EAT LOCAL. THIS PAST SUMMER, I FOLLOWED THAT SAGE ADVICE AND EXPLORED THE DELICIOUS REGIONAL TREATS FOUND IN OAXACA, MEXICO. OAXACAN FOOD IS A UNIQUE BLEND OF PRE-HISpanic INGREDIENTS LIKE CHOCOLATE, SQUASH, AND CHILES COMBINED WITH SPANISH AND ARABIC SPICES.

WHILE IN MOST KITCHENS, THE STONE _METATE_ TRADITIONALLY USED TO GRIND CORN AND SPICES HAS BEEN REPLACED WITH THE UBQUITOUS _MULTI-SPEED_ BLENDER, UNIQUE SPIRES AND COMBINATIONS OF FOODS MAKE EATING LOCAL A DISTINCTLY SPECIAL EXPERIENCE.

MOST PROMINENTLY, OAXACA IS HOME TO SEVEN DIFFERENT _MOLES_ (MOH-LAYS), OR THICK CHILI SAUCES, THAT ARE TYPICALLY SERVED OVER MEAT. _MOLE NEGRO_ IS A SPICY-SWEET MIXTURE OF OVER TWENTY INGREDIENTS INCLUDING CHOCOLATE, CHILIES, GARLIC, AND PEANUTS. _MOLE VERDE_ TYPICALLY INCLUDES _PEREJIL_ AND _EPAZOTE_, TWO VERY FLAVORFUL LEAFY GREENS. _EPAZOTE_ DATES TO THE AZTEC PERIOD AND ACTUALLY CONTAINS AN ANTI-GAS AGENT THAT IS PARTICULARLY BENEFICIAL WHEN ENJOYING _FRIJOLAS_! HOWEVER, BEWARE, _EPAZOTE_ SMELLS A BIT LIKE KEROSENE BEFORE COOKING.

THOUGH WIDELY USED FOR IT, CHOCOLATE IS NOT JUST FOR _MOLE_. _CACAO_ IS GROWN IN THE REGIONS NEIGHBORING OAXACA AND MINI CHOCOLATE PROCESSING SHOPS ARE SCATTERED THROUGHOUT ITS CAPITOL, OAXACA CITY. YOU CAN WATCH AS THE BEANS ARE GROUND AND FLAVORED, AND THE SHOPS ARE GENEROUS WITH THE FREE SAMPLES. SWEET OR SPICY, A BLOCK OF CHOCOLATE DROPPED IN HOT WATER MAKES MOUTH-WATERING HOT CHOCOLATE.

ANOTHER PERSONAL FAVORITE IS _TLAYUDA_, A LARGE TORTILLA TOPPED WITH BEANS, GUACAMOLE, AND LOCAL FARMERS' CHEESE. OAXACAN WHITE CHEESE IS MOST RECOGNIZABLE FOR ITS PARTICULARLY SALTY FLAVOR AND STRINGY QUALITY. _TLAYUDAS_ CAN ACTUALLY BE TOPPED WITH MANY DIFFERENT ITEMS AND I DEVELOPED A FONDNESS FOR _NOPALES_, CACTUS, WHICH WAS SLIMY YET SUMPTUOUS.

A POPULAR LOCAL SNACK TREAT IS _CHAPULINES_, GRASSHOPPERS ROASTED THEN SPRINKLED WITH RED CHILI AND LIME. WIDELY AVAILABLE AT LOCAL MARKETS, LEGEND STATES THAT IF VISITORS DO NOT PARTAKE, THEY WILL NEVER RETURN TO OAXACA.

(Continued on page 10)
Letter From the Editors…

Dear Students, Faculty and Staff:

Welcome to the winter 2006 issue of The Grapevine. Look inside this issue for all the components you’ve come to expect from The Grapevine as well as the newest section, the Cultural Spotlight, which debuted in the fall 2006 issue. The new column is especially timely because of this issue’s focus on international perspectives. We sincerely hope you enjoy the issue, and we always welcome feedback.

With this new issue, comes a new co-editor. The Grapevine is proud to welcome its newest addition to the editorial team: Toby Amidor, M.S., R.D. She earned her Master’s degree in clinical nutrition and dietetics from New York University, and is attending Teachers College in pursuit of her Doctorate degree in nutrition education. For the past seven years, she has been an instructor at The Art Institute of New York City where she currently teaches potential chefs about nutrition and food safety. She was published in The All New Joy of Cooking (under Know Your Ingredients), where she helped compile the food composition table of over 200 foods. She was also a reviewer of the Jewish cultural food section for American Dietetics Association’s Nutrition Care Manual, a guide to help nutrition practitioners. She is looking forward to working with our wonderful faculty and students to continue to make The Grapevine a resourceful and excellent publication.

On that note, where would The Grapevine be without contributing writers? We encourage you to write for The Grapevine during your time at Teachers College. We always have story ideas brewing, or you can suggest one of your own. Don’t think you’re a writer? There are plenty of ways to contribute, like testing and recommending recipes, or putting together a student survey on the best local eateries. Additionally, we are here to provide all contributors with as much guidance as is helpful. Join the team!

Sincerely,

Maggie Moon & Toby Amidor

Maggie Moon & Toby Amidor
Editors, The Grapevine & Grapevine Online
www.tc.columbia.edu/grapevine
grapevine@columbia.edu
By way of the International Nutrition Program at Iowa State University, I was given the opportunity to spend a summer in Peru where I provided nutrition education to low-income individuals, and took part in different food experiences. Peruvian culture guides the daily lives of the people, and the history is deeply rooted within the individuals, families, and communities throughout the country. Through the national nutrition programs of Peru, I recently spent five weeks exploring Peruvian culture from within the country.

Food is a significant part of Peruvian culture, and the government sponsors programs to help maintain the nutritional status of the population. The main national food assistance agency that oversees these programs is the Programa Nacional de Asistencia Alimentaria (PRONAA). I visited and assessed some of the programs supported by PRONAA including: a day care center, a program for mothers and infants, community kitchens, and a school breakfast program. I toured each facility and spoke with the program directors about major concerns such as: sanitation, participation rates, customer satisfaction, and government support and monitoring. In addition, we conducted a nutrient analysis of a meal from the community kitchen, and collected anthropometric data from children participating in the school breakfast program to compare our data to age-based norms.

Another module in the program involved delivering pediatric nutrition to mothers of children aged six-months to two years. To encourage participation, we made home visits to a shantytown outside Lima. We conducted a needs assessment of the population by collecting 24-hour recalls of infants and toddlers in the homes we visited, and by learning about cultural practices that could possibly influence the children’s dietary intake. We then determined the most effective message to deliver in order to improve nutritional quality within the cultural and environmental constraints. After we delivered the intervention, we were able to conduct a follow-up to evaluate how a personalized intervention had affected the population. We received a lot of positive feedback from the participants, and the impact of my work in both modules proved to be very rewarding and a great learning experience.

In addition to the established five-week nutrition program, I was able to experience the local food and culture by living and, of course, eating in the country. The local food reveals much about the history of the country and is called mezcla by Peruvians, meaning mixture. Some dietary staples include corn, beans, chili peppers, chicken, potatoes, rice, and pasta. I found the diversity of the starches to be an interesting component of the cuisine, and soon discovered the reason for this variety. Corn, chili pepper, and beans are attributed to the natives of the country, the Incan Indians. Later, when the Spaniards tried to conquer the country, they brought chicken and potatoes, which were quickly accepted into the Peruvian diet. More recently, two groups that have immigrated into Peru in large numbers have also contributed to local flavors: the Italians and Chinese. The Italians contributed pasta while the Chinese contributed rice to complete the list of starchy staples. Excluding rice, Chinese cuisine is vastly different from traditional Peruvian foods, and specialized Chinese food restaurants, called chifas, can be found throughout the country.

(Continued on page 10)
Brazilian Flavors
By Chris Cooper

The New York Times* recently reported that Brazilians are one of the fastest-growing immigrant groups in the New York metro area. This is good news for foodies, since Brazilian food encompasses the color, excitement, and diversity of Brazilians themselves. New Yorkers craving tropical flavor, or even just a lively place to watch the World Cup, have for years flocked to eateries on “Little Brazil” street (West 46th St.) and the surrounding vicinity. These establishments attract hungry gringos and homesick Brazilians alike with names like Ipanema and Café Brasil. Not too far away in suburban Danbury and Tarrytown, Brazilians have used the more affordable space to erect authentic churrascarias: traditional southern Brazilian steakhouses where enormous meat skewers circulate from table to table. Since cuisines of the mother-and-daughter countries share many of the same ingredients, it’s easy for Portuguese restaurants in our area to offer an authentic taste of Brazil. At Luzias on the Upper West Side, waiters can suggest plenty of choices with a Brazilian twist. The most famous Luso-Brazilian meals are made from bacalhau, codfish roasted with tomatoes, onions and olive oil, accompanied by pork-seasoned black beans, served over rice.

There are many things that are hot and spicy about Brazil—Carnival, lambada and beaches—but food is not one of them. Brazilians use copious amounts of garlic, cilantro and onion, but few hot chili peppers.

However, in Brazil’s northeast region where food has a distinctly African flair, many local dishes are downright fiery. A good example is a local recipe which calls for seafood simmered in coconut milk and dende oil (derived from the local African palm). Such hot food calls for a long draught of Brazil’s fresh-squeezed exotic fruit juices, made from little-known fruits like carambola and caju.

Though well known for its beaches, Rio de Janeiro has more to offer. It is an international city that is home to a number of foreign and fusion cuisines as well as traditional Brazilian ones. It is not uncommon to find beach going cariocas (Rio natives) eating an authentic Italian pizza with their chopp or drinking Jack Daniels served in a coconut. Sao Paulo, a virtual New York City speaking Portuguese, has a full one million Japanese immigrants and Japanese-Brazilians. Some of the best sushi in the world can be eaten in Liberdade, Sao Paulo’s principal Japanese neighborhood. Paulistas also celebrate the city’s rich Italian heritage at trattorias which serve pasta in portions rivaling those in the U.S.

Brazil is a vast country, the largest in South America. It has a land mass roughly equivalent to that of the U.S., and its geographical regions are just as diverse. With a tropical northeast coast, a temperate south, an industrial southeast and a remote, indigenous north and central-west —naming a typical Brazilian dish can be difficult.

Brazil’s bustling economy and growing export market will make an increasingly prominent mark on American culture. If given the opportunity to visit Brazil to sample its sumptuous cuisine first-hand, do make the trip. But if you decide to sample a little corner of Brazil within the heart of New York, the city’s Brazilian and Portuguese restaurants may provide a comparable taste of the palate-awakening flavors from one of the world’s most dreamy destinations.

*NYT, January 1, 2006
**Student Profile: Chris Cooper**

*The Grapevine: Where are you from?*

**Chris Cooper:** Originally, Montrose, Pennsylvania, a small town in Northeastern PA. My disclaimer is that I’ve mostly lived in cities during my adult life. These include New York, Boston, Washington, D.C., Sao Paulo and Rio de Janeiro, Brazil and Maastricht, The Netherlands. I currently live in Pleasantville, NY in Westchester County. Save for the cold weather, I consider it pretty much the perfect place to live and raise a family.

*TG: What is your undergraduate degree in?*

**CC:** Political Science and History. But when I hit the $20,000 Capitol Hill salary ceiling in the 1990’s, I realized that wasn’t going to get much mileage out of my degree. I had been a Washington intern around the time of Monica Lewinsky, but I unfortunately wasn’t as creative about advancement strategies.

*TG: What brought you to TC and the field of nutrition?*

**CC:** I love science, but I realized this only after my energy for attending medical school had been sapped by motherhood.

*TG: What program are you in? Are you an RD? Plan to be one?*

**CC:** I’m in the nutrition education program. I do plan to become an R.D., and thus my submission to that great unpaid enterprise, the dietetic internship program.

*TG: When do you expect to graduate?*

**CC:** May of this year, at long last. When did I start? Let’s just say I haven’t set any speed records here.

*TG: Are you currently working? What do you do?*

**CC:** I’m working all right, just not getting paid for it. I’m a dietetic intern and a mother. I calculate my rightful salary somewhere in the upper six figures.

*TG: What do you hope to do after graduation?*

**CC:** What I “hope” to do is write a best-selling nutrition book, laugh my way to the bank, kick back with a bag of Doritos and retire at Club Med. What I will most probably do after graduation is find some part time work in a hospital or medical practice. Once I am able to drum up some business of my own, I’ll hang out a shingle and cross my fingers.

*TG: What do you like to do in your free time?*

**CC:** Free time?

*TG: Anything else you would like to share about yourself?*

**CC:** When I first came to TC to prepare for my third career at age 29, I thought that I was really behind in the game. But with each course I took, I began to see how my experience in politics and in business really made nutrition “make sense” in the bigger picture of life. I realized that I had a lot to offer the field. I think that if I hadn’t experienced how politics helps to determine everything from the design of the Food Guide Pyramid to farm subsidies, and if I hadn’t seen how health insurance, agribusiness and other companies arrive at their bottom lines, I wouldn’t understand how or why Americans make some of the lousy food choices that they do. As it turns out, often people don’t have a choice. They eat what’s available and affordable.

Another worry I had was that having a child during grad school would put a wrench in the works. This decision did turn my 2-year plan at TC into a 5-year plan, but that was really fine, even advantageous. I’ve been able to take my time, organize my hopes and dreams, enjoy my little boy (who is now 3) and have the perspective that grades, papers and tests are really very small pieces of the enormous puzzle that makes up life.
Book Review: Julie & Julia: 365 days, 524 recipes, 1 tiny apartment kitchen
By: Jerlyn Jones

Julie Powell, a former government agency secretary turned author, writes a candid and humorous portrayal about her fierce determination to cook every single recipe, 524 in total, from Julia Child’s famous cookbook, *Mastering the Art of French Cooking Vol. 1*. The cookbook was published in 1961, and became an instant hit among the baby boomers, inspiring many Americans to try authentic, classic, and delightfully savory French food.

Julie Powell, though not a baby boomer, also found excitement in Child’s cookbook. She had been searching for a challenge to wake her up from her uneventful life as an almost thirty-year-old secretary living in New York. She felt a desire to do something meaningful with her life. During a visit to her mom in Austin, Texas, Child’s cookbook serendipitously grabbed her attention. So even though she was neither professional chef nor even amateur cook of French food, she decided to dedicate a year of her life to cooking every recipe in the cookbook.

At her husband’s suggestion, Powell recorded her cooking trials, mishaps, near nervous breakdowns and successes in a blog (short for a “web log,” a web-based diary) called *The Julie/Julia Project*, the results of which are the book: *Julie & Julia*. Her personal blog ends up reaching a legion of readers outside her family and friends, who gives her support and encouragement throughout the arduous year.

Julie Powell, with brave honesty, chronicles her triumphs over and defeats in cooking French food in a tiny New York apartment kitchen. It takes more than skill, luck, and a butcher shop that sells marrowbone to complete 524 recipes in one year. It takes inner strength and unbreakable resolve. Julie Powell reminds us that it is never too late “to find your way in the world.” *Julie & Julia* is a must for cooking enthusiasts and food lovers. *Bon appetit!*

SAVE THE DATE, READ THE BOOK!

The Program in Nutrition is happy to announce the Spring Book Club!

Ask anyone who has been to a Book Club event in the past-- they are a great way to mingle with fellow students and faculty in a casual non-academic environment. This semester's book is a fun, cleverly written memoir by a fellow New Yorker who decides to take on quite a project. Mark your calendars, and devote a few afternoons in March to some entertaining leisure reading (we've cleverly timed this semester's Book Club event to take place a few weeks after spring break). The Spring Book Club is APRIL 7th.

**The Book:** Julie & Julia by Julie Powell

**The Event:** The Spring Book Club for The Program in Nutrition
Friday, April 7th, from 6:00 PM -- 9:00 PM
Hosted by Randi Wolf at her home in Brooklyn Heights (1st stop into Brooklyn)

**To RSVP:** E-mail Maggie Moon at mm2630@columbia.edu

**Expect To:** Hang out with faculty and students in a casual setting
On the Internship Front

By Leigh Cursio

Following a refreshing one-month vacation, by fall it was back to business on the internship front with community rotations for half of the dietetic interns. During the community portion of the dietetic internship, students are required to complete three five-week rotations at various locations throughout the New York, New Jersey and Westchester areas. During all three of my rotations I was challenged to provide nutrition education, assessments, and counseling to individuals with various illnesses and diseases states.

For my first rotation, I chose to work at Gods Love We Deliver: an organization that provides free meals, nutritional assessments, counseling, and education to homebound individuals with HIV/AIDS and other serious illnesses throughout New York and select parts of New Jersey. During my rotation I was given the opportunity to provide nutritional assessments and counseling to many of the clients as well as help with the preparation and delivery of meals as needed. In addition, at the conclusion of this rotation, I traveled to Queens to educate women living in a transitional house about optimal nutritional. For my session I created a smoothie workshop during which the women were taught how to create a variety of smoothies. Using the smoothie ingredients as an example, I taught the women about the importance of fruits, vegetables, and various nutrients. (Recipe on page 14)

For my second rotation, I chose to work at the Irving Center for Clinical Research, one of the National Institute of Health’s General Clinical Research Centers. During my rotation I was exposed to several grant research programs, and was given the opportunity to sit in on counseling sessions as well as create recipes in the test kitchen for future protocols. Additionally, I created educational material promoting health and wellness at the workplace that was displayed throughout the Columbia Medical School campus. I focused my display on ways to maintain exercise routines through the winter months, and ways to nutritionally beat the winter blues.

For my final rotation, I worked in the eating disorders unit at Long Island Jewish Department of Adolescent Medicine where I spent most of my time providing nutritional counseling and meal planning education to adolescent girls. I found this rotation to be the most challenging because the majority of the patients’ disordered eating stemmed from complex psychological issues, and I was often seen as the enemy for trying to provide them with optimal nutritional therapy. In addition, it was difficult to gain patient trust in my short five-week rotation at Long Island Jewish. However, I was able to make connections with a few of the patients, and felt I was able to help them take small steps toward recovery.

Although I enjoyed all of my community rotations, my experience at Long Island Jewish opened my eyes to a field of nutrition in which the dietitian is a very important member in each patient’s medical team. As a result, following the completion of my Master’s degree I hope to be able to work in the field of eating disorders.

Have you seen The Grapevine Online yet?
Check it out at www.tc.edu/grapevine today!
Health care professionals and practicing dietitians need to be aware of feeding habits in the cultures of the communities with which they work to provide them with relevant and useful information. Two recent studies have found notable differences in feeding habits between Hispanic versus non-Hispanic populations.

The first study, published in the Journal of the American Dietetic Association (JADA), focused on types of foods fed to Hispanic infants and toddlers. The study utilized a national random sample from the Feeding Infants and Toddlers Study (FITS) of 371 Hispanic and 2,637 non-Hispanic infants and toddlers between the ages of 4 and 24 months, grouped into three categories based on age. Twenty-four hour dietary recalls were collected from parents or caregivers. Additional information was provided on breastfeeding duration and the time of introduction of infant formula, cow’s milk, infant cereals and pureed foods. Results indicated that Hispanic infants under one year of age were more likely than non-Hispanic infants to have been breastfed. However, Hispanic infants 4-5 months of age were more likely to have been fed pureed foods on a daily basis as compared to non-Hispanic infants. In addition, Hispanic infants 6-11 months of age were less likely to be fed non-infant cereals and pureed vegetables, and more likely to be eating foods characteristic of the Hispanic culture, including: fresh fruits, fruit flavored drinks, soups, rice, and beans.

A second study published in JADA examined the meal and snack intakes of Hispanic and Non-Hispanic children by utilizing the FITS data subset of 371 Hispanic and 2,637 non-Hispanic children. A cross-sectional telephone survey was used to collect 24-hour dietary recalls. Results indicated slight differences between the percentage of Hispanic and non-Hispanic infants and toddlers consuming snacks. No difference was seen in energy intake across all meal occasions. The most significant differences (P<0.05) were seen in Hispanic children 12-24 months of age who consumed lower percentages of energy from fat and saturated fat and a significantly higher percentage from carbohydrate at lunch compared with non-Hispanics; for dinner, Hispanic toddlers had significantly (P<0.05) lower intakes of total fat and saturated fat compared with non-Hispanic toddlers. The most notable finding between the two groups was that foods consumed at meal and snack times were lacking in whole grains, fruits and vegetables.

Increasing fruits, vegetables, and whole grain snacks in place of cookies, crackers, and fruit-flavored drinks may be important when educating Hispanic-based population with toddlers and infants. In addition, researchers emphasize the importance of exposing children to healthy foods at least eight to ten times in order to facilitate food acceptance and establish long-term healthy eating patterns. These studies suggest that practicing dietitians and other health care professionals should be aware of the cultural differences in foods fed to infants and toddlers and how these differences may contribute to lifelong food preferences.

References


Restaurant Review: La Esquina
By Judith Belasco

For all the acclaim that the NYC restaurant scene generates, only recently have Mexican food and NYC begun to successfully mingle. La Esquina (The Corner) is one of the growing number of new restaurants that captures the old flavors of Mexican cuisine.

La Esquina packs three different dining experiences into one area: a taqueria, a café, and a basement brasserie. (The elitist brasserie requires in-the-know patrons to enter through the kitchen door marked Employees Only; but expect to be told the brasserie is booked for the night if your hipster gear isn’t hipster enough).

The minimalist taqueria, which I favor, is counter service only with a row of bar stools that line a window overlooking one of the best people watching corners in Manhattan. On a Saturday afternoon, the lively Mexican music, steady flow of locals, and amazingly tasty, reasonably priced food reminded me why it is great to live in this city.

The ingredients are fresh and the flavors awaken the taste buds. The elotes callejeros, grilled corn with poblano cheese, mayo, and a splash of fresh lime juice ($2.00) is so delicious it is impossible to not pick the corn cob clean!

Quesadilla de Huitlachoche with Mexican truffle, roasted corn, epazote, mushrooms, and queso Oaxaca was declared by my companion as “one of the tastiest $7.00 items I’ve had in my life!”

There is a wide selection of corn tacos. The bistec taco ($3.50) with char-grilled marinated steak, onions, cilantro, and chipotle salsa was a bit dry but the tinga de pollo ($3.00) with stewed pulled chicken, avocado, shredded cabbage, and salsa was much more juicy and flavorful. The black bean soup ($5.00) has a remarkably smoky and rich flavor even though it lacks whole beans and has a fairly thin and light consistency. Tortas, traditional Mexican street sandwiches filled with a variety of different ingredients and served on crusty baguettes with black bean spread, are also available.

Even the drink options maintain the autentico feeling. There is fresh pineapple juice and tamarind nectar; but on a cold February day my choice is the Mexican hot chocolate ($2.75), which is satisfying, but could use a bit more of a chocolate kick. My companion had the café con leche ($3.25), which we both agreed was unexpectedly delicious!

I highly recommend this corner for some of the tastiest Mexican eats in the city. The café provides a more relaxed environment, but if you are feeling particularly hip and have a little extra cash to spend, then wait for late night and head down the secret door to discover the over six dozen flavors of tequila lining the walls.

Salud!

La Esquina, 646.283.7774
Taqueria hours: Noon to 5 am
106 Kenmare St. (@ Lafayette)
Subway: 6 to Spring St. (@ Lafayette); walk south on Lafayette for one block to Kenmare, turn left.
Cultural Spotlight: Oaxaca, Mexico

(continued from page 1)

Mezcal, the regional drink, might help some gringos wash down some crunchy chapulines. The drink is made from distilled maguey (agave) plant, which results in a strong, harsh drink that is rightfully the generally forgotten second cousin to tequila. Though Oaxacans, honoring tradition, love their local brew and this drink is celebrated every year with a weeklong festival that includes an all-you-can-drink Mezcal garden for ten pesos (about $1 USD).

Traditionalists can still find a wide selection of exceptional chilies rellenos, enchiladas, tacos, quesadillas, burritos, and even nachos throughout the region.

~ * ~

For better or worse, regional is going global: cilantro used to be an exotic ingredient and is now readily available in US supermarkets; squash blossoms popped up at the Union Square Farmers Market this past year. Yet, local food in Oaxaca still means local flavor and ingredients, and the only way to get it is to go there.

When the meal is over, don’t forget to say...

Buen Provecho!

Peruvian Flavors

(continued from page 4)

Peruvian food culture is such an integral part of life that their days revolve around their dietary habits. The main meal is a two hour lunch that consists of several courses. As a result, many restaurants have a menú which is typically prix-fixed during lunchtime, and provides three or four courses. I enjoyed tasting new foods, including traditional foods such as aji de gallina, spicy chicken, and arroz con leche, rice with milk (see recipes on page 13), and popular beverages such as Inca cola and pisco sours.

I learned a great deal about the country and culture by living and working among the local residents of Peru. I enjoyed exploring new cuisines, and even purchased a Peruvian cookbook to make some of my favorite recipes at home. I believe exploring nutrition programs and food culture in other countries is important for understanding ethnic populations within our own country. The larger lesson that I took home with me was that beliefs and lifestyles, based in traditions and history, vary among countries and deserve respect.

My First Marathon: Greek Style

By Jill Pakulski

Almost 2,500 years ago, Pheidippides ran from Marathon to Athens, Greece to deliver the news of a victory in war before dropping dead. In November, 2005, I ran this famous first marathon course, without the fatal consequences. I had trained for half-marathons in the past, but training for a full marathon never fit into my schedule until plans were set to go to Greece. Energy goo and the water fountains of Central Park became my main food groups while training in New York. When marathon day in Greece finally came, my last 12 miles were spent promising myself I’d never run another step as long as I lived. It was tough: asphalt, 19 kilometers uphill, jetlag, the past few days of intense sightseeing, and all that feta cheese! When I crossed the finish line in the Olympic Stadium, the birthplace of the modern Olympic games, my thoughts were transformed to, “that was awesome.”
After years of exploring how food affected her health, Stefanie Bryn Sacks found her way to TC and the field of nutrition. She began cooking at a very early age, and starting at the age of 15, her summer job for the following five years involved cooking in a health food store. The knowledge and skills she gained from working at the health food store made her realize that diet plays a critical role in good health. Specifically, she looked back to her own childhood when she was often sick and taking many different medications.

She began to clean up her own diet and experiment with various eating regimens to help her feel better. She explored every health food store she could find to learn about and sample new foods and food products. By age 17, she was off all medications, doing well, and food and nutrition became her passion.

In college, though, Stefanie followed other passions. She earned her Bachelor of Arts degree from Hamilton College (Clinton, NY) where she studied photography and creative writing.

She currently runs her own business as a culinary nutritionist. One of the highlights for her is the relationships she develops with her clients; she enjoys becoming a part of their lives as she helps them transition to a healthier food lifestyle. She also enjoys the challenge of working with people in various disease states. She appreciates the process of working with RDs and doctors to identify problems, then taking the next steps of guiding the client through the solutions. She especially loves knowing that she is making a positive impact on a person’s life. You can learn more about Stefanie’s work and get in touch with her through her website:

www.stefaniesacks.com

In her free time, she enjoys spending time with her family, taking long walks, swimming, and doing yoga. She also enjoys cooking for the ones she loves!
Fresh Off The Vine
By Maggie Moon

► There will be a seminar on March 30th at Teachers College on Rome, Italy: A Model in Public Food-Procurement for Schools. What can the United States Learn? Contact Dr. Toni Liquori, tliquori@nyc.rr.com.

► SCHOOLS and FOOD: Innovation, Opportunity and Wellness Panels, workshops, and resource fair. Saturday, April 1st, 9:30 am - 6 pm at The CUNY Graduate Center, 5th Ave. & 34th St. To register, Call 212 817 8215, visit www.baumforum.org. $35; $20 for students. Group discounts available; Free to youth under 18.

► NYSDA 2006 Annual Meeting: April 28th & 29th, Rye Brook, NY


► For the first time in 20 years, the number of cases of soda sold in the United States declined. Case volume in 2005 was down 0.7 percent, to 10.2 billion cases. Coca-Cola Classic was down 2 percent, and original Pepsi was down 3.2 percent. Even diet sodas are not doing well - Diet Pepsi's case volume was down by 1.9 percent in 2005 and Diet Coke's was up only 0.1 percent. Source: 3/9/06 New York Times coverage of Beverage Digest March 8, 2006 report.

Important Dates to Remember

April 2006
Mon. 17  Registration for the Summer Term for continuing students via web and touch-tone registration begins.
Mon. 24  Last day to hold the dissertation defense (Ed.D./Ph.D.) for May 17 award of degree.
Fri. 28  Last day to deposit Ed.D. dissertation and abstracts, which have been corrected in accordance with Dissertation Secretary's evaluation, and pay microfilm fee for May 17 award of degree

May 2006
Tues. 9  End of Spring Term 2006
Wed. 10  Termination of occupancy in Teachers College residence halls for Spring Term 2006 for students not remaining for Summer Session A. [Extensions granted for students remaining for Commencement.]
Fri. 12  Last day to deposit Ph.D. dissertation with the Office of Doctoral Studies and the Graduate School of Arts and Sciences for the award of the May degree.
Tues. 16  Teachers College Master's degrees Convocations
Wed. 17  Conferring of degrees, 10:30 am; Teachers College Doctoral degrees Convocation, 2:30 pm
Recipes from Peru

Both recipes were selected by Christina Riley from Peruvian Dishes: Traditional Dishes Simplified. Christina ate *Aji de Gallina* for the first time with two Peruvian natives who claimed that it was one of the best Peruvian dishes. Upon her return to the U.S., she prepared the recipe for her family who loved it! *Arroz con leche* is one of the most commonly offered desserts that Christina found on the daily menu. It is cheap, easy to prepare, and offers nutritional value.

**Aji de Gallina (Peruvian Chicken or Spicy Chicken)**

*Ingredients*
- 4 lbs. chicken
- 1/2 cup oil
- 1/2 lb. chopped onion
- 2 tsp garlic, ground
- 2 tsp. chili pepper paste
- 4 slices bread
- 1 can evaporated milk
- 4 oz grated parmesan cheese
- 1/2 lb. nuts, chopped
- Salt and pepper, to taste
- 6 yellow peppers, halved
- Olives
- Hard boiled eggs, quartered lengthwise

*Instructions*
1. Boil the chicken in salted water. Tear into bite size pieces.
2. In a saucepan, heat the oil and fry the onion, garlic, and chili pepper paste. Fry until golden and add the bread which has been soaked in the chicken broth, having removed the crusts. Cook slowly for 10 minutes and then add chopped nuts, grated cheese, and the chicken pieces.

**Arroz con Leche (Rice with milk)**

*Ingredients*
- 3 cups water
- 1 cinnamon stick
- 1 cup rice
- 1 can evaporated milk
- 1/2 can condensed milk or 3 cups sugar
- 1/2 glass port wine
- Thin piece of orange peel
- Vanilla
- Cinnamon, ground
- Pinch of salt

*Instructions*
1. Boil the water in a saucepan with the orange peel, cinnamon, and salt. When it comes to a boil, add the rice. Simmer until water is absorbed.
2. Add the evaporated milk and the condensed milk (or sugar) stirring constantly.
3. Add port wine. When it has thickened put in a dish and dust with cinnamon. Serve cold.
More Recipes

Rumanian Eggplant Salad
Submitted by Toby Amidor

This family favorite is typically served with pita, freshly cut vegetables, hummus, and tahini. Enjoy!

Ingredients
2 large eggplants
1/2 cup olive oil
2 tomatoes, diced
3 Kirby cucumbers, diced
1 bell pepper, diced
1 medium onion, diced
2 garlic cloved, miced
Salt and pepper, to taste
Fresh parsley

Directions
1. Cover eggplant with aluminum. Bake eggplant at 400 degrees F until soft to touch (about 45 minutes).
2. Let eggplant cool. Slice open eggplant and let fluid drain. Scoop out eggplant from peel and place into medium bowl.
3. Puree eggplant, olive oil, and garlic until eggplant mixture fluffy.
4. Stir in all diced vegetables to eggplant mix. Add salt and pepper to taste.
5. Garnish with parsley. Serve cold.

Immune Booster Smoothie
Submitted by Leigh Cursio

This is a high protein smoothie providing essential vitamins and minerals. It can be especially helpful for boosting immunity in individuals during the changing seasons.

Ingredients
1 Banana (peeled, frozen and cut into small pieces)
1-cup fresh or frozen raspberries
2 tablespoons of peanut butter
1 cup of soymilk
1 oz silken tofu (optional)
1 Tablespoon flax Meal (ground flax seeds)
1-tablespoon wheat germ

Directions
1. If using fresh berries, wash well
2. Place all ingredients in blender and blend until smooth.
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