



Hopefully gone...until next winter!



It is time
for
SPRING!

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Volume 2 Issue 11

The Marketplace Messenger

Communicating Grinnell College Dining Services
news of interest to our diners

The information contained in this publication is designed to be read on your computer. Due to the use of various fonts and pictures, printing this publication may result in reduced readability.

By not printing this publication, you are assisting Grinnell College Dining Services in its goal to reduce, reuse, and recycle as much as possible.

Thanks for helping us remain as "green" as possible!

Employment Available

Employment within Dining Services is available for Alumni Reunion Weekend and other early summer events. If you are interested, please contact one of the dining hall supervisors (Lyle, Kelly, or Rita) at campus extension #4976 for additional information.

The Golden Toque



During the break, Dining Services experienced our first annual Golden Toque Competition. The competition, loosely based on the *Iron Chef* format as seen on The Food Network, divided all of our full-time employees into three teams.

Each team was given a kitchen in which to work and a two-hour time limit. The teams were responsible for creating, without recipes or foreknowledge of requirements, a full meal for each of our judges – including salad, requiring the use of grape tomatoes; entrée with meat, starch,

and vegetable, requiring the use of whole chickens; and dessert requiring the use of fresh red pears.

The event was judged using criteria established by the American Culinary Foundation and included sanitation, food handling, timing, teamwork, presentation (including table settings), flavor, portion size, and creativity. Judges for the event came from a cross-section of the campus community, including Paula Osgood, Sam Rebelsky, Kathleen Powell, John Kalkbrenner, and Ben Bowman.

Our congratulations to the winning team which consisted of: Terry Anderson, Loretta Cline, Katie Flowers, Loretta Gritsch, Jacque Kirby, Jerry McVey, Connie Morrison, Darcy Noel, Sheryl Ranfeld, Karen Sleuwenhoek, Yvonne Van Ommen, and Larry Wilson, and was led by sous chef Patti Weidner, CSC.

The winning menu consisted of: Salad – Balsamic Grape Tomato Salad; Entrée plate – Stuffed Chicken Breast with Brandy Sauce, Jasmine Rice with Dried Fruit, Fresh Beets; and Dessert – Citrus Blossom Pear Tart.



Reader's Quiz – Last Clue!

In our previous publications we began the process toward a *Marketplace Messenger* reader's prize. I hope you have kept track of the clues and read through past issues of the *Marketplace Messenger*, available on the Dining Services' website. This is the last clue, and then comes the puzzle! The puzzle will be distributed during the lunch meal on April 8 and entries will be due no later than April 11 to be included in the drawing.

The drawing from correctly completed entries will be April 22 at 6 p.m. You need not be present to win, but we would love to have you there.

Today's clue is "you do this to your hands reducing the spread of disease." If you know the answer, keep track of it. You will need this, the other answers, and some searching through the website archives (<http://www.grinnell.edu/offices/dining/marketplacemessenger/>) to complete the word puzzle and earn your chance at the Samsung digital camera.

Thanks for reading!



Turley Brings Home Silver

Chef Scott Turley, C.E.C., was awarded a silver medal and second place for his presentation of Striped Sea Bass with Lemon Beurre Blanc, Porcini Gnocchi, Carrots, and Zucchini at the Culinary Challenge for the 50th anniversary regional meeting of The National Association of College and University Food Services (NACUFS) meeting at Purdue University, West Lafayette, Ind.

Turley competed against eight other competitors at the ACF (American Culinary Foundation) sanctioned event, for the privilege of representing the nine-state Midwest Region at the NACUFS National Convention and Culinary Challenge this summer in Washington, D.C.

If for any reason the first-place competitor is unable to defend his title this summer, Chef Scott will represent the Midwest region. We are extremely proud to have Scott head our culinary team at Grinnell College.

Local Food at Grinnell

Terry Waltersdorf, FMP, assistant director of Dining Services for procurement, presented Grinnell College Dining Services' plan for and promotion of local purchasing to a standing-room-only meeting at the NACUFS Midwest Conference at Purdue University.

The presentation was based on information obtained from the presentation "Local Food and Grinnell College Dining Services Spring 2006" – the result of a class taught by Professor Jonathan Andelson.

Included in the presentation were the steps taken by Grinnell College Dining Services to be involved in purchasing local, concerns and communication with local suppliers, and the ways in which buying local can be of benefit to the purchaser, the sellers, and the local economy.

Other presenters on local purchasing at the conference included Iowa State University, the University of Illinois-Champaign, the University of Notre Dame, University of Northern Iowa, and The University of Michigan.

Grinnell College Dining Services continues to lead the way with a number of socially-responsible activities. Many colleges are just now beginning to work locally grown items into their menus. Grinnell College Dining Services began dealing with local purveyors more than three years ago and continues to build on prior experience – increasing our local purchases an average of 20 percent (year over year) for the past two completed fiscal years.



Meet Ms. Katie Welsh

Katie Welsh is a dietetic intern from Iowa State University. She will be working with our staff during the next few weeks. As an intern, Welsh will have a number of responsibilities to complete prior to her graduation from ISU. She hails from Manly, Iowa. We welcome her to our campus and wish her the best as she pursues her degree and dietetic certification.

The Dietitian's Corner

By Britt McConnell, R.D., L.D.

Whole grains are getting a lot of press these days, and for good reason. Eating a diet rich in whole grains lowers risk for heart disease and cancer and can contribute to improved weight control.

Whole grains contain the entire edible part of the grain – bran, germ, and endosperm. Refined grains contain only the endosperm. Removing the bran and germ removes most (as much as 80 percent) of the fiber, vitamins, and minerals.

The Dietary Guidelines for Americans 2005 recommend eating at least three servings of whole grains per day. Look for the word "whole" in the ingredient list (such as "whole wheat") when choosing grain products. It should ideally be the first ingredient. Also look for the whole grain stamp as an indicator of half or whole servings of whole grain.

