

Food Day to Feature Feng Shui, Nutrition, and Cookbook Talk

BY KAREN BOSSICK

Learn how to clear out your kitchen pantry and create an inspiring dining area using techniques from feng shui. And sample recipes designed for the fall during a free talk about healthy eating and strategies for cooking and wellness.

The presentation, from 9 to 10:30 a.m. Tuesday, is being held at the Wood River YMCA in conjunction with Food Day 2012.

“Inspired Everyday Living” author Laura Carlin, a relative newcomer to Ketchum, will talk about cookware and ways to store items.

Kathryn Guylay, whose Nurture organization offers healthy eating tips and recipes for youngsters, will prepare a couple of items such as pomegranate and pumpkin seed tabouli and butternut squash soup.

And Ketchum photographer Paulette Phlipot will talk about the inspiration behind her cookbook “Ripe.”

“It will be an entertaining presentation,” said Guylay. “I went home after listening to Laura talk at the Sun Valley Wellness Festival, rearranged a few things and felt so much better.

“We’ll offer a fun, informative quiz giving people a look at what’s actually in some of their foods. Some ice creams, for instance, have 25 ingredients, including all kinds of gum, when you can make them with just a few ingredients like cream, sugar, vanilla and eggs. And food coloring is made of dried bugs—that’s one that really gets the kids.”

Food Day 2012 is being put on nationally by the Center for Science in the Public Interest as



Laura Carlin

a way to promote healthy, affordable, sustainable food, while reforming factory farms to protect the environment and supporting fair working conditions for food and farm workers. There will be recipe cards offered by the Center.

The event is free, but people are asked to sign up, if possible, to let Kathryn know how much food to prepare. Go to www.food-day.org, click on “Find an Event” and enter “Ketchum, Idaho” in the box. Then, click on the “Celebrate Real Foods” event.