



**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](http://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](http://www.cookingincrete.com), email: [nikkirose@cookingincrete.com](mailto:nikkirose@cookingincrete.com), Greece: (30) 69.4822.6150; USA (202) 422.4635.