

LOCAL RESTAURANTS & FOOD BUSINESSES

Cook's House

Counties Served: Grand Traverse, Leelanau

Chef Names: Eric Patterson & Jennifer Blakeslee

Focus/Specialty: Local, sustainable cuisine; cooking classes & youth internships

Location: Traverse City

Phone: 231.946.8700

Email: chefericpatterson@gmail.com

Website: <http://thecookshouse.net>

Availability: Mornings. Mondays are best. School days only (no after school programs)

Grade Levels: Middle school and high school. All grade levels OK.

Fee? Would like food cost and travel reimbursement

Can you visit in January for Know Your Chef / Farmer Month? Yes

Martha's Leelanau Table

Counties Served: Leelanau

Chef Name: Martha

Focus/Specialty: Local, European-style café and bistro dishes

Location: Suttons Bay

Phone: 231.271.2344

Email: martha@marthasleelanautable.com

Website: <http://marthasleelanautable.com>

Availability (school day, after school program, evening events): School day only

Grade Levels: 6-12

Fee? No

Can you visit in January for Know Your Chef / Farmer Month? No

Trattoria Stella

Counties Served: Grand Traverse, Leelanau

Contact Name: Al Silveri (Restaurant Manager)

Focus/Specialty: Locally sourced, fine Italian cuisine

Location: Traverse City

Phone: 231-929-8989

Email: Stella@StellaTC.com

Website: <http://www.stellatc.com>

Availability: November – March. Available for school day class visits, after school programs, and evening family events.

Grade Levels: K-12

Fee? No

Can you visit in January for Know Your Chef / Farmer Month? Yes

Crystal Mountain Resort

Counties Served: Leelanau, Manistee

Chef Name: Glenn Noffsinger

Focus/Specialty: Wide range of culinary experience

Location: Benzie County

Phone: 231-378-2000 x 6008

Availability: Late September-Early December; Available for class visits in mid-morning and early in the week (Monday-Thursday). Available for after school programs 3 - 6 pm.

Grade Levels: K-12

Fee? No

Can you visit in January for Know Your Chef / Farmer Month? Not likely

Cherry Capital Foods

Counties Served: Grand Traverse, Leelanau, Benzie, Antrim

Chef Name: Stuart Mitchell

Focus/Specialty: Wide range of culinary experience

Location: Traverse City

Phone: 866-943-5010 ext. 18

Email: stuart.mitchell@cherrycapitalfoods.com

<http://cherrycapitalfoods.com>

Availability: All year long, school days. Not available for after school or evening events.

Grade Levels: K-12

Fee? No

Can you visit in January for Know Your Chef / Farmer Month? Yes

Nine Bean Rows

Counties Served: Leelanau

Chef Name: Jen Welty

Focus/Specialty: French style pastries and breads

Location: Suttons Bay

Email: Jen@9beanrows.com

Availability: Somewhat flexible; available for school day class visits

Grade Levels: All

Fee? None (Depending on how much time is required)

Can you visit in January for Know Your Chef / Farmer Month? Yes

NUTRIONISTS/DIETICIANS

Munson Medical

Counties Served: Grand Traverse, Leelanau

Chef Name: Laura McCain

Focus/Specialty: Healthy food choices, nutrition, cooking demonstrations

Location: Traverse City

Phone: 231-935-7513

Email: lmccain@mhc.net

Availability (school day, after school program, evening events): School days, after school, and evenings all work.

Grade Levels: All grades, must confirm student interest first

Fee? No

Can you visit in January for Know Your Chef / Farmer Month? Yes

Munson Medical Dietician with Youth WOW (Working Off Weight)

Counties Served: Nutrition, healthy food choices and lifestyle

Dietician Name: Diane Roach

Focus/Specialty:

Location: Grand Traverse

Phone: 231-935-8400

Email: droach@mhc.net

Availability: Flexible; November begins availability; Flexible depending on day; plan a month or more in advance; not available for after school programs or evening events.

Grade Levels: Primarily Middle School

Fee? No. Schools to cover printing cost

Can you visit in January for Know Your Chef / Farmer Month?

Notes: Focus areas include, work involves a lot with overweight children and behavioral solutions; talking about sugar content of drinks; Using food models for food group relay races; fullness and fullometer eating to keep us fueled and filled with fruits and vegetables; How is food processed by the body; huge anatomy models

Munson Medical and TCAPS

Counties Served: Grand Traverse

Nutritionist Name: Jody Jocks

Focus/Specialty: Nutrition, healthy food choices, school food options; childhood obesity, Diabetes, early childhood, chronic disease management and prevention

Location: Traverse City

Phone: 231-933-1912

Email: jocksjo@tcaps.net

Availability: Tuesdays, Thursdays for school day visits. Flexible times; can also do evening events, talk to PTOs, parent organizations.

Grade Levels: K-12

Fee? No

Can you visit in January for Know Your Chef / Farmer Month? Possibly

Oryana Co-op

Counties Served: Grand Traverse, Leelanau, Benzie, Kalkaska

Instructor Name: Dave Gibbs

Focus/Specialty: Local foods, nutrition lessons, cooking demos, organic food

Location: Traverse City

Phone: 231-360-8148

Email: Dave@oryana.coop

Availability: Flexible; available for class visits during school day and after school programs.

Grade Levels: Middle school and high school

Fee? No

Can you visit in January for Know Your Chef / Farmer Month? Possibly

UNIQUE FOOD EXPERIENCES

Hillside Homestead

Counties Served: Leelanau, Grand Traverse, Benzie

Chef Name: Susan Odom

Focus/Specialty: Historic foods, recipes, and lifestyle; historic farmstay

Location: Suttons Bay

Phone: 231-271-1131

Email: susan@hillsidehomestead.com

Website: <http://www.hillsidehomestead.com>

Availability: January, February, March are best. Mornings are best. Can do visits during school days, evenings, and after school programs.

Grade Levels: K-12

Fee? Yes – for groups outside of Suttons Bay

Can you visit in January for Know Your Chef / Farmer Month? Yes

Dick Evans, Children's Book Author & Cartoonist

Counties Served: Leelanau, Grand Traverse, Benzie, Kalkaska

Focus/Specialty: Children's book reading Discover the MAGIC of Rainbows, nutrition lesson, cartooning

Location: Traverse City

Phone: 231-943-7689

Email: dickevans@bearclausepublications.com

www.BearClausePublications.com

Availability: Flexible; contact to schedule a reading

Grade Levels: K-5

Fee? No

Grocer's Daughter Chocolate

Counties Served: Leelanau, Grand Traverse

Chef Name: Mimi Wheeler

Focus/Specialty: Gourmet chocolatier using local ingredients when possible; process of growing and making chocolate; tastings; classes

Location: Empire

Phone: 231-326-3030

Email: mimi@grocersdaughter.com

Availability: Call or email for scheduling a visit, lesson, tasting

Grade Levels: All grades, prefer older students: middle and high school

Fee? No

Can you visit in January for Know Your Chef / Farmer Month? Possibly

CATERING, CHEF DEMOS, PROFESSIONAL DEVELOPMENT

Black Bird Gardens

Counties Served: Antrim, Emmett, Grand Traverse

Chef Name: Mike Everts

Focus/Specialty: high quality, locally sourced, sustainable foods; catering for events, cooking classes for professional development; sustainable farming

Location: Emmett

Phone: 231-348-3044

Email: blackbird.gardens@gmail.com

Availability: November – April; flexible availability for school day visits

Grade Levels: 5th grade and up

Fee? Gas Reimbursement; \$50 per hour

Can you visit in January for Know Your Chef / Farmer Month? Maybe

Northern Michigan Culinary Arts Community

Counties Served: Leelanau, Traverse, Benzie (30 mile range)

Chef Name: Annie Sinclair

Focus/Specialty:

Location: Benzie County

Phone: 952-715-7887

Email: aesinclair1231@gmail.com

Availability: January – May; school day visits, available after 1 pm. May be available for after school programs.

Grade Levels: Preferably high school level

Fee? No, donation only

Can you visit in January for Know Your Chef / Farmer Month? Not likely

Northern Michigan Culinary Arts Community; Resort

Counties Served: Benzie, Manistee

Chef Name: Steve Tebo

Focus/Specialty:

Location: Benzie

Phone: 231-645-0430

Email: Stevetebo@gmail.com

Availability: Mid September – May; Flexible, preference for the morning and midweek; Flexible availability for school day, after school programs, and evening family events

Grade Levels: Flexible; have most experience with middle school

Fee? No

Can you visit in January for Know Your Chef / Farmer Month? Yes

Notes: Will donate time to organize gourmet dinner fundraiser for local causes; Very interested in locally sourced meal for Platte River Thanksgiving