

NEWS

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Attention News Media Covering:

- Cool Summer Activities for Kids
- Specialty Camps for Kids
- Aspiring Young Chefs Hone Culinary Skills in VT

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From Sauté Skills to Pastry Arts, Kids Culinary Academy of Vermont

Offers Tasty Intensive Kitchen Training for Aspiring Young Chefs

Organic Gardening, Animal Care, U.S./Montreal Culinary Tours Blend Together to
Create Delicious, Specialized Summer Experience, Weekly Programs Offered

(April 1, 2011; Highgate Center, VT) **The Kids Culinary Academy of Vermont**, the premier U.S. culinary camp offering residential and daily programs for children ages 10-17, ushers in its sixth consecutive season this June with eight weekly sessions designed to cultivate kitchen skills, culinary sophistication, farming and animal care knowledge and a deep appreciation for international flavors and culture. Featured in [The Wall Street Journal](#), the specialty camp attracts campers from across the U.S. as well as France, England, Kuwait, Peru and India. A maximum of 20 campers are enrolled for each weekly session, creating an intimate atmosphere where teamwork and individual culinary skills are honed. Providing flexible week-long sessions and hands-on experience of life as a chef has swelled enrollment in the Kids Culinary Academy of Vermont each year, along with the popularity of cooking reality shows on TV.

“Teaching children to cook, appreciate how food is grown, healthy, delicious menu planning and how to work as a team gives our campers a rich experience that boosts their self-confidence and culinary sophistication,” said Kids Culinary Academy of Vermont owner and Culinary Institute of America graduate Chef Kelly Q. Dietrich. “Our campers graduate learning to make classic sauces, how to properly use knives, braise, bake and much more, waking each day at 6:30 AM to gather eggs from our chickens, milk cows and feed baby goats. We offer the perfect blend of intensity in the kitchen balanced with plenty of outdoor summer fun, visiting Ben & Jerry’s, Cabot Creamery and Champlain Chocolates.”

Summer 2011’s season features a new weeklong Baking & Pastry Arts program which spans chocolate artistry to wedding cake decorating. For each Sunday to Saturday session, campers explore a different area of culinary arts, working in the kitchen from 6:30 AM to noon, breaking for lunch and enjoying sports and culinary tours in the afternoons and evenings. Saturday graduation feasts for family and friends give campers a chance to present guests with a student prepared meal before a graduation ceremony. During their weekly session at The Kids Culinary Camp, campers receive intensive training in the following areas:

- Breads & Pastries
- Seafood
- Soups, Sauces & Salads
- Breakfast and Brunch
- Beef & Poultry
- Knife and Chopping Skills
- International Cuisine
- Healthy Eating Habits
- Garnishes
- Hygiene
- Pies & Cakes
- Ethnic Cooking
- Cake Decorating
- Methods of Cooking

The Kids Culinary Academy of Vermont also emphasizes education in: nutrition and organic food sources; aquaponics (the integrated growing of tilapia fish and micro-greens and herbs in our greenhouse); organic square foot and container gardening; composting and vermicomposting; shitake mushroom growing; beekeeping; and olive oil herbing and bottling. Weekly residential sessions cost \$2695 and non-residential/commuting sessions cost \$1275. Graduates receive gifts including a set of professional knives, chef’s whites and toque.

“While we have plenty of kids who enroll knowing the difference between béchamel and hollandaise, we get as many who aren’t as sophisticated, but want to learn, even go home and teach their parents how to cook,” added Chef Dietrich. “Some of campers want to become the next Food Network star and others are looking to simply cook, learn, work on the farm and enjoy a week of pursuing their culinary passion.”

The Kids Culinary Academy of Vermont, www.kidsculinary.com, is located at 4892 Gore Road, Highgate Center, Vermont, 45 minutes from the Burlington Airport and 1.5 hours from Montreal. Founded in 2005, by Chef Kelly Q. Dietrich, The Kids Culinary Academy of Vermont offers weekly culinary sessions during the summer season along with year-round culinary programs for youngsters and adults. For more information, call 802-868-3030.

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