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Culinary Institute of Virginia's Living Lavidia Locavore Classes Bring Ingredients from *FARM to FORK*

VIRGINIA BEACH, Va. – (June 2009) – Casual Gourmet, the recreational cooking program at [The Culinary Institute of Virginia](#), the School of Culinary Arts at ECPI College of Technology, presents classes about cooking with locally available ingredients in an interactive and tasty way. The classes, Living Lavidia Locavore, are taught by Patrick Evans-Hylton, chef and senior food and wine editor of *Hampton Roads Magazine*.

Classes are held at the Old Beach Farmers market, which is located in the parking lot of Croc's 19th Street Bistro, 620 19th Street, Virginia Beach.

The first Living La Vida Locavore class was held on Saturday, May 23. It was a great success, and subsequent classes are sold out until June 27. Ten participants joined Chef Evans-Hylton on a unique and educational [culinary](#) adventure. The class toured the market, learned about local foods, spoke with producers/vendors about their products and growing practices, and picked up some goodies for lunch. The culinary team at Croc's 19th Street Bistro prepared the four-course lunch with the ingredients purchased at the market (see menu below).

To reserve a space or to learn of other recreational cooking programs, go to www.chefva.com or call 858-2433.

A locavore is someone who consumes foods that are grown or raised locally. This style of eating has been identified by the Food Channel as one of the Top 5 culinary trends of 2009.

Living La Vida Locavore classes run from 9 am until 11:30 am on June 27, July 25, August 15, September 12, and September 26 and are \$25 for each session.

Living Lavidia Locavore Tasting Menu, May 23, 2009



***Welton's North Carolina Tuna on Baker's
Crust Toasted Baguette with Asian Slaw
and Sesame Garnish over Five Pepper
Sauce***



***Butter Sautéed Cromwell Farm's May
Peas with Everona Grayson Cheese
Ribbons***



***Linda's Garden Lavender Jelly Glazed Full
Quiver Farm Cage Free Roasted Chicken
Legs and Wings***



***Terrapin Restaurant Fruit Sorbet with
Sandi's Sandies Cookies garnished with
Garden Fresh Mint***

All Photos by Patrick Evans-Hylton

About the Culinary Institute of Virginia

Culinary Institute of Virginia, the School of Culinary Arts at ECPI College of Technology, opened for enrollment in fall 2006. Graduates can earn an Associate of Applied Science degree in culinary science in less than two years. The curriculum offers a European educational model that combines classroom instruction with hands-on externships in the community. For information call 757-858-CHEF or visit www.chefva.com.

About ECPI College of Technology

ECPI College of Technology is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools to award Bachelor of Science, Associate of Science, and Associate of Applied Science degrees. With campuses in North Carolina, South Carolina, and Virginia, ECPI, a private college established in 1966, offers convenient classes during the day, evening, or online; graduate employment services are provided. IT certification classes are also available.

ECPI's many fields of study include: TECHNOLOGY: Biomedical Technology, Electronics Engineering, Information Technology, Database Programming, Network Security, Web Development, Medical Imaging Technology, Simulation & Game Programming, Wireless Systems, Mechatronics; BUSINESS: Accounting; Business Administration, Criminal Justice, IT Management; HEALTH SCIENCES: Dental Assisting, Healthcare Administration, Massage Therapy, Medical Administration, Medical Assisting, Medical Radiography, Nursing (BSN), Physical Therapist Assistant, Practical Nursing, Registered Nursing, Surgical Technology; CULINARY: [Culinary Arts](#), Food Service Management. (Program field availability varies by campus.) For more information, visit www.ecpi.edu.

About the Old Virginia Beach Farmers Market

Old Beach Farmers Market is a quaint open air market in the parking lot of Croc's 19th Street Bistro, a local neighborhood restaurant along the 19th Street Corridor in the heart of the Virginia Beach resort. This is a certified Virginia Green Event, the first certified farmers market in the Commonwealth's new voluntary Virginia Green Program, that promotes eco-friendly practices in all aspects of Virginia's tourism. The mission of the Old Beach Farmers Market is to: establish a Resort Area farmers market for residents and visitors; encourage locavores and educate others about local, fresh, and sustainable food; promote local family farms, watermen and Virginia wineries; connect local sources to chefs, restaurateurs and the public; and revive an old-fashioned kind of shopping in the historic Old Beach District.

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