

Join the Art of Mentoring Kitchen Program

Learn and experience what's at the heart of a healthy regenerative village: the art of sharing food from seed to feast

“What happens when we gather at the table? We feed one another. We listen to our stories. We learn our language, our songs, our histories, our place in a community. We learn how to offer and how to receive gratefully. We learn our cuisines – or the lack of them. We eat the world, learning how the wild constantly dies so we might live. We learn how to bless with our words and actions. In a word, we learn the recipe of what it means to become human. The kitchen is the heart of this work. It's built right into the word: the hearth. To be a cook gives us a chance to be at the heart of re-mem-bering culture, living in such a way that we try to feed the world that so generously feeds us.” ~ Mary Stewart, AoM Head Cook



Learn to cook for a large group



Tea and food brewing over fire



Staff is invited to contribute herbs, veggies & canned goods towards village meals

Who is this for?

- People who want to learn to cook or love cooking
- First time and returning participants or staff
- Kinesthetic learners who have a passion for food
- People who want to learn from a master chef for free
- People who want to participate in AoM from a different perspective

Benefits

- 40% off tuition for a friend this year or yourself next year
- Learn how to cook for large groups
- Get hands on experience embodying the 8 shields model
- Connect to the larger AoM community through service
- Build new connections around a kitchen hearth
- Learn how to make deeply nourishing and healthy food
- Join village for evening programs

Interested? Contact:

Mira Nussbaum
sproutedviolet@gmail.com

For more information!

