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Patty James Cooking School and Nutrition Center Receives Organic Certification

Sebastopol Cooking School Is First Certified Organic Cooking School in the Nation

Sebastopol, CA—May 2, 2007—With Patty James' passion for organic cooking, it was only natural for her to apply for certified organic status for her Patty James Cooking School and Nutrition Center.

"Since I opened the school three years ago, I have only used organic ingredients," says James. "Organic foods have been a big part of my life for years, and helping people remove toxins from their diet is a big part of my life's mission. Earning Certified Organic status was a natural move for me."

The certification, through California Certified Organic Farmers (CCOF), was actually twice the work as the Cooking School and Nutrition Center needed to be certified, in addition to the school garden. "It was a rigorous process," says James. "I not only had to ensure my practices were in compliance with the National Organic Program rules, but also all of my suppliers and previous owners of the garden land needed to be in compliance. As the first cooking school and nutritional center in the country to receive organic certification, it was a learning process for all involved."

At the Patty James Cooking School and Nutrition Center, all classes use organic ingredients, and classes are offered to help people ease into eating organic. In addition, all nutritional counseling, whether at her Northern California location, online or in James' work with schools and organizations across the country, will continue to focus on organic ingredients. "Some people view an organic diet as elitist and expensive," says James, "I put a lot of energy into helping people make the move in small, affordable steps. Of course, my goal is help as many people as possible eat 100% organic."

The Patty James Cooking School & Nutrition Center offers classes for adults and kids in therapeutic cooking (such as cooking for diabetics), seasonal cooking and ethnic cuisine; a popular summer Kid's Cooking Camp; as well as individual and organizational nutritional consultations. For people unable to make her local events, Ms. James offers tele-seminars on food and nutritional topics from her web site. Her newest program is Monthly Health Support, which offers email support in the form of weekly recipes, health tips, sample menus and nutritional news to members.

Patty James, B.S. and graduate student in Holistic Nutrition, Clayton College of Natural Health and a California Certified Natural Chef, is an educator and consultant in whole foods cookery and healthy eating. She is the developer of the Patty James Food Guide, a poster size guide to life-long healthy eating. Her web site is www.pattyjames.com.

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