

TRIBEZA

AUSTIN ARTS + CULTURE

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dining PICK



From left to right: Recipe for Success Garden Instructor Sharon Siehl works with Kindergartners at MacGregor Elementary School; Recipe for Success Chef Carolyn Carcassi rolls dough with a Rodriguez Elementary student; Recipe for Success begins in school gardens, where teachers and students start the journey from "Seed to Plate."



Recipe for Success

A Food Adventure
Sunday, May 5, 6pm
Rain Lily Farm
914 Shady Ln.

Under the night sky, where spring gardens meet Rain Lily Farm, the culinary community will come together for A Food Adventure, a celebration of the journey from field and pasture to the table. Stephanie Scherzer of Farmhouse Delivery worked with Chefs Rene Ortiz and Laura Sawicki to create a sumptuous experience, complete with live music and an elegant dinner—though the centerpiece of the evening is the Recipe for Success Foundation, an innovative education program for children that aims to inspire a lifetime of healthy eating.

Eight years ago, Gracie Cavnar founded Recipe for Success in response to increasing childhood obesity rates. At the time, the National Conference of State Legislatures had found a startling nine million children were overweight and consequently at risk for chronic conditions, including Type 2 diabetes and heart disease. "It boils down to the food

we eat and the way we eat it," Cavnar says. "We had a culture of all-day grazing and eating on the run." Her solution was simple enough in concept, yet monumental in impact: teach children the pleasures of mindful eating. "As a mother of three children and a grandmother of two, I knew it was possible to get kids to eat healthy food and like it," Cavnar observes, "so I thought, 'we're going to go into schools and put kids in touch with their food again.'"

While Jamie Oliver was leading his Food Revolution across the Atlantic, Cavnar first launched Recipe for Success in six Houston elementary schools with her Seed to Plate Nutrition Education™ model. The program weaves together gardening and cooking, as well as lessons from math, vocabulary, and other disciplines, into a sustainable, dynamic curriculum used around the country today. "It's not rocket science," Cavnar says. "When people worried that kids wouldn't respond to this, I told them, 'Let me show you what we can do.'"

And Recipe for Success did the unthinkable—it encouraged children to be passionate about the food on their plates and where it came from. Cavnar recalls, for example, a shy fourth grader who announced to a school board member that his favorite vegetable was Brussels sprouts. "Kids love the magic of food," she laughs. "They enjoy watching a seed become a carrot and then pulling it out of the ground, making carrot soup and sitting around the table to eat it together. We're

empowering kids to create tastes and flavors they're going to love."

Soon, Austin will be home to Recipe for Success as well—and while young Austinites begin to discover the culinary world around them, A Food Adventure invites adults to do the same. As a founder of Farmhouse Delivery, which connects neighbors with their local farmers and food artisans, Scherzer looks forward to hosting this colorful dinner under the stars with Rain Lily Farm co-owner Kim Beal: "Recipe for Success is teaching kids to grow things and eat well," Scherzer says, "and that's what we're about at Farmhouse Delivery, bringing the freshest foods to the table and teaching people about them."

A Food Adventure takes its name from Cavnar's cookbook for children, *Eat It! Food Adventures with Marco Polo*, which follows the Venetian explorer on his travels through the Middle East, Caucasus Mountains and China. Inspired by Polo's intrepid spirit, the evening will take dinners on their own tasting tour of the world: "I hope our guests enjoy a wonderful food experience and an appreciation for what goes into our food in a celebratory, everyday way," Cavnar remarks. "It's the real-world incarnation of what we teach our kids." For more information about *Recipe for Success*, visit recipe4success.org. A Food Adventure tickets may be purchased at farmhousedelivery.com. L. SIVA

PHOTOGRAPHY COURTESY OF RECIPE FOR SUCCESS.