

BIOGRAPHIES

Chris Velden, A traditional bio might describe Chef Chris Velden as a European trained Master Chef with over 25 years experience working in Europe, Canada, and the United States.

However, if you ask him, you get a much simpler answer. "I am a cook, who loves to teach."



Before transforming Ryan Duffy's (Halifax) into a Modern Day steak house, Chris spent several years in Vancouver as the Executive Chef and Program Director for the Pacific Institute of Culinary Arts. While in Vancouver, Chris partnered with the Ocean Wise program of the Vancouver Aquarium helping to lead the way to sustainable practices in both the local and global fishing industries.

Chef Chris Velden is a staunch supporter of local food producers and realizes the vast benefits of knowing where the food we eat comes from. He believes "Using local ingredients not only increases our knowledge in regards haute cuisine but it economically benefits the farmers and helps to strengthen our community."

Chris Shaw Sanford, Garden Manager at Windhorse Farm, has experience in many

aspects of organic farming including growing and selling vegetables year-round, growing medicinal herbs, perennial landscaping, and

garden consultation. Before

joining Windhorse Farm, Chris obtained a Master's of Science in Sustainable Systems while managing an on-campus farm in Pennsylvania.



Carman Mills, Carman Mills' 'love of the vine' provided a logical catalyst to incorporate his botanical knowledge as Ornamental Horticulturalist and Manager of Dalhousie University's Greenhouse facility with all things vineous.

After becoming a nationally certified Sommelier with the Canadian Association of Professional Sommeliers, Carman created a small wine consulting company; Pour Some More: Wine Services. Through his company, Carman conducts wine tasting functions, writes on wine and spirits and is an instructor for the Atlantic Chapter of the Canadian Association of Professional Sommeliers (CAPS-AC). Recently, Carman also served as a judge for the first Atlantic Canadian Wine Awards.



Carman will be selecting the wines to be paired with each course and discussing how the varietal attributes blend harmoniously with the preparations.

DIRECTIONS

Drive on HWY 103 to exit 12. Exit and turn away from Bridgewater. Go 11 km on Trunk 10. Turn left on Wentzell Road. Drive 1 km and over an iron bridge. Immediately after the bridge, turn right on Sarty Road. Windhorse Farm is the first place, #132.

132 SARTY ROAD
NEW GERMANY, NS B0R 1E0
902-543-6955



WINDHORSE FARM



MARITIME CULINARY WEEKEND

Windhorse Farm and Executive Chef Chris Velden from Ryan Duffy's Restaurant would like to invite you to a Maritime Culinary Weekend workshop.



Join us at the farm for a Cooking Class of Maritime Classics, like Seafood Chowder, wild Salmon or Blueberry Crumble, professionally demonstrated by Master Chef Chris Velden.

**SATURDAY & SUNDAY,
AUGUST, 22 - 23, 2009**

*Come for early registration on
Friday & enjoy the farm.*

SUSTAINABLE HAUTE CUISINE

DESCRIPTION

Chris is not simply an experienced and passionate chef, but he also strongly supports the return movement to cook with sustainable and local products for creative, every day cooking. In fact, he has no doubt that using ingredients that have been grown and/or harvested with love to the environment are the secret to not just healthy but also the best haute cuisine possible.

With this as a theme of the workshop, you will learn about how to use seasonal local produce, the importance of sustainably harvested seafood, the advantages of using local whole chicken and many more helpful tips and tricks for high quality cooking; and you will have the pleasure of enjoying all the prepared meals throughout the workshop.

For Saturday's supper, we will have an additional treat: Carman Mills, a local wine connoisseur and teacher, will give advise on how to pick the right wine for each meal. He'll be focusing on local wine products and how wine benefits from traditional, natural management.

While we weren't able to get the fisherman who caught the local fish, Chris Sanford, our garden manager of Windhorse Farm, will be available to take you into the

gardens to show you where the vegetarian ingredients for this cooking course come from. She will be discussing natural gardening, give you tips and tricks for your own gardens and will pick the ingredients right there with you to further enhance your culinary experience for that weekend.



TENTATIVE SCHEDULE

FRIDAY

Come a day early and enjoy the facilities of the Windhorse farm such as the 250 acres of old forest, a beautiful swimming pond and its adjacent outdoor sauna, and much more.

SATURDAY

9 am ~ Registration
10 am ~ Sustainable Seafood Lecture & Cooking Session 1
2 pm ~ Lunch & Break
4 pm ~ Cooking Session 2
6 pm ~ Dinner and discussion (open end).
Wine tasting or paring that evening

SUNDAY

9 am ~ Breakfast
10 am ~ What to do with a whole Chicken?
11 am ~ Garden Tour and picking the Vegetables for Lunch
12 pm ~ Lunch cooking class, Lunch & Break
2 pm ~ Recipe Ideas and Question Period
5 pm ~ Open Farm store



REGISTRATION

*Course Fee: \$175 + tax
(includes all fresh cooked meals as well
as the wine for the wine course)*

*Accommodations are available for \$45+
per night for singles or \$65+ for couples.*

Register by calling Peter at:

902-543-6955

or send an e-mail to:

peter@windhorsefarm.org