



## A Mad, Mad Culinary World

Give the gift of a home-cooked meal delivered right to the recipient's door. "I keep it local and deliver good, homemade, family-style meals," says Lisa Doris, of Mad Mother's Culinary Delights. Whether for a dinner party, a friend recovering from surgery or kids living on their own for the first time, Doris' meals are delicious and cost effective. "We use all fresh ingredients, my own eggs and vegetables from my garden, as they are available," she notes. She also offers organic dishes upon request. To view full menus and weekly specials, or to place an order, visit [www.mmculinarydelights.com](http://www.mmculinarydelights.com). For more information, call (970) 704-1065.



## Old MacDonald Had a Farm

ACES' Rock Bottom Ranch in Basalt (right on the Rio Grande Trail) is offering a collection of great classes for children and families this summer. "Little Farmers" is a weeklong class for ages 5 and 6 that teaches them how to be ranch hands, care for farm animals and assist in growing a garden. Classes take place in June, July and August. "Farming with Your Family" offers family members of all ages a glimpse of farm life as they learn to farm with the seasons — milking a goat, harvesting garden greens, pressing apple cider and more. Also at Rock Bottom Ranch this summer, adults can learn to grow their own food at the "Ecological Gardening Series," a nine-session program that teaches the basics of natural and organic gardening. For full descriptions, costs and class dates, visit [www.aspennature.org](http://www.aspennature.org) or call (970) 927-6760.



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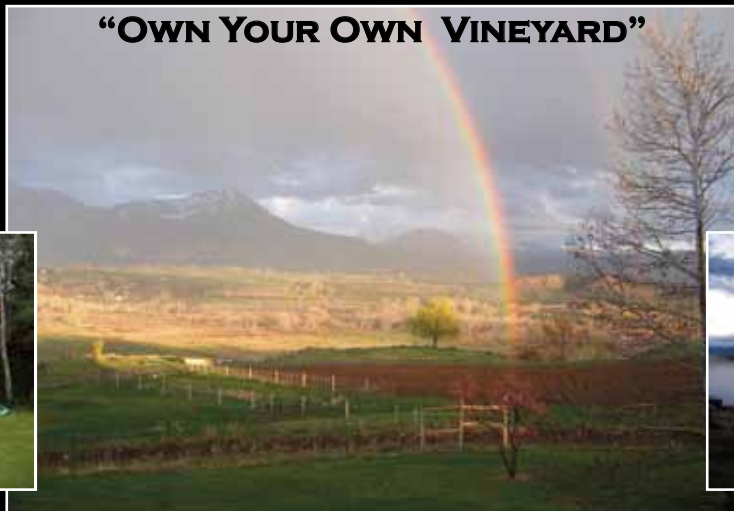
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Robert E. Kendig was selected for inclusion on this year's Colorado Super Lawyers. Specializing in Family Law and Commercial Litigation

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Heidi Houston



### Meet the Master

Jonathan Pullis, who as wine director at The Little Nell oversees the award-winning 20,000-bottle wine cellar, received his Master Sommelier Diploma in March, joining an elite group of 99 top wine professionals in the country. It is the highest distinction a professional can attain in fine wine and beverage service. Pullis' passing the rigid exam, which consists of three parts — tasting, service and theory — has already made an impact on the wine list, which draws from the world's greatest wine-growing regions and also includes outstanding and innovative wines under \$100. Worldwide, 171 professionals have earned the title Master Sommelier, and, since its opening in 1989, The Little Nell has produced four.



### Can You Taste the Love?

Aspen native 21-year-old Madeleine D'Amato and her partner, 22-year-old Alexander Hasulak, have created Love Grown Foods, a local company that creates Original Agave Naturals: healthy, delicious granolas and nut and seed butters made with pure, simple ingredients, with more products in the works. Look for their offerings at Parallel 15 and Specialty Foods in Aspen, or Good Health Grocery in Glenwood Springs. To order directly from the love-ly food crafters, visit [www.lovegrownfoods.com](http://www.lovegrownfoods.com).

## Get It Now: Colorado Organic Cookbook

Every season, delicious farm-to-table recipes emerge from the kitchens of some of Colorado's best restaurants. "Colorado Organic: Cooking Seasonally, Eating Locally" brings these recipes home, along with the inspiration that eight renowned chefs find in the harvests of community farms and ranches. Photographer and author (and edibleASPEN contributor) Jennifer Olson gathers insights and inspiration from these culinary masters — including local chefs Mark Fischer and Ryan Hardy — who share a commitment to local, seasonal food and to the farmers and ranchers who supply them with the freshest, most wholesome ingredients. Purchase the book at Amazon or on Olson's website, [www.seasonalandlocal.com](http://www.seasonalandlocal.com).

## "Just Recipes" Book and Blog

Basalt home cook and mother of two Karen Fjeldheim recently published the second edition of "Just Recipes," a cookbook filled with dishes that can be created with items that may already be in your pantry. "I created these recipes, and finally my husband, Brent, convinced me to do a cookbook," says Fjeldheim. The second edition features recipes like Summertime Pasta and Lovely Scrambled Eggs, which are easy to create, healthy and "filling" according to Fjeldheim. Her second edition includes bonus recipes, ways to grocery shop on a budget and more. Recently she turned her cookbook into a blog, where she continually adds new recipes and discusses cooking, motherhood and life in the Roaring Fork Valley. "Just Recipes" is sold at Cook à la Carte, in Glenwood Springs, Novel Tea, in Carbondale, and at [www.amazon.com](http://www.amazon.com). For more information, go to <http://justrecipescookbook.blogspot.com> or call (970) 366-2611.

