



National Park Service
U.S. Department of the Interior

Cuyahoga Valley
National Park

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Cuyahoga Valley National Park News Release

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Chef and Author Presents Lecture in Cuyahoga Valley National Park

Brecksville, Ohio – On Friday, February 12, the National Park Service welcomes chef and author Deborah Madison as she presents a program entitled *Growing Food, Culture, Community, Wellness, and Pleasure*. This program is part of the Lyceum Distinguished Speaker Series. The word “lyceum” has roots in ancient Greek, and became the name of the school where Aristotle taught. At Cuyahoga Valley National Park (CVNP), we use it to describe our lecture series featuring national speakers who stimulate the heart and mind with compelling stories of our natural and cultural world.

Admission: \$8 adults, \$6 CVNPA members, and \$3 children ages 3 - 12. Attend any three for the subscription price of \$20 adults, \$15 CVNPA members. General seating. Advance sales are available by calling (330) 657-2909. Lectures occur at Happy Days Lodge, 7 - 9 p.m. Doors open at 6:30 p.m.

The foods that please us with their goodness can also solve some of the environmental problems created by agriculture, and enrich our bodies and minds. From backyards to farmers markets, deeply nourishing food benefits the human environment and the Earth. It is within our grasp to use and enjoy such food, whether we eat alone or with others, from clearly rooted ethnic traditions or a willingness to try new flavors. Join Madison, author of *Local Flavors: Cooking and Eating from America's Farmers Markets* and *What We Eat When We Eat Alone*, to discuss the need to learn the names of our foods and farmers, and how the new agrarian model can affect us all. This lecture is supported by the Cuyahoga Valley Countryside Conservancy.

Growing up in a California walnut orchard and having a dad who grew a great garden meant that farms and food were part of Madison's life from the start. What began as a mild interest in cooking grew to a passion that included stints at Chez Panisse and the opening of Greens restaurant, one of the early Bay Area restaurants to have a farm-driven menu. Known as a cook, writer, and cooking teacher whose specialties are seasonal, vegetarian recipes with strong emphasis on farmers' markets produce, and heritage fruit and vegetable varieties.

Connecting people to the food they eat, its source and its history has long been Madison's work. Her writing is one way she reveals the deeper culture of food, whether through recipes or through profiles of

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farmers and ranchers, producers and cooks, and even a humorous book on eaters. Her interests lay with issues of biodiversity, seasonal and local eating, farmers markets, and small and mid-scale farming. She is on the board of the Seed Savers Exchange, has been involved with Slow Food for over a decade, and is presently co-director of the Monte del Sol Edible Kitchen Garden in Santa Fe, New Mexico.

Other books by Deborah Madison:

Vegetarian Cooking for Everyone, Seasonal Fruit Desserts from Orchard, Farm and Market

The Greens Cookbook, Extraordinary Vegetarian Cuisine from the Celebrated Restaurant

The Savory Way, High-Spirited Down-to-Earth Recipes for Savory Vegetables

Vegetables Soups from Deborah Madison's Kitchen

Vegetarian Suppers from Deborah Madison's Kitchen

This Can't Be Tofu! 75 Recipes to Cook Something You Never Thought You Would - and Love Every Bite

The Vegetarian Table America

Mastering Vegetables

Happy Days Lodge, located at 500 West Streetsboro Road (State Route 303) in Peninsula 44264, 1 mile west of State Route 8, is a restored Civilian Conservation Corps structure that provides a rustic ambiance for folk and traditional concerts, theater, lectures, and special event rentals. For more information on rentals, call CVNPA at (330) 657-2909 ext. 119.

CVNP encompasses 33,000 acres along the Cuyahoga River between Cleveland and Akron. Managed by the National Park Service, CVNP combines cultural, historical, recreational, and natural activities in one setting. For more information about the park, visit www.nps.gov/cuva/ or www.dayinthevalley.com/ or call (330) 657-2752 or (800) 445-9667.

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