

PRESS RELEASE

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Lead Staff: Erica Lynch
845-292-6180, ext. 118
Catskills Kitchen Coordinator
ell68@cornell.edu

Catskills Cooking with Laura Silverman & Friends

LIBERTY, NY—Foodies, health enthusiasts, naturalists, and anyone with a love of cooking are invited to a hands-on cooking class this month with local celebrity Laura Silverman in the Catskills Kitchen. Cornell Cooperative Extension Sullivan County (CCESC) offers a Catskills Cooking workshop on Friday, July 20, 2018 from 5:30 to 7:30 pm. The program will be held in the Catskills Kitchen at the Extension Education Center on 64 Ferndale-Loomis Road in Liberty.

Laura Silverman, Founding Naturalist of The Outside Institute, will present a hands-on workshop to explore easy and delicious ways to maximize our fresh, local produce. Joining Laura Silverman is Cheryl Perry, a former restaurant and bakery owner, who has been a culinary instructor for over 20 years. Cheryl is currently the lead educator at Red Barn Studio in Sullivan County.

The focus of the class will be on salads: texture, balance, composition, and of course all-important dressings. Participants will learn how to make a shaved zucchini salad, a rice based salad and a salad of fresh summer greens. Everyone will take home a jar of salad dressing of their own creation.

Laura Silverman is a writer, cook, mixologist, and the Founding Naturalist of The Outside Institute. A desire to share her passion for the wonders of the natural world inspired this venture. From 2010-17, Laura wrote Glutton for Life, a blog that explored Catskill living, including cooking with seasonal and sustainably foraged foods, gardening, and communing with nature. She contributes a segment, Take It Outside, to WJFF's Farm & Country show; writes a food column, Relish Every Day, for The River Reporter; and contributes regularly to Edible Hudson Valley magazine.

Cost is \$40 per person or \$35 for CCESC enrollees. Anyone can enroll in CCESC for an annual contribution of \$25 and receive a monthly subscription to the Extension Connection magazine.

Program fees support the cost of instructors, refreshments, materials, and facilities. Additional donations for CCESC programs are appreciated.

Space is limited in the Catskills Kitchen. Registration with non-refundable payment is required in advance by visiting www.sullivancee.org, emailing sullivan@cornell.edu, or calling CCESC at 845-292-6180. In the event of special needs, the public should contact the CCESC office.

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