

unity



Celebrating Food, Art & Culture

Women's History Month
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We Can Do It!



A Rosie outlook on women's history

INSIDE:

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Personal retreat gets a makeover

Fill in the blanks:

Man caves are to men what ____ are to women.

For the uninitiated, the answer is "she sheds." Part of a design/construction trend catering to women, a she shed is a physical refuge from the demands of home and family that's just a few steps from the back door. Within the confines of these sanctuaries, women indulge in anything from quiet reflection to more active pursuits like painting, pottery making and yoga.

And yes, some industrious women have even turned their she sheds into mini-business headquarters.

She sheds are the ideal DIY project. Those who already own a shed can repurpose the existing structure. Others who prefer a brand-new retreat can purchase sheds or shed kits from home-improvement retailers. There are businesses across the country, however, that design and build she sheds of all kinds.

Jasmine Kortright, co-owner of She Shed Design (www.shesheddesign.com) in Hackettstown, New Jersey, has years of

experience in the construction industry and a passion for interior design. "With the she-shed craze becoming increasingly popular it seemed like the perfect fit to focus on and expand," she says. "Presently we are taking on clients in northern New Jersey as well as eastern Pennsylvania. As a new business, we are comfortable taking on three to four clients at a time depending on the scope of work."

The popularity of she-shed designs varies by geographic location. For example, "We see a lot of clients going with a gable-roof-traditional-style shed in this region," Kortright says. "This style tends to take on more of a cottage look than a typical shed."

With the help of a company like She Shed Design, a project can be completed in a month or less.

"For a client who is wanting to remodel an existing shed or purchase a new prefabricated shed the project can be completed in one to two weeks on average," says Kortright. For a custom built-structure, "the construction process takes about four weeks."



Jasmine Kortright, left, and her mother, Jeannine Happe, co-own She Shed Design. Photo by Kim Wells



A she shed – whether custom-made or DIY – can be functional or frivolous.



The iconic Rosie the Riveter poster.



Betty Soskin is the oldest park ranger in the country. Photo courtesy of the National Park Service

A Rosie outlook on women's history

Located in Richmond, California, the Rosie the Riveter/WWII Home Front National Historical Park celebrates the home-front contributions of women in the workplace.

During the second World War, any woman who worked in the defense industry was referred to as "Rosie." The famous moniker "Rosie the Riveter" represents a composite of real women who worked in several capacities, including riveters.

The park (www.nps.gov/rori/index.htm) honoring all Rosies was dedicated on Oct. 14, 2000. Its home is the site of the former Kaiser Shipyard No. 2, where women built a WWII warship in a record-breaking four days.

Today, you can visit sites at the park including the Oil House Visitor Center, the Rosie the Riveter Memorial and the historic Ford Assembly Plant.

Admission to the park is free. Open daily (except Thanksgiving, Christmas and New Year's day), the visitors center at the park hosts various events including talks by U.S. National Park Ranger Betty Soskin. She worked as a clerk for the all-black auxiliary of a boilermakers union in Richmond during the war. Decades later, Soskin later helped draw up plans for the park where she now works. Today, she is the oldest park ranger in the country.

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"Rosie" Agnes Moore, a volunteer at the park's visitor center, became a certified journeyman welder during World War II.



Exhibit at the visitor center chronicles women's contributions to the war effort. Photos courtesy of the National Park Service

Collective affinity for colors

The artists featured in this Women's History Month issue of *Unity* exhibit a commitment to being their authentic selves through their works of colorful designs.

VALERIE DEAS

Valerie Deas is a native New Yorker whose art experience began with creating images from magazines. She says her mother had the most profound impact on her decision to become a professional artist.

Deas, who lives in the Bronx, remembers her mother drawing and telling bedtime stories using lines, shapes and colors on a chalkboard. "One time my mother drew a witch as she told a story," recalls Deas. "By the time she finished, we were afraid to go to bed. It was a while before we asked her to draw again."



"Buzios -Table Setting" by Valerie Deas

Deas says the greatest artistic education for her is observing people and scenery that surrounds her. She remembers visiting Buzios, a resort town in Brazil, where she observed a table setting from the upper level of a restaurant. That's when she sketched "Buzios -Table Setting" and later completed the piece with acrylic paints of bold purples, golds and reds.



"Nature Gives Me Peace" by Valerie Deas



"Serenity" by Valerie Deas

"Nature Gives Me Peace" is a concentrated focus of a larger photo of a plant. Deas wanted to portray a sense of peace by using cool colors. Layers of vivid green coupled with subtle blue and brown give this piece the calm quality she wanted to achieve.

Deas' "Serenity" accentuates her dramatic and vibrant use of colors. "'Serenity' was a challenge for me," states Deas. "I could not visualize a finished painting until I took pictures of each step of the process."

Deas has taught art to students from kindergarten to sixth grade as well as fiber art to adults. She has also traveled to Africa, Europe, South and Central America.

APRIL ALDIGHIERI

April Aldighieri says she was hooked on photography ever since she was a young adult. She studied photography and graphic arts at Tunxis Community College and took photography courses at National Geographic, Nikon and Canon. Aldighieri eventually worked for a major camera corporation, and then pursued a job with an airline to constantly fuel her love and passion to travel the world with her camera.

Aldighieri, who lives in Simsbury, Connecticut, is known for bringing out the beauty of ordinary items, especially flowers. Her love of floral photography prompted her to join a garden club and share a mutual love of flowers, design and color.

"Floral Parfait" speaks to the array of colors and its design that complement each other. One can almost



"Floral Parfait" by April Aldighieri

visualize the flourish of the flower accompanied by a background of muted flower images.

The magnified spray of flowers shows large against the subtle beauty of Maui's mountains, sandy beach and waters in "Beach Bouquet." After the photograph was taken, Aldighieri gave the bouquet to a man for his wife and he cradled it as if it were a precious commodity.



"Beach Bouquet" by April Aldighieri

The charm and character of Rockport, Massachusetts are captured in Aldighieri's "Rockport." Attention to detail is evident, from the slim, brick-colored panels to the shingled roof to the surrounding buildings.

Aldighieri shows her work throughout Connecticut. She photographs hamlets and private New England gardens as well as medieval villages and marketplaces in Europe.



"Rockport" by April Aldighieri

ELEANOR FISHER

A psychotherapist of 30-plus years, Eleanor Fisher considers herself a self-taught artist. She proclaims that six months after brain surgery she heard a voice urging her to paint. Fisher subsequently purchased everything she needed for painting, and after studying the works of the masters, especially the impressionists, she developed her own style.

As a psychotherapist who understands the grayness of depression and anxiety, Fisher is naturally drawn to bright colors and the energy they give off. Her love of mixed media helped her develop a new art form of layering many glass shards over a completed painting.



"Colors of Africa" by Eleanor Fisher

"Colors of Africa" was created from a neighbor's stories of his African roots. "He described the colors so vividly that I never forgot them," says Fisher, a resident of Lynn, Massachusetts. "The bird with the twigs in its mouth represents the rebuilding of Africa and each layer of glass represents one of many elements of the rich country."



"Birth of a Rainbow" by Eleanor Fisher

Always looking for different ways of using color to celebrate life, Fisher created "Birth of a Rainbow." The woman's garb and bird appear as bedazzled jewels.

Fisher's image, "Patiently Waiting," takes on a van Gogh, post-impressionist appearance. She describes the woman as waiting patiently in a salon with twinkling blue eyes that say, "I am complete."

Fisher says her artwork and artistic process constantly push her past the familiar and the result is multidimensional and inviting.



"Patiently Waiting" by Eleanor Fisher

K-12 chef goes with the grains



Chef Coleen Donnelly shows a group of foodservice professionals in Istanbul, Turkey how to prepare one of her shaker salads. Photo courtesy of InHarvest

When Chef Coleen Donnelly decided to make a career change in 2000, she seized the opportunity to work with Chef Ann Cooper, who's overhauled school lunch menus across the country. From that experience, Donnelly, learned that "feeding kids in schools was much more rewarding than feeding adults in restaurants."

Today, Donnelly is an executive chef – specializing in K-12 food service – with InHarvest Grains and Rice, a provider of artisan grains, rice and legumes to foodservice companies. Based in Northern California, Donnelly works with school-nutrition operators nationwide, showing them how to capitalize on the wealth of whole grains available and how they can help meet Department of Agriculture nutrition guidelines via main dishes, sides, soups, salads, snacks, breakfast offerings and desserts.

Unity recently spoke with Donnelly about the unique challenges and rewards related to this branch of food service.

Q. Among the school-nutrition operations with which you work, what is the biggest obstacle or challenge they face as they try to incorporate whole grains that meet Department of Agriculture guidelines into their nutrition programs?

A. While each district is unique, the problems they share are the same. They have very little money to work with, their equipment is likely outdated and their staff is untrained in the culinary arts.

Regarding integrating whole grains into their programs, there is an additional set of problems. The district has to want to think beyond whole-grain pizza crust and hamburger buns. It has

to want to introduce intact grains as well. It is a progressive concept, but there are a lot of districts out there who want that kind of challenge. ... Barley, quinoa, wheat berries, different varieties of whole-grain rice, farro and greenwheat freekeh can be easy to prepare with a little guidance.

Q. Is special training /certification required for the field of school nutrition?

A. It is not mandatory, but the SNA (School Nutrition Association) does offer certification classes. The USDA guidelines are very complicated, and ongoing education is important.

Q. Do you get direct feedback from students about whole-grain food options?

A. It is really important to involve kids when creating menus. It doesn't make sense to put an item on a menu until you've introduced it and gotten positive feedback. Successful districts do taste tests, culinary competitions and naming contests to get kids involved and give them ownership of the foods they are being served.

Q. Did you cook when you were a child?

A. Not routinely, but I liked being in the kitchen. I was a late bloomer. My culinary education began at The Culinary Institute of America in Hyde Park (New York) when I was in my 30s.

Q. What else would you'd like for people to know about school nutrition and whole grains?

A. It is important to distinguish between whole-grain products and intact grains. The whole-grain products found in K-12 are usually bread items made with whole-wheat flour. Brown rice is common as well. But there are many more intact grains available that offer a variety of nutrients, flavors, textures and colors that go far beyond what is the norm. It is my mission to get kids to eat them.



The Whole-Grain, Five-Medley Deep Dish Beef Chili is a popular school-menu item. Photo courtesy of InHarvest/Rob Yuretic

A tisket, a tasket. What's in that Easter basket?

Marshmallow eggs. A chocolate bunny. Bubble gum and jelly beans. They're all perfectly good, edible components of a traditional Easter basket – especially those made, or purchased, for children. But as the March 27 holiday approaches, why not consider giving that classic basket a delicious upgrade? Here are recipes for two treats that will do the Easter Bunny proud.



Chocolate Birds' Nests

Recipe courtesy of Food Network Magazine

- 8 ounces semisweet chocolate, chopped
- 2 cups canned potato sticks
- Marcona almonds

Melt 8 ounces chopped semisweet chocolate in a heatproof bowl set over a saucepan of simmering water, stirring. Remove the bowl from the pan and stir in 2 cups canned potato sticks. Coat a 6-cup muffin pan with cooking spray and scoop some of the chocolate mixture into the cups; make an indentation in each to form nests. Chill until set, at least 3 hours. Fill with marcona almonds.



Give your child's Easter basket a makeover this year.



Easter Egg Cake Pops

Recipe courtesy of Good Housekeeping, UK

- Madeira cake (pound cake or yellow cake)

For the frosting

- 2 ounces unsalted butter, softened
- 2 ounces full-fat cream cheese
- 3 ounces icing sugar, sifted

For the decoration

- 11 ounces white chocolate
- 1 teaspoon sunflower oil
- Pink food coloring (optional)
- 20 lollipop sticks
- Sprinkles and edible confetti

Crumble the cake into a food processor and pulse to fine crumbs. In a large bowl, beat the frosting ingredients together until light and fluffy. Add the cake crumbs, and then stir until the mixture comes together in a dough-like ball.

Roll the mixture into 20 ovals about 10 ounces each. Chill for 1 hour.

Melt the white chocolate in a bowl set over a pan of barely simmering water; stir in the oil. Put half the chocolate into a 2nd bowl. Sit both bowls in larger bowls of lukewarm water to keep the chocolate runny. Stir drops of food coloring, if using, into 1 portion until pale pink.

Use a piece of polystyrene or a shoebox lid with holes poked into it as a drying rack for the cake pops. Dip a lollipop stick into the melted chocolate and push halfway into the cake pop. Put into the drying rack to dry for 5 minutes. Dip a cake pop into the melted chocolate, turning to coat in a thin layer. Hold the cake pop pointing downward to let excess chocolate run off. While still wet, decorate with sprinkles and edible confetti. Put in drying rack to dry, wiping excess drips off the sticks with kitchen towel. Chill until set.

A Rosie outlook on women's history



Ranger Betty Soskin leads a tour at the Rosie the Riveter/WWII Home Front National Historical Park.

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According to the Rosie the Riveter Trust website (www.rosietheriveter.org), Soskin never formally trained for the job but has helped to shape the historic park where she is a star attraction: "The power of her story – the great-granddaughter of a slave" who has witnessed "major social movements of the last century – helps account for the overflow crowds she routinely attracts ..."

In addition to attending lectures by Soskin and others, visitors can view exhibits and films, and participate in tours of the park.

The Rosie the Riveter Trust (www.rosietheriveter.org) supports the park through various fundraising activities. Among its other programs is Rosie's Girls, which aims to build self-esteem and leadership among girls and expose them to nontraditional occupations.



Among the sites at the park is the Rosie the Riveter Memorial.



The park's visitor center is open every day except Thanksgiving, Christmas and New Year's. Photos courtesy of the National Park Service

On the cover: An updated version of the iconic Rosie the Riveter poster. *Unity* is a celebration of food, art and culture. Published six times per year, *Unity* is exclusively distributed to clients of Thompson Hospitality and Compass Group, both world leaders in foodservice. To contact us, send an email to marketing@thompsonhospitalityjv.com. ©2016 Thompson Hospitality and Compass Group. Produced by Final Edit, www.finaledit.net.

