committee also met in July to review applications for the offices of Vice President of Programs and Treasurer for 2018. The nominees are Christiana Roussel for Vice President of Programs and Laura Zapolowski for Treasurer.

Sunday, August 13, is our mandatory annual business meeting. It will be from 3 to 5:30 p.m. at my home, 2609 Caldwell Mill Lane, Mountain Brook, 35243.

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Behind the scenes at Jones Valley Teaching Farm



Jones Valley Teaching Farm uses food, farming, and culinary arts as a foundation for learning, teaching math, science, social studies, and English skills to PreK through 12th grade students. See the full story on page 4.

Above: Woodlawn High School's outdoor classroom and orchard. Right: Students run their farmers' market. Photos by Cary Norton.



First grant given in honor of Ama Shambulia

By Martha Johnston

Birmingham Dames presented a \$1,000 grant to West End Community Garden and WE Café in honor of Ama Shambulia. It was made at the Urban Ministries Fundraiser held on May 25, 2017, at The Kress Rooftop.

Shambulia, wellness programs director at Urban Ministries and WE Community Garden, is not only a master gardener but also a trained natural foods chef. She oversees WE Café and is a founding member of the Birmingham Jefferson Food Policy Council.

Shambulia trains and employs young people from the community through internship programs, hosts festivals and classes, and manages the WE Café, including catering for special events.

Becky Satterfield said that the board and awards committee were thrilled to have our first award go to a person and program that



Pictured left to right: Susan Swagler, Angela Schmidt, Ama Shambulia, and Becky Satterfield after awarding West End Community Garden and WE Café with a \$1,000 grant in honor of Shambulia.

align so well with our LDEI philanthropic goals. The WE Garden's vision is to revitalize the West End Community through the growing and sharing of naturally grown foods.

The WE programs have a threefold purpose. The community gardens provide inspiration via their beauty

and bounty. Education increases the health and well-being of this community challenged by food insecurity and lack of healthy food choices. In a community that is a food desert, the garden is striving to create self-sustaining and holistic food institutions to revise the economic landscape.

Scholarship awarded to Jeff State culinary student

By Katherine Cobbs

On July 17, the Birmingham chapter of LDEI awarded \$1,000 in scholarship money at a reception held at Jefferson State Community College - Shelby Campus Health Science Building.

The evening honored Jeff State culinary and baking/pastry student, Daphne Jones, for her academic accomplishments and professional goals. The scholarship is awarded annually to a woman pursuing full-time coursework in the culinary or

pastry arts, beverage management, hospitality, agriculture, or other related fields of study.

"Our organization's scholarship awards and grants exemplify an enduring part of our mission," said President Becky Satterfield. "Since our chapter's founding four years ago, we have developed relationships with women throughout our city at all levels in their culinary careers. This scholarship is just one of many ways to honor our chapter's commitment to education, advocacy, mentoring, and philanthropy."



Becky Satterfield and Tiffany Denson as well as other Birmingham Dames attended the scholarship reception honoring Jeff State culinary student Daphne Jones (center).

Bham Dames take over Pepper Place in September

By Martha Johnston

Birmingham Dames have a unique opportunity to increase our visibility at Pepper Place Market during September 2017. Leigh Sloss-Corra and Cathy Sloss Jones invited the group to "take over" all of the chef demonstrations at Pepper Place for that month.

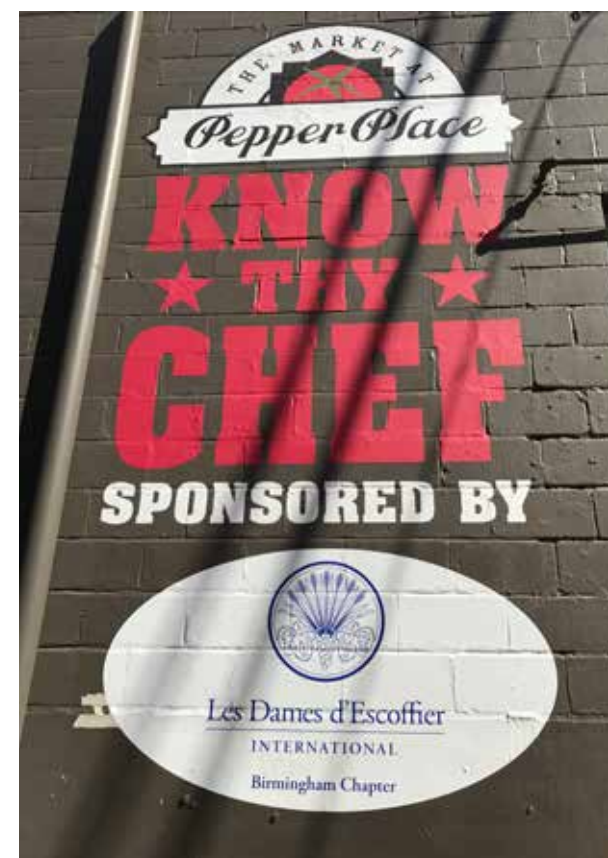
"Not only will we have our amazing Dames presenting demonstrations featuring market items from Pepper Place, but we have our LDEI Birmingham chapter logo on display at the market demonstration area," said Becky Satterfield.

Tiffany Denson has taken responsibility for lining up our members to do team demonstrations. In addition, Dames will be talking about the LDEI Birmingham chapter, offering members' books and products, and making sure market attendees know about our October 15, fundraiser and have the opportunity to purchase tickets.

Dames who have volunteered to participate include:

- September 2: Susan Green and Sherron Goldstein
- September 9: Kathy Mezrano and Jan Gautro
- September 16: Ashley Tarver and Christiana Roussel
- September 23: Juliette Flenoury and Becky Satterfield
- September 30: Brooke Bell and Mary Esther Carpenter

Mark your calendars and come support your fellow Dames!



Above: On July 15, Dames Rebecca Lang and Rachel West did a recipe demo at The Market at Pepper Place. They shared two recipes from Rebecca's latest book, The Southern Vegetable Book (Rachel was the book's editor), preparing Lemony Green Bean Pasta Salad and Spicy Icebox Pickles. Rebecca also had a book signing following the demo and tasting. Left: The Birmingham LDEI chapter is the demo sponsor for Pepper Place this year.

Behind the scenes: Jones Valley Teaching Farm

By Christiana Roussel

Most of us did not grow up operating a farmers' market at a carpool line. Students at Glen Iris Elementary School do.

Most of us did not grow up designing and building a greenhouse at our middle school. Students at Putnam Middle School did just that this spring.

Most of us did not grow up with a bioswale [landscape elements designed to concentrate or remove silt and pollution from surface runoff water] behind our high school. Students at Woodlawn High School do.

What began in 2002 as an idea to convert some downtown fallow property into a place where residents might grow a few fresh vegetables has evolved into a hyper-focused organization delivering on a mission to educate children in seven Birmingham School Partners (Glen Iris Elementary, Avondale Elementary, Oliver Elementary, Putnam Middle, Hayes K-8, Woodlawn High School, and Phillips Academy) through project-based learning. Dame Amanda Storey is the executive director of Jones Valley Teaching Farm (JVTF), where she is responsible for the overall leadership and management of the organization and works to secure local, regional, federal, and national funding partners. Amanda also develops and maintains strategic community- and school-based alliances, manages donor relationships, and connects Jones Valley Teaching Farm to health, food, and education-focused coalitions currently working at the local, state, and national levels. Jones Valley



Jones Valley Teaching Farm holds an annual Twilight Supper fundraiser at their downtown location. This year's will be held on September 22. Photo by Cary Norton.

Teaching Farm's in-school food education model, Good School Food, has grown from one to seven schools in the Birmingham City School system over the last three years, covering PreK-12th grade.

Recently named *The Birmingham Business Journal's* Nonprofit of the Year (in the \$1M – 2M revenue category), Storey notes, "Jones Valley Teaching Farm has been an evolving and innovative force in this community. What makes me so proud of this organization is that we've transitioned to an educational non-profit that uses food as a platform or foundation for learning. We are teaching math, science, social studies, and English language arts and using food, farming, and the culinary arts as a connecting thread. We are positively impacting students' interactions with food including growing, tasting, and

developing recipes. We are also seeing how food—specifically growing food as a team—impacts a student's career readiness. Of the five seniors participating in our paid internship at Woodlawn High School, one was the valedictorian, one was a salutatorian, and all of them are enrolled in college to study business/finance, culinary arts, and computer science. I am forever encouraged and inspired by the relationships students have with our instructors, teaching farm fellows, and farmers. Out of all of the things listed above, I'm most proud of the relationships we've created at each of our school partners. I'm also excited to see what's next for Jones Valley Teaching Farm as we begin to introduce our educational model at the national level."

"I'm also excited to see what's next for Jones Valley Teaching Farm as we begin to introduce our educational model at the national level."

—Amanda Storey

Jones Valley Teaching Farm is unique in its approach to experiential education in that they have designed and built vibrant outdoor spaces on school campuses and five of the seven spaces are within one neighborhood. This means that the teaching farms are not just "feel good" experiences during a part of their school career. Instead, Jones Valley Teaching Farm is a consistent and trusted part of their entire school career—from the day they enter kindergarten to the day they graduate high school.

Securing consistent long-term funding is crucial to accomplishing the goals and objectives of JVTF and the annual Twilight Supper is a major driver of those funds. On Friday, September 22, guests will dine under the twinkling party lights and stars on the downtown farm, enjoying a feast prepared by the famous Fatback Collective. Dames Becky Satterfield, Pardis Stitt, and Melany Robinson have always been huge supporters of JVTF and the Twilight Supper in particular. Tickets are already available and may be purchased at twilightsupper.swellgives.com/. If you would like to volunteer your time and talents, please contact Amanda at Amanda@JVTF.org.

In her spare time (read: anytime after September 22), Amanda enjoys keeping up with her 5-year-old son, Martin Everitt, and 2-year-old daughter, Mae. When she secures a babysitter, she enjoys having uninterrupted conversations and cooking at home with her husband, Mike.



Top: An interior view of Woodlawn High School's outdoor classroom and greenhouse.

Bottom: The school garden at Glen Iris Elementary. Photos by Cary Norton.

Outreach: HEAL Alabama Snack Challenge

By Martha Johnston

Birmingham Dames Linda Godfrey and Kathy Mezrano were excited to join 11 Pizitz Middle School students for the final judging of their entries in the HEAL Alabama Heal-icious Snack Challenge on May 3. HEAL, founded in 2002 by Christy Swaid, stands for “Healthy Eating, Active Living,” and aims to reduce childhood obesity by educating kids about their health and empowering schools to continue that education. The snack challenge is a new endeavor for HEAL.

After the judges reviewed each of the 11 dishes for presentation and nutritional value, a panel of seven students was called on to judge the entries on taste. After all, these dishes are designed



Kathy Mezrano and Linda Godfrey were on hand for the final judging of the HEAL Alabama Heal-icious Snack Challenge.

to appeal to kids as much as chefs and nutritionists.

The winning snacks selected by the panel were: Guacamole with

Baked Pita Chips, Sweet Potato Bites, Turkey Roll-up Kabobs, and Fruity Cinnamon Vanilla Granola.

Champagne Campaign at Bottega Café

Pardis Stitt invited Birmingham Dames to join her at Bottega Café on June 14, for a “Champagne Campaign” presented by Jonathan Thomas of Grass Roots Wines. The group tasted four Champagnes with companion appetizers. All who attended agree that it was a wonderful primer on grower Champagnes available at Bottega, other independent restaurants, and local wine stores. This tasting adventure was a celebration indeed!

Pictured left to right: Paden Reich [guest], Jan Gautro, Pat Terry, Gia McCollister, Carey Thommason [new member nominee], Leigh Sloss-Corra, Angela Schmidt, Kerry Kelley, Martha Johnston, Susan Swagler, Becky Satterfield, and Katherine Cobbs.



Dames meet and greet at OvenBird social

By Jan Walsh



Above: The beautiful spread of food at OvenBird. Left: Dames Deb Wise, Martha Johnston, Leigh Sloss-Corra, and Cathy Sloss Jones.

Below: Current and potential new member nominees at the June 5, social event.



On June 5, the Birmingham chapter had a second chance to meet potential new member nominees at OvenBird. A previous social hour was held at the home of President Becky Satterfield.

This second gathering provided an opportunity for those prospective nominees who could not attend the first gathering to meet with the local members. Those who attended the first social were also invited to attend this one as well.

OvenBird’s private space, the warehouse, kept everyone dry and happy on the rainy evening. Not a dampened spirit in the bunch, as everyone wore a blue blouse for an updated group photo. Dame Idie Hastings was a gracious hostess with a lovely candlelit table adorned with fresh flowers and an array of appetizers, from savory to sweet. The food was paired with wines and a specialty cocktail at the bar.

Nominees for membership

At the annual business meeting on August 13, we will vote on these new member nominees:

- Anne Chappel Cain, freelance communications consultant
- Rosemary Black Dallan, adjunct university instructor and dietitian
- Phyllis H. DePiano, CEO of Hoffman Media
- Sidney Fry, freelance food and nutrition writer and two-time James Beard Award winner
- Brittany Garrigus, pastry chef at Satterfield's Restaurant
- Erin Isibell, co-owner of Red Cat Coffee
- Telia Johnson, freelance recipe developer and owner of Telia Johnson Cakes
- Leslie Byers Register, author and photo stylist
- Andrea Snyder, owner of Urban Cookhouse
- Carey Thomasson, chef and owner of Dinner Period
- Mary Grace Viado, corporate executive chef at Village Tavern

Book Club: The Belly of Paris

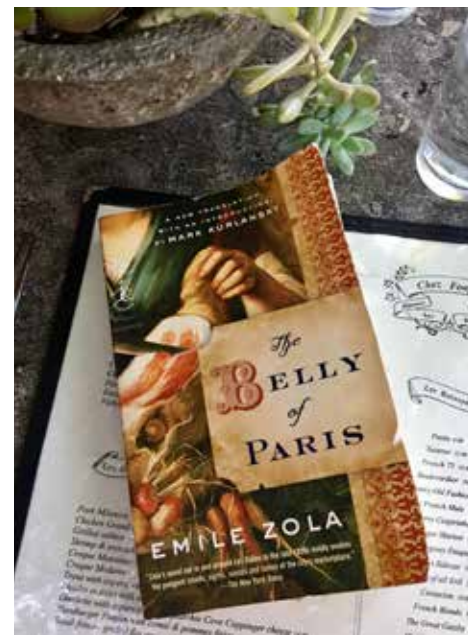


Pictured left to right: Dames Jan Gautro, Susan Green, Laura Zapalowski, Martha Johnston, Gia McCollister, and Susan Swagler.

By Martha Johnston

At the invitation of Dame Pardis Stitt, our book group met at Chez Fonfon on Tuesday, May 9, to discuss *The Belly of Paris* by Émile Zola [1840-1902]. In the spirit of the book, we gathered at a large table in the garden to enjoy a few bottles of wine along with a simple evening meal as the common folks, thin people, did in the book.

Les Halles is the dominant symbol of this novel. Zola spent several months of 1872 exploring all its aspects as well as neighboring streets. As a result the text is infused with descriptions that have a documentary quality. The description of the symphony of cheeses and the fish market counter are great examples. Most agreed we haven't read another novel with as much description.



The Belly of Paris is the third volume in Zola's famous cycle of 20 novels, Les Rougon-Macquart. It complements his other novels of social conflict and urban poverty.

Birmingham Dames take action

By Martha Johnston

Alabama senators and representatives have received individual letters expressing our desire for their vote to end hunger. Specifically we asked them to make funding decisions that put our country and the world on track to end hunger by 2030, to reject budget cuts that increase hunger, and to protect vital policies and safety-net programs, including WIC, global nutrition, SNAP, and refundable tax credits.

As professionals in the food industry, we acknowledged that although progress has been made over the past 30 years, there is still work to be done. We noted that Alabama is the fourth-hungriest state in the nation, and 1 in 4 children are food insecure. In addition, more than 17% of seniors in Alabama struggle with food insecurity.

Each letter, signed by our Dames, was delivered in person by Dame Becky Stayner on July 18, as part of the Bread for the World Lobby Day. A profile of Les Dames d'Escoffier International was also included.



Dame Becky Stayner delivered a signed petition and discussed food insecurity in the state with Alabama's senators, representatives, and their aides.

Events Calendar

| | | |
|---------------------|----------------|--|
| Sunday, Aug. 13 | 3 to 5:30 p.m. | Annual business meeting and group photo (mandatory) 2609 Caldwell Mill Lane Mountain Brook, AL 35243 |
| Monday, Aug. 14 | 6 p.m. | Book Club: <i>The Apprentice: My Life in the Kitchen</i> by Jacques Pepin, location TBD |
| Sunday, Sept. 10 | TBD | New member reception |
| Tuesday, Sept. 12 | 11 a.m. | Lunch at Bettola |
| Wednesday, Sept. 20 | 9 a.m. | Coffee roaster visit to Revelator Coffee Co. |
| Sunday, Sept. 24 | 2 p.m. | Bike tour of the downtown Civil Rights Trail |
| Sunday, Oct. 15 | 4 to 7 p.m. | LDEI Sunday Supper Fundraiser Jones Valley Teaching Farm |
| Monday, Oct. 23 | 6 p.m. | Book Club: <i>A Square Meal</i> by Andrew Coe, meeting at Gia McCollister's home |
| Tuesday, Nov. 14 | 11 a.m. | Lunch at Ted's Restaurant |

Dames Recommend



Above: One of the many stunning views on St. John during Ashley Tarver's July trip. Right: Kathy Mezrano recently visited Germany and Italy, where she stopped in at a Parmigiano-Reggiano factory.



Ashley Tarver

St. John, U.S. Virgin Islands

Trunk Bay: Incredible, quiet beach!
Westin: Fabulous Spa Service
Bed and Breakfast: Lindholm Estate
Restaurants: La Tapa, Knox and Ollies, Longboard, Morgan's Mango, Zozo's.

Kathy Mezrano

Parma, Italy in spring! My recent food and wine trip through northern Italy was bellissimo! Parma is the "food valley" of Italy with its Parmigiano-Reggiano and Prosciutto di Parma factories. I plan to host some small groups next spring to visit some of my favorite sites.

Berlin, Germany is certainly the art capital of Europe! It was incredible to be in a room with 12 Rembrandts! Food was multicultural and quite good. I loved the celeriac mash with wild boar! And the breads were outstanding.

Jan Walsh

New York City: It was my family's mission to make my 60th birthday memorable. Mission accomplished.

The Tower Room at The Plaza is a once-in-a-lifetime luxury. I was queen for a week in a one-of-a-kind room on the 18th floor of one of the corner turrets of The Plaza. It features a round master bedroom overlooking Fifth Avenue, under a soaring 23-foot exposed-brick turret ceiling and a round bed! I grew up sleeping in a round bed so what better than to return to my childhood for my 60th birthday. The 550-square-foot suite also included a spacious living space and closets galore, and the bathroom boasted mosaic floors and walls with a gilded floral motif,

private water closet, and 24-carat gold-plated fixtures.

We also received VIP treatment at both historic restaurants and highly renowned chef-driven restaurants. Yet the favorite restaurant of the trip was Rotisserie Georgette. Think, "Louis XV meets the kitchen." Georgette Farkas must be my long, lost sister. We share so many passions: French food, French wine, the color of cobalt blue, antique French mirrors, and so much more. The restaurant's gorgeous tiles and murals were purchased by her father in the 1960s. The restaurant also serves as a gallery, Lowdy Frame and Restoring Company, showcasing antique, period mirrors. And the food is incredibly divine. You will have to go to France for a roasted chicken and veggies this memorable. Read more about the trip at BirminghamRestaurants.com/Culinary-Travels.



On Jan Walsh's recent birthday trip to New York City, she enjoyed the rustic French fare at Rotisserie Georgette.



Angela Schmidt recommends spending some time enjoying Mexican wrestling at Lucha Libre in Mexico City.

Angela Schmidt

Mexico City: I highly recommend connecting with fellow Dame Alicia Paramo Ortega. Alicia knows a lot about food in Mexico City, as she does PR for many restaurants and chefs, but here are some specific recommendations:

- Fonda Fina: Located in the Colonia Roma District, gorgeous old neighborhood with European influences, many cafes and bars. Aside from upscale restaurants, fondas are known for the best in traditional yet refined food. Fonda Fina's menu was designed by Quintonil chef, Jorge Vallero and the kitchen is helmed by Juan Cabrera (formerly of Pujol) Hands down, best meal I've had in Mexico. <http://www.fondafina.com.mx>

- Soursop Mojito from Patio Aurora in the trendy Condesa area <http://auroraroma.mx>
- Casa Jacinta Guest House in Coyocan. It's two blocks from the Frida Kahlo Museum. Feels like you're staying in friend's home with gorgeous gardens and wonderful staff. Good coffee and a traditional breakfast cooked every morning. <https://www.casajacintamexico.com/en>
- Lucha Libre at Arena Mexico. Mexican wrestling is so outrageous and fun! It's a family-friendly event happening every week in which Mexican wrestlers compete with visiting wrestlers, despite some back and forth, the Mexicans always seem to win!

Let's Toast



Barbecue and Classic Caesar are the two newest flavors to join the product line of T'Lish Dressings & Marinades.

Tiffany Denson announces that T'Lish Dressings and Marinades debuted two new products, as well as new branding, at the Summer Fancy Food Show in NYC in June. Barbecue and Classic Caesar are new to the line of dressings and marinades, which also includes Sweet Garlic, Asian Sesame, and Chipotle. The rebranding was designed by the team at Mason + Dixon, a full-service content creation agency owned by **Dame Mary Clayton Carl** and her husband, Paul Jones.



Letter, continued from page 1

We will vote on the new member nominees as well as elect our new officers for the coming year.

Angela Schmidt and our fund-raising committee have scheduled a Sunday Supper event on October 15, at Jones Valley Teaching Farm. Please watch for emails so you don't miss any details. This is a very

exciting event for all of us, and we need each of you to participate so we can generate money for all of our philanthropic projects.

Lastly, our annual international conference will be October 26-29, at The Island Hotel in Newport Beach, California. The LA/Orange County chapters will host the event so it's bound to be wonderful. You will have the opportunity to

meet Lidia Bastianich, our newest Grande Dame, and Carol Brock, our founder. Dames from around the world will be there too. You can register online at LDEI.org.

Thanks to each of you for all you do for our LDEI causes. There are more great things coming, so be involved and experience the joy!

Best,
Becky

Dames to guest judge at Kickin' Chicken

By Susan Swagler

A handful of Dames have volunteered to be the guest judges at the Kickin' Chicken Wing Fest on Saturday, August 19, at Ghost Train Brewing Co. For our time and expertise, LDEI Birmingham is being listed as an event sponsor!

The event is sponsored by the Junior Board of the Literacy

Council of Central Alabama, which serves the ~92,000 functionally illiterate people in our area.

Anyone wanting to be a judge should contact Susan Swagler at susan@swagler.net ASAP. We will need judges from 2:30 to 4 p.m. that day. Other sponsors include: Ghost Train Brewing; local Piggly Wiggly stores; Bressler, Amery & Ross; Milo's; and Vulcan Materials.

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