5 Years Later
EcoGastronomy Dual Major
University of New Hampshire

Alumni Update
Amanda Parks '14

EcoGastronomy and Nutrition
Black Trumpet, Prep/Garde Manger/Dish · Portsmouth, NH
Doyle Fellow, New Hampshire Sea Grant
Amanda received a Doyle fellowship through New Hampshire Sea Grant, which she used to continue her EcoG capstone project of developing an app called the Local Fish Finder. Amanda strongly recommends students look into this fellowship grant after graduation.

She has been gaining cooking skills through jobs with the Black Trumpet and Flavor Concepts.

Amanda now plans to start her own business as a whole fish distributor. The business would connect local fish with restaurants and direct to consumers.
Garrett Bauer '12
EcoGastronomy and Community and Environmental Planning
Kearsage Food Hub, Founding Member
Warner, NH
After graduation Garrett relocated to Alaska and worked with Americorps for a year – recycling and managing a farmer’s market in underserved areas. He then went on to South America to travel and work on farms.

Now that he is back in New Hampshire, Garrett is continuing his EcoGastronomy capstone plans of figuring out how food can help his community.

Garrett is one of the founding members of the Kearsarge Food Hub in the Lake Sunapee area of New Hampshire. The Food Hub is:

- Creating a physical and virtual food hub
- Supporting farmers, processors, distributors and consumers.
- Educating the community on the importance of local food, healthy eating and sustainability.
- Reaching out to under-served populations and help provide ease of access to healthy local foods
Lauren Cotnoir '13

EcoGastronomy and Communication

Gigunda Group, Program Coordinator for Ben & Jerry's 2015 Summer Tour
Ben & Jerry's is traveling from coast to coast, spreading the word about the effects of carbon pollution and clean energy solutions. They traded in their typical scoop truck for a completely electric Tesla vehicle which has been specially outfitted to serve ice cream. The goal of the tour is to have 3 million signatures on their 100 percent Clean Power Petition by the day before the climate summit in Paris in December.

The Save Our Swirled Tour is driven by Twitter, which is where Lauren comes in. Those watering at the mouth are encouraged to tweet how they are supporting climate change by tweeting @benjerryswest.

Lauren will be in Dallas, Texas for the kickoff of the tour.

To sign the petition go to: https://secure.avaaz.org/en/100_clean_final/
Hayley Harmon ‘14

EcoGastronomy and Economics

Director of Development at PLAN: The Post-Landfill Action Network, Dover, NH
Hayley is currently working for PLAN: The Post-Landfill Action Network. PLAN is a nonprofit, cooperative network of student leaders working to achieve zero-waste campuses. Hayley works on fund raising, lots of partnerships and putting together all the pieces that make the programs work – from recyclers to organic t-shirts. She will be out in Los Angeles in May at the ZERO WASTE conference speaking about the student led program for campuses.

Before that Hayley supplemented local efforts by serving as she helped fund the Isinglass River Hops Exchange and worked for Green Bean Recycling.

She is currently involved with helping to change the Compost Law in NH, which will enable NH restaurants, schools, etc. to actually COMPOST.
Sara Hartley Rodriguez ‘10
EcoGastronomy and Marketing
Finca Luna Nueva Eco-Lodge, Costa Rica
Currently I am coordinating the Farm Internship Program at Finca Luna Nueva Lodge.

Finca Luna Nueva Lodge is a medium sized eco-lodge and certified organic / biodynamic farm that produces hundreds of varieties of fruits and vegetables.

Other than hosting retreats and guiding the farm interns, I spend my time at home with my husband and 3 year old daughter, 4 dogs, and 3 cats.

**My husband and I are launching a company called "La Farmacia Organica" which will be an on-line store and distribution company of organic vegetables (basically a CSA) and local artisan food products made with organic ingredients, all from Costa Rica.**

Our intention is make pure organic food, especially the staples (rice and beans) available to our community, because right now it is not available or affordable.
The farm grows major tropical crops such as yucca, ginger, Galanga, cacao, sweet potato, beans, squash, native corn, turmeric, taro root, banana, plantain, and many protein rich greens. We also cultivate spices such as cinnamon, black pepper, allspice, cardamom, achiote, nutmeg, basil and rosemary; these are used in the hotel's restaurant and for sale in the gift shop. The farm has pigs and cows and under a specific project of the interns, we are currently setting up a system for 100 chickens plus, to provide eggs and meat for stocks in the kitchen.

“The sloths just happen to love hanging around.”

The eco-lodge has 60 varieties of fruit alone and a Sacred Seeds Sanctuary that contains more than 300 live medicinal plants.
We are really focusing on soil carbon sequestration

Regenerative agriculture and maintaining soil ecosystems

In June we will be having a HUGE conference with radicals from all of the world focusing on carbon sequestration and how to get the message across to the world that "organic regenerative farming" is the answer to getting the carbon out to the atmosphere, in fact REVERSING climate change.
The farm is currently transitioning to a "holistic management system" that integrates crop rotation with best practice pasturing of the animals. This system is adapted from Allan Savory. The intention is to increase biodiversity of soils, sequester as much carbon as possible through the grazing and proper organic food production, with the result of more nourishing and mineral dense vegetables and crops as well as healthy, fertile animals.

The hotel hosts many holistic healing retreats that include practices and sessions of yoga, yoga teacher training, kirtan, and healing with traditional shamans, naturopathic, and eastern medicine doctors. The hotel also attracts birders, biologists, botanists, ethnologists and soil scientists from all over the world. It is a wonderful education center to bring middle, high school and college classes to learn about sustainable and regenerative ways of farming and maintaining not only healthy soils, but soils that increase in organic matter over time. We are not just sustaining the soil's health, but actually improving it. There are constantly new interested guests coming and contributing to the education and flow of information shared at Finca Luna Nueva.

Another project I am working on with the interns is the creation of tasty fermented traditional sodas and drinks. We make homemade kombucha, ginger ale, root beer, and other fruit flavored fermented drinks. These are sold in the restaurant and if there is extra will be sold to the surrounding community.

Well, we can't say enough good things about this, Sara!! So happy we have EcoG grads heading down this summer!
Sarah Jamieson ‘11
Environmental and Resource Economics
and EcoGastronomy

World Traveler
Over the past three years I’ve had some interesting jobs, covered LOTS of miles, and inevitably encountered some disappointment as well. All in all, pursuing my interests related to EcoG continues to create an exciting, *albeit curvy, life path.*
After I amassed a small amount of savings. Two girlfriends and I decided we needed a change…

Our one year working-holiday visas for Australia cost us each about $400 and were approved over the course of a weekend. We arrived in South Australia mid-December of 2013 at the hobby farm of some family friends. What followed was a mix of adventure, turmoil, and reconciliation – truly an experience we will never forget.

After covering a distance of over 25,000kms in our trusty Ute (truck), picking flowers, cleaning houseboats, and working in pubs; I met some truly lovely people and experienced breathtaking views. I even fell for a hunky Aussie dairy farmer who’s coming to visit this month!
In the meantime, I’ve been back waitressing seasonally to earn some money for more travel.

Visa is already approved ;)

So.. even though you prospective EcoGers haven’t met me – my advice to you would be to follow your interests, work hard to plan and achieve the things you set out to do, don’t be discouraged with disappointments and very importantly, stay financially sound. You don’t have to make a lot of money, but you sure need some.

Shoot me an email at sejnh15@hotmail.com anytime to say hi and good luck to all of you!

Cheers mates!

Sarah
Chrissy Wolf, 14
EcoGastronomy & Recreation Management and Policy
Bagel Barista and Hole Food Rescuer
I am living in Jackson, Wyoming and working as a Barista at our local bagel shop, "Pearl Street Bagels". We boil and bake our bagels in house, continuously throughout the morning and early afternoon.

We are known for not toasting our bagels, but when you get one fresh out of the oven, there is nothing better. We also make delicious coffee drinks, soups, salads, smoothies, etc.
I am also volunteering one day a week with **Hole Food Rescue**, a local non-profit organization whose mission is "to decrease food waste while increasing the level of nutrition for low-income, at-risk individuals of Jackson, WY."

So basically, volunteers go around town to the grocery stores and bakeries who are throwing out products, perishable or not, due to minor product imperfections, expiration dates, etc. We bring it all to our "hub" and weigh and organize products. After it is brought back to the hub and organized, it is then redistributed to local organizations in need. HFR is 100% volunteer run. There are over 50 people involved.

I bring food once a week to the Senior Center and have so far, since January, "rescued" over a 1,000 lbs. of food.
Kate Cameron ‘13
EcoGastronomy and Psychology
Resident Advisor, Education First Brighton, Massachusetts
Kate is putting her psychology and international experience to work for two great organizations:

After graduating from UNH in 2013 I spent a year working in the field of education as an AmeriCorps volunteer in San Francisco, California.

Now I am back working on the east coast as a resident advisor for Education First in Boston, an international company that promotes cultural exchange and language learning. I am happy with my position at the moment but am definitely hoping to get into a position more centered around food and sustainability in the future.
Sarah Brown ‘14

Environmental Conservation Studies & EcoGastronomy

WWOOFing in Hawaii
Everyday I wake up here in Hawaii I am ceaselessly amazed by how quickly my head hits the pillow at night- there is not enough time in a day! I've been on the Big Island for just over three months now and have fallen completely in love with the land and the lifestyle I've been living.

My time on Kuaiwi Farm came to an end after my first month and a half where I partook in almost every step of **coffee, cacao, and macnut production** (the cash crops on Kuaiwi Farm).

I had my palate exploded by flavors of the land, was introduced to the art of fermentation and preserving, and got the chance to work one of the most picturesque homestead farms I could ever imagine.
For the next month I was on Earth Matters Farm where I honed in on my skills building and preparing beds, planting and transplanting, weeding, and working mainly with vegetables. I also got to work their farmers market and CSA, work the avocado festival where there was 40 different varieties of avocado to taste, and went sea salt harvesting with my host!

The daily bounty - tree tomatoes, strawberry papayas, chayote squash, surinam cherries, lilikoi, air potatoes and several new types of avocados!
Aside from that, I met my wwoofing family, which has been one of the best parts of the adventure. Between traveling with them and around 50 solo hitches, I've gotten to see and experience a great deal of the wonders the island has to offer. I've been showered with kindness from strangers, had some very unexpected adventures with the best of endings, and feel overall I have found where I was always meant to be.... where the coconuts grow!

I just bought a plane ticket to Maui and will be flying out tomorrow morning to work on Hana Farms (http://hanafarmsonline.com/) and then hopefully return to the Big Island!

Sending Aloha out to you all, and encouragement to explore! Xoxox
Stephanie Terenzio ‘13

Nutrition and EcoGastronomy

Account Manager and Cheese Monger
For about a year now I have been working as an account manager for one of the largest specialty distributors. My account is an all natural grocery chain called Earth Fare.

I manage new items, promotions, and everyday needs for this account. I even fly out to every opening and do cheese trainings for the staff.

Also, I am moving back to New England in June (still working at my company).

Pretty exciting news for New England!!!
Along with managing this account I also help with a lot of the events that we host. The **Atlanta Cheese Festival** is one of the biggest ones.

I am in charge of getting the cheese from the cheese makers to the event, and the wine, beer and cheese pairing events that go on during the festival.

This is the dream job that I never knew about!

Stephanie in Bra, Italy at Cheese in 2011!
Emily Malnati ‘11

Business and EcoGastronomy

Community Supported Kitchen
Emily Malnati, the woman behind all your Edgewater Kitchen foods. #raspberriesquares #carrotsoup #kitchen #farmtotable #nomnom #csk #csa

My last couple of summers and the one coming up will be dedicated to working in the commercial kitchen of Edgewater Farm, a family-operated vegetable business in Plainfield, NH. I've worked at Edgewater the past three summers and have had the pleasure of watching their kitchen grow. It was built as an addition to their farm stand in 2011.
This past winter, in the "off season," I worked in the cafe kitchen at King Arthur Flour in Norwich, VT.

I also started a winter business selling meal shares for pick-up every Wednesday at Edgewater with a fellow friend and baker!

We called it a Community Supported Kitchen (CSK) and customers signed up for meals-to-go in increments of 4, 8, 12 or 16 weeks starting late November and ending mid-March. It was a great use of the kitchen space that would have otherwise been unused and certainly warmed our spirits during the dreary, cold winter months.

Thanks, Emily Malnati! #EcoGastronomy #funjourney
Sarah Jacobson ‘11
Nutrition, Animal Sciences, and EcoGastronomy
Clinical Dietitian at Southern New Hampshire Medical Center
I'm not sure I have the most exciting update, but I have become an **RDN (registered dietitian nutritionist)**. This Spring I will be leaving Seacoast Eat Local after 4 years in order to pursue clinical dietetics. I am hoping that this will actually free me up to be able to pursue some other interests like getting the New Hampshire Dietetic Association to focus more on sustainability and food access. I am also hoping to get involved in sustainability initiatives at the new hospital where I will be working.

Sarah (center) at a Slow Food Seacoast event

We think it’s exciting! Congratulations, Sarah!
Kim Mayo ‘13
Nutrition and EcoGastronomy
R.D. Ready
I will be completing the UNH Dietetic Internship at the end of May 2015. I anticipate taking the Registered Dietitian, R.D., certification exam by the end of the summer. I am still very interested in sustainability and food systems, so I hope to find a dietetic job that will allow me to utilize my EcoGastronomy knowledge. I am currently working in the Exeter, NH School District, with the UNH Cooperative Extension Nutrition Connections program, and with the Cooking Matters through the NH Food Bank.

A few days ago at the Lincoln Street Elementary School in Exeter, NH during “Try It Tuesday”, We were providing samples of dried papaya to introduce a new food item to the kids. We have also introduced the kids to jicama, which they enjoyed!
Maura McCartney ‘13
Nutrition and EcoGastronomy
Certified Health and Nutrition Coach
Maura has started her own business.

I offer personalized nutrition & health coaching for those seeking weight loss and an improved, energized health in a refreshing, guilt free way!

She offers a weekly, personalized newsletter with free health tips and delicious recipes!

http://www.mindovermatterhealth.org

I am also a nutrition research associate part time. I am collecting data on lunches and breakfasts from 1300 public schools across the country and evaluating how nutrient dense these foods are. This data will be sent to the USDA for them to gauge how many schools are following their guidelines.

"You are what you eat. So don't be fast, easy, cheap or fake!"
Alice Yen ‘11
EcoGastronomy and Hospitality Management
Baker
I am still working at Clear Flour Bakery. I am very much in love with baking bread!

I see myself owning a bakery in the future. Hopefully a small wood fired hearth oven, baking breads using organic and/or local ingredients. I have so much still to learn about the bread world; it’s both daunting and exciting.

I am a member of the Bread Bakers Guild of America, which is a great resource for bakers of all levels. Through the organization, I am able to access bread formulas and test them out on my own.
Recently I spent a whole day working with very well known professional baker, who also happens to be on the US team for the Coup de Monde (similar to master chef competitions except it’s for bread). It was great to work with a bread celebrity! I learned a great deal from working with him. That day I was both inspired and paralyzed by the bread world.

Inspired to go out there and learn all there is to know about breads. At the same time I was paralyzed by the amount of knowledge that is out there that I did not have. Where do I start? **So I decided that I would use my vacation time and days off to visit small, artisan bakeries all over New England!**

Hopefully many of the bakeries will let me do a stage with them. I am currently in search of a new job actually. I love baking and its definitely something that I want to do for a living in the future.
However I’ve been baking for the last four years and I just want to give my body a break! It is not easy baking: the early hours, the long hours, and just hard manual labor that is hard on the body. I want to take a couple of years off to pursue my other interests in food.

I want to be a wine and cheese connoisseur because they go so well with bread! My goal is to continue baking at home, testing new recipes, and honing my baking skills. It is a lot harder to do what you want when you work for someone else. **Baking at home will allow me to test any recipe I want.** I will be able to apply new methods and test new recipes as I visit different bakeries.
Megan Letendre ’14
EcoGastronomy and Sustainable Agriculture and Food Systems
Farm to Table Apprentice
I have been given the opportunity to work for the Jones Family Farm in Shelton, Connecticut this summer as an Farm-to-table Apprentice. I am very excited for the opportunity and will be moving there to work from May 9th until December 22nd.

The farm is a pick your own farm with a winery and kitchen for cooking classes. They currently grow strawberries, blueberries, pumpkins and Christmas trees for the public. They also have a vineyard to produce grapes for their wines and some vegetable production for the cooking courses and themselves.
Emily Cooper ‘13

EcoGastronomy and Wildlife Ecology
CSA Coordinator & Farmer’s Market Manager
I am working at Applecrest Farm Orchards in North Hampton, NH planning and managing our CSA and Farmer’s Market programs.

I'm trying to implement more community aspects to the CSA program, as that is often where farms get their best followers and involvement.

Applecrest is getting close to opening their Farm Bistro, a true farm to table restaurant. I have been helping with all of the social media marketing for the opening and the farm market as well. I love this part of my job as I get to use some creativity in taking photos of the new building and the goings-on on the farm.
Job leads and internship announcements, video and book recommendations our alumni would like us to share with you!
Applecrest Farm Orchards is hiring Farmer's Market and CSA staff, as well as Farm Bistro servers and Farm market associates. If anyone is graduating this year and looking for some character building work that involves delicious fresh produce and plenty of time outside, contact Emily Cooper for more information.

Kearsarge Food Hub in the Lake Sunapee area of New Hampshire will have internship opportunities especially well-suited for Community and Environmental Planning majors. Contact Garrett Bauer for more information.

Clear Flour Baker, Brookline, MA If any student is graduating soon and is interested in baking, tell them to apply to the bakery. We can definitely use another employee! Contact Alice Yen for more information.

Emily Malnati: On a side note, Edgewater Farm is looking for help in their farm stand and kitchen this summer. If someone from ECOG was interested in working there June through October, it could potentially be a nice fit. There is a posting on the goodfoodjobs website currently. Please let any students know who might be interested! [http://goodfoodjobs.com/jobs/56290/greenhousefarmstand-kitchen-teams.html]

Positions available for Finca Luna Nueva Lodge's farm internship program

July 15 and ending Oct 1

This summer we will be learning about

- soil microorganisms, soil structure, composting, mulching, soil carbon sequestration and how to reverse climate change, biodynamic farming philosophy and practical applications
- identifying plant families and plant parts
- identifying and making tinctures and infusions of the medicinal plants of Costa Rica's nourishing foods
- how to make bubbly-tasty-fermented drinks (traditional soda, Kombucha) and raw vegetables
- low input chicken management, protein banks
- holistic management of farm systems,
- pest/insect management, companion planting
- setting up your own garden....and most likely even more!

There is also space for the Oct 15- January 13, 2016 term!

Any inquiries- please send to fincalunanuevainterns@gmail.com
Alumni recommendations for videos and books!

Kate Cameron recommends this documentary about the meat industry and the issue of environmental sustainability. It also features a bit of interview footage with Michael Pollan. Here's the link to the trailer on COWSPIRACY: The Sustainability Secret (http://cowspiracy.com)
youtube: https://www.youtube.com/watch?v=nV04zyfLyN4

Sara Hartley’s recommendations:

• great new film coming out on permaculture: INHABIT http://inhabitfilm.com/
• have you guys seen the movie Origins?
• Also- Jeffrey Smith has many wonderful videos on GMOS
• last but not least...the link to the movement we are all involved in down here...on regenerative organic farming as the solution to mitigating and reversing climate change

https://www.thecarbonunderground.org/

• one more on food justice/social justice FOOD CHAINS documentary
• Good books we are reading are Cows Save the Planet, The Soil Will Save Us and a really good youtube video called Soil Carbon Cowboys.

Added to the EcoG library this year:

• Cowspiracy
• The GMO Deception: What You Need to Know about the Food, Corporations, and Government Agencies Putting Our Families and Our Environment at Risk
  Krimsky, Sheldon,Gruber, Jeremy,Nader, Ralph;
• GMO OMG
  Dennis Kucinich,Jeremy Seifert; DVD