

A HEARTFELT THANKS...

...to all *Food for Thought* Volunteers who assist us in carrying out our programs. We appreciate the following individuals who donated their time to work in the gardens, pass out *Harvest of the Month* taste testing samples, teach nutrition education classes, promote school green teams, assist with produce stands and otherwise support our efforts in the Ojai public schools. **Thank you all!**

Robin Graham
Cullen Robertson
Shandon Woll
Shannon Skillern
Jackie Clark
Helen Petroff
Kelley Mays
Natalie Williams
Carrie Johnson
Michelle Malinoski
Tracy Grout
Simeon Brady
Jane Handel
Briana Beebe
Sara MacCracken
Christina Coursey
Jean Smith
Liz Otterbein
Jeff Otterbein
Susan Spear
Rochelle Wilson
Cheryl Beers
Renee Roth
Mary Jo Healy
Julie Hamann
Debbie Allen
Jennifer Sharif

Volunteers Welcome! Please Join Us!

Food for Thought welcomes parent volunteers to assist in the gardens, teach nutrition education, work with school **Green Teams** and facilitate taste testing with the **Harvest of the Month** program. If you are interested in finding out more, please e-mail us at

info@foodforthoughtojai.org

LORI HAMOR Named Executive Director Of Food For Thought

The Board of Directors of *Food for Thought* are proud to welcome Lori Hamor as Executive Director. For years Lori has been instrumental in organizing and coordinating the programs and projects set forth by the Board. She is directly responsible for organizing the farm tours, coordinating the nutrition education sessions, and has had a major role in the Green and Healthy Schools project (including coordinating the waste-stream audits) as well as the **Films For Thought** screenings. Lori has also represented *Food for Thought* in most of the continuing discussions with the School District about bringing healthier foods to our schools (our School Lunch Program).

In her capacity as Executive Director, Lori will add to her portfolio managing the Board of Directors, assuming significant budget responsibilities and taking a key role in our crucial fundraising efforts.

Lori grew up in Camarillo, went to the University of California Berkeley for college and lived in the Bay Area after graduating.

In 1993, Lori started studying midwifery. Women's health and nutrition were a key component of her studies. Lori ran a small midwifery practice until 1997, attending many births.

She and her family moved to Ojai in 2000. She started volunteering with *Food for Thought* in 2004, bringing her interest and commitment to family health and nutrition with her, and has been with us since. She is married to Grady Runyan; they have two daughters age 12 and 9, who attend Meiners Oaks Elementary. She describes herself as "dedicated to introducing students to the joys of our local foodshed, the connection between food and health and the importance of supporting local agriculture."

We're very happy to have her.

- Jim Churchill, Board President

...from an admirer...



Dear Mrs. Hamor,

Thank you for organizing the field trip so that we could learn about the farm, do a lady bug hunt, and pick carrots.

Learning about the farm was real fun! Even tho I didn't find any, the lady bug hunt was awesome.

I really enjoyed the carrot picking too. So thank you for organizing the field trips where we could learn about the farm, do a lady bug hunt, and pick carrots."

Archer wann, Meiners Oaks Elementary



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SUMMER 2009

simple for summer

Here's a simple dressing that's perfect for summer weather cooking. It is versatile. Use it:

- as a dressing for an avocado and citrus salad; green salad; seafood salad; tomato and feta salad; grilled vegetable salad
- as a marinade for shrimp, fish or chicken before grilling - reserve a little to drizzle over the top after grilling

TANGERINE DRESSING

1/4 cup fresh tangerine*
juice
3 tbsp. canola or olive oil
1 tbsp. extra virgin olive oil
1 tsp. grated tangerine zest
Sea salt or kosher salt, to taste
Freshly ground pepper, to taste

Whisk juice, oils, zest in a small bowl to blend. Season to taste with salt and pepper. [makes about 1/2 cup]

* if you don't have tangerines, you can use oranges or tangelos