

Great Lakes Fruit, Vegetable & Farm Market EXPO Michigan Greenhouse Growers EXPO



December 9 - 11, 2014

DeVos Place Convention Center, Grand Rapids, MI

Farm Marketing Workshop A: Team Building through Cooking

Thursday morning 9:00 am

Where: Grand Gallery (main level) Room E & F

Now that you have a kitchen, what else can you do with it - especially during the off-season? Come and get some insight from professional chef and caterer, Diane Fisher, as she leads a "hands-on" workshop on how to conduct team building exercises in a kitchen. This fun and interactive team training concept is one that can be offered to your corporate customers as a well as to bring your own staff together.

Moderator: Ron Goldy, Senior Vegetable Educator, MSU Extension, Benton Harbor, MI

9:00 am Team Building Through Cooking

• Diane Fisher, Catering by Design, LLC, St. Joseph, MI

12:00 noon Session Ends

TEAM BUILDING THROUGH COOKING ...and other uses for your farm kitchen

Diane Fisher

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In my session we will be discussing a number of ideas for you to consider as possible uses for your farm stand kitchen. Many farms that have a farm stand also bake and sell items during their busiest season. Many, during the off season, allow this precious commodity to sit there and collect dust until the next time they need it.

Why? Don't allow your investment to just sit there...use it, rent it, lease it...do it. There are still bills that will need to be paid during your off season, and there are a number of options for you to look at below that may interest you, or at least get you thinking. Your off season may be someone else's prime time!

So before you close your eyes and ears...let's at least check into some possibilities that may not only help you...but may help someone else as well.

Some of the options are these:
Incubator Kitchen
Culinary Team Building Classes
Bulk Baking/Cooking to sell as frozen products or meals
Training Your Own Staff to cook your items your way
Cooking Classes
Cooking Demonstrations

There are many uses for a commercial kitchen, but some of the following are a few of the newest crazes around. I personally have made a business out of using some of these ideas myself.

Hello! My name is Diane Fisher and I am the owner of Catering By Design, LLC. I have been in business since 2006. Cooking for others and seeing their pleasure in eating my food, as well as realizing my husband and I would soon be empty nesters, prompted my business to be born.

At first I used our church kitchen and just did things for people from the church, or I used the school kitchen to do things just for the school. As my business grew, I started to rent space to do classes and used people's homes to cook their meals for them. Currently, my plan is to put in my own catering kitchen on my property. It has been a journey...and not always easy. But really, is anything worth working for easy?

I hope that my time with you will yield a starting point in your life...one to not only benefit yourself in this life, as short as it is, but to possibly make a difference in someone else's life. Sharing is not an easy thing to do sometimes. We have our ways, our plan, our things, but is this really where joy comes from? Things? Explore the possibility of at least considering some of the ideas that I would like to share.

If my plan goes as, well, planned, I would like to share my kitchen (if my neighbors will let me...I live in a neighborhood). Even if it is to encourage someone else to think outside the box, and be successful doing it!

A number of recipes have been attached for your pleasure. A few of them I will be making for you and a few of them you will be making yourself or in teams! But you, too, will get to eat what we make...joy in sharing. I hope that you enjoy them. Many of the larger recipes are from a church camp, and permission has been given to pass them along to you.

Remember, recipes are only starting points...tweak them and make them your own. Enjoy!

1. Incubator Kitchens

Wikapedia says...

A kitchen incubator, also known as a culinary incubator, is a business incubator dedicated to early-stage catering, retail and wholesale food businesses. Kitchen incubators are mostly found in those countries with significant levels of food safety regulation where capital investment in commercial kitchen equipment can be prohibitive for a new business. By covering the capital cost of shared kitchen facilities which are lent on a timeslot basis to incubatees, the kitchen incubator enables a business to develop to the stage where it can invest in its own kitchen facilities.

The concept relies on the fact that FDA and state regulation prohibit the sale of food that is not produced in a licensed facility. Culinary start-ups are unlikely to receive venture capital or bank financing, as profit margins are too slim and volatile for such a highly competitive market. Food products must be tested and tweaked over time before they are economically viable. Even once proven viable, the entrepreneur must navigate a complex network of regulation, packaging and distribution before running a profitable enterprise. This entrepreneur often lacks a business background and an understanding of what is involved in the start-up process. A study of individual demand for kitchen rentals reveals that start-up costs and licensing complications are the two main deterrents to opening a private kitchen. Availability and reliability are listed as the two major deterrents for aspiring entrepreneurs.

Kitchen incubators are likely to be used by the following end-users:

- Start-up food businesses in need of their first facility
- Home-based businesses that wish to legalize and grow their operation
- Established businesses relying on one-off or difficult situation kitchen rentals
- Established businesses looking to grow or reach a new market

These businesses include caterers, personal chefs, bakers, street venders, cake decorators and producers of specialty food items such as condiments and candies

http://www.businessweek.com/smallbiz/content/jan2010/sb20100125 784552.htm

http://www.npr.org/templates/story/story.php?storyId=1138314

http://kitchenincubator.com/

This is what I have to say...

I love this thought of having a kitchen that is available to help young entrepreneurs get their cooking business off to a start! Incubator kitchens are the place where ideas for cooking businesses hatch. The

'chefs' are helped along their way by those who have their own businesses, or the kind of knowledge that has worked for them in their search for success.

Most that I have researched have a very large space with almost every kind of equipment you can imagine. When a starting or even young but growing business has access to this kind of help and space, the world is at their feet...that is truly how they feel. The expense of starting your own kitchen is astronomical. I know...I'm putting my own in. Plus the red tape is never ending.

An Incubator Kitchen is a great way for them to rent an approved space, in a health department approved setting, to properly (and legally) make their product for resale. Maybe you can use your approved kitchen in this way...you could make a life changing difference in someone else's life!

There might be a few things that you will want to consider when pursuing this venture.

- You will want to have a space large enough for someone to work
- Have refrigerator and freezer space to share, if needed
- Require that each person/team has their own damage insurance to cover them while they are in your kitchen and on your property. You might want to keep a copy for your records.
- Flexible hours that will work for both of you to enter the premises
- Interview each person and make sure that you are both on the same page. There will need to be an understanding on keeping your place clean and tidy.
- Visit a working incubator kitchen and seek their advice

Below are some pictures of currently run incubator kitchens...note that some are large, some are not.







2. Culinary TEAM BUILDING

Although this may not be the first kind of team building event that you could think of, but it can be one of the most rewarding. A group comes together like an orchestra preparing for a concert, complete with conductor and all the instruments they need to make beautiful music together. And they are FUN!

When I am conducting a Culinary Team Building Class, I make sure that the communication with the leaders of the event is very clear. I want to make sure that they are going to get exactly what they are expecting, as well as my expectations are going to be met.

Class numbers are very important to keep to a reasonable size for the space you have to work in. There needs to be proper equipment needed to prepare the meal or dish...this can be adjusted by selecting a meal or dish that will accommodate the space and equipment that is available.

Once the details have been set for the space and the menu, it is important to have everything very organized. The last thing you want is to have your attendees arrive and you are all flustered and rushed trying to get your ingredients unpacked!

Everything needs to be put into stations for the preparation to be low stress. I usually put all of the ingredients and supplies needed, including the recipe, measuring cups, spoons, bowls, mixer, etc., at each station. Let's say...one station for the dessert, and then I will have another station for the salad, the main course, etc. This will assure that there will be less stress, moving around unnecessarily, and will begin a positive conversation between team attendees as early as possible.

It is possible to have a team building session at almost any site. It just means you have to have enough tables, clean space, sink or washing tubs for cleaning hands and utensils, and space to move. I have done them outside, inside, at businesses, in back yards, home kitchens, and at Perennial Accents in downtown St. Joseph, MI.

One of the main corporations I do team building for, prefers to do theirs at Perennial Accents. They will have a Director, Vice President, or Manager share what is happening in their specific department, as well as what is happening throughout the company. They may also talk about how their department is affecting the whole, and may even give a background on themselves. This is very productive, and personally I enjoy listening to their discussion. It is also interesting to see how many of them do not know anything about their own products!

It is very enjoyable to see those that are not comfortable with cooking learning more about helpful products and equipment in a way that is fun and informational...plus they get to eat what they make!

http://www.americanoutback.net/events/culinary_events.php?gclid=CKb969L89MECFUkQ7Aod6BEAKwhttp://ceochef.com/

http://pauldingandco.com/

 $\underline{http://www.foodplayground.com.sg/team-building.html?gclid=CMfEwM7-9MECFUEV7AodImUAtQ}$



These are some tried and true classes that I have personally done in a team building manner...

Pasta Class

- Homemade Pasta noodles
- Sauce
- Salad
- Homemade Salad Dressing
- Dessert

Salad Class

• 4-5 different salads

Soup Class

• 3 different soups

Breakfast for Lunch

- Homemade Waffles
- Caramelized Bacon
- Broiled Peaches
- Eggs in some creative way

Appetizer Class

• 5 different appetizers

Gluten-Free Class Vegetarian Class

Classes can be geared to meet with area demands, supply demands, special diet demands, all done with a knowledgeable instructor. The recipe choices for your classes will need to fit well with a group preparation as well as a class lasting in the 2-3 hour range. Maybe you? Maybe someone you can hire?

Don't let your precious investment just sit there! Utilize its use so that you can keep up with your taxes and insurance costs. It may take a little to tweak your kitchen to meet the needs and requirements, but maybe this would be worth it.

Equipment is not cheap, so the more that you can do to regain your investment the more sense it will make for you to continue your profits in your off season. If your farm grows apples, make apple items! If you grow asparagus, make asparagus items! Use what you have and add area produce to round it out.

More and more people are becoming increasingly intentional on what they put in their mouth. 'Farm Fresh', 'Home Grown', 'Organic', 'Area's Best'...are all buzz words that sell your produce. Gluten-Free and Lactose-Free items are also in high demand. These would be great niches for you to investigate what might work best for you to expand your kitchen use in a productive and useful way.





Notice the smiles? *One of my class recipe examples...we will be making this in class today!!*

Pasta Class by Diane Fisher of Catering By Design, LLC (269)369-9631 Team Building

Homemade Pasta Noodles

4 large eggs

1+ teaspoon water

1+Tablespoon extra virgin olive oil

3 ½ cups all purpose flour

½ teaspoon salt (optional)

Place eggs, water, and ½ the flour in the stand mixer bowl. Using the paddle attachment, stir on speed #2 for 10 seconds, add the rest of the flour, salt, and enough liquid and continue to stir on #2 until it forms a mealy texture.

Switch the paddle attachment to the dough hook attachment. Add the liquid ½ teaspoon at a time. If it becomes too moist, add more flour. Continue to stir the dough mixture until it's a thick elastic texture. Remove from bowl, and wrap in saran wrap and allow it to rest for 10-15 minutes. Can refrigerate and use tomorrow. Dough is ready for pasta attachment shapes.

(If you don't have a KitchenAid stand mixer and attachments, you can mix it all by hand, roll it out and cut it with a pizza cutter or knife. Allow it to rest after you roll it out before you cut it. It should be somewhat dry to the touch.)

Sauce

1/8 cup extra virgin olive oil

1-28ounce can of whole tomatoes (squeeze between hands)

½ chopped onion

1-2 cloves garlic, chopped or sliced

2 Tablespoons Italian seasoning

1 cup red or white wine

Salt and Pepper to taste

Sweat onions and garlic on medium high heat in hot oil. Add tomatoes, seasoning and wine. Reduce and serve.

Strawberry and Feta Cheese Salad

Salad:

6 cups mixed greens, romaine lettuce or fresh spinach

2 cups chopped strawberries

3-4 T. slivered almonds or pine nuts, toasted

Crumbled Feta Cheese to taste, start with 2 oz.

Cut, wash and chop greens. Place in Salad Spinner to remove excess moisture. Place in extra-large bowl. Just before serving, toss the strawberries, nuts and feta (reserving some of the fruit, nuts and cheese for garnish). Add the salad dressing, toss lightly and serve immediately.

Salad Dressing:

In KitchenAid blender, add...

2 Tablespoon champagne vinegar

¹/₄ cup sugar

¼ teaspoon paprika

1/8 teaspoon salt

½ teaspoon olive oil

Blend on medium speed until well incorporated. Pour into jar (with lid). Continued...

Add...

½ teaspoon chopped red onion (finely chopped)

3/4 teaspoon poppy seeds

1 ½ teaspoons sesame seeds, toasted (use small skillet...watch!!)

Shake in jar and set aside until ready to assemble salad. Shake well before pouring on salad. Serve immediately.

Butterscotch Blondies (from Cooking Light magazine)

Serves 16

1 cup whole-wheat pastry flour

½ teaspoon baking powder

½ teaspoon salt

1/4 cup butterscotch morsels

2 Tablespoons half-and-half

3/4 cup packed brown sugar

3 tablespoons canola oil

3 tablespoons butter, melted

1 teaspoon vanilla extract

2 large eggs

1/3 cup semisweet chocolate chips

Cooking spray

Preheat oven to 350 degrees. Stir flour and lightly spoon into a dry measuring cup; level with a knife. Combine flour, baking powder, and salt in a medium bowl; stir with a whisk until thoroughly combined.

Combine butterscotch morsels and half-and-half in a medium microwave safe bowl; microwave at HIGH for 45 seconds, stirring every 15 seconds. Stir until smooth. Add brown sugar, canola oil, butter, vanilla, and eggs, and beat with a mixer at high speed for 2 minutes. Add flour mixture to butterscotch mixture, stirring just until combined. Stir in chocolate chips. Pour batter into an 8" square metal baking pan coated with cooking spray. Bake at 350 degrees for 30 minutes or until a wooden pick inserted in center comes out with moist crumbs clinging. Cool in pan on a wire rack.



Team building classes can be for any age...

3. Bulk Baking/Cooking to sell as frozen products or meals

This is not a new idea, yet one to possibly consider. There are a lot of busy people that would love to be able to stop by and pick up some readymade meatloaves, pies, casseroles, and other main dishes that they can heat quickly at home...sometimes they are purchased a week at a time!

I have had a number of people who want me to offer this when my kitchen is ready. My plan is to deliver them to their homes to make it even more convenient for them. You would be surprised at what a good living some are making doing this very thing.

If you are a good cook, and have the equipment to make large batches, don't really like a lot of people around while you are doing it, maybe this is for you!

Just make your large batches and divide them into portions for 2, 4, 6 or more people. Properly package, label, and quick freeze and get the word out that dinner is on. Of course you will need freezer space and maybe a backup unit in case the lights go out, but could be interesting!

My mother's pumpkin bread has always been a favorite, as well as my mother-in-law's pumpkin roll. I make these usually for gifts, but have sold them around the neighborhood years ago to help my kids raise

money for missions' trips and such. Take orders. It will help to have a list of items that you can offer, and maybe a changeup of the menu from time to time, or week to week might work well too.

Soups are also a great thing to consider. Use your leftover veggies from your fruit stands and start cooking. Pies and cobblers are great for that extra fruit, too. Jams and jellies are a great idea if you have the proper equipment to preserve them.

Look at what you have that you love to do, what people know you for, and what you feel you do the best at and use it to make money! I cannot stress how much I want to empower you to think out of that box you may be stuck in!







Some bulk cooking recipes...

Toll House Chocolate Chip Cookies

Makes 14 dozen

- 8 1/2 cups all purpose flour
- 4 teaspoons baking soda
- 4 teaspoons salt
- 2 pounds butter, softened (8 sticks)
- 3 cups sugar
- 3 cups brown sugar
- 8 eggs
- 4 teaspoons vanilla
- 8 cups chips (large GFS bag contains 10 ¼ cups)

Combine butter and sugar in large mixing bowl. Add eggs and vanilla. Beat until creamed. Turn down mixer speed before adding flour mixture. Mix till creamy. Drop by Tablespoon size balls on parchment covered sheet pan. Bake at 350 for 8-10 minutes.

Carrot Cake

Makes 1 sheet pan, 80-100 servings Cream together...

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4 cups sugar

3 cups oil

Add... 8 beaten eggs

Add...

- 4 cups all-purpose flour
- 1 teaspoon salt
- 4 teaspoons baking soda
- 3 teaspoons cinnamon
- 4 cups shredded carrots
- 2 cans drained crushed pineapple
- 1 ½ cups golden raisins, optional

Bake at 350 degrees for 30 minutes. Allow to cool and frost with cream cheese frosting.

Cream Cheese Frosting Enough for 1 sheet pan

½ pound soft cream cheese % cup soft butter 1 Tablespoon vanilla

8-9 cups powdered sugar

Enough for 6 sheet pans

3 pounds soft cream cheese 4 cups soft butter (8 sticks)

1/3 cup vanilla

28-32 cups powdered sugar

Pumpkin Pie for a Crowd

Makes one full cake pan 80-100 servings

Crust:

3 ½ cups all-purpose flour

2 ½ cups oatmeal

2 ½ cups brown sugar

1 lb. butter, softened

Filling:

12 Cups or one #10 can prepared pumpkin

1 dozen large eggs

3lbs. sugar

3 Tablespoons cinnamon

1 1/4 teaspoons ground cloves

4 teaspoons salt

12 cups or one #10 can evaporated milk

Combine dry ingredients with softened butter in mixer and mix until well blended and crumbly. Press into 18"x 26"x 3" full cake pan that has been coated with non-stick spray. Bake the crust for 5 minutes at 375 degrees in a convection oven. Set aside to cool.

Combine all wet ingredients for filling into mixer and mix until well blended on speed 1. Carefully change speed to 2 and beat for 5 minutes or until creamy. Carefully pour filling over the top of the crust. Bake at 375 degrees for 60-70 minutes or until knife comes out clean. Refrigerate pie until serving and top with whipped cream.

http://homecooking.about.com/od/holidayandpartyrecipes/a/crowdcooking.htm

http://www.razzledazzlerecipes.com/quantity/

http://farmflavor.com/category/recipes/theme/group/

4. Training Your Own Staff to Cook Your Items Your Way

If you have a farm stand that features your own home cooked/baked items, then this might be something of help to you. If you currently prepare some or all of your retail items that are made in your kitchen, consider the possibility of training one or two others to do the work for you.

This will help to alleviate some possible stress in your already busy schedule. You also need to consider what will happen to the sale of these items if something happens to you because of illness or accident. It might be a good idea to trust someone with your recipes and train them in a way that will produce your product as you wish it to be produced.

If it is a secret recipe, you may want to still be a part of the process. You could draw up a confidentiality contract between you and those you wish to train to secure that secrecy.

The goal here is to save you money and time. If you train your own employees then hopefully their loyalty to you will benefit you greatly. You already have them on the payroll, and they might really like the opportunity to help you in this way.

If you like to go south in the winter, maybe your staff would like to continue your business while you are gone. If you train them properly, you will be doing them a lifelong service. It will be knowledge that will benefit them for years.

Maybe even consider employing them to prep all of your ingredients for you to use your next season.

5. Cooking Classes

Cooking classes can be a great way to showcase some of your product. People love cooking classes! There are so many cooking shows on television that children, women and even men want to learn to cook!

Cooking classes take a organization and time to put together, but after the leg work is done, it is simple to repeat. Classes need to be adjusted to the audience as well as the season. Soups are a good thing to promote in the fall, salads in the summer, hearty foods in the winter, and teas in the spring.

You can have one instructor or a variety of chefs. It really just depends on what you would like your cooking classes to be like. Most classes I run are two hours in length and this includes their time of eating what it is that they make. You can make enough for a tasting, or enough for a meal. It is best to have tables and chairs for them to be seated at during the tasting/meal portion. Classes can be in a demonstration form or partially hands on. Some menus work best with one or the other, and some could be used for both.

To have a successful cooking class, you once again need to be very organized. You need to have ingredients opened, pre-measured (if you like), and sorted for each thing you will be making. You can usually do more items in a cooking class time if you are doing it as a demonstration. I can make a whole meal for them to enjoy within the two hours that I have to spend with them.

I love cooking classes! They are fun and informative for the guests, and I truly enjoy watching them "get it" on a recipe that they might not otherwise be willing to try. It is a great way for others to branch out on their abilities and to learn new skills and tips.

Allowing cooking classes on your premises could heighten your view of your current business. Be competitive with your charges, and occasionally bring in an area chef for a special class from time to time. You can use the class selections to feature foods and services that you can provide from your own farm. Showcase it! Farm fresh produce and fruit are the things that people are wanting to use in their own kitchens, so show them how!

Even having one class per season will keep your farm business in the minds of those who already shop there and draw new interest from those yet to find you. If you do a good job, work will spread quickly. Private classes will be something that may develop, and you might even want to offer cooking classes for children. Some of my best classes are Cooking Birthday Parties. These usually have some hands-on features throughout the class time, and may even consist of decorating cookies.

You could even do cooking classes over a weekend and use it as a drawing card to feature your biggest business time. I have seen this done successfully, and the internet has lots to offer as far as ideas and ways to accomplish this, it just takes good planning and time. If you own a winery, even better! Or if you have one close by, maybe you could go in together and make it a weekend to remember for your class attendees.

Use recipes that use your products, but aren't necessarily the same recipes that you make/bake for your store. Dips, soups, salads, baked goods...these are good ideas.

If you become really organized, you could add your class schedule to your web page...if you have one. If you don't, it would be worth considering as this is how many people will find you these days.







Following are some sample recipes that I have used in a cooking class.

Shrimp and Lobster Boil Cooking Class, Diane Fisher, Catering By Design, LLC, 269-369-9631

Shrimp and Lobster Boil

Old Bay Seasoning To Taste

5 pounds new potatoes, halved if necessary

3 lbs. kielbasa sausage, cut into 1 inch pieces

8 ears fresh sweet corn, shucked and broken in half

3-4 pounds raw or frozen fresh shrimp, in shell

- $2 1 \frac{1}{2}$ pounds live lobster
 - 1. Heat a large stock pot of water over an outdoor cooker or over medium-high heat indoors (can measure water by placing all items into pot before cooking, with shrimp in bag, and fill water level till at least 2 inches above, remove items and measure remaining water). Add Old Bay to taste (can also add sea salt if needed.). Bring water to boil; add potatoes and sausage, cook for about 10 minutes or until potatoes are nearly tender. Add corn and lobster; cook for another 10 minutes. When potatoes and corn are nearly done, add shrimp. Cook for 3-4 minutes (being careful not to overcook). Drain.

2. Cover outdoor tables with newspapers and serve drained boil in deep aluminum pans. Can also pour directly onto newspaper, if desired. Place pans in middle of table with a bowl or pan to put any disposable matter into.

Layered Salad

Romaine Lettuce, torn
Frozen Peas
Chopped Onion
Bacon, Crisp and broken into pieces
Chopped Tomatoes
Broccoli
Cauliflower

Dressing:

1 ½ cups Mayonnaise
¼ cup sugar
½ cup Parmesan Cheese
2 teaspoons cider vinegar, more or less to taste

Layer romaine and other ingredients of salad, in glass bowl as per your own taste and sight. Mix dressing ingredients in separate bowl and spread over top of salad. Sprinkle with more parmesan cheese. Chill. Serve.

Angel Strawberry and Banana Torte

Angel food cake out of the pan
Fresh Strawberries, washed, dried, quartered
Banana slices
Cool Whip
Banana flavored instant pudding
Milk

Cut angel food cake into bite size chunks. Mix the banana flavored pudding with some milk to make a slurry. Fold in the Cool Whip until well incorporated.

Use a trifle bowl and layer cake, fruit, whipped topping, cake, fruit, topping, etc. End with topping. Garnish as desired. Chill and serve!

6. Cooking Demonstrations

The difference between cooking classes and cooking demonstrations is a matter of timing and interest.

When you have people flooding your establishment to purchase from your stand/store, you may not have time or space to do a cooking class. This is where a cooking demonstration might be a good fit. If you sell apples, demonstrate how to make caramel apples. If you sell pumpkins, demonstrate how to make pumpkin pie or bread, if you sell strawberries, demonstrate a fresh strawberry pie.

Thinking of how to heighten your customers experience with your business is the goal. Feature different things each week. I'm sure you've been to a farm that makes homemade apple cider...maybe you do that yourself...this is the idea. Come up with some off the wall ideas! You've heard of them...bacon wrapped this and that, chocolate covered bacon, bacon candy! Be creative and think of a new product to showcase at your establishment.

The idea is a quick idea that someone can watch and then keep on shopping...tasting is a big thing. So are smells. The best aroma's you can incorporate, the better! One of my best events involved cooking bacon...the smell just travels, and travels.

Place the tasting portions in something that travels...you want to keep them looking and shopping. Children will remember these experiences, and you need to remember that they will grow up still remembering those experiences. These are your customers you are grooming...look at McDonalds!



Conclusion:

Please access where you are in your business and how some of these ideas might benefit you. They are worthy of your time to consider. Talk with your family and co-workers and see if any of these ideas can be used to utilize your business kitchen. Speak with the health authorities for your location and check with your insurance company to find out what they have to say.

If there is anything that I can do to encourage you or if you have any further questions, I would love to talk with you. If you would like to have some training in conducting a class, demo or otherwise, call me or email me. I will help if I can.

Thank you for your attention and for choosing this session! Hope you enjoyed it as much as I did!

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