

# Nourishing Connections

The Healing Power  
of Food & Community

*Cathryn Couch & JoEllen DeNicola*



CERES COMMUNITY PROJECT

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Library of Congress Cataloging-in-Publication Data is on file with the publisher.

ISBN 978-0-615-31431-0

Published by  
The Ceres Community Project  
PO Box 1562  
Sebastopol, CA 95473

707-829-5833  
[www.CeresProject.org](http://www.CeresProject.org)

We are especially grateful to the following donors and foundations for providing financial support for this project: the Dennis and Carol Ann Rockey Fund of the Marin Community Foundation, the Kathy Kent and John Dolinsek Fund of the Community Foundation of Sonoma County, and Dru W. Argue.

Donations to support our work can be mailed to The Ceres Community Project, PO Box 1562, Sebastopol, CA 95473. To make donations online, please go to our website, [www.ceresproject.org](http://www.ceresproject.org) and use the Donate button available on the Donating page.

For more information or to order this book directly from the publisher, go to [www.ceresproject.org](http://www.ceresproject.org)

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The original painting on page 203 reprinted with permission of artist Nancy Rossiter Hutchins.

Printed by Jano Graphics, Ventura, California, [www.janographics.com](http://www.janographics.com)

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Preparing food  
is not just about  
yourself and others,  
it is about everything.

~ Shunryu Suzuki



CERES COMMUNITY PROJECT

# Acknowledgements



*Cathryn Couch*  
*Executive Director*

## From Cathryn

Each of us is the product not only of the hundreds who have influenced us personally in our lifetime, but even more fundamentally of the entire universal unfolding and especially the unique four and a half billion year history of our planet. Our knowledge, perspective and wisdom has been evoked out of this rich and shared history.

That being said, there are a few specific people that I would like to thank for the enormous role they played in birthing The Ceres Community Project in general and this book in particular.

A deep gratitude to Sue Curry Shaffer and Megan Salkin for being the spark that lit the flame of Ceres and for the generous financial support which allowed me to focus so much of my time on launching the project. Thanks to Cherie Lippard, Judi Pereira and Kathleen Capella for holding the space for Ceres during its gestation and for your enormous belief in the idea and support of me during challenging moments. To everyone at Bread for the Journey for believing in the vision and for your vital early financial support, and a special gratitude to Dr. Nan Fuchs who continues to champion The Ceres Community Project everywhere she can. Thank you to Andy's Produce for funding something like our first 2,000 meals and making me feel like family. To Karin Seder and the folks at The Community Church of Sebastopol, thanks for taking our fledgling project under your wing and holding us until we were ready to fly. Thank you to Sydney Randazzo, Chris Brettingen and everyone at To Celebrate Life Breast Cancer Foundation for your kindness and encouragement and for understanding the profound difference that lovingly prepared and nourishing food can make during cancer treatment. To Greg Young, Jody Snyder & Noel Littlejohn, and Judy Pike for the early financial support that allowed Ceres to blossom, and for sustaining that support so we could focus on developing the programs rather than where the money was coming from. To Patti Stack for your courage in stepping into the chaos of the kitchen in those early days, for your partnership, and for making so much space for us at 330 S. Main Street. To John Dolinsek and Peter Hoberg for your commitment to our work, and to all the Santa Rosa Sunrise Rotarians for your incredible partnership over the past several years in delivering meals to our clients throughout Sonoma County. To the extraordinary board members and staff whose competence, passion,

commitment and enthusiasm have carried The Ceres Community Project far beyond my original conception. To our clients, teen chefs, volunteers, farmers, food partners, business sponsors and donors who, day in and day out, weave together the threads of Ceres.

To chefs Lisa Rost, Rebecca Katz and Terry Walters whose paths I've been lucky enough to cross and whose culinary adventures and creations have been important cross-fertilizations for the recipes you'll find in this book.

Thanks Mom for the gift of growing up in a home where real food was cooked from scratch every day and for supporting and encouraging my early attempts in the kitchen. All those bake sales and dinner parties! And to my father who passed away in February 2009 from multiple myeloma, my deepest gratitude for always telling me that I could do anything I set my mind to and for modeling the persistence and integrity which has stood me in such good stead over the years.

To Jeff and Hadley, thank you for your unwavering belief in me and the vision for The Ceres Community Project, and for the insight, creativity, integrity and kindness you bring to the world. I love you both with all my heart.

## From JoEllen

I give my thanks to those who helped create the *Nourishing Connections* cookbook. It's a tool that we hope will serve you, our community, with simple to create flavors that nurture health.

Gratitude is due to all those who have come to the Healing Foods Cooking Course and created these wonderful dishes, commenting, adjusting and sharing what works and doesn't when one is dealing with cancer, Lyme disease, diabetes, and other serious health issues.

My heartfelt thanks go to Lily Mazzarella, Elaine Weil, Rebecca Katz, Nana Fuchs, Sarah Bearden and Ed Baumann for providing your nutritional expertise when we needed it. And to Coya Steele Silverlake, thank you for encouraging the best writing that I could muster and for your time and humor when I was ready to cry!

My deepest appreciation to my beloved husband, Henry – for encouraging and supporting the work, for the amazing home with the most wonderful kitchen and gardens we now share with those learning to cook, and for the sincere critiques on new dishes.

I love you.



*JoEllen DeNicola*  
*Nutrition Director*

Thank you to my children, Michael, Louis, Sam and Rose, for being the first taste testers and giving me your true opinions. A special hug goes out to Rose for cooking with me and the Ceres Community Project for the past two years. And to Sam for jumping into the Ceres kitchen this past summer and sticking with it! XO

To you Cathryn, a big squeeze for all you are, all you have brought forth, and all that will follow. Thank you for creating the space for this healing work to begin. Much love!!

### **From JoEllen & Cathryn**

Patricia Waters, whose beautiful line drawings illustrate *Nourishing Connections*, provided the needed impetus when she offered to help us create a cookbook in gratitude for the meals she received as a Ceres Project client. Our recipe testers – Alison & Carol VonSternberg, Carmen Taylor, Chris Brettingen, Dee Parker, Kathy Dowdall, Lindee Reese, Maggie Gelosi, Patricia Waters, Rita Minkin, Robin Setchko and Sue Carrell – supplied invaluable feedback that helped us make the recipe instructions simpler and the final results even more delicious.

A special thanks to Patricia Waters, Nancy Hutchins and Sandy Eastoak who generously allowed us to reproduce their original artwork in the pages that follow. And to Ceres teen chef and photographer Rose DeNicola, thank you for your fabulous shots of the Healing Foods Cooking Course and for shooting the various images we needed to round out the book. Thanks to Karen Boga, Lindee Reese, Julie Stufflebeam, Melody Stewart and Janet DePree for lending their editing and proof-reading expertise. Any errors that remain are completely our responsibility! And finally, to Monica Kamsvaag, for volunteering her sharp eye and design skills to help keep the project on timeline.

Our deepest gratitude to Kim Stufflebeam whose hours of photographic and design work have made so many things possible, not the least of these the book you now hold in your hands.



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*by artist and Ceres Project client  
Sandy Eastoak.*  
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