

Local Chef Creates First-of-its-Kind Online Guide for Local, Seasonal Ingredients

Seattle – A sweepingly comprehensive online guide to more than 250 different herbs, fruits, vegetables, mushrooms, flowers and other foraged edibles, as well as seafood available locally in Western Washington painstakingly created by Chef Becky Selengut was made public this week.

Formerly of The Herbfarm restaurant in Woodinville, Washington, Becky Selengut currently teaches cooking demonstration classes, and offers private chef services specializing in local, organic and seasonal fare. Selengut attended the Quilliscut Farm School of the Domestic Arts weeklong program for culinary professionals. It was through hands-on learning about all aspects of food production on a small farm that Selengut was inspired to create a tool to make it easier for chefs, restauranteurs and home cooks in the Puget Sound region to incorporate local, seasonal, organic and sustainable foods into their menu-planning and cooking.

“There are some great resources out there, but none of them provided a comprehensive source of information about the incredible bounty of local ingredients and specifically, when they come in and out of season.” said Selengut.

Selengut spent more than a year on research and the construction of this powerful database, **Seasonal Cornucopia**, which is now available on-line to anyone who is interested at www.SeasonalCornucopia.com The guide was edited with the generous assistance of many experts in the food industry, including the Herbfarm, Quilliscut, the local chapter of Chefs Collaborative, Charlie’s Produce, Pacific Marine Conservation Council, Rockridge Farms, as well as chefs, mushroom foragers, aquatic biologists and forest ecologists.

Seasonal Cornucopia allows you to search by month or by ingredient to find out what’s in season. From asian pears to arugula, figs to fennel, tayberries to tomatillos, this guide includes more than fifty types of foraged edibles and mushrooms, and provides a list of sustainable, local choices in Pacific Northwest seafood. This database is the most comprehensive of its kind in our region. It is a free resource and the entire project was an all-volunteer endeavor.

“We are fortunate to have hundreds of amazingly delicious ingredients right in our backyard; I hope this database will encourage my colleagues in the culinary community, as well as families at home to seek out these foods, cook them and taste them at their seasonal peaks,” commented Selengut.

Seasonal Cornucopia also provides information about where to find many of these local, seasonal ingredients through links to farmers markets, local stores, farms and fish sellers.

Selengut is a graduate of William Smith College and the Seattle Culinary Academy where she was awarded the Outstanding Culinarian of the Year. Selengut has worked on two PBS cooking shows, *Home Cooking with Amy Coleman* and *Cucina Amore*. From 1999 to 2001, she was a chef-instructor at Seattle Central Community College where she taught cooking to immigrants and refugees and found them work in the food industry. Selengut has had stints at La Medusa and La Spiga; spent three years at the nationally acclaimed restaurant The Herbfarm in Woodinville, Washington and currently teaches cooking for Puget Consumers Cooperative (PCC). In 2004 she started her own private chef and cooking instruction company **Cornucopia**.

For more information, please call Becky Selengut at 206-948-1595 or visit www.cornucopiacuisine.com