

FOR IMMEDIATE RELEASE

La Spiga Osteria and Seattle Chefs Collaborative Host *Brunch with 'FARMER JANE'*

Brunch, Conversation and Book Signing

SEATTLE, May 18, 2010 – On Sunday, June 6, La Spiga Osteria will host a brunch and book signing with Temra Costa, author of *FARMER JANE: Women Changing the Way We Eat*. *FARMER JANE* profiles women in the sustainable food industry—farmers, chefs, educators and activists—illustrating the amazing changes they are making in how we connect with food. Temra will lead a conversation with three leaders from the Northwest's sustainable food movement:

- Chef & Culinary Instructor Kären Jurgensen of Seattle Culinary Academy & Quilliscut Farm School (Rice, WA)
- Farmer Brooke Lucy of Bluebird Grain Farm (Winthrop, WA), *and*
- Kia Kozun, Marketing Manager; Nash's Organic Produce (Sequim, WA)

Doors open at 10:30; conversation begins at 11. Following the conversation, speakers invite the audience to continue the discussion over a delicious brunch of seasonal Emilia-Romagna specialties. Cost is \$48/person, and includes a signed copy of *FARMER JANE*.

Advance tickets are required and space is limited. Tickets on sale through [brownpapertickets.com](http://www.brownpapertickets.com):
Event Page: <http://www.brownpapertickets.com/event/113690>

Five course brunch buffet will include *Asparagi con Uova, tartufo e prosciutto* (asparagus, eggs, prosciutto, truffle oil), *Insalata di Spinaci* (Nash's organic spinach salad with balsamic vinegar), a selection of local cheeses, fruit, *Pane Fatto in Casa* (homemade breads, fruit spreads and butter), *Bombolone* (homemade pastry cream filled Bluebird Grain doughnuts), juice and coffee. Mimosa's, Bloody Mary's and *Rossini's* (strawberries and prosecco), will be available for \$5 extra charge.

Proving that we all can have an impact, *FARMER JANE: Women Changing the Way We Eat* (Gibbs Smith, \$15.99, PB w/flaps, ISBN: 978-1-4236-0562-1, May 2010) by Temra Costa, is a compelling work about the decision-making power women have with what their families eat, the thousands of new farms women are starting, and their jobs at numerous organizations, and businesses promoting a sustainable food agenda. As farmers, chefs, educators, and activists, women are changing the way we eat and farm.

Temra Costa got her feet wet by working for the Community Alliance with Family Farmers (CAFF) in California from 2003-2009 through the programs of Farm to School and Buy Fresh Buy Local that started in the Sacramento Valley and took her around the entire state. She currently writes and co-hosts a radio show with filmmaker Deborah Koons Garcia on Green960 (www.greenmorning.org) that discusses the challenges and solutions to our food and farming woes.

La Spiga Osteria Renowned for its Northern Italian cuisine, La Spiga is authentic enough in both food and ambience to make you feel a wave of nostalgia, even if you've never been to Emilia-Romagna. Chef and co-owner Sabrina Tinsley crafts the Romagna cuisine to make it genuine, yet hers alone. Using the very finest ingredients, menus are changed seasonally to reflect what is

freshest in local markets. As co-owner and host Pietro Borghesi says, “An evening at La Spiga is like dining in Italy — without the plane fare.” www.laspiga.com

Kären Jurgensen Prior to joining the ranks at Seattle Culinary Academy, Kären spent almost three decades in the restaurant industry. Summers, she serves as Chef Instructor at the Quilliscut Farm School, teaching professional chefs, culinary students and agricultural professionals farm to table practices and philosophy. Her commitment to a local family farm system is unparalleled. In 2001, Kären restarted the Seattle Chapter of Chef's Collaborative, and served as president until 2006. Kären is active in the food community, sitting on the WSDA small farm and direct marketing advisory board. She is an advisory board member for the regional Food Policy Council, a member of Slow Food, and a member and mentor of Women Chef's and Restaurateurs. She speaks regularly at restaurant, seafood and agriculture functions. Kären has been the recipient of many culinary awards and accolades, and has earned a reputation for creating cuisine that is both artistic and delicious. She is the co-author of *Rethinking the Kitchen, the sustainable kitchen handbook*, and *Chefs On The Farm: Recipes and Inspiration from the Quilliscut Farm School of the Domestic Arts*.
www.quilliscut.com

Bluebird Grain Farm Being a plow-to-package family grain farm means we do everything ourselves, working with nature each step of the way. At Bluebird, our goal is to cultivate and mill the most irresistible, nutrient-rich grain we can, while leaving this land healthier for the next generation. Our organic grains are grown in the Upper Methow Valley and irrigated with pure mountain water straight from the Pasayten Wilderness. We time tillage and planting for optimum seed germination and natural weed control. We cultivate our own seed to keep our pure, heirloom grain varieties strong and healthy. Bluebird flours are milled to order, so you get the freshest product available. It's a difference you'll taste in every bite of the pastas, breads, sweets and other foods you make with Bluebird grain.
www.bluebirdgrainfarms.com

Kia Kozun Kia holds the position of Marketing Manager & Special Projects Coordinator for Nash's Organic Produce. You can spot Kia in her signature carrot hat at Farmers Markets throughout the Puget Sound region. Located in the Sequim-Dungeness Valley, Nash's Produce is where you will find the freshest, best tasting, and most nutritious produce in the Northwest! Nash's Organic Produce has been growing healthy food, saving farmland and training future farmers for over 30 years. The team at Nash's produces over 100 varieties of vegetables, fruits, grains, seeds and pork, year round in the Dungeness Valley. www.nashsorganicproduce.com

Seattle Chapter of Chefs Collaborative Chefs Collaborative is a national network of over 1,000 chefs, restaurateurs and others dedicated to promoting sustainable practices among food professionals (www.chefscollaborative.org); the Seattle Chapter of Chefs Collaborative works closely with local producers to grow the Seattle market for food that is healthy for individuals, their community and the environment (seattle.chefscollaborative.org). Hosting the annual Seattle Farmer-Fisher-Chef Connection is an important way that they realize this mission. They also host six to eight Meet & Greets per year at area restaurants; each of these informal gatherings focuses on a single ingredient or topic, with local producers and experts working with the house chef to showcase the featured product. In addition, they sponsor an annual scholarship for culinary professionals and students to attend the Quilliscut Farm School. seattle.chefscollaborative.org

La Spiga Osteria is located at 1429 12th Avenue (at Pike) in Seattle, Washington.

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