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## Kitchen Warrior News



First Nations Chef David Wolfman



### UPCOMING EVENTS

**KANATA 14**  
*World Indigenous Television  
 Broadcasting Conference*  
[More Info](#)

*Winnipeg, June 19-23*

Gala Dinner Menu Design  
 by Chef David Wolfman

### Greetings! *Its finally Spring!*

Hi Marlene

Hope you like the first issue of my new seasonal newsletter. A special hello to all of my [Cooking With the Wolfman TV show](#) fans who watch me on [APTN](#) across Canada and [FNX](#) fans in Alaska, California, Illinois, Minnesota and Wyoming!

#### *Why a Newsletter?*

I started this newsletter in response to all the inquiries I get from consulting clients, friends, and [TV show fans](#) who want to know if I do [culinary consulting](#) (yes) or catering (not any more). People ask me where they can attend my live events (see below), and if I can visit their organizations to [train culinary or serving staff](#) or work with their economic development officers to [generate tourism business](#) (yes and yes). And of course, people want [new recipes](#).

#### *Why are you receiving this newsletter?*

Its either because I know you, I have worked with you, you've inquired about my services, you're a fan of my show, or I believe your organization might benefit from the [consulting services](#) I provide. Its a lot more than cooking! Read about some of my recent consulting projects, below.

The newsletter will come out four or five times a year so please share it with anyone you think might enjoy it, or if not, you can easily unsubscribe :( See below.

I know you're busy and finding time to cook isn't always easy. That's why I'm featuring a hearty **Mushroom Soup recipe** that's perfect for this time of year (and its diabetic friendly, too). Click here for more [free recipes](#) or visit my updated website for new content.

Cheers!

## Recent News

### Sustainable Cultural Tourism Training

Tourism entrepreneurs and Economic Development Officers from [Bear River First Nation](#), Nova Scotia, had a blast at my Indigenous Experiential Food and Culture Tourism Business Training Workshop in partnership with the [Gros Morne Institute for Sustainable Tourism](#) in Newfoundland. Training focused on community tourism asset mapping and business idea analysis and we had a super time together. Thanks again for introducing me to Digby scallops!

[Eskasoni First Nation](#) entrepreneurs and economic development officers on Cape Breton Island also attended my tourism workshop, which focused on how to make a tourism destination sustainable and competitive over the long term. All the best to you with your package tours! Tried the eel but loved the lobster!



### First Nation Restaurant Makeover

The Red Road Café and Grill, a new restaurant owned and operated by [Saugeen First Nation](#), Ontario, will be re-opening this spring. The makeover was major, involving massive renovation of the forty year old building: demolition, construction, plumbing, wiring, HVAC, windows, doors, flooring, landscaping, a deck, take out service, new menus, staff, logos, uniforms, furniture, and, my favourite part, new appliances in a completely overhauled, state of the art industrial kitchen! Check it out if you like the idea of dinner on Sauble Beach at sunset! [Learn more.](#)

### Healthy Eating/Healthy Weights Workshop

First Nation community members and health educators attended my Healthy Eating and Healthy Weights Workshop in [Mattagami First Nation](#), Ontario as did the [Community Action Program for Children - Ontario Network](#) in Thunder Bay and Toronto. These workshops focused on practical, low cost strategies for promoting healthy eating and healthy weights in the Aboriginal community. A fun time was had by all.



### "Recipe for Success" Goal Setting Workshop

Aboriginal students at [George Brown College](#) attended my Recipe for Success Workshop for personal and professional goal setting. This was part of a three day conference during Reading Week. Training focused on transitioning from ideas and dreaming to taking action, through skill building, knowledge, and accessing available

### Economic Development Speakers Panel

[Shuswap Nation Tribal Council](#), BC, invited me to speak as the keynote and as a panel member at the Sepwepemc Tourism Conference to discuss Aboriginal local foods and the importance of culinary arts to the tourism industry. The tourism conference was outstanding and I enjoyed meeting all the participants, presenters, food

resources.

manufacturers and exhibitors. Best wishes to you all. Miss the mountains!

## Feature Recipe

### New Diabetic Friendly Recipe!

*Get your Vitamin D with this hearty Mushroom Soup!*

Use brown cremini mushrooms or large, meaty Portobello mushrooms to get extra Vitamin D.

1 tbsp olive oil  
4 fresh Portobello mushrooms, sliced into small, evenly sized pieces (or 1 lb cremini mushrooms)  
1 yellow cooking onion, diced

[Recipe continued](#)

[More free recipes](#)



## Health Tips

### Tips for Using a Grocery List

How many of you write a list of things to get before you head to the grocery store? I get a kick out of finding someone's list in my cart - tells me what's important in other people's lives and these lists come in handy when I forget mine. Of course we can't always plan every trip but when you can, it pays off - if you stick to the list! Research shows its a great way to plan healthy meals, save money and time. I found an interesting website that has [free grocery lists](#).

### Do you want to Drop Kick your Alarm Clock?

This time of year can be hard on people when the cold seems to force us indoors and the lack of sunshine drains us of energy.

If travelling to the tropics is not an option, one thing that helps for winter blues is visual stimuli to bring colour into your life. Now is a good time to turn off the TV, visit an art gallery or greenhouse, shop in a garden supply store, wear bright colours, or hit the gym. Some find relief by painting, viewing online art slideshows, or starting plant seedlings. Or why not [make a cool snow sculpture?](#)

### What's the Sunshine Vitamin?

Exposure to sunshine contributes to Vitamin D in humans. But in the winter most of us tend to get minimal sunshine so we need to boost the diet to prevent deficiency. I like to buy colourful [foods high in Vitamin D](#) including fatty fish (salmon, arctic char or pickled herring), egg yolks, brown mushrooms, soybeans, and orange juice. Taking time to appreciate the gifts of the food on your plate each day and eating over conversation rather than watching TV is another healthy tip.

## WANT IN ON THE ACTION?

To receive the news firsthand, see your options below or [contact my agent](#) for more information about my workshops and consulting services.

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