



## Farm Culinary 101: The Sustainable Kitchen

*Educating culinary students and food professionals about where food comes from, changing the way people cook and eat for a better food future.*

In the rolling hills above Lake Roosevelt near Colville, WA, Quillisascut Farm offers food professionals and culinary students a unique opportunity to experience the farm-to-table connection first hand.

During weeklong immersions, participants will milk goats, make cheese, help care for farm animals, transplant vegetables, and harvest produce from the gardens. Visits to neighboring organic farms and presentations about honeybees, grass-finished meats, composting, organic labeling standards, genetically modified foods and globalization round out the experience as students gain an understanding of the implications of buying local and with the seasons. Each day, students will work with a chef to prepare lunch and dinner using only ingredients from the garden and products from local farms. Dinner is a culmination of the day's work—a time to feast on the bounty of the farm, reflect on the discussions of the day, and build community around the table.

Retreat participants will stay in our new farm school, with bunkhouse-style lodging and a professional kitchen.

### Summer 2009 Schedule

#### CULINARY STUDENTS

- August 22 - 28
- August 31-September 6 (Bastyr)
- September 8 -14

#### CULINARY PROFESSIONALS

- July 30 - August 3

### Application Information

- Tuition: \$695 per person
- Financial assistance available
- Space is limited, apply early

#### For applications and scholarships, contact:

Rick and Lora Lea Mysterly  
 2409 Pleasant Valley Road  
 Rice, WA 99167  
 lorealea1@centurytel.net • (509) 738-2011

For more information :  
[www.quillisascut.com](http://www.quillisascut.com)

*I came to learn what food should taste like at its peak, but came away knowing what life should taste like at its peak...thank you for that invaluable lesson.” -Student, Seattle Culinary Academy*

