



**Les Dames d'Escoffier**  
INTERNATIONAL  
Minnesota Chapter



## Message from Your President, Joan Donatelle

### Calendar at a Glance

Look for upcoming chapter events in your email and on our Facebook page.



**Julia Child Birthday Brunch. Virtual Meeting hosted by LDEI Int'l. Aug. 16, 12 -1:30pm**



**Virtual Annual Meeting, Sept. 3 on ZOOM. Watch for invite!**



**Field Tour, Dinner & Wine on the Farm, tentatively scheduled for September 26**



**September Newsletter articles due Aug. 20**



**Urban Roots Virtual Program: Not Your Garden Variety Show, Oct. 13-15**

Dear Dames,

The dog days of summer have arrived. Did you know the expression actually comes from the Ancient Greeks? It does not refer to lazy dogs laying around in the shade as I thought for many years. It refers to the time when Sirius, the Dog constellation rises just before the sun.

During this unusual summer, I hope you are finding time to relax on a porch swing, tend to your victory garden, go fishing, take a hike and breath in the fresh air.

Well, our chapter has not been laying around in the shade. We have been so busy!

Take a moment to read about all the activities that took place in July and what is coming up in August and September. Fundraising planning, Budget Balancing, Scholarship presenting and ZOOM meetings.

September 3rd is Our Annual Business Meeting and for the first time it will be virtual on ZOOM.

This is our most important meeting of the year. We have a business meeting where you will hear a year-end report from each committee and meet the incoming board members.

Traditionally, it is the most attended meeting. It is a great time to reconnect, meet new Dames and of course enjoy delicious food. We have plans underway to make this just as good as meeting in person. So trust me, put it on the calendar and join us.

Clearly, one of the biggest challenges we all face is how to stay connected and have meaningful social interactions. Join us on a Zoom meeting. Share your successes and activities on our private Facebook page. Write an article for our newsletter. The connections and friendships you form will last forever.

Your Chapter needs you and wants to see you. Reach out and help if you are able to help and ask for help if you need help.

Continuing to move forward in uncertain and unusual times with you,

Joan

## Program Updates

### JULY PROGRAM ZOOM BOOKENDED BY DAME ENTREPRENEURS

Submitted by Cindy Jurgensen

Amazing Urban Roots (UR) Executive Director **DAME PATSY NOBLE**, retiring after 20 years as leader of this amazing program, recapped her youth and garden-focused career. A Master Gardener who connected to UR when it was the Community Design Center, Patsy helped build numerous programs and partnerships while adapting to changing community needs. She grew the garden sites from one to seven over the years (with varied locations such as urban lots, a church, a housing development), started the Community Supported Agriculture (CSA) program for UR and has grown the Internship program to 78 youth! She's proud to see the youth becoming leaders and positive influences in the community. She considers the kids a gift of the work.

*COOL FACTS ABOUT PATSY...*she had a landscaping business called Noble Garden Design for several years and planned and started the Mill City Market with Brenda Langton, all while interim director of UR. AND she recently moved her 98-year old mother-in-law into their home. We consider Patsy a gift to MN LDEI and all who are in her orbit!

**SABA ANDULAEM** is a familiar face to many of us as the Urban Roots Cook Fresh Program Manager, expanding it to be more inclusive when she took over. For example, she started chef-led lunches by Bipoc and Fem chefs and recipe sharing from the families of Cook Fresh interns. Because of Covid, Saba implemented online cooking classes for the interns, first distributing ingredient kits to accompany the online curriculum. She's solicited short videos from chefs so the interns can see other cooks at work. She screen-shared a one-minute video that happened to show several of our Dames in action at UR!

*COOL FACTS ABOUT SABA...*her family arrived from Ethiopia in 1988, when she was three. She started and ran a CSA farm for two years while a student at UMD.

We were introduced to incoming UR Executive Director **HAYLEY BALL** who replaces Patsy in her retirement. Hayley has a background in education and community education. We look forward to getting to know Hayley as MN LDEI continues our partnership with UR.

*COOL FACT ABOUT HAYLEY...*she is the proud mum of a one-year old.

Dame **BJ CARPENTER**, MN LDEI Service Chair and our liaison with UR, spoke about her work with Dame Diane Jackson to source needed kitchen equipment, large and small, for UR. She's very impressed with how professional and mature the kids are, and their keen interest in learning new skills which will help them lifelong.

*Continued on next page...*

## Program Updates, continued...

*COOL FACT ABOUT BJ...* She teaches knife skills to the interns.

*DAME LACHELLE CUNNINGHAM* shared her entrepreneurial cornucopia of food-related businesses and gave us a sneak-peak slide show (beautiful photos!) of her newly begun *The Healthy Roots Institute: healing through the love, the art, and the business of food*. She gained her strong work ethic and gardening skills from her parents. You may know Lachelle from her time in culinary school at AI, community ed classes, Kindred Kitchen and Breaking Bread Cafe, Chelles' Kitchen catering, a Serve Safe class, the Neighborhood Development Center in St Paul or The Good Acre, where she is the Culinary Education Coordinator.

*COOL FACT ABOUT LACHELLE...*she's been a super taster with the great sense of smell that came (and didn't leave) when she became pregnant.



### Field Tour, Dinner & Wine on the Farm

**When:** Saturday, Sept. 26 from 4:30-6:30

**Where:** Iron Shoe Farm in Princeton, MN

We have tentatively planned a September event at Iron Shoe Farm. The event will include a field tour, dinner & wine. Speakers will include Owner Carla Mertz and Chef Stephanie Hendrick. Social distancing measures will be practiced, and face masks will be encouraged. This is a large outdoor space with dining outside under a canopy tent. *We are currently gauging member interest in attending an in-person event, and will let members know more details if we decide to proceed.*

### Urban Roots to virtually host "Not Your Garden Variety Show"

**When:** The evenings of **October 13-15**. Here's the scoop so far:

Two fantastic evenings of **special guests:**

**Samin Nosrat** of Salt, Fat, Acid, Heat

**Heather Jansz**, The Curry Diva

**Miss Mrya & The Moonshiners**

**Mamma Vang & Chef Yia Vang**

**Urban Roots Youth** appearances and more!

**Auction** to be held the last evening but opened the first day

*Urban Roots invites Dames to contribute a class or product to the auction. If you have something to donate, contact new Executive Director Hayley Ball at [hayleyball@urbanrootsmn.org](mailto:hayleyball@urbanrootsmn.org)*

## New Member Spotlight

**Ramaj Young**  
**Private Caterer**

### **Tell us about your journey in food:**

I have always wanted to be a chef. As a kid, I cooked every chance I got and got to learn all the family cooking secrets. I went to cooking lessons and camps and started dreaming of a culinary career. After high school, I moved away and went to college at Le Cordon Bleu of Las Vegas. I graduated and decided I would work on becoming a private chef. I moved back home to Minneapolis in 2016 and worked 3 jobs for \$9 an hour. In 2017, I ventured into the Minneapolis fine dining scene. I learned very quickly and jumped right into the heat of it. I ultimately realized the scene was deeply flawed and needs relief and direction. In 2019, I got into catering and decided to practice working for myself and my business. In catering I learned what it meant to cook for hundreds of people often times alone. The lessons and gratification I receive is keeping me on my toes. I'm proud to say I'm a young business owner now. I'm working very hard to keep growing and learn more about food and good business.

### **What advice do you have for individuals entering your profession today?**

Proper preparation prevents poor performance. Take care of yourself, and take the time needed to create a beautiful presentation for your clients.

### **What is the "secret ingredient" in your cooking?**

Wine and other alcoholic beverages are my favorite secret ingredient to wow people with. Shout out to the french

### **Best thing you ate this year?**

The best thing I've eaten this year would have to be a chicken coconut thai curry soup. In south east asian cuisine, there is a curry bamboo soup called Khao poon, and this chicken soup I had was a play on that and reminded me of my childhood eating khao poon.

### **How has food changed your life?**

Learning food was the best thing I've done in my life so far. Practicing technique keeps me grounded. Working in kitchens keeps my stomach full. Foraging and gardening makes the world go round. Appreciating ingredients pays respect. Friendships look like teamwork in the heart of the house. Creating food is now a labor of love and it's easier to love all the time.

### **What are your hobbies (food and non-food)?**

I like the outdoors, go to community events and out to eat, DJ's and dancing. I love to cook, grilling is my favorite. I like water (being at the lake, ocean, hot tub). Art projects.

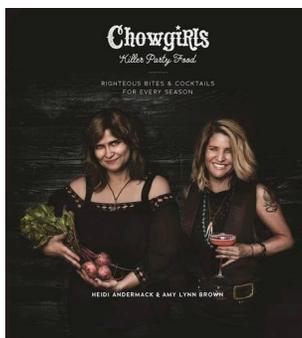
### **Why did you join Minnesota LDEI?**

I joined MN LDEI because I believe I am called to help create food opportunities for people like me. I want others to know about self sufficiency and community strength. I want to meet others that want to talk about it. I would also like to wear a pretty dress and drink champagne every once in a while.

## COOKBOOK SPOTLIGHT

### Chowgirls Killer Party Food: Righteous Bites & Cocktails for Every Season

by Heidi Andermack and Amy Lynn Brown



HQ 612.203.0786

**CHOWGIRLS KILLER CATERING** 336 Hoover St. NE • MPLS MN 55413  
Seasonal Fare. Thoughtful Hospitality. Stylish Venues. Standout Experiences.



**Calling all Dames: please keep sending us your cookbooks so we can compile our master list for the Mn Les Dames website!**

## Membership Dues Reminder

Please pay your MN LDEI 2020-2021 before or by August 18, 2020. You can pay by PayPal, or to eliminate the PayPal fee, mail a check (\$175 active member, \$130 retired member), payable to MN LDEI to:

Lois Tlusty  
4202 Hemlock Lane N.  
Plymouth, MN 55441

Thank you!

## Philanthropy Update

### DAMEIT! IN THE TIME OF COVID

Since the DameIt! fundraising event was canceled this year due to the pandemic, we were not able to raise money to support Urban Roots and our Scholarship program. However, we are committed to these programs and have been brainstorming with a few members for ideas to generate ways to earn money. We propose a series of mini-fundraising events. Here are some of our ideas:

- Take-home dinners - prepared by a chef
- A GoFundMe site
- Zoom classes
- Selling face masks - with food/wine themes (Looking for volunteers who know how to sew. Jeanie Kozar has volunteered to cut the fabric and assemble everything you need into a kit; all you need to do is sew the masks! Contact [Janice Cole](#) for more information.)
- Selling food/meal kits
- Sunday night soup suppers
- Selling a product (like flavored salts)

We are just getting started with some of these ideas. You are an incredibly talented and creative group of women. We welcome all of your ideas and offers of help and look forward to hearing from you!

Andi Bidwell: [andi.bidwell@gmail.com](mailto:andi.bidwell@gmail.com) 952-594-4041

Audrey Nelson: [audreyjnelson@gmail.com](mailto:audreyjnelson@gmail.com) 612-269-0776

## BEVERAGE CORNER

By Nikki

### Classic Food & Wine Pairings

The Classics, you can't go wrong with the following wine and food pairings:

- Oysters: Chablis, Sancerre, Champagne, Fino Sherry and Muscadet
- Boeuf Bourguignon: French Bourgogne Rouge (French Pinot Noir), Cotes du Rhone
- Foie gras: Sauternes, or try a dry red from Cahors
- Goat cheese: Sancerre or New Zealand Sauvignon Blanc
- BBQ: A darker Rosé or red blend (just watch the alcohol level on the red blend, not too high-around 13-13.5% max)
- Anything with tomatoes: Sangiovese, Chianti Classico or Rosso di Montalcino
- T-bone steak: Rosso di Montalcino or Brunello di Montalcino
- Coq au Vin: Beaujolais Villages, Cotes du Rhone or Bourgogne Rouge
- Roasted veggies: Sauvignon Blanc, Bordeaux Blanc, Chenin Blanc
- Umami rich food: Aged wine, like a Rioja Reserva or Gran Reserva
- Dessert: Always pair with a sweeter wine than the dessert (otherwise your wine will taste bitter)
- Roast Beef, Veal, Lamb or Venison: Bordeaux Rouge (Merlot dominant)
- Cheese and Charcuterie plate or sausages: Good quality Riesling (look for VDP on the capsule)



If you keep these wines handy, remember to store them properly. Never store wine in your kitchen, heat fluctuations are not kind to wine. Also, do not store your wine in a standard fridge for extended periods of time, as your fridge could dry out the cork, leading to an over-ingress of oxygen.



The best place to store your wines is in a cool dry (not damp) place free of light and vibration and an optimal humidity level of 75 degrees (so the cork does not dry out). Store still wines with a cork on their side (this will also help keep that cork moist).

All of these wines should last at least a few years (even a good Rosé) if stored properly.

À votre santé!

### In Memoriam

Carol Brock



LDEI held a memorial tribute for founder Carol Brock on Monday, August 3 at noon EDT. LDEI debuted a moving tribute video, and each chapter was invited to share a unique memory of Carol.

[Link to tribute video](#)

## 2019-20 MINNESOTA LDEI Board Members

### President

Joan Donatelle

### Program Co-Chairs

Liz Nerud

Amalia Moreno Damgaard

### Newsletter

Nikki Erpelding

### President Elect

Cindy Jurgensen

### Scholarship Co-Chairs

Susan Peters

Paula Zuhlsdorf

### Advisor

Audrey Nelson

### Micro-Grant Chair

Audrey Nelson

### Secretary

Pam Powell

### Service Chair

BJ Carpenter

### Treasurer

Lois Tlusty

### MN Les Dames Admin. Asst.

Tanya Hamilton

7561 Erie Ave.

Chanhassen, MN 55317

952.212.8805

[MNLesDames@gmail.com](mailto:MNLesDames@gmail.com)

### Membership Co-Chairs

Emily Paul

Lachelle Cunningham

### Fundraising

Janice Cole



Program notices (and reminders) are sent out via EventBrite. If you are not receiving a [usually] monthly invitation from us to attend the monthly program please let us know at [mnlesdames@gmail.com](mailto:mnlesdames@gmail.com).

### Techno Reminders....

**Face Book**—this is a private page. If you do not have access please email [mnlesdames@gmail.com](mailto:mnlesdames@gmail.com) so we can get you added.

Find the Dames on **Instagram** at [lesdamesmn](https://www.instagram.com/lesdamesmn)

**Dame It**—is our public Face Book page. Be sure to “like” this page, it gets lots of action when the Dame It! event promotion is in full swing.

Our **website** [MNLesDames.org](http://MNLesDames.org) has a Members Only page where you can find all kinds of “stuff”. The password is: members only