

Kids can learn to cook at spring break day camp

ASTORIA — North Coast Food Web brings back its Kids Cooking Camp from March 27 to 31 for Astoria Public Schools' spring break.

This hands-on cooking series for children ages 7 and older teaches basic kitchen skills through preparing delicious, healthy, made-from-scratch menus.

Over the course of the week, students will cook everything from re-envisioned classics like peanut butter and jelly smoothies made with real fruits to zucchini pizza with freshly created ricotta cheese.

"Separating the curds and whey is like a science project that the students love," said Wendy D'Agostino, NCFW Kitchen Coordinator and camp chef.

NCFW aims to make the camp fun while helping teach children about healthy eating choices.

"Being the chef often leaves kids willing to try something they thought they didn't like," said D'Agostino.

Class runs each day from 9 a.m. to 12:30 p.m. and includes a morning snack and lunch that students prepare.



SUBMITTED PHOTO

Children ages 7 and up can learn basic kitchen skills in the North Coast Food Web's Kids Cooking Camp.

Registration for the spring break session is open through March 27 with space for 10 students at northcoastfoodweb.org/events/cooking-camp-for-kids/

Cost is \$100 for the week thanks to sponsorships from Bob's Red Mill, Oregon State University Extension's Snap-Ed Program and NCFW's many local donors. Scholarships are available.

Camp is located at the

North Coast Food Web kitchen at 577 18th St. in Astoria. NCFW plans to host more Kids Cooking Camps this summer.

North Coast Food Web is a nonprofit organization whose mission is "Cultivating healthy communities and a vibrant economy through food and agriculture." For more information, visit NCFW's website, northcoastfoodweb.org, or email info@northcoastfoodweb.org

Grammy winner performs on peninsula

LONG BEACH, Wash — Grammy-winning guitarist Doug Smith will perform at 7 p.m. Saturday, March 18 at the Peninsula Arts Center, located at 504 Pacific Ave. N. He will be joined on stage by his wife, flutist/vocalist Judy Koch Smith.

Smith is the 2006 winner of the prestigious Winfield International Fingerstyle Guitar Competition.

His playing has been heard on the big screen in the 2007 film "August Rush," and his original compositions are heard from NPR to Martha Stewart to Good Morning America. His playing combines folk, classical and jazz elements and has been called "a cross between Chet Atkins, Leo Kottke and Michael Hedges."

Originals such as "Renewal" and "Order of Magnitude," arrangements such as his medley of "Ave Maria" and



SUBMITTED PHOTO

Flutist Judy Koch Smith and Grammy-winning guitarist Doug Smith will perform at the Peninsula Arts Center.

"Can't Help Falling in Love," pieces like "Stars and Stripes Forever," have delighted audiences around the country and the world, including Japan, Taiwan and China.

Smith earned a Grammy Award in 2005 for his contribution to the Henry Mancini tribute CD, "Pink Guitar,"

which won in the category of Best Pop Instrumental CD. By himself, he has a dozen CDs to his credit.

Admission is \$15 at the door, online through Brown Paper Tickets, or call Bill at 360-901-0962. Wine, beer, and other refreshments are available for purchase.

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