Workshop in Crete, Greece
Lessons from the Mediterranean
applying yesterday's wisdom to tomorrow's table
May 13 - 20, 2014

- A 7-Day Accredited Continuing Education Program for Food, Nutrition & Health Professionals
- Designed to provide an overview of the culture, nature and cuisine of Crete, with an emphasis on cuisine in helping to maintain optimal health; food as medicine and prevention
- CE Credits: Registered Dietitians/Technicians 49, American Culinary Federation 35

Organized by:
Nikki Rose
Professional Chef, Writer, Seminar Director
Crete’s Culinary Sanctuaries Network
an award-winning cultural-culinary education program

and

Amanda Archibald, RD
Award-Winning Culinary-Nutritionist and Educator
Field to Plate, A nationally acclaimed nutrition and cooking education company

Workshop Teachers (brief listing, in addition to Nikki Rose and Amanda Archibald)
- Manolis Avramakis, Botanist
  University of Crete, Natural History Museum
- Dr. Matina Chronopoulou, Naturopath
- Dr. Michael Fenster, Interventional Cardiologist
- Vassilis Gkisakis, Agronomist, cPhD, Agrobiodiversity
- Professor Donald Haggis, Archaeologist
  University of North Carolina and Azoria Project
- Dimitris Mavrakis, Chef-Proprietor, Kritamon Estiatorio
- Dr. Yiorgos Spanakis, Neurologist, BRAINFITNESS

Join us for an informative and exciting workshop on the magnificent isle of Crete. Our base is in the foothills near the Minoan Palace of Knossos, where olive oil and wine has been produced for over four thousand years. This historic region is bustling with small-scale agricultural production in communities striving to sustain cherished traditions. We'll visit resident specialists at their “field offices.” Over 20 teachers will present during this 7-Day Workshop.

On-Site Tours:
- Archaeological and Historic Sites
- Botanical Hikes, Usage of Wild Plants in Cuisine and Medicine
- Organic Extra Virgin Olive Oil Production Factory
- Organic Vineyard and Winery
- Organic Farms and Markets

Presentations/Discussions:
- Cooking Classes by Pro Chefs and Traditional Cooks
- Doctors, Nutritionists, Herbalists, Practitioners of Naturopathic Medicine, Holistic Health
- Agronomists-Eco Agriculture Experts and Ecologists
- Community Sustainable Living Practices/Conservation
- Sustainable Tourism Practitioners

Space is limited to 20 Attendees. Advanced registration is required by January 30, 2014 based on space availability. Workshop fees from $2,995. To register for this Workshop, contact Field to Plate www.fieldtoplate.com/2014-crete.php.

For more information about Crete’s Culinary Sanctuaries Seminars and Initiatives, contact Nikki Rose, Founder & Director www.cookingincrete.com, email: nikkirose@cookingincrete.com, Greece: (30) 69.4822.6150; USA (202) 422.4635.