



**art  
life  
food**

Potluck Recipes from  
Women's Studio Workshop

MADE WITH ORGANIC PASTA

# Annie's®

HOMEGROWN



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## Shells & White Cheddar



### art life food

Potluck Recipes from  
Women's Studio Workshop

Red  
Orange  
White

*Art, Life, Food: Potluck Recipes from Women's Studio Workshop was published by the Women's Studio Workshop in Rosendale, NY. WSW is funded in part by the New York State Council on the Arts, a state agency.*

*Art, Life, Food celebrates WSW 35 year old tradition of potluck lunches. Recipes were contributed by past and current interns and staff.*

*Art, Life, Food was silkscreen and digitally printed. Text is set in Futura, Franklin Gothic, and Century Schoolbook.*

Women's Studio Workshop  
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## Art Life Food

**Artists come to the Women's Studio Workshop** for the art, but they stay for the food. Those who have been lucky enough to eat potluck lunch at WSW know the importance of this daily meal extends far beyond midday sustenance. It is a time when interns, artists, staff, and random visitors sit together, relax, chat and eat a delicious meal.

When the Women's Studio Collective was founded in 1974 the goal was to create a space for women to make art; potluck lunch was an added bonus that evolved over time. In the beginning WSW founders, Ann Kalmbach, Tana Kellner, Anita Wetzel and Barbara Leoff Burge rented a house at the corner of James and John Street in Rosendale as the first studio building. Ann, Tana and Anita also lived there and operated, more or less, like a family. A litho press was where a "normal" family would have put a dining room table. Given the proximity of the studio to the kitchen, it would have been impolite to eat and not offer those working in the studio something to eat as well – potluck was born. Over time things changed – the organization became known as the Women's Studio Workshop (collective was too communist), the studios moved to the current location on Binnewater Lane, and interns became an integral part of running WSW.

When the studio moved to the Binnewater Lane in 1984 there was more space for studios, but WSW didn't want to lose the family feel of the house, and potluck became a more formal part of the studio day. Everyone brought a potluck contribution each day and was expected to prepare it in time for lunch, but that system didn't really work. Deciding lunch would happen at 12:30 was a milestone and, according to Ann, one that is still followed.

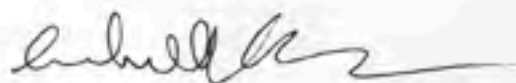
When Laura Moriarty joined the WSW staff, she revolutionized potluck lunch by assigning food prep to the interns. Those who have been interns have all probably cursed her, at one time or another, as we were packed into the tiny kitchen off the office trying to put together a delicious meal from the sometimes-slim contents of the refrigerator. nonetheless, our time in the kitchen led to a delightful shared meal at the picnic table in the office or on the back porch on a warm day making it all worthwhile.

Together at potluck we break bread - though there isn't always bread. These are not planned affairs; no one knows what anyone else is bringing so we could end up with a lunch of all salads or all deserts. Luckily, in the 35 year history of WSW, Ann can only recall one lunch that consisted entirely of bread. There are winter days, however, when everything on the table matches the brown and white of the dormant rural landscape. More memorable are the summer days full of glorious colors, often out of Ann's garden or the ArtFarm. Salads are abundant, as are squash and zucchini, and the healthy harvest is often balanced out by the summer treat of Stewart's ice cream.

Potluck lunch at WSW is a great equalizer in which the divides between intern, staff, and artist aren't important and everyone sits together as part of the WSW family. Conversation ranges from what is happening in the studios to what is playing at the Rosendale Theater. An artist might offer to demonstrate a unique skill or technique to anyone who is interested. Someone might offer to take an artist-in-residence to the grocery store after work or to show a new intern where to swim. Everyone enjoys a great meal before heading back to her studio or desk.

Pulling together potluck recipes for a cookbook is not an original idea. More than once or twice, I remember sitting down to a delicious lunch with a wide-eyed artist or guest who was amazed at the spread set forth on the picnic table. "You guys should put together a cookbook," they would say as they piled more tasty treats on their plate. So here it is — a unique collection of recipes from former interns, the hardworking young artists who have been so vital to WSW's potluck lunches, as well as recipes from WSW's fabulous founders with a sprinkling of staff.

Happy 35th Birthday WSW! May you have many more.



Ellen Kucera

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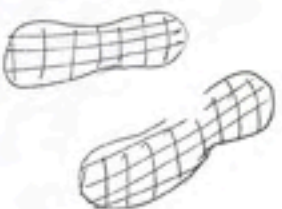
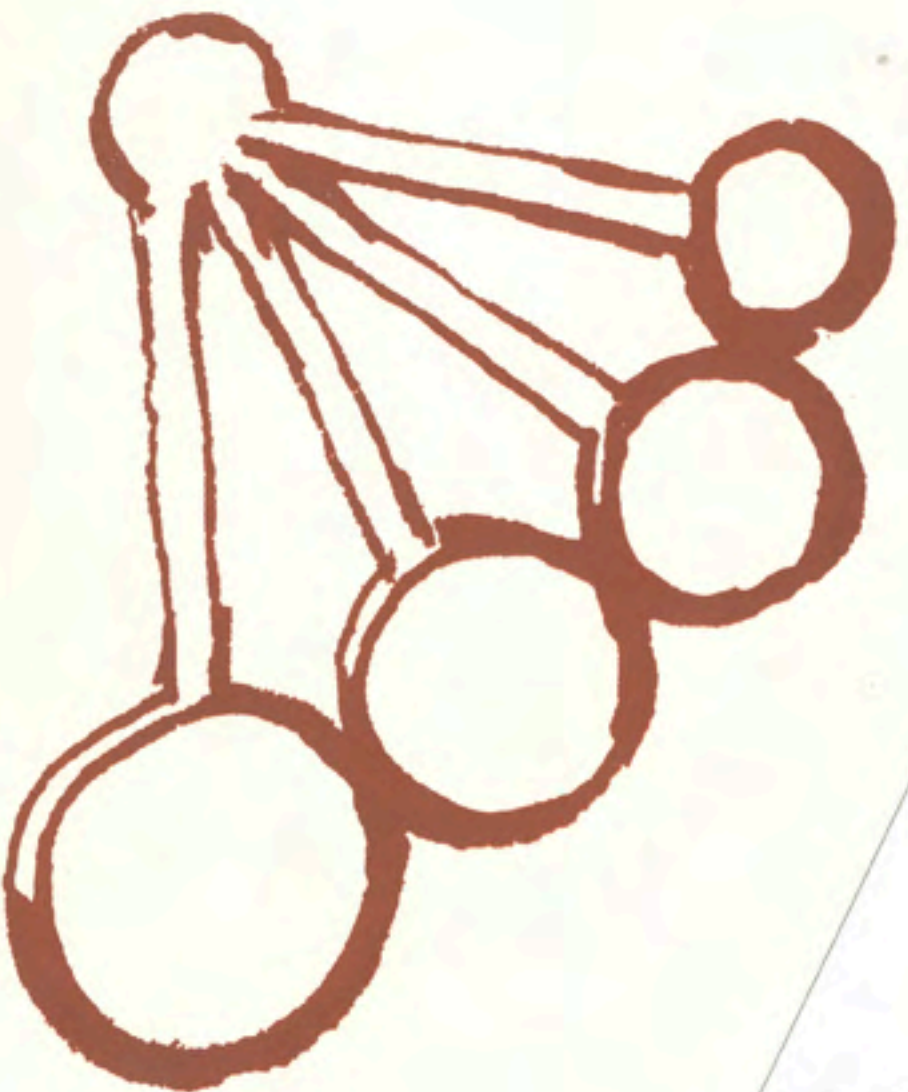
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## Magic Rainbow Rolls with Legendary Peanut Sauce

Mary Beth Wehrung

### Magic Rainbow Rolls

- » red cabbage, chopped
- » scallions, chopped
- » avocado, peeled, pitted and sliced
- » lettuce, spinach or other greens, chopped or whole
- » daikon or salad radish, sliced
- » cucumber, sliced
- » carrot, sliced
- » rice paper wraps (most Asian groceries carry these)

Chop all veggies long and thin, to tuck nicely into wraps. Soak wraps individually in a shallow pan of warm water for 1 to 2 minutes, remove, pat dry in a dishtowel, and lay flat. Lay ingredients horizontally across the middle of the wrap, fold sides in, and then roll away from you. Rice paper will stick to itself, sealing the rolls. Consider including things like blueberries, yellow summer squash or red peppers for a complete rainbow.

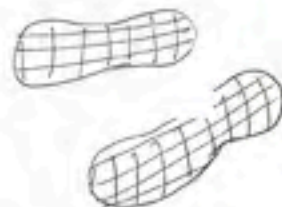
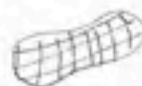
### Legendary Peanut Sauce

- » all-natural peanut butter  
(Teddie is a workshop favorite)
- » fresh lemon juice
- » tamari or Bragg's soy sauce
- » garlic, chopped
- » green or red curry paste
- » hot water

Blend all ingredients, adjusting for taste, adding hot water for consistency. Serve on handmade plates if you have them. Eat at least 3 rolls.

*Kitchen Notes: I wanted the challenge of testing the rainbow rolls because I love how they taste! The kitchen was in a whirlwind afterwards, but I think it is a case of getting one's chops up, like making sushi. First time out you collapse after, second time it is easier. It took a long time to assemble them, but the nice part is that you don't cook anything so it is perfect for summer when all the goodies are straight from the garden. — Anita Wetzel*

**Mary Beth Wehrung** was WSW's 2005 Chili Bowl Intern, and has maintained the clay studio, taught community ceramics classes, and headed up the Annual Chili Bowl Fiesta fundraiser at WSW since 2006. She spends all of her free time cooking, eating, reading about food, health and eating styles, and procuring cooking tools for her master kitchen of the future. Her plan for the future is to go back in time and homestead in the "old days". She lives in Rosendale with her cat.



## Veggie Sushi

Natalie Campell

*My WSW internship was probably my greatest (adult) culinary influence, thanks to potluck, a tight budget, and most especially the wildly different talents and intuitive cooking styles of my fellow interns (Carissa Carman and Gretchen Hooker, as well as Jenny Gawronski, working in the clay studio and Jes Owings, who came in the summer to cook for SAI). The kitchen was a laboratory that brought us closer to each other and visiting artists. Ultimately, cooking together inspired us to collaborate artistically; for several of us, that relationship still endures.*

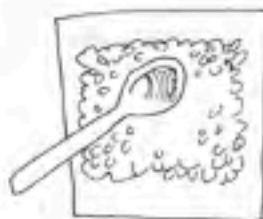
*Potluck for us was more than lunch. Since we were responsible for preparing and setting out the meal, a day of bland & uninspiring contributions was always a challenge. Faced with a meager spread, one of us would run out to forage in the garden or our home cupboards for a crucial ingredient or condiment. We learned from the locals' knowledge of seasonal foods. Dietary restrictions became an exciting constraint, a source of creativity.*

*At WSW, I learned new kitchen technologies – thanks to Carissa's Champion Juicer and Gretchen's pressure cooker, both lovingly schlepped cross-country. I learned the value of texture, finely chopped morsels, and how a small taste of something can be as generous as a big, filling dish. I learned about leftovers – when they can be re-invigorated, when they've had it. We would make a feast out of seemingly nothing; we exchanged recipes the way we swapped music and studio tips (eclectically and putting our own spins on everything).*

*Veggie Sushi is now one of my staple dishes, thanks to my fellow interns. Chipping in on a big bag of sushi rice and nori for the household was an important step in our group's cohesion. We tended to make sushi for house dinners with visiting artists more often than for potluck; it made things feel festive. Artist-in-residence Tomie Arai was particularly impressed by Carissa's expertly formed rolls, which Carissa attributes to her experience making tamales. Tomie taught us that it's bad luck to have even numbers of ingredients in your sushi rolls. I mostly abide by Tomie's advice, except when making one of my favorite weird combos, which I learned from Carissa – strawberries and cream cheese.*

### for the rolls

- » 1 package nori (1 cup rice makes about 5-6 rolls, but it's good to have extra nori)
- » 1 cup sushi rice
- » 1/3 cup seasoned rice vinegar or more to taste. (If using unseasoned vinegar you'll need to add sugar)



### Filling suggestions

Use your imagination; all the veggies can be raw if you prefer, but I generally steam or blanch the tougher ones slightly. All should be cut into thin strips/small chunks.

My favorites include:

- » avocado
- » carrots
- » green beans
- » kirby cucumber, peeled; or regular cukes peeled & seeded
- » strawberries
- » spinach
- » tofu cubes, raw, fried, or baked
- » cream cheese or tofutti, messy but yum

Prepare rice according to package directions; the faster the rice cools, the better the shiny, sticky consistency. This is why sushi chefs cool their rice by stirring with paddles in a big bowl. Try to accomplish something similar, and stir in seasoned rice vinegar to taste. You can also shake in rice seasoning like Shiso Fumi Furikake, etc.

It's nice to toast the nori first by holding it over an open flame; it will start to curl from the heat and smell nice; just be careful not to set it on fire or burn yourself.

### Rolling Sushi:

Spoon rice onto nori.

Dampen the back of a spoon and spread the rice into an even, thin layer on the nori leaving margins (an inch or so with no rice) at the top and bottom. Keep a bowl of water handy to keep the spoon wet so rice won't stick to it. Lay a strip of vegetables along one edge of the nori, in the margin. This is where you can get creative and try different combos or single vegetables. Try a smear of cream cheese and strawberries, although that's a messy one. Strawberries are also great with cucumber and avocado. With a firm but even hand (this is the delicate part), roll the strip of vegetables away from you into a tight roll. Dab a little water on the remaining exposed margin of nori and press the cylinder closed – the seaweed will adhere to itself.



*Note: if you tear a hole in the nori (through indelicate rolling) you can cheat and just wrap another layer of nori around the whole thing. It is a band-aid solution but it works.*



## Ingredients:

- rice paper wraps — 6" are easiest to handle and you can stuff them with a lot of filling

## Filling

- spring onions, chopped
- carrots, cut into matchsticks
- mung bean sprouts
- cucumbers, cut into matchsticks
- cilantro, mint or Thai basil
- shrimp deveined, cooked and chopped
- crushed peanuts
- rice vermicelli noodles
- any really fresh yummy veggie you want

## Sauce

- 4 Tbs vinegar  
(I like coconut vinegar because it's not too astringent, but any white vinegar is fine)
- 1 Tbs Sambal Oelek Chili Sauce
- soy sauce to taste  
(A good soy sauce is hard to find; in my opinion you must go to an Asian grocer and ask for the proprietor's favorite kind.)

## Erica's Spring Rolls

Erica Shearer

*These are simple and delicious, a real crowd pleaser.*

It all depends on how many potluckers there are, so the measurements here are not rigid. I'm not so fussy with such things and cook to taste so just have fun with the fillings and sauces.

## Directions:

Cook the noodles as directed; usually you just steep them in hot water until they are soft.

Soak the rice wraps in water, one at a time, pat dry and add your filling about 3/4 of the way from the bottom of the wrap. Fold the sides tightly then fold the bottom over the filling and roll. It gets easier the more you do it. Put the rolls on a clean dry pan and don't let them touch, or separate with wax paper (otherwise they stick together and look junky after all your hard work.)

## Now for the important part:

Combine sauce ingredients, grab a spring roll and dip, soak, or savor.



**Erica Shearer** Since interning at WSW I have been all over the world and back again — Japan, NYC, Portland, OR, and for now Detroit, MI. I will be returning to graduate school next year (hopefully) in landscape architecture. I love to cook and have picked up some interesting little tricks all along the way. Happy Birthday WSW, some of the happiest memories and best friends were made there on Birnewater Lane!

# Tamales

Winter friends · hot stove

Fans? many... dry  
wooden, 1650s

MYO to taste  
(make your own)

Ingredients...

Masa harina 1 bag  
Vegetable stock quarts  
Spices (cork, salt, cayenne, lime, cumin)  
Canola oil · husks... filling chit

- Soak husks in hot water to soften (2 hours) or boiling water (20 min.) ... place on towel to dry
- in separate bowl mix <sup>half</sup> bag Masa Harina with spices

Large steamer pot  
husks if already prepared  
time, wine... production  
discounts.

\* serve  
HOT  
with  
any sauce  
or  
peas for  
later  
roasted  
Tamales! Yes!

spices

1 lb chili powder  
1 lb salt  
1 lime/lemon  
2 tsp garlic salt powder  
2 tsp cumin  
2 tsp cayenne

fillings

- queso fresco or cubed
- monterray jack
- black beans (canned or stewed)
- picked jalapeno 5 fillings
- black olives multiple combinations
- corn (kco wall)

\* add 2 quarts vegetable stock + 2 cups oil (canola) (corn)  
+ add oil first, then water (like steam)  
Thick  
Mix to get the consistency of peanut butter  
let sit 20 min to firm

- Set up a tamale roasting station  
place finished tamales in a Steamer

Rolling tamales set



- Fill Steamer with 4-6 cups of water  
(check & refill every 1/2 hour)
- Steam for 2-1 1/2 hours (until masa is firm & pulls away from husk)

✓ easier to know when you take one out  
and let cool 5 minutes to taste!

Dips

Red

Orange

White

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or.

n Kucera



## Soy-free Hummus

Ellen Kucera

*Store bought hummus, the expensive kind in tiny containers, frequently makes its way to the potluck table. Sadly due to a food allergy (soy) I was very rarely able to partake in this Middle Eastern delight. So I created my own version of the perfect hummus, tastier and cheaper than the kind you buy at the store.*

- » 2 cans chick peas, drained and rinsed
- » 1 cup lemon juice, I prefer fresh but the kind in the plastic lemon works in a pinch.
- » 6 tablespoons tahini
- » 6-8 cloves garlic (or to taste)
- » 1 1/2 tablespoons olive oil
- » 2 teaspoons salt

Combine in a food processor or hand mash. Enjoy with toasted pita wedges, carrots, broccoli or anything you want! Also great in a wrap or on a sandwich.

*I was an intern in the spring of 2000 and loved it so much I stayed on staff for another 4+ years in various staff positions. Even though I am not on staff anymore, I can frequently be found at WSW teaching, enjoying potluck lunch, serving on the Board of Directors and harassing people for recipes.*

*I have a BFA in sculpture from Drake University and an MFA in sculpture from SUNY New Paltz. When I am not traveling around the country, I live in Germantown, NY and spend my days thinking about food, nutrition, and sustainability and dreaming of a sculpture park/organic farm in Vermont. I am currently studying to become a certified holistic health counselor.*

*My artwork can be seen at [www.leahellenkucera.com](http://www.leahellenkucera.com).*

**-Ellen Kucera**





**Laura Beyer** is an artist from Birmingham, Michigan. She graduated from Albion College with a BFA in May 2007. She assembles narratives from everyday experiences in her artwork. She focuses on drawing, making prints and constructing artists' books.

## Green Guacamole

Laura Beyer

- » 2 avocados
- » 1 jalapeno pepper, chopped
- » 1 red pepper
- » juice of 1 lime
- » 1 small bunch of cilantro, chopped
- » 2 cloves garlic, pressed
- » dash of red pepper flakes
- » salt and pepper to taste

Cut red pepper in half and remove seeds. Place pepper on a baking sheet and roast at 400 degrees until the skin turns black. Remove the burnt skin and chop pepper into small pieces.

Remove skin and pit from avocado. Place in bowl and mash with fork.

Combine all other ingredients into the bowl and mix well. Serve with your favorite tortilla chips. Enjoy!



## Mango Salsa

Erin Galvez

- » 1 large mango
- » 1 cup cilantro
- » 1/2 cup chopped red onion
- » 1/2 cup chopped red pepper
- » 2-4 jalapenos
- » 1 Tbs olive oil
- » 1 tsp sugar
- » fresh squeezed lime juice, to taste
- » cumin, to taste
- » salt, to taste

Throw everything in a blender or food processor. Serve with chips; lime chips are my personal favorite!



Over the last four years I have devoted myself to learning the techniques, materials, and methods to perfect my craft, which includes printmaking, painting, drawing, collage and installation.

I am currently exploring feminist issues and slants. I draw from my experiences and observations. I am concerned with socialization and objectification of women through modes of consumer display and broad print mediums, as well as the general socialization of women in roles prescribed by either genetic influences or social pressures.

I currently live and work in Portland, Oregon. I was attracted to the Pacific Northwest because of the unique balance of life lived closer to nature, the sense of community, and the focus on the importance of regionalism in aspects of consumption and services.

-Erin Galvez

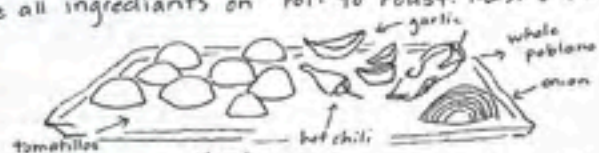
# roasted Tomatillo Salsa

Serves 6 (as a condiment)



- 6 medium sized tomatillos
- 1 1/2 large vidalia onion
- 2 cloves of garlic
- 2 poblano peppers
- 2 jalapeños (to taste)
- 1 hot chili (serrano, habanero...?)
- dash of salt
- dash of sugar (if spicy!)
- 1 1/2 Limes
- 2tb. apple cider vinegar (to taste)
- \* blender

Turn on broiler. Line with a sheet of foil. Peel/wash tomatillos & half. Peel & half onions, separating into smaller sections. Peel garlic. Place all ingredients on foil to roast. Roast 5-10 minutes. Blacken slightly peppers/onions.



Turn over to roast entire peppers/onions. (use tongs ☺)

Using tongs to hold base of peppers, use a knife to cut out seeds/stem. Place <sup>roasted</sup> ingredients in blender. Add & squeeze lime & vinegar. Pulse blend.

Add sugar & salt to taste. Serve with any Mexican style food... Tostadas,

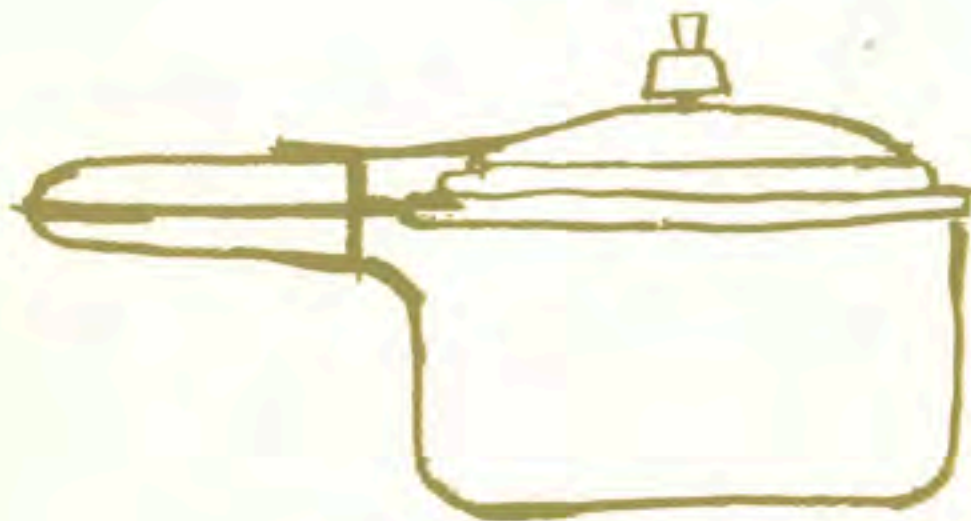
chips, chili quiles, burritos....

- \* may also add fresh mango (blended or chunky for fruity/summer delight)
- \* store in fridge... until next use.

**Carissa Carman** is an artist, seamstress, and environmental educator. Her work incorporates social activity, collaborative work and public interventions that infuse botany, food processes, print and object editions, education and even production cooking techniques. In 2007-2008 she created public projects using "Buttercup," her vegetable-grease powered car, including the State of Progress farm tour and A.T.T. Taxi Service at the Scope Art Fair NY. Recently she created fake food props that debuted at the Brooklyn Children's Museum and assisted in the creation of whole food meals at Chashama North artist residency. In September 2008 her Mystery Mountain Berry Gazpacho, created with ethnobotanist Nat Bletter, was featured in a NYC Creative Time and InCubate collaboration. Her latest artist produced newspaper, *The Great Speckled Bird*, combines all of these interests almost seamlessly.

Carissa's WSW internship was instrumental in honing her passion for using meals and farm harvested foods as an integral part of artist communities, interaction, inspiration and friendship.

Illustration by Natalie Campbell



**Carissa Carman** is an active work and public interactive production cooking technopowered car, including the St. she created fake food props the food meals at Chashama North & with ethnobotanist Nat Bletter, was produced newspaper, *The Great Spec*.

Carissa's WSW internship was instrumental part of artist communities, interactions.

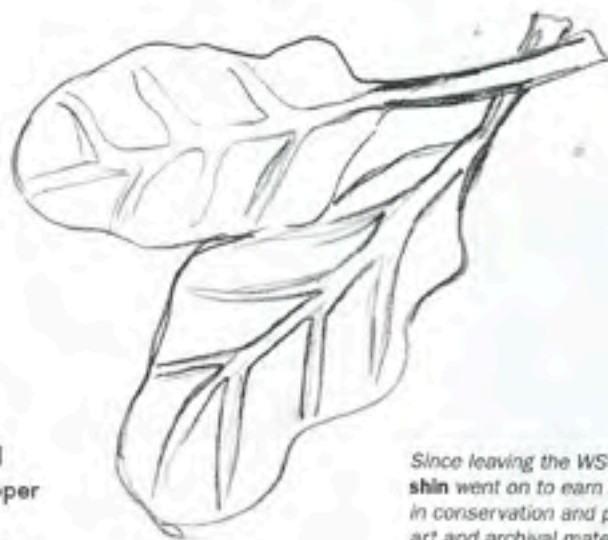
## Swiss Chard

Nora Lockshin

- » 2 bunches swiss chard
- » Kosher salt; black pepper
- » Balsamic vinegar
- » water 1/2 cup if sautéing,
- » or a couple of cups if steaming

Wash whole leaves making sure to get any grit out of curled leaves and stems. Rip leaves off stems into smaller sections. Reserve the stems and chop them coarsely (1/2 inch). Add water to pan. Heat water to boil. Add thick stems first to steam basket or pan, sprinkle with a little salt and cover. Reduce heat to simmer. After a few minutes, add leaves and cover. You may find you run out of room for all the leaves, but don't worry, they'll soon shrink, shrink, shrink, and you can stir and add the rest in a couple of minutes. This usually takes 5-10 minutes depending on the age and toughness of the leaves. The leaves will darken and soften, and the stems should be fork tender when done. If the liquid in the bottom of the pan runs dry add more; if there is more than 1 cup at the end, either drain, or let boil off at the end, uncovered. Take off heat. Sprinkle with balsamic vinegar, a couple of teaspoons worth, and serve as a warm salad.

Variations include other dark greens, such as beet greens, spinach or kale, or red cabbage.



Since leaving the WSW, **Nora Lockshin** went on to earn her Masters in conservation and preservation of art and archival materials from the University of Texas at Austin, and is a paper conservator at the Smithsonian Institution. In her "copious spare time" she can be found creatively cooking, costuming, dancing, drawing, performing and playing in the Baltimore-DC metro area.



## Broccoli Salad

Katie Platte



I was an intern at WSW in the spring of 2005. I worked a lot on the website with Antonina Colbert and Nicole Fenichel-Hewitt and did other various intern things. I'm now living in Kalamazoo, MI and working at an art gallery and the public library. I am on the Board of Directors at the Kalamazoo Book Arts Center, a new non-profit arts organization with a paper and printmaking studio. We just moved into a large new space that houses both studios and will eventually have a gallery.

-Katie Platte

My strongest memory of potluck lunches at WSW is COLOR - color, color, color... Colorful scenes of anywhere from 4 to 9 wonderful people (and a dog or two) sitting around a well-worn wooden table (was it blue?) tucked between an office, a few desks, a copier and a tiny but magically expansive galley kitchen; the table set with an eclectic mix of craft stoneware, raku mystery finger bowls, good old Corningware from someone's home kitchen, and whatnot. These hungry, tired, energetic, people continuously popped in from studios and their homes, from tasks of billing, cleaning, papermaking, printing, bookbinding, grant reviewing, and Hollander beater-fixing, to all gather together to make a hearty lunch. Like any potluck, I suppose there was always the risk of one too many green salads, or a multiplicity of "I was just too busy to do anything but pick up bread and cheese," but somehow that doesn't stick in my memory compared to the delight of the artistic spirits around the wonderfully haphazard table. "Wow! Look!! It's all OR-ange food today! Butternut squash! Carrots! Cheddar!" or a cry of "PASS ME THE MAGENTA FOOD!!! It is just so...MAGENTA!!" followed quickly by "What IS that? It's PURPLE! And some of that next to it - that dark, dark green; I should probably eat more of it."

This recipe is directly inspired by the Peanut Sauce included in the Intern Handbook, which Caressa Mathews, Kyla Toomey and I used often. While I never made this incarnation at WSW, I eat it a lot now because it is quick and easy to prepare.

- » 2 cups sprouted garbanzo beans\*
- » 2 cups broccoli cut up into the size of the garbanzo beans
- » 1/2 block of tofu crumbled up
- » 2 Tbs of tahini
- » 1 tsp of salt or soy sauce
- » 1 Tbs curry powder
- » 1 1/2 Tbs vinegar
- » squeeze of lemon/lime juice

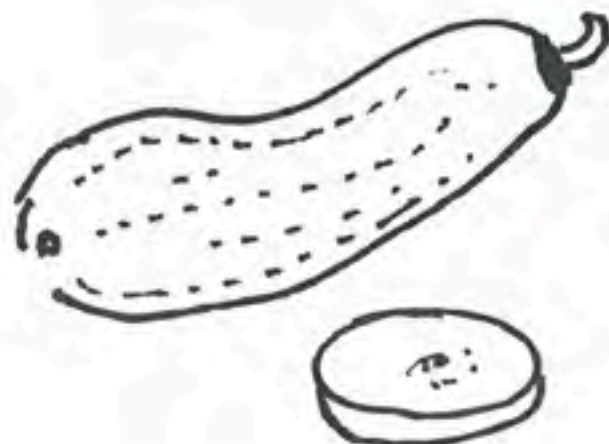
Put the first three ingredients into a bowl. Mix the rest of the ingredients together with a fork and pour over the broccoli mixture. Mash together with a fork until everything is coated and tofu starts to break up a bit. Add more salt if it needs it. Let sit a while and serve.

\*To sprout garbanzo beans drill holes into the lid of a peanut butter container so the beans can breathe. Put about 3/4 a cup of dried beans in the jar and fill with warm water and put the lid on. Let sit over night, then drain and rinse beans, getting as much of the water out as possible. Rinse and drain twice a day until they begin to sprout, in about 2 days.

## Dilled Zucchini and Yellow Squash

Irene Chan

Julienne zucchini and yellow squash (2 inch sticks not cut in section as rounds)  
Heat pan hot with garlic oil.  
Put zucchini and squash in pan; add salt and pepper.  
Cook 4-6 minutes to brown (browning is good, it will taste like it was roasted.)  
Towards the end, add juice of lemon.  
Sprinkle with dry dill.



Irene Chan is a multidisciplinary artist whose conceptual works explore ephemera, environment and experience and cross the boundaries of print media, papermaking, installation, and book art. Her books and works on paper have been exhibited internationally and held in more than 50 public collections, including those of the late Modern, British Library, Victoria & Albert Museum, Walker Art Center, Yale University, San Francisco Museum of Modern Art, New York Public Library, and the School of Design in Basel, Switzerland. In 1995, she established Ch'An Press through which she has self-published prints and 17 limited-edition artists' books to date. She is an Associate Professor at the University of Maryland, Baltimore County.



**Anita Wetzel**, Development Director and co-founder of WSW, holds a BFA in Painting from SUNY New Paltz. Anita has been artist-in-residence at Blue Mountain Lake Center for the Arts, Virginia Center for the Creative Arts, Weir Farm Trust, as well as at international residences in France and Spain. Anita has most recently been an artist in residence at the Julia & David White Artists' Colony in Costa Rica and in 2008 presented her work in a solo exhibition at the Galería Nacional, San José, Costa Rica. As Development Director, Anita manages all governmental, corporate, and private sector grants.

## Zucchini Pancakes

Anita Wetzel

Do all these steps as quickly as possible because as soon as you grate the squash it will start to yield water and make the mixture too moist.

Prepare a few tablespoons of grated Parmesan cheese. Grate a zucchini with large side of grater (a smallish zucchini will make about 2 cups & therefore 4 pancakes.) Add to the squash: one beaten egg, a couple tablespoons flour (I have used white flour and chick pea flour), Parmesan cheese, salt & pepper to taste. Mix and form into small flat pancakes.

Heat a good amount of olive oil on relatively hot flame until very hot. Add zucchini mix to fry pan. Lower heat to medium. Cook until brown and crusty on first side then flip. Enjoy!

## Salmon and Broccoli

Melissa Haviland

*I have always been inspired by simplicity in food though I do not tend toward the simple in my own life very often. This next recipe is my simplest and possibly my favorite. It is a perfect way to take a little time out of a busy studio day to eat well. I once cooked this for my mom while we were slaving at installing laminate flooring in her living room (which I do not recommend doing unless you are a professional). The work had made us very grumpy and tired, but in no time we were able to eat and felt much better!*

- » 3 - 5 oz salmon fillet (or other fish of your choice)
- » 1 oz butter
- » salt and pepper
- » pinch of lemon zest or juice
- » broccoli (or other quick cooking vegetable of your choice)

Wash broccoli.

Wash and pat dry salmon. Sprinkle with spices.

Cut broccoli and steam in a large pan until bright green and tender. Season to taste.

Heat a skillet at medium-high. Add butter.

When melted, add salmon.

If the fillet has skin, I cook it skin down first for about 3 minutes. Then I flip it and while it is cooking on the topside—I use the spatula to pull off the skin and toss it. Then I sprinkle the bottom with the spices and finish by cooking for about 2 minute on the bottom side again. I like it a little crispy on the outside.

If the fillet has no skin, I cook it for about 3-5 minutes per side.

Then I serve the two together. Beautiful and healthy and it only takes 15 minutes tops!



*It was at WSW where I began to realize how important it is to work with local farms and seasonal produce. I am lucky to now live in an area rich with local, organic farms. I can cook all year with produce and meats purchased from my neighbors.*

*I am happy that WSW started me on the eating path it did.*



## Pesto

Jessica Owings

*I have fond memories of my time spent on Binnewater Lane during the summer of 2003 — One night, a group of us rode our bicycles down to town to watch a movie in Rosendale. It was well past dark by the time we headed home, and none of us had lights. As we cruised up the road towards home, thousands of fireflies flashed along the way. It seemed like we were riding through the stars. That night was magical, a word that sums up my entire summer at WSW.*

*After relocating to Kansas City just over three years ago, I assisted at the Lawrence Lithography Workshop for two and a half years. Currently I am a lecturer for the Printmaking Department at the Kansas City Art Institute, an assistant printer at Skylab Letterpress, a recent recipient of the Kansas City Urban Culture Project's Studio Residency Program, and forever an avid cyclist.*

*I earned her BFA from Bradley University in Peoria, IL, and an MFA from the University of Tennessee, in Knoxville.*

**Jessica Owings**

*As the summer ArtFarm and Summer Arts Institute cook intern, I had giant bushes of basil towering amongst the tomato plants in the WSW garden by early August. Pesto was often contributed to potluck lunch, and I made a couple of enormous batches for the summer workshop lunches as well. I know to use pine nuts, but hesitated because of their expense. Fellow intern, Jane Broadbent suggested using walnuts or sunflower seeds, an alternative her mother often used in her pesto concoctions.*

- 1-2 cups sunflower seeds, walnuts, pine nuts, cashews, or mix thereof
- 1 cup parsley, chopped
- 4-6 cups basil, chopped
- 1/2 cup - 1 cup fragrant olive oil
- garlic, smashed and chopped, roasted or raw
- salt
- pepper
- optional: hard cheese, such as Parmesan, Romano, or Asiago, to taste

Pulse the nuts with the parsley, basil, and garlic until finely chopped in the food processor. Drizzle the olive oil into the mixture while the processor is running. Add salt and pepper to taste. This makes a pretty chunky mixture, mix in extra oil or broth to a smoother consistency when you are ready to use it. Mix in cheese to your pasta or vegetables before adding pesto. Or serve vegan.

*Tana's Tip: Pesto freezes well. Freeze pesto in ice cube trays and then transfer to freezer bags. That way you'll always have just the right amount of pesto.*

## Crack Salad Dressing

Tana Kellner

*This salad dressing has become a staple at WSW's lunches. I was first introduced to this recipe when on a residency at the Blue Mountain Center. Ben Strader, the resident director, can't remember the original source of this recipe. At the Blue Mountain Center, they made it in 2 gallon quantities, a home version follows:*

- 1 cup nutritional yeast
- 1/2 cup apple cider vinegar
- 1/2 cup soy sauce or tamari
- 1 cup vegetable oil (or olive oil)
- 1 cup water
- 2 - 3 garlic cloves

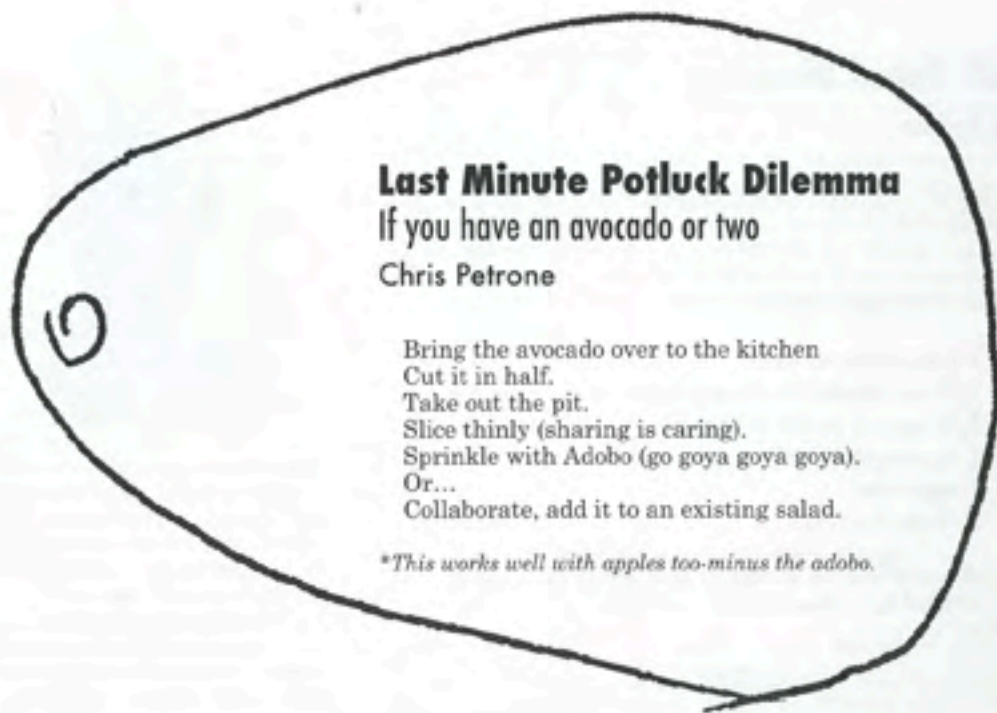
Blend everything in a blender and use as dressing on any vegetables. Also delicious over cooked rice or other grains.

*During their internship, Lindsey Clark-Ryan, Crystal Hamerschmidt, and Sandra Brown interns dubbed this Crack Salad Dressing because of the deliciously addictive properties; the name has stuck even though the interns moved on.*



*I have a love/hate relationship with potluck. I love to cook, but not every day. Cooking is an act of love and sharing. The idea that someone spent the time preparing a meal to share with you is almost a lost art. After 3 decades of 'potlucking' I've seen the entire gamut of basic student to gourmet fare. I used to bring previous night's leftovers for potluck. That's no longer possible, with 12 - 15 people eating lunch together, so now I make dinner and think a lot about what to make for the next day's potluck. This is fine if I'm procrastinating going to my studio, less fun if I'm rushing, trying to fit everything in.*

**-Tana Kellner**



### Last Minute Potluck Dilemma

If you have an avocado or two

Chris Petrone

- Bring the avocado over to the kitchen
- Cut it in half.
- Take out the pit.
- Slice thinly (sharing is caring).
- Sprinkle with Adobo (go goya goya goya).
- Or...
- Collaborate, add it to an existing salad.

*\*This works well with apples too-minus the adobo.*



## Magenta Mashed Potatoes (For Valentine's day)

Gretchen Hooker

- » A generous amount of mashed potatoes, prepared to taste with butter, salt, and pepper. Garlic optional.
- » Juice of 1 beet

Mix together and serve in a pretty bowl, with a heart scribed in the middle.

### OR:

If you don't have a juicer, boil a couple beets, cut into chunks, along with the potatoes and mash all together for a nice color. Add butter, salt, pepper, and garlic to taste. Serve in a pretty bowl, with a heart scribed in the middle.

*This recipe emerged from the antics of the winter 2003 interns, who dyed an entire potluck meal with beet juice to celebrate Valentine's day.*



**Gretchen Hooker** is an artist and designer living in the western United States. She was a WSW intern in the spring & summer of 2003 where she perplexed the potluck table with her gluten-free diet. She returned in 2005 as a WSW Hands-on-Art Grant recipient to co-produce the artists (cook)book, "Good Eats", with fellow former intern, Carissa Carman. Gretchen recently completed a master's degree in Industrial Design at RISD, where her thesis focused on design for sustainable urban agriculture. She was the Editorial Coordinator for *Partly Sunny: Designs to Change the Forecast*, an exhibition of sustainable design solutions sponsored by the Denver 2008 Host Committee for the Democratic National Convention.





Living with Gretchen, Natalie, and Carissa was a wonderfully unforgettable experience. I arrived as their WSW time tapered to an end. They had developed a strong bond and welcomed me into their friendship without any hesitation. I remember my summer at WSW fondly, due in large part to the strength and personality of my fellow interns. To boot, we shared similar sensibilities regarding cooking and eating. Dinner time was often as collaborative as our other endeavors, often schemed while we were splashing in the nearby lake or swimming hole.

From Gretchen, I learned the simplicity of preparing homemade peanut sauce. She whipped it up for a batch of spring rolls, something I still love making with friends on hot summer evenings. When I prepared meals for the summer workshops in 2003 I used her peanut sauce in a slaw and it was delicious. I always think of Tana when I use cabbage; she never tried concealing her extreme distaste for the crunchy veggie. The face she made—a wrinkled nose and stuck-out tongue—was unforgettably hilarious.

## Purple Slaw with Peanut Sauce

Jessica Owings

All measurements are approximate. I sort of wing it and add a little more of one thing or another each time to taste.

### Peanut Sauce

- » 1 cup natural peanut butter.  
(My favorite these days is "Real" peanut butter. They must use magic to make it so delicious.)
- » 1 tsp grated fresh ginger
- » 1 Tbs soy sauce
- » 2 Tbs rice vinegar
- » 2 Tbs brown sugar
- » dash of Sriacha hot sauce
- » juice from a lime wedge optional
- » 1 Tbs cilantro

### Slaw

- » 1 head of red cabbage, shredded
- » 1 small bunch of Asian greens (bok choy, tatsoi, or Chinese cabbage), shredded
- » 3 carrots, shredded
- » a handful of cilantro, chopped
- » 1 cup bean sprouts
- » 2 scallions, chopped
- » unsalted, roasted peanuts (add just before serving)

Mix up all of the slaw ingredients and toss with about half of the dressing. Use more or less dressing to taste. To make a meal of it I'll add some marinated tofu to the slaw. The peanut sauce will keep for several days in the refrigerator and is yummy in stir-fries, too.

## Gazpacho Soup

Melissa Moreton

- » 1/2 cup cucumbers, diced, pared
- » 4 ripe tomatoes, peeled, finely chopped
- » 1/3 cup onion, finely chopped
- » 1 clove garlic, minced
- » 1/2 cup green pepper, finely chopped
- » 1/4 cup olive oil
- » 1/3 cup cider wine vinegar
- » 1/3 cup balsamic vinegar
- » 2 cups tomato juice (1/2 of large can)
- » 1 tsp salt
- » 1/4 tsp black pepper

Combine all ingredients in large mixing bowl. For a smoother consistency, blend half the ingredients in blender or food processor and return to mixing bowl. Cover and chill for at least four hours. Serve in chilled cups, if possible. This soup is best on day two.

**Melissa Moreton** learned to make books as an intern at WSW in the summer of 1992. She was so taken with the Women's Studio that she moved to the Hudson Valley from Illinois to continue her studies and eventually began teaching at WSW. One of her other early jobs was as the caterer for WSW lunches—a labor of love! She still loves making books and cooking. She has continued studying and teaching bookbinding in Italy and America. She is currently a graduate student at the University of Iowa, where she teaches bookbinding at the Center for the Book. She is now passing her love of books and food on to her daughter, Aurelia.





## Orange Veggie Mash (Carrot Ginger or Sweet Potato Ginger)

Anita Singh

- » 6 large carrots or sweet potatoes or a combo of the two
- » 1/4 cup fresh ginger
- » 1/4 cup garlic
- » butter and salt to taste

Peel and dice vegetables.

Put in diced vegetables and enough water to cover in pot. Bring to boil.

Occasionally mash vegetables while in pot.

Add diced ginger and garlic.

Cook and mash ingredients using a potato masher until all is thickish.

Let cool.

Yum.



*I was born in Guyana, South America with a Russian and Indian bloodline. I grew up in Montreal and Toronto where I studied graphic design and printmaking. I lived in British Columbia for 10 years, where I worked as a graphic designer and visual artist. In 1996, I was a spring and summer intern at WSW. In 2000 I lived in England for one year, where I did an apprenticeship in letterpress printing and various bindings. I have traveled extensively through Canada and the USA; during a cross-Canada trip in 1999, I discovered and fell in love with Newfoundland. I now live in downtown St. John's, where I work as a freelance graphic designer, printmaker, papermaker, book artist and art instructor.*

-Anita Singh



## Cherry Ginger Sweet Potato Mash

Lisa Kellogg

- » 6-8 sweet potatoes
- » unsweetened dried cherries
- » 2 Tbs or more grated or finely chopped fresh ginger.
- » 1 tsp nutmeg
- » 4-5 cardamom pod contents ground (use mortar and pestle) or 1/2 tsp powder.

Bake sweet potatoes till mushy. Peel them as soon as they are cool enough to handle. Mash them in a pan to cook on top of stove or a baking dish for in the oven method. Add spices and unsweetened dried cherries to taste.

Cook together on stovetop 10 to 15 minutes stirring constantly (or use a double boiler) to prevent burning or bake in the oven in baking dish for 20 minutes.

*Variations: Add vanilla and other dried fruit or spices. Grate orange peel or lime peel into mixture. Or add a good squeeze of lime juice.*



## Potatoes and Squash

Melissa Haviland

*I am excited about this project, because—YES—my time at WSW really changed my interaction with food. I originally came from a house (in the South Suburbs of Chicago) where my mom thought that cooking a meal with a little onion was super spicy! So I really knew nothing about food that wasn't spaghetti or meat and potatoes before WSW.*

*I was an intern with Erin Tohill (now Erin Tohill-Robin) and Cyndi Wish (now Cyndi Walker). Both were adventurous and excited cooks and eaters. Cyndi cooked with enough garlic that my eyes would water in my third floor bedroom (in the intern house on the hill). I loved every minute of it. At first I was nervous about having to cook for everyone at the lunches—even heating up leftovers was nerve wracking to begin with. But I came to cherish that time in the kitchen and at the table.*

*WSW lunches taught me quite a bit about the variety of foods and eating styles available. The largest challenge I had to face in the WSW kitchen was cooking for Maureen Cummins who was there printing the Crazy Quilt book. She was the first whole foodist I had ever heard of. It took a while for me to wrap my brain around making sure there was enough food available for her. It was incredibly hard when most of the food were leftovers, since it may have been cooked with butter. I remember cooking this for Maureen one day:*

## Potatoes and Squash

- » a potato (standard or sweet potato—your choice)
- » a butternut squash (or squash of your choice)

Set oven to 350 Degrees.

Wash vegetables well.

Prick the potato with a fork.

Slice the squash in half and remove the seeds.

Place potato and squash halves on a baking sheet and place in the oven.

Bake for around 30 - 45 minutes (depending on the size of the vegetables) or until vegetables are tender.

Slice and serve warm.



*Currently, I live in Athens, Ohio with my husband, Matt Pazzol, and three kitties. We recently bought a cute little blue house at the top of a hill and across from a cemetery. I teach print-making, papermaking, and drawing at Ohio University, where I have been an assistant professor since 2004.*

**—Melissa Haviland**



**Maureen (Mo) Joyce** is an alumnus of the 2002 spring intern session. Her internship at Women's Studio Workshop inspired her to pursue a career in the nonprofit sector. She currently works as the Development Web Administrator for Greater Pittsburgh Community Food Bank where she manages the Food Bank's online marketing and fundraising programs. She puts her creativity to work maintaining the Food Bank's web presence to maximize communication and fundraising opportunities. Mo earned a Bachelor of Fine Arts in Printmaking from Clarion University and a Master of Science in Nonprofit Management from Robert Morris University. Her greatest works of art are her beautiful children, Lyric and Kael.

## Baked Sweet Potato Fries

Maureen Joyce

- » 3-4 sweet potatoes
- » olive oil
- » salt, pepper, Cajun seasoning
- » other spices to taste

Preheat oven to 450°. Cut sweet potatoes lengthwise into fries. Coat fries with olive oil and sprinkle with seasoning. Arrange seasoned fries in a single layer on a baking sheet. Bake 25 minutes, flip, and bake an additional 25 minutes until crisp.







## Hilary's Cheesiest Macaroni and Cheese

Hilary Batzel

- » 1 box elbow macaroni
- » 2-4 blocks of cheese (I like American and muenster)
- » one stick of butter
- » salt
- » bread crumbs (optional)

Preheat your oven to 400 degrees and grease a pan - I like to use the standard rectangular pan that is about 9 x 13 x 2 inches. Boil enough elbow macaroni to fill it up. Drain the macaroni and add a little salt (to taste). Thinly slice the cheese and butter. When I say thin, I don't mean wafer thin, but a little less than 1/4 of an inch. Pour enough macaroni into your pan to cover the bottom. Then layer cheese slices and butter slices, macaroni, cheese and butter, macaroni and finish with a layer of cheese and butter. The more cheese the better! If you like, sprinkle the top with breadcrumbs.

Bake for 20-30 minutes and chow.

*I first tasted Hilary's mac and cheese at potluck after art-in-education. It was exactly what I needed after an intense day of teaching papermaking - warm and cheesy and delicious. When I tested the recipe I used Muenster and Cheddar, which I believe is what Hilary said she used that time I loved it. Tasty stuff. I used less cheese than she suggests and it was still amazing. - Ellen Kucera*



**Hilary Batzel** was born and raised in the "chosen spot" Canandaigua, in the beautiful Finger Lakes Region of New York State. After earning a BFA and MFA in studio art, Hilary decided to start gaining hands-on experience in art administration. Her first stop—Women's Studio Workshop. As only the second Arts Administration Intern at WSW, Hilary learned many life lessons in the major feat of running a non-profit artists' workshop. From event planning to grant writing, cooking and managing time, she gained many unforgettable memories and loads of experience.

These days find Hilary at the Westchester Arts Council as the Executive Assistant to the Director. A challenging position involving scheduling and maintaining, the Executive Assistant is also the eyes and ears of the council, becoming aware of the activities of all departments. Hilary is adjusting to a higher speed of living, somehow managing to continue drawing, and enjoying the down time on weekends with her tortoise, Astor Piazzola.



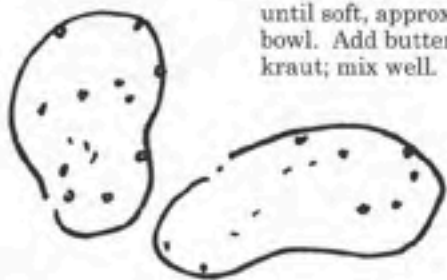
## Mashed Potato Surprise

Ellen Kucera

*This is my version of a traditional Dutch dish. It was one of my potluck lunch standards and a Thanksgiving favorite at my house.*

- » Potatoes
- » Sauerkraut
- » Butter
- » Garlic, pressed (or powder of you prefer)
- » Salt and Pepper

Wash and dice potatoes. You can peel them if you like, but I prefer to use organic potatoes and leave the skins on. Put them in a large pot and cover with water. Boil until soft, approx. 20 minutes. Drain and mash in large bowl. Add butter (or not for a vegan delight) and sauerkraut; mix well. Add salt, pepper and garlic to taste.



## Applesauce

Emily Noelle Lambert

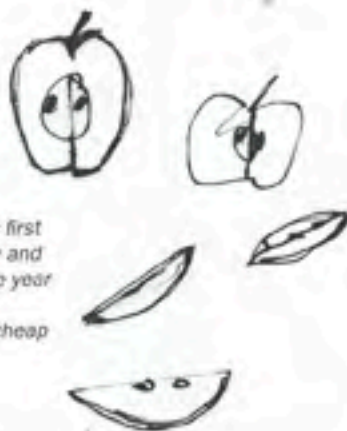
*Being at WSW as an intern was my first time living on my own, my first co-op experience from Antioch College. I didn't have much money and was just figuring out how to deal with mice in the walls. It was the year that my parents divorced and Kurt Cobain died — quite a year. I didn't cook much, well not that I remember, but I do remember cheap apples — and lots of them so I would make this recipe.*

- » 6 apples, cored and quartered
- » 1/4 cup of water
- » optional additions:
  - » half a lemon
  - » 1/4 tsp cinnamon
  - » 1/4 tsp nutmeg
  - » 1 Tbs vanilla
  - » sugar or honey to taste

Cook on medium heat until boiling then cover and simmer until the apples are mushy. Mash well. Add any additional ingredients you desire.

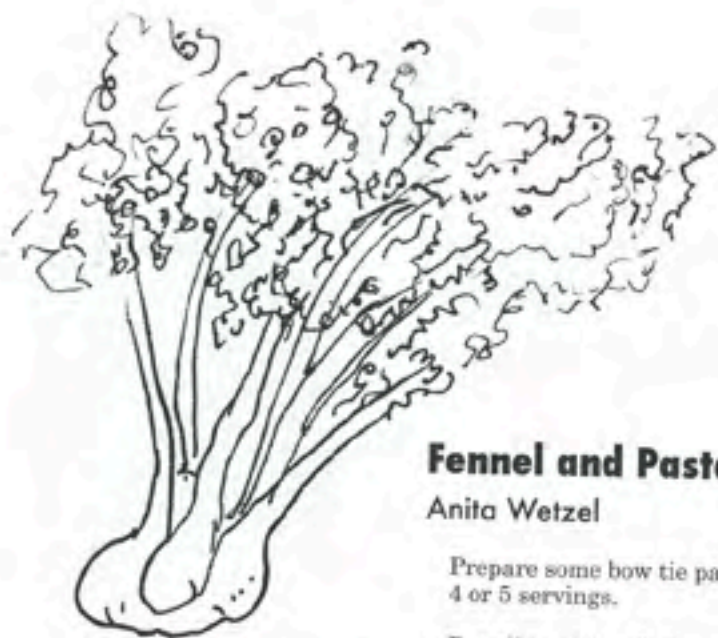
YUM on top of yogurt or with frozen berries!

Keep leftovers in fridge for cool applesauce.



*Emily Noelle Lambert is a New York based painter. In 1994 she was an intern at the Women's Studio Workshop. She received her MFA in Painting from Hunter College and her BA from Antioch College in Yellow Springs Ohio. Lambert has had solo exhibitions in New York, Chicago and Korea. She has exhibited internationally in Holland and Germany. She has been awarded residencies at Yaddo, Anderson Ranch, and Vermont Studio Center. Lambert is represented by Priska.*

*Her work can be seen at [www.emilynolletelambert.net](http://www.emilynolletelambert.net)*



## Fennel and Pasta

Anita Wetzel

Prepare some bow tie pasta al dente. Half a box will make 4 or 5 servings.

Put olive oil in a frying pan over medium heat. When hot, add a fist-sized head of fennel, which has been cut into long slender slices. Sauté for a few minutes until tender. Add some Greek or other type of olives sliced, salt and pepper to taste, a dash of hot pepper or cayenne powder, and a teaspoon of white wine vinegar. Turn off heat. Add drained bow tie pasta, mix & adjust seasonings to taste.

## Peanut Sauce for dipping spring rolls or for stir-fry

Gretchen Hooker

- » 3 Tbs natural peanut butter (unsalted is best)
- » 1-2 cloves garlic, crushed
- » 1 tsp brown sugar
- » pinch of crushed red pepper, or dash of cayenne
- » splash of soy sauce
- » splash of lime (or lemon) juice
- » splash of seasoned rice vinegar

Blend peanut butter, garlic, pepper, and sugar in a small bowl. Add liquids gradually, stirring well with each addition, and test for desired taste. If a thinner sauce is desired, dilute with warm water to desired consistency.

*Note: If using as a stir-fry sauce, add it at the very end as the sauce can stick to the pan and will burn easily.*



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## Living Lentil Salad

Mary Beth Wehrung

- » dry whole lentils, green or French indigo work best; red are usually split, and can't truly sprout.
- » Celery, chopped
- » Freshly-squeezed lemon juice or apple cider vinegar (Bragg's is best)
- » Garlic, chopped
- » tahini (try to find raw if you want a totally raw salad)
- » tamari or soy sauce (Nama Shoyu or Bragg's are raw)
- » any fresh herbs, like parsley, cilantro, basil, sage, etc., chopped

Soak lentils overnight, rinse and drain. For more life, sprout for a few days longer in sprouting jar or bowl covered with cheesecloth. Rinse and drain every 8-12 hours.

Stir all ingredients together according to your taste and consistency preferences. If you present it well, you will honor your food, and that will go into you when you eat it.

*Note: Lentils will double in size as they soak, so make sure you provide them enough water to remain submerged as they expand.*



**Mary Beth Wehrung** was WSW's 2005 Chili Bowl Intern, and has maintained the clay studio, taught community ceramics classes, and headed up the Annual Chili Bowl Fiesta fundraiser at WSW since 2006. She spends all of her free time cooking, eating, reading about food, health and eating styles, and procuring cooking tools for her master kitchen of the future. Her plan for the future is to go back in time and homestead in the "old days". She lives in Rosendale with her cat.



**Alice (Barry) Drew** received her MFA in Ceramics from RIT's School for American Crafts in 2003. She was the Chili Bowl Intern at WSW in 2004, where she learned and developed a screen-printing technique that she uses in her current work. Alice teaches ceramics, sculpture, and 3D design at Roberts Wesleyan College in Rochester, NY. Alice lives in Rochester, NY with her husband Bob. Her work can be seen at [www.AliceDrew.com](http://www.AliceDrew.com)



## Chili

Alice Barry Drew

- » 1 big can crushed tomatoes
- » 1 red pepper, finely chopped
- » 1 green pepper, finely chopped
- » 1 onion, finely chopped
- » 2-3 garlic cloves, finely chopped
- » 1 can chili beans (hot)
- » 1 can red kidney beans
- » 1 lb. ground beef or turkey
- » 2 Tbs chili powder
- » 2-3 Tbs cumin
- » 1 Tbs basil
- » 1 Tbs oregano

In a large deep skillet sauté peppers, onion, garlic and meat. Add tomatoes, beans, spices, and herbs. Bring to a boil and simmer 20 minutes.

## Bierocks

Crystal Hammerschmidt

*This recipe arrived at WSW from Kansas, with the help of intern Crystal Hammerschmidt. The recipe then migrated away from Rosendale back home to California with my mom and aunt who were visiting the workshop during the Bierocks' first appearance, now I have excellent memories of sharing this meal experience with both WSW friends and with family as well. - Sandra Brown*

*These were a staple growing up, a Volga German, Midwest tradition. This dish doesn't convert easily to vegetarian or vegan- but try if you must!*

Fine print: these amounts are approximate, so feel free to adjust to your needs. Two pounds of meat will make plenty of bierocks.

- » 2 pounds ground beef
- » 1/2 head cabbage, chopped
- » large onion, chopped
- » 1 carrot, chopped
- » fresh garlic, finely chopped
- » pepper
- » salt
- » shredded cheese- how much? depends on how much you like cheese!
- » 6-pack of beer- not Bud Light, something with flavor, 1/2 can for cookin', the other 5 & 1/2 for drinkin'
- » dough- You can make your own, but my Mom taught me the way of the biscuit tubes. Two large biscuits mash out to hold about 3/4 to 1 cup of filling. Assume at least 16 bierocks with 2lbs. of meat. Four tubes of pre-made biscuits will get you 16 bierocks.



Brown hamburger, add salt, pepper, and fresh garlic to taste.

Combine veggies with beer to cook down in a separate large pot; add garlic, salt & pepper. Once you have cooked down all the veggies, drain off excess liquid, otherwise assembly becomes difficult and messy.

Assembly- mash out dough, if you don't like cheese, Weird! but otherwise sprinkle shredded cheese on top of dough, then scoop the filling, about 1 cup, on top. Now this is where it gets tricky. Find your own way, everyone does it differently, but seal it all up. I like to place the side I pinched closed, facing down- helps to keep them together, and any juices run out the bottom. Bake in the oven according to the needs of the dough. Remove from oven and enjoy. They freeze well as leftovers.

*Kitchen notes: In testing this recipe, Sandra used close to a pound of cheese and everyone seemed very happy with the results. She also suggests adding half a beer to the meat as it cooks making it super flavorful and still leaving 5 beers for drinkin'. A bierock beginner, Sandra was only able to get about half a cup of filling plus some cheese in each bierock, but as she says "Maybe I need to practice more."*



I'm **Eliza Jane Curtis**, I was a WSW intern July - December 2002. It was a really great experience! I'm originally from Maine and studied art and design at Parsons in New York, where I worked in design for a few years before heading up to WSW. After WSW, I moved back to Brooklyn and set up my own screenprinting shop in my basement. I did lots of printing, art projects, gardening, and designed t-shirts for Oshkosh B'Gosh. Since 2006 I've been living in Buenos Aires, Argentina, learning Spanish, making art, screenprinting and cooking a lot. I have my own stationery company, Morris and Essex, and I do freelance graphic design work. My work can be seen at [www.morrissex.net](http://www.morrissex.net)

## Tofu Pot Pie

Eliza Jane Curtis

I learned this recipe from fellow intern Margit Razcowski. Margit was vegan so we pretty much cooked everything vegan in the intern house since we shared meals. It was a great experience for me to learn how easy it is being vegan. Now it is one of my favorite recipes in the world and I've had to make copies of the recipe for all my friends. I cook it almost every year at Thanksgiving! After we moved to Argentina it was hard to find nutritional yeast so I didn't make tofu pot pie for a whole year, but I now have a nutritional yeast hook-up so I made it again for Thanksgiving this year and it was all gone in 10 minutes! Everybody loves Tofu Pot Pie.

### Crust

- » 4 cups flour
- » 2 tsp salt
- » 1 cup margarine
- » 1 cup cold water

Pre-heat Oven to 400°.

Mix all ingredients until combined and crust-like. Divide into two balls, one slightly bigger and one smaller. Roll the large ball flat and lay in a large rectangular baking dish. Stab with fork to release bubbles and bake till barely browned, about 10 minutes. Set aside.

### Filling

- » 1/2 cup flour
- » 2-3 Tbs nutritional yeast
- » 1-2 tsp salt
- » 1 tsp garlic powder
- » 4 cups firm tofu, cut into 1/2" cubes

Combine all in a paper bag and shake well until tofu is coated. Saute in 1/3 cup oil until browned and crispy.

Then add:

- » 1 cup onion, diced
- » 1 cup celery, chopped
- » 1 cup carrots, thinly sliced
- » 1/2 cup frozen peas
- » Cook until onion is limp, then add:
- » 1 tsp salt
- » 2 Tbs soy sauce
- » cayenne pepper to taste

### Gravy

- » 1/2 cup nutritional yeast
- » 1/4 cup flour

Cook in a separate pan until well toasted, stirring almost constantly.

Add:

- » 2/3 cup oil
- » Stir while cooking mixture another 5-10 minutes.
- » Add 1/4 cup water and cook for a few more minutes until somewhat thickened.

Stir in:

- » 3-4 Tbs soy sauce
- » salt and pepper to taste

### To assemble:

Spread filling in pre-baked crust. Cover with gravy. Roll small ball of crust into a rectangle for top of pie. Pinch sides shut and slit steam holes in top. Bake at 400° until brown 30-40 minutes. Yum!





**Natalie Campbell** is an artist and curator working in a range of media. In 2003 she was an intern at WSW and has remained involved with the workshop. Recently, she co-founded SP Weather Station in Long Island City ([www.spweatherstation.net](http://www.spweatherstation.net)) and the print collective SP Stationers Group ([www.esspee.net](http://www.esspee.net)). She has curated projects at WSW as well as NurtureArt, Brooklyn; The Renegade Craft Fair, Brooklyn and The Marie Walsh Sharpe Foundation Studios, NYC. She has forthcoming projects at The Center for Book Arts, NYC and the Islip Art Museum, NY in conjunction with WSW. Natalie graduated from Ohio State University and lives in New York. She works at Nicole Klagsbrun Gallery and is currently pursuing an MA in Modern Art History at Hunter College.

## Melty Nutritional Yeast "Cheese"

Natalie Campbell

- » 1/2 cup nutritional yeast flakes
- » 1/2 cup flour
- » 1 tsp salt
- » 1/2 tsp garlic powder
- » 2 cups water
- » 1/4 cup margarine
- » 1 tsp mustard

Mix dry ingredients in a saucepan. Whisk in water. Cook over medium heat, whisking, until it thickens and bubbles. Cook 30 seconds, then remove from heat and whip in margarine and mustard. The mixture will thicken as it cools but will thin when heated. Or add water to thin.

Nutritional yeast cheese is good on enchiladas or nachos; substituting a bit of garlic powder, a dash of soy sauce and a lot of black pepper (at the end) for the mustard makes a savory vegan gravy that is great for breakfast or with pot pies.

Variation: For a richer, stretchier sauce that is good on pizza, substitute for the flour : 1/4 cup cornstarch and 2 Tbs flour. Instead of margarine, whip in 1/2 cup oil after it cooks. Add as much as 1 cup water at the end, as needed to make a thick, smooth sauce that pours easily. Pour the "cheese" on the pizza and cook according to the needs of the crust. For the last few minutes of cooking, broil the pizza to form a gooey, golden brown speckled skin.



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Gallery and is currently purs  
MA in Modern Art History at  
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## Mamie Vita's Winter Vegetable Soup (Pôtage à Legumes)

Nora Lockshin

- » 1 large or 2 small yellow onions or a bunch of leeks (the white and light green part, not the tough dark green tops)
- » 2 or 3 large carrots
- » 1 large turnip
- » 1 ripe juicy tomato, seeded
- » 1 large potato or a couple small, variety unimportant but Yukon Golds are nice.
- » 4-6 cups water or stock, depending on how many vegetables you throw in
- » 2 Tbs olive oil or butter
- » 8 oz sour cream or thick plain yogurt (or not)
- » 1 tsp (+ extra to taste) kosher salt, black pepper,
- » optional extras: 1/2 tsp mixed curry powder and/or chives

Peeling veggies is optional, depending on whether you buy organic. Washing is mandatory! Note that brown potato peel can make the soup look dull.

Chop all ingredients to an even medium dice, not finicky small.

In soup pot, heat oil or butter on low until you see it shimmer or a drop of water sizzles in the oil. Add chopped onions or leeks and sprinkle with salt to release the onions' water. Cover, cook & stir on low until golden & translucent. Add cooking liquid and rest of vegetables and bring to a high boil. Reduce heat to med-low and simmer for 10-20 minutes or until largest and toughest vegetables are fork-tender (usually the carrot). Add a tsp of salt and ground pepper and mixed curry powder if desired.

Take off heat and allow to cool at least 30 minutes to avoid burn accidents while blending! If using a standard blender, transfer 2 cups at a time making sure you have both liquid and veggies in the blender, and transfer puree back to pot or to a new pot before you add more to be blended. If using immersion blender, lucky you, just stick it straight in the pot! You may blend to a smooth consistency, or reserve about a cup of vegetables and add them at the very last pulse, allowing for a more chunky soup. Let sit a few minutes to allow to thicken. Add more liquid or seasoning to achieve the consistency and flavoring of your choice, thin or hearty. Serve with a dollop of cream or yogurt and sprinkled with chives or finely chopped leek.

Great sides for a quick full meal include a hearty bread and sharp cheese. Substitute starchy vegetables can include parsnips, rutabaga, Jerusalem artichoke, celeriac or an apple for sweetness or tartness. Depending on the spice and ingredients, this soup can vary from a pale warm creamy tone to a vibrant orange.





**Michelle Chung** came to WSW as the 2008 Chili Bowl Intern and secretly fantasizes of how to find her way back to the "Binne." She discovered her love for ceramics while studying abroad at Ewha Womens University in Seoul, South Korea. Michelle earned a BA in Literatures of the World, from the University of California, San Diego with a double minor in Biology and Psychology. She is currently living and working in the Los Angeles area.

Her work can be seen at [www.michellechungceramics.com](http://www.michellechungceramics.com).



## Kimchi Fried Rice aka: "The Poor Korean Intern's Leftover Special" Michelle "ma belle" Chung

*I made a simpler version of this recipe at the intern house while in the kitchen with fellow intern roommates: Caitlin Wheeler and Erin Woodbrey. The kitchen was always a gathering place for us at the intern house, and I remember it being a place for us to share food, and laugh and tell stories, exchange gripes, and talk about boys, family, and art. This recipe is also kind of symbolic because it's a great recipe when you are low on grocery funds; you can pull together whatever you have left in the kitchen, throw everything in the pot and make a dish out of it, which is what interns do a lot while at WSW. In the end, that is what ultimately pulls WSW together: to share, work, and bond together with whatever resources you have. For the recipe, I used leftover veggies and rice, and leftover kimchi that the amazing Marybeth Wehrung made!*

I don't have exact measurements, this is a throw it all together thing, so do it to taste and according to how many people you're planning on feeding.

- » cooked rice (made according to package directions)
- » vegetables, chopped into small bite size pieces (slightly bigger than a corn/pea size. Traditionally one would use carrots, corn, peas, onions, but you can try green beans, potatoes, bell pepper...basically any veggies you have on hand or feel like eating.)
- » possible additions/substitutions for non-vegetarians: meat, pork, poultry, shrimp, fish, egg
- » Korean cabbage kimchi chopped to similar size as veggies
- » garlic, crushed/minced
- » ginger, crushed/minced
- » sesame oil
- » salt/pepper to taste or use soy sauce instead of salt

In a heated frying pan/wok, add cooking oil, and cook any meat, pork, poultry, seafood.  
Place cooked ingredients to the side in separate dish.  
Sauté garlic, crushed ginger, and onions.  
Add kimchi, stirring to make sure doesn't burn.  
When kimchi is almost completely cooked, make sure that there is enough oil in the pan so the rice will not stick.  
Add rest of ingredients and stir constantly to mix and fry all ingredients evenly.  
If you want to add egg, make a well in the middle and add eggs, wait about 30 sec-1 min to let it start cooking.

then slowly incorporate with rest of ingredients. You can also scramble eggs separately beforehand and then add to mixture.

Add sesame oil and mix thoroughly.

Add soy sauce or salt and pepper to taste.

Take off heat and serve family style.

Variations: I have made a simpler version of this dish with a bag of pre-cut frozen veggies, leftover rice, leftover kimchi, and some soy sauce and sesame oil, make it your own creative experiment!

You can also make "omelet fried rice" by making fried rice, then adding a thin omelet on top and serving with ketchup. Koreans call this dish: "o-me-ri-ce"

*A kimchi recipe follows, but if making your own kimchi is too ambitious or time consuming for you, try the store bought variety.*

## Lacto Fermented Kimchi loosely adapted from Sally Fallon's "Nourishing Traditions"

Mary Beth Wehrung

- » 1 head napa cabbage or bok choy, cored and shredded
- » 1 bunch scallions or spring onions
- » 1 cup carrots, grated
- » 1/2 cup daikon radish, grated (optional)
- » 1 Tbs ginger, freshly grated
- » 3 cloves garlic, peeled and minced
- » 1/2 tsp dried chili flakes, or 1 small red chili
- » 2 Tbs sea salt
- » 2 quart sized mason jars, washed carefully in hot soapy water or dishwasher



Place vegetables, ginger, garlic, red chili and sea salt in a bowl and pound with a wooden pounder, meat hammer, or glass peanut butter jar to release juices (5-10 minutes or until juices splash in your eyes).

Place in quart or pint size mason jars, pressing down firmly with pounder until juice rises to top of the cabbage. The top of the vegetables should be at least 1 inch below the top of the jar. Cover tightly with seal and ring, and keep at room temperature for 3 days, then move to refrigerator until you eat it. Remember this is a fermented food, so bubbliness upon opening is normal. It gets better with age, so plan on waiting a month or so before eating it. It will keep in the fridge for a year or more. Lacto fermented stuff is really good for you! It provides healthy bacteria for your gut, and aids digestion — ever wonder why so many cultures have very hot and spicy foods? This is why! For more instruction refer to "Nourishing Traditions" by Sally Fallon, or "Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods." by Sandor Katz.

## Ants on a Log

Laura Berman

Laura Berman is an imagemaker working with hand-printed multiples in non-traditional formats. She has created site-specific exhibitions and exhibited her print work at numerous galleries and museums around the country and internationally. In addition, she has been a visiting artist and has worked as an artist-in-residence at a number of institutions throughout the USA and also in Spain.

Laura Berman directed the 2007 Southern Graphics Council Conference, in which 1200 printmaking enthusiasts from the world over converged in Kansas City, MO to experience precedent-setting print events, exhibitions and presentations that examined printmaking's relationship to other media and environments. She is currently an Assistant Professor of Printmaking at the Kansas City Art Institute. She received her BFA from the New York State College of Ceramics at Alfred University and her MFA from Tulane University.



I had the opportunity to work at Women's Studio for an extended internship from August 1997 - April 1998. Artistically speaking, it was the most lucrative job I'd had at that point in my career. Monetarily speaking, it was not. Every weekday for eight months - 160 days - I provided my potluck contribution in the most frugal way possible. Faintly seasoned couscous with sesame seeds was a bi-weekly feature of my potluck repertoire, among a handful of other basic and relatively boring dishes. Usually, my strategy was to fill up on whatever delectable Tana had prepared for us that day, and avoid my dish altogether.

Towards the end of my time at WSW my potluck contributions changed to accommodate my imminent move back to New Orleans. It would be impossible to bring the contents of my kitchen with me, so the potluck table was the lucky recipient of a few recipes I had saved for special occasions. In my last month as a WSW intern, I woke up one morning and on a lark grabbed 3 ingredients that I could prepare on site at that day's potluck. No one had served this dish in my 8 months at WSW, and I was proud that I had thought of such a simple, nutritious and quirky contribution to lunch that day.

I packed a jar of peanut butter in my jacket, along with celery and raisins to prepare the well-known classic Ants on a Log. Twenty minutes before lunch was to begin, I made my way into the kitchen to quickly slice the celery, spread the peanut butter and place the raisins, thinking all the while about what laborious and delightful dish Tana might bring that day. No one had seen Tana in studio that morning, and with late spring harvests beginning, we were hopeful that this meant there were extensive food preparations going on at Ann and Tana's house just in time for our potluck lunch.

We all sat down to begin eating lunch. Among the group's delighted exclamations to see Ants on a Log served that day, we heard a distinguishable groan from the doorway. Enter Tana, with a plastic-wrapped paper plate laden with her quite similar version of Ants on a Log. Never before in my eight months at WSW had a recipe been repeated by two potluck-goers - especially something so silly as Ants on a Log.

Synergy abounds at WSW, sometimes in the least likely of places. My time at WSW taught me recipes for collaboration and chance-taking that continue to evolve with me today, feeding both my studio and teaching practices.



## Ants on a Log

- » 4 celery stalks
- » peanut butter
- » raisins

Wash and cut celery stalks into 8-12 pieces about 3" long each. Using a knife or spoon, spread peanut butter into the dips of the stalks. Place raisins on top. Great as a snack any time of year.

Variation: Intern Caitlin Wheeler suggests using chocolate covered raisins for a special treat!

Illustration by Natalie Campbell

## Black Beans and Rice

Nora Lockshin

### Needed:

- » large sauté pan
- » heat-resistant spatula
- » cooking pot or rice pot
- » steamer or microwave

### Ingredients:

- » 1 can Goya black beans (*do not drain; I've tried other brands; these are just the tastiest tiny black beans to me*)
- » 1 large or 2 small yellow onions, chopped coarsely
- » 3 cups rice
- » 2 carrots and/or a nice red pepper
- » 2 Tbs olive oil
- » 1 Tbs cumin seed
- » 1 Tbs dried oregano
- » 1 tsp dried red pepper flakes or more to taste
- » 1/4 tsp kosher salt, black pepper  
*(be sparing with salt, as canned beans are often salted)*

**Beans:** Heat olive oil in sauté pan on low until you feel heat on your palm held above it. Add cumin and stir occasionally for up to five minutes or until you smell a warm toasty cuminy smell. Beware of burning the seeds! Add the chopped onions and sprinkle with salt to release the onions' water. Cover, cook and stir on low until golden and translucent. Add can of beans with their liquid. Add black pepper, red pepper flakes and oregano and stir on low until heated through.

**Carrots and/or red pepper:** Peel or scrub if organic. Dice into small 1/4" pieces. Steam over boiling water or microwave with a few tsp of water in a covered container until tender.

**Rice:** Prepare according to the particular rice-type directions. Fluff with fork, adding cooked carrots/pepper until evenly distributed. If using a rice cooker, I add parboiled carrots at the beginning to continue steaming with the rice, peppers later as they soften quickly.

Serve beans piled on bed of rice.



## Popcorn

Simple yet important.

Chris Petrone



- » popcorn (obviously!) naked kernels, none of that microwave-able, astronaut stuff.
- » high heat oil, safflower works well. Alas, I have used olive oil and sunflower oil and that's fine too.

### Choose a topping or two:

- » adobo (go Goya!) and cumin
- » nutritional yeast (*you can buy this at your local co-op or most health food stores carry it*)
- » soy sauce or Braggs Liquid Aminos (*another condiment that frequents your local co-op and health food stores. It tastes like soy sauce - has liquid aminos, vitamins and less salt*). Tastes good with nutritional yeast
- » Traditional salt, pepper and butter works too...whatever you fancy.

Pour oil into a large pot; you want enough to coat the bottom of the pot. Drop one kernel of corn in the pot and lid it up. Let the oil heat up until you hear the kernel...POP.

Once that pop happens, it is time. Pour the desired amount of kernels in. One-cup makes enough for an immense bowl.

Make sure to give the pot occasional shakes while popping. Once you hear the popping slow down, take the pot off the heat and let it sit a little longer.

That's it! It's popped - it is ready to be dressed up. Drop your popcorn in a bowl or brown bag, dress it and shake it. Finis. Enjoy.



Chris Petrone has a BFA in painting, drawing and printmaking from SUNY Purchase. After she was a WSW intern in 2004, she stayed on as an Americorps volunteer working in the papermaking studio. She currently is WSW's Studio Manager ensuring the smooth operation of the papermaking and printmaking studios.

In 2007 she was an artist in residence at Jentel in Wyoming. She recently collaborated with Clarissa Sligh on a site specific installation for a WSW collaborative exhibition at the Islip Art Museum.

## Black Beans and Rice

Nora Lockshin

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**Rice:** Prepare according to the particular rice-type directions. Fluff with fork, adding cooked carrots/pepper until evenly distributed. If using a rice cooker, I add parboiled carrots at the beginning to continue steaming with the rice, peppers later as they soften quickly.

Serve beans piled on bed of rice.



## Gluten Free Buckwheat Banana Bread

Gretchen Hooker

- » 1/2 cup rice flour
- » 1/2 cup tapioca flour
- » 1/2 cup buckwheat flour
- » 1/4 cup potato flour (or just more rice flour depending what I have on hand)
- » 1 tsp baking soda
- » 2 tsp baking powder
- » 1 tsp salt
- » 1 tsp cinnamon
- » 3 ripe bananas, mashed
- » 1/3 cup milk or soy milk
- » 1/3 cup canola or corn oil
- » 3/4 cup brown sugar
- » 2 eggs
- » 2/3 cup raisins/currants, chocolate chips, or nuts

Blend dry ingredients. In a separate bowl, blend bananas with oil, milk, eggs, and sugar. Combine wet and dry ingredients. Stir in raisins, chocolate chips, or nuts.

Bake at 350 degrees for 1 hour or until done.

## Chocolate Chip Cookies

Larry Schulte

*I may have been the first "intern" at WSW, though I was really just called the cook. I cooked lunch for the summer classes (1985?). My only claim to fame is that no one weighed less at the end of the summer than at the start of the summer. I especially liked making desserts, and I remember Ann commenting that that summer's students were all "good eaters."*

Cream:

- » 3/4 cup granulated sugar
- » 1 1/2 cup brown sugar
- » 1 1/2 cup butter

Add:

- » 3 eggs and mix well
- » 3 1/2 cups sifted flour
- » 1 1/2 tsp baking soda
- » 1 tsp salt
- » 1 tsp vanilla
- » 1 large package chocolate chips
- » 2 cups nut meats

Mix thoroughly. Then drop on greased sheet and bake 10 minutes at 375 degrees. Makes about 5 dozen cookies!

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Serv.

## The Birdie Gable Cookie (featuring a mouthful of: Oatmeal, Pumpkin, Butterscotch, & Craisin)

Sandra Brown

*The Birdie Gable Cookie originated around Thanksgiving time when I was feeling homesick and hungry. What better way to remedy the Binnewater blues than with the distraction of jamming more ingredients than necessary into an initially simple oatmeal cookie recipe?*

*This wayward cookie is aptly named after faux-historic babe of ill-repute, Miss Birdie Gable. Birdie's inception, along with other 19th century ruffians occupying the Binnewater territory, was part of a collaborative project with interns Crystal Hammerschmidt and Lindsey Clark-Ryan. The project required an excess of split gum and tightly laced corsetry.*

Cooking Time, 15 - 20 minutes dependin' on your oven.  
Yields around 3 - 4 dozen

- » 2 cups all-purpose flour
- » 1.5 - 2 cups oats
- » 1 tsp baking soda
- » Cinnamon to taste, around 1 tsp
- » 1/2 teaspoon salt
- » 1 cup brown sugar
- » 1 cup white sugar
- » 1 cup softened butter
- » 1/4 cup applesauce
- » 1 15 oz can of pumpkin
- » 1 egg
- » 1 tsp vanilla extract
- » craisins, galore (to taste)
- » butterscotch chips, galore (to taste)

Preheat oven at 350  
Combine dry ingredients: flour, oats, baking soda, cinnamon and salt in medium bowl.  
In a larger bowl, beat butter, brown sugar and granulated sugar in second bowl until fluffy-like.  
Add pumpkin, applesauce, egg, and vanilla to the large bowl. Gradually combine dry ingredients with this second mixture. Don't forget to pour in as many craisins and butterscotch chips as you can handle.  
Place drops of dough on greased baking sheet and bake.  
Savor with your best Binnewater Chums.



## Perfect Chocolate Cake

Tana Kellner

*It's a WSW tradition to celebrate everyone's birthday with a cake or home made treat. For chocolate lovers such as myself, a chocolate cake is a must. This recipe is adopted from the Moosewood Cookbook and makes a very large cake, perfect for 12 - 16 people. You can cut the recipe in half for home celebration or simply freeze a layer. I quadrupled this recipe for my brother's grand 50th birthday celebration of 50+ people and he enjoyed a slice six months later.*

Preheat the oven to 350. Butter and flour three 9 inch round cake pans. Combine cocoa with 2 cups of boiling water, stir until smooth. Cool completely. Sift together the dry ingredients (flour, baking soda, baking powder, salt). In a large bowl beat together butter, sugar and vanilla. Slowly add the eggs. Mix well. Add the dry ingredients alternately with the cocoa mixture to the creamed mixture. Blend just enough to moisten the dry ingredients.

Pour the batter into the cake pans. Bake for 25-30 minutes (until toothpick comes out clean). Cool in the pans for 10 minutes and then remove the cake from the pans to cool completely before frosting.

**Frosting:**  
In a double boiler pan (smaller pan, inserted in a larger one filled with water) melt the chocolate and butter. Stir in the milk until smooth. Remove the pan from the stove and place it in a large bowl filled with ice. Using a whisk or electric mixer, beat in the powdered sugar until the frosting holds a stiff shape. If too stiff add more milk or few spoons of strong coffee.  
Chill.

**Filling:**  
Whip the heavy cream; add sugar and vanilla.

**Assemble the cake:**  
I usually split each cake layer and fill with jam mixture, on top of which I place the whipped cream filling. The next layer is jam and chocolate frosting followed by another split layer with jam and whipped cream filling and then the third layer. If your layers are pretty thin, or you prefer more cake and less frosting, don't split the layers, just spread the whip cream filling between the layers and frost the top and side with the chocolate frosting.

## Ingredients

### Cake:

- » 1 cup unsweetened cocoa (I use Ghiardelli)
- » 2 cups boiling water
- » 2 3/4 cup unbleached white flour
- » 2 tsp baking soda
- » 1/2 tsp salt
- » 1/2 tsp baking powder
- » 1 cup butter
- » 2 cups sugar
- » 4 eggs
- » 1 1/2 tsp vanilla extract

### Butter Cream Frosting:

- » 4 ounces unsweetened baking chocolate
- » 3/4 cup butter
- » 1/3 cup milk
- » 1 1/2 cups sifted powdered sugar

### Filling:

- » 1 cup heavy cream
- » 1 Tbs sugar
- » 1 tsp vanilla extract

### ...and the secret ingredient:

- » 1 cup of currant jam flavored with rum or brandy (2 - 6 Tbs of brandy, depending on your taste). Other jams such as apricots or peaches can be substituted for currant.)



**Sarah Rentz** is now living in Berlin as the current studio and production manager to painter, Julie Mehretu. She is working on two large-scale projects for Mehretu's studio. On her own time she drums for the band, in interview, in New York City, her home base, and works on her own drawings.

## Punk Rock Tower of Cupcakes!

Sarah Rentz

*Originally made in honor of Laura Berman's 25th birthday, but can be made for any birthday celebration lunches.*

You'll need:

- » a couple of boxes of white or vanilla cupcake mix (any brand or homemade) white or vanilla frosting (again - go ahead and pick some up at Stewart's, or make your own fancy butter-cream, doesn't matter)
- » every color food coloring possible
- » fun edible decorations (your decision as to what that means)
- » lots of mixing bowls
- » cupcake tins
- » an oven
- » one thin wooden dowel
- » a power drill
- » wooden stand

Mix the batter according to the package then fill up little bowls of batter and swirl in the colors so it looks crazy. Fill the cupcake tins with many different swirly colors of batter. Bake according to the directions on the box. Take out and let cool.

While the cupcakes are baking, you have two jobs to do; mix the frosting and make the armature for the tower.

Mix the frosting  
Mix the frosting in many little bowls with every imaginable color of frosting.  
Frost the cupcakes with no fewer than two colors per cupcake - the more colors, the merrier.  
Sprinkle with edible decorations of your choice.

Construct the tower armature  
Get a drill and drill a hole a bit smaller than the wooden dowel into the wooden base;  
shove the wooden dowel into the base so it's secure:

OKAY - so once the cupcakes are done and the armature made - Carefully (or not) start pushing the cupcakes through the dowel one on top of another  
Stack as high and as precarious as possible!  
The cupcakes will bend the dowel in a dangerous fashion, but don't worry if everything ends up toppling to the floor, it's punk rock!!!! Roll around in the mess and scream your head off.

So, this last step isn't necessary, but for some reason, Dani Leventhal and I decided it would be most dramatic to roll the already precarious and wobbly punk rock tower of cupcakes into the WSW kitchen on an unstable antique rolling office chair! (????)

## Texas Sheet Cake

Alice Drew



Set aside:

- » 2 cups flour
- » 2 cups sugar

Bring the following to a Boil:

- » 4 Tbs Cocoa
- » 1 cup butter or margarine
- » 1 cup water

Pour over flour and sugar and mix well.

Add:

- » 2 eggs
- » 1/2 cup buttermilk
- » 1 tsp baking soda
- » 1 tsp vanilla

Bake 400 degrees for 20 minutes in an 18" x 12" x 2" greased sheet pan

Frosting:

In a small sauce pan over medium to low heat mix the following ingredients:

- » 1/3 cup margarine or butter
- » 2 cup confectioner's sugar
- » 1-2 Tbs hot water or milk
- » 3-4 Tbs cocoa

Pour frosting over warm cake and spread evenly.



**Rachel Walker** earned her Masters in Industrial Design from Pratt Institute in May 2007. After 14 years of living on the East Coast (in Providence, RI and Brooklyn, NY) she moved back to the Midwest in August 2008. Her new home is Chicago where she is self-employed, working as a freelance designer and illustrator for environmental design and restoration firms. One day she dreams of starting her own boutique textile design company. In the meantime, she enjoys baking, travel, photography and swimming. You can view some of her work at her website: [www.rachelannawalker.com](http://www.rachelannawalker.com).

## Chocolate Chocolate Chip Cake

Rachel Walker

- » 1 box dark chocolate cake mix (Duncan Hines, Betty Crocker, etc... your choice)
- » 1 small packet of chocolate instant pudding
- » 1/2 cup warm water
- » 1/2 cup cooking oil
- » 4 eggs
- » 1 cup sour cream (you can also use plain yogurt, low fat is okay)
- » 2-3 tsp of rum (vanilla extract will also do)
- » 1 package semi-sweet chocolate chips

Mix together dry ingredients. Add water and oil; stir. Add eggs, one at a time, stir after each addition until combined. Mix in sour cream and rum. Add Chocolate chips. Ask Tana if you can borrow her bundt pan, tell her it's for chocolate cake and she will lend it to you. Grease and flour the pan, pour in prepared batter. Bake for one hour at 350 degrees.

## Coconut Custard Pie

Larry Schulte

- » 1/2 cup Bisquick
- » 1/2 cup sugar
- » 4 eggs
- » 2 cups milk
- » 1 cup coconut
- » 1 tsp vanilla
- » 3 Tbs butter

Put everything in a blender and mix well. Pour into a buttered 9" pie plate. Bake at 400 degrees for about 25-30 minutes until custard sets. Cool in refrigerator, serve cold.

In case you don't have Bisquick combine:

- » 1/2 cup flour
- » 3/4 tsp baking powder
- » 1/4 tsp salt
- » 1 1/2 tsp butter or shortening



**Larry Schulte** is a Nebraska-born painter and fiber artist, who often uses mixed media and printmaking in his work. He has undergraduate degrees in art and mathematics and a Master's Degree in art education from the University of Nebraska-Kearney, and a Ph.D. from the University of Kansas. He has exhibited throughout the U.S. and abroad and his work is included in museum, corporate and private collections.





## Chocolate/Vanilla pudding

Emily Noelle Lambert

- » 2 cups of milk
- » 2 Tbs of arrowroot
- » 1/2 cup of sugar
- » 1 Tbs vanilla and/or 3 Tbs of unsweetened cocoa

Combine over medium heat and stir until it thickens. Either eat hot pudding or else let cool in fridge if you have the patience!



## Apple Approximate Deluxe

Lisa Kellogg

Wash, quarter and core approximately 8 to 10 apples (do not peel.)

Cut into approx. 1/2 to 1/4-inch pieces.

Put apple pieces into a sauce pan with about 1/2 inch (at most) of water cook on hi heat 3-5 minutes or until the apples soften. Time will vary depending on the apples you use; a tight fitting lid is important but not essential.

Add approximately...

- » 1/2 cup coconut flakes
- » 3/4 cup of dried fruit (figs, cherries, dates or pineapple)
- » 3/4 cup of raisins
- » 1/2 tsp cinnamon
- » 1 tsp nutmeg
- » 1/2 tsp cardamom or approx. 4 to 5 pod contents freshly ground
- » 2 Tbs finely chopped fresh ginger

Cook altogether for approx. 3-5 minutes

Add 1 tsp Vanilla right at the end

Let sit with lid on for approx. 20 minutes

Serve as side dish or as desert. It's also great on hot cereal in the morning

Adjust the amount of dried fruit and spice to meet your tastes.

Experiment, Make it different every time. Try it with 1/2 apples and 1/2 pears.

**Lisa Kellogg** received a BFA in Printmaking from SUNY Purchase and was an intern with WSW in the autumn of 1989. She spent the next several years on staff as the Program Director before returning to college to get her MA in Counseling & Psychology from Goddard College. After a 5 year adventure as a crisis intervention family counselor, she trained as a life coach. She has had a coaching practice for the past 7 years. She combines her experience as an artist and knowledge of psychology to work with individuals and organizational leaders helping them achieve their personal and professional goals and live successful, fulfilling and funfilling lives.

More about her coaching work can be found at [www.point2creativity.com](http://www.point2creativity.com).



Currently residing in Kansas, I am now a Lawrencean. This means that I am swimming in a vast sea of hippies, vegans, veggies and artists. Also without much of a fight, I have become a KU fan! Since my time at WSW I have kept my hands plenty dirty by painting, gardening and working in the kitchen. Lawrence has more ethnic flavors than one could imagine, meaning that, I have kept my belly full and gained the skills of sushi master! (Go ahead; ask any one down the block!). I also found a super home and church family who knows how to eat AND drink together. (This is also where I get some of my best new recipes.) While I'm not eating, cooking or talking about eating and cooking, I work part time assembling jewelry and full time at a silkscreen shop called Blue Collar, and I hold rockstar positions at both, of course! So all in all, Kansas is treating me fair, but always I await a new adventure!

-Crystal Hammerschmidt

## Dotty Hammerschmidt's Blush Apple Pie filling

Crystal Hammerschmidt

- » 5 medium apples, cored and chopped apple pie size
- » 3 slices of pineapple cubed
- » 1/4 cup cinnamon drops/red hot candies
- » 1 tsp grated lemon rind, from about half a lemon
- » 1/2 cup sugar
- » 2 Tbs flour
- » a splash of almond extract, and a couple pinches of cardamom and nutmeg
- » 3-4 small pats of butter
- » pie crust, homemade or store bought

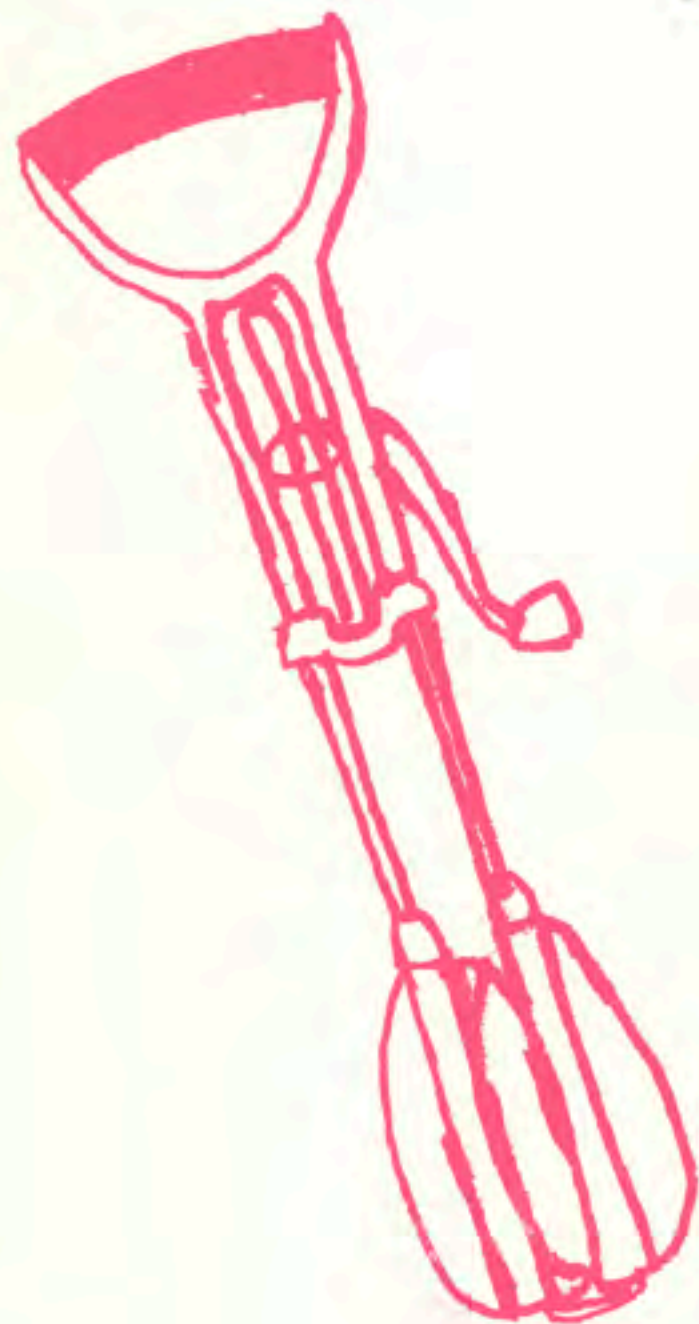
Combine all ingredients (except butter) in a large bowl and mix well. Put in the crust of your choice; top the filling with butter pats, and top with crust. Cut a couple slits in the top crust and cook according to the crust's needs.

*Kitchen notes: I have to admit I was skeptical about this recipe at first, but changed my mind after testing it. The red hot candies melt when cooked and impart a nice spice and a stunning pinkish red color throughout the pie. - Ellen Kucera*

## Stewart's Ice Cream

Dani Leventhal

Go down to Main Street in whatever vehicle you can borrow. Pick up a half gallon of whatever is on special. Return just in time for potluck.



While alcoholic beverages very rarely make it to the potluck table (for obvious productivity reasons,) they do tend to play a part in the experiences of many interns and residents.

## Babs' Marvelous Martinis

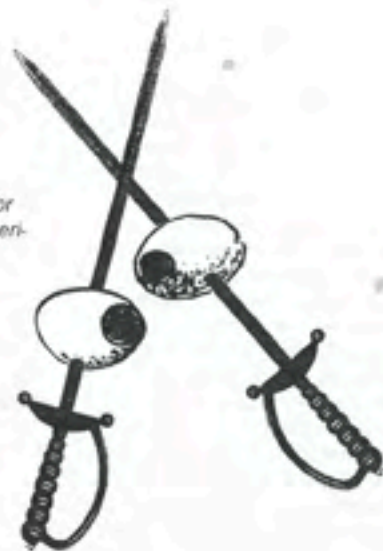
Barbara Leoff Burge

### Ingredients:

- » dry vermouth - chilled in refrigerator
- » vodka or gin - freezer cold
- » martini glasses - also freezer cold
- » green olives
- » small plastic swords

In a frozen glass put half a capful of vermouth and an olive pierced with a small plastic sword. Fill the rest of the glass with vodka or gin (as much or as little as desired.) Stir with afore-mentioned plastic sword construct. Add ice cubes.

Quaff!



**Barbara Leoff Burge**, co-founder of WSW, was born at a very early age. Babs graduated *summa cum laude* from the School of the Art Institute of Chicago. Her work is represented in university and museum collections including the Victoria and Albert Museum in London, Metropolitan Museum of Art, School of the Art Institute of Chicago, Yale University, Vassar College, Rochester Institute of Technology, and Virginia Commonwealth University. And she makes a great martini.



**Kristen Jasionowski** is a multimedia artist and agriculturalist who earned her BFA from The University of the Arts, Philadelphia. Her work focuses on the individual's relationship to the natural world, women's history, land use, and politics. Her solo and collaborative work has been featured in such venues as the Philadelphia Fringe Festival, The Sedgwick Cultural Center, and Florence's Ambasciata di Marte Cultural Association. She is a member of The Print Center of Philadelphia, the United Plant Savers, and the Northeast Radical Medicine Network. Since her arrival at Women's Studio Workshop, Kristen has been experimenting with farmed and ruderal papermaking fibers and natural dye-stuffs, while documenting the recent land disputes of the Binnewater Lakes region. She is currently embarking on an artist's book and new media project exploring the balance between human development and preservation.



## Wine o' the Woods

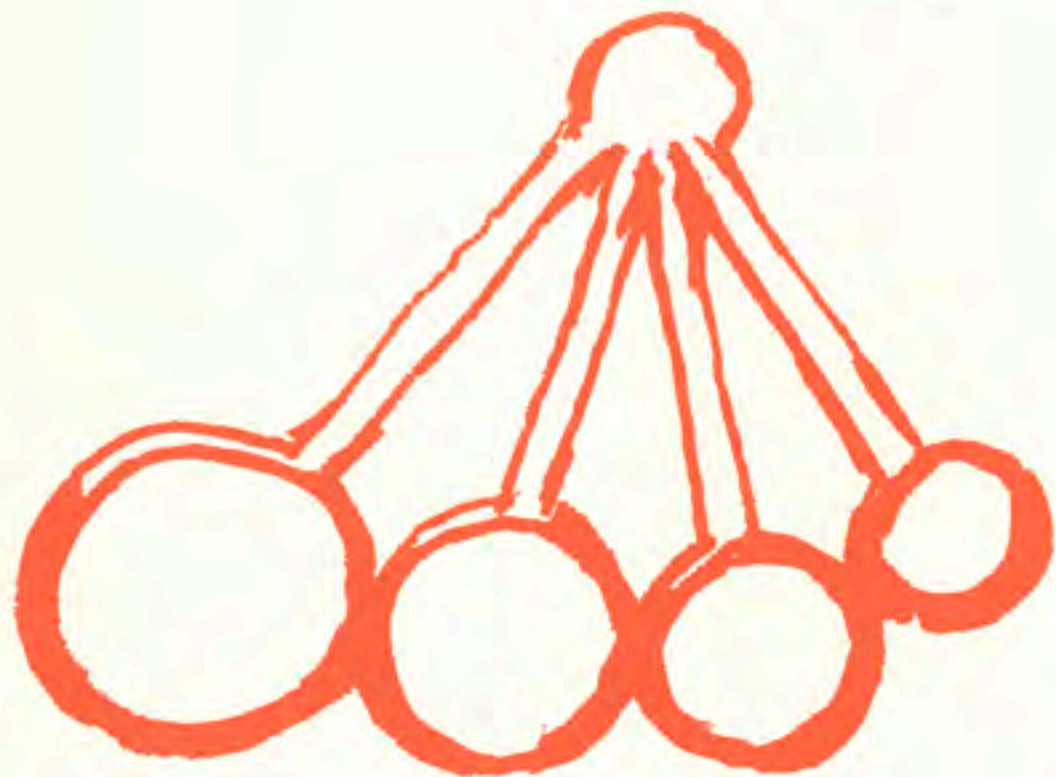
Kristen Jasionowski

Rid yourself at once of the common misconception that winemaking is a complicated, delicate process that can only be started with the best strains of grapes. Getting intoxicated need only require a few simple ingredients and minimal knowledge of chemistry. (Alcohol is produced when yeast consumes sugar.) Let this no-fuss recipe impress your friends at an absurdly low cost.

- 1 part fruit of your choice (experiment with combinations of vegetables or herbs)
- 1 part sugar (more or less depending on the sweetness of your fruit)
- 2 parts water
- 1-2 Tbs yeast

Chop the fruit in to bite-size piece, not worrying much about skin or seeds. Put the fruit, water, and sugar in a large pot and simmer on medium-low for 20 minutes. Stir in yeast, then turn off heat and allow to cool slightly. Pour into glass jugs, leaving a few inches at the top (Save those 4-liter bottles of Carlo Rossi/ Casata). Put a bit of cheesecloth on the top and let sit for at least a month.

Within a few days, you'll see the ingredients separate. Some junk sinks and some rises to the top - you want the clear stuff in the middle. If a batch is too this or too that, don't feel bad about blending them to suit your taste. And if it comes out too acidic, congratulations, you've just made some fancy fruit-flavored vinegar to give away as housewarming presents.



## Salt Dough

Perfect for craft nights  
and for making things for the holiday sale!

Erin Galvez

- » 4 cups flour
- » 1 cup salt
- » 1 1/2 cups hot water
- » 2 tsp veg oil

Mix salt and flour together well, then gradually add hot water until dough becomes elastic.

Add vegetable oil. If dough is too sticky add more flour; too crumbly, add more water.

For colored dough add food coloring to water before adding to mixture.

Keep bowl of water nearby while making your salt dough creations!

Cook at 200 degrees on a non-stick surface until thoroughly hardened- it depends on thickness of creations so you may remove as pieces finish.

Great for making magnets, trinkets, beads, holiday decorations, etc. Can be sealed with clear varnish.

## Play Dough

Melissa Moreton

- » 1 cup flour (not self-rising)
- » 1/2 cup salt
- » 1 cup water
- » 1 Tbs vegetable oil
- » 1 1/2 tsp cream of tartar
- »

Briefly mix in saucepan over low heat. Color with food coloring while mixing over heat. Dough will roll into balls in pan — then it's ready! Keep dough in airtight container to keep from drying out.



**Dani Leventhal** was a WSW intern in 1997. She worked in the basement to transform the dank former worm production/storage site into a functional clay studio. She stayed on at WSW for the next 4 and a half years teaching clay classes, running the Chili Bowl Fiesta and being a regular menace. In 2001 she headed to the University of Illinois at Chicago where she earned her MFA in Sculpture. She is currently pursuing an MFA in Film/Video at Bard College. In 2007, she received the Visual Arts Award from the Astraea Lesbian Foundation for Justice; in 2008 she produced an artists book called "Skim Milk and Soft Wax" at the Women's Studio Workshop. Dani was born in Columbus, Ohio but now lives in Rosendale, New York, right next door to Nita and works for the WSW Art-in-Education program.

## Pit-fire at sunset in winter to relieve cabin fever

Dani Leventhal

### Ingredients:

- » bricks from around and about
- » organic combustibles (sawdust, leaves, pine cones, garlic skins, scrap paper)
- » bisqueware (for nonfunctional works that do not have delicate appendages)
- » matches or lighter
- » lid of metal from somewhere in the barn

Surfaces of bisqueware can be decorated with oxide washes for variation.

Build brick structure large enough to contain all materials and bisqueware comfortably. Make sure to leave some air space between bricks for circulation.

Make a bed of combustibles, then a layer of bisqueware, then pack combustibles around each piece and an extra layer on top.

Light combustibles near the bottom in two or three places. When fire catches let it grow then put the lid on (carefully) to allow for smoldering. Smoldering can take anywhere from 5- 20 hours (depending on your load size.)

Enjoy the warmth and glow with your studio pals

Unload the next day when it is cool.

Wash the works and enjoy.

Pit-fired works will not put food on your plate but it will keep your soul full.

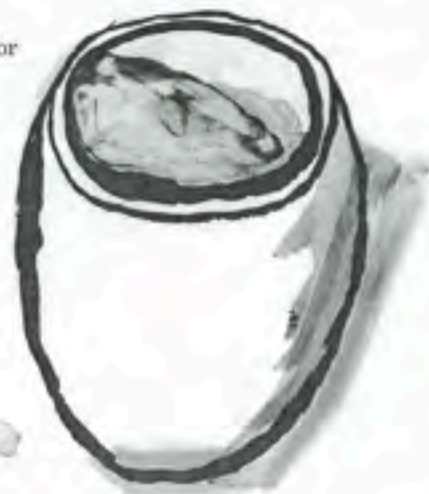
## Paper Clay

Ellen Kucera

- » 6 parts clay slip (I use studio reclaim, well mixed)
- » 4 parts paper pulp (I like cotton that has been beaten for an hour)

Mix well. Pour on plaster slabs for a couple of days (depending on the climate – watch carefully.) Wedge well when the desired level of moisture has been achieved.

Greenware made from paper clay is extra strong. Dried and wet clay can be attached to each other. Items made with paper clay are much lighter after firing; it is great for large or wall hung pieces.



## Glaze recipes

Alice Drew

### Plastic White Cone 6 Oxidation

from Ayumi Horie

- » EPK 200
- » Flint Silica 200
- » Wollastonite 200
- » Frit 3134 200
- » Custer Feldspar 200
- » Zircopax 12

### My Favorite Clear Cone 6 Oxidation

from Alec Karros

- » Frit 3110 3472
- » Strontium 520
- » Lithium 352
- » EPK 1040
- » Flint Silica 2368
- » Bentonite 240



## Color Separation for Silkscreen in Photoshop

Kyla Luedtke

Open Photoshop and open your image.

Under Image>Image Size choose the size that you want to print your final image. Be sure that the "constrain proportions" box is checked.

Go to image/mode/ cmyk

Adjust contrast/edit image as desired by going to Image>Adjustments

At this point, make sure that your image is flattened by going to Layers> Flatten Image

Go to Window>Channels: Click on small arrow in the right of the channels box, scroll down to "split channels"

This creates a separate document for each color.

Convert each channel: Go to Image>Mode>Bitmap and choose "diffusion dither" and make the "output" 110 dpi or lower. You are encouraged, however, to experiment at this point. Have fun. Try choosing a lower output, say 5, see what it does. Try one of the other types of bitmaps, such as half tone screen, or pattern dither...

Print each document out using one of the following methods:

-From a laser printer in black and white on "photo/best" printer mode (highest density) print each stencil onto acetate twice using a laser printer. You can then double up each duplicate stencil for a denser image.

-From an ink jet printer, print each stencil on to inkjet vellum (only one sheet). Each printer is different, so adjust settings as appropriate to get the darkest stencil as possible. Often, you can increase the ink density by going to the "paper type" page in your printer driver, and choosing to increase the ink density there. Overlapping vellum can create a weak stencil, so don't layer up.

-For a detailed image, do the same as described for ink jet vellum only use ink jet transparencies, located in the "school supplies" section of office stores.

-For a large-scale image, you can either separate the image and print it out in tiled pieces, or, if it doesn't have too much detail, you can have it printed large scale on a laser printer (at a copy shop) and then use baby oil or vegetable oil the paper.

-Lastly, you can print your stencils onto regular paper and then have them photo copied, twice each, onto acetate. If you supply your own acetate, sometimes copy stores will charge a lot less for transparencies.

When screen printing mix each color with 90% transparent base and print in the following order: cmyk (cyan, magenta, yellow, black.) Be sure to use the buckets labeled "process cyan, process magenta, process yellow" and regular of black if you want an accurate color separation.



**Kyla Luedtke** holds a BFA in Printmaking from the Rhode Island School of Design and an MFA in Printmaking from the University of Delaware. She is currently completing her second MFA in the Graphics Arts at the University of Wisconsin, Madison. Since her internship

at the Women's Studio Workshop, she has attended residencies at the Vermont Studio Center, the Virginia Center for Creative Arts, and the New York Mills Regional Art Cultural Center. She has also participated in numerous juried exhibitions nationally including the Washington Printmakers Gallery National Small Works Exhibition, in Washington, DC, the 22nd Annual International Exhibition, at Meadows Gallery at the University of Texas, and the 81st Annual International Competition: Printmaking, at the Print Center in Philadelphia. She has most recently taught at the University of Delaware and at Women's Studio Workshop.

## Automating Batches in Photoshop

Natalie Campbell

Everyone who makes a website or prepares a bunch of images for grant applications should know how to “automate” Photoshop; unfortunately, the exact steps vary depending on your operating system and version of the software. However, I’m going to list some basic guidelines that you can use, along with the Photoshop Help menu, to get started. Maybe it’s not the most exciting recipe — but it’s incredibly useful (and indispensable to me when I was working on WSW’s web archive). I also really love it when I can start something running on the computer and walk away to get coffee and still feel like I’m working. There are also a TON of different ways to do this, and I’m just giving one.

Automating is NOT a good idea if you have to make individual changes like color correction, although you can customize the process so that a set of actions are performed automatically and then the program stops so that you can custom adjust one step, and continue. Advanced users can figure that out on their own.

### You need:

- » a computer running Photoshop
- » a folder full of images that all need to be changed in the same way
- » Examples: resized to the same size, levels adjusted the exact same amount, converted to grayscale, rotated, etc.



### Instructions:

For this example, I will create an action that resizes and saves a copy of each image, but you can have as many steps as you like.

Create a new folder (e.g. on your desktop, call it “New”) where you want the adjusted images to go.

Open one of the images you want to adjust.

From the “Window” menu in Photoshop, choose “Actions” to open the Actions menu.

NOTE: At the bottom of the Actions menu, there is a little toolbar with buttons that look like buttons on a video recorder. In order, these are “stop,” “record,” “play,” “cre-

ate new set” (looks like a little folder), “create new action” (looks like a piece of paper/new file icon), and “trash.” You use these buttons to create an action and “record” what you do to a file — the program memorizes the steps, and you can then apply those steps to any other file or set of files. Dig?

Click on the “create new action” (file icon) in the Actions window.

Name your action “resize” in this case (and leave the “Set” as “Default”), and click “Record”

PHOTOSHOP IS NOW RECORDING EVERYTHING YOU DO TO THAT FILE, even if it is just closing the window. If you need to stop recording and do something else, click the “stop” button in the Actions menu.

For this example, set the image size to 800 pixels wide and 72 dpi.

Hit the “stop” button in the Actions window.

Then, open all the files you want to automate, or select a folder to work from in the automator settings.

Go to File/Automate—Batch

The action you just recorded will be selected from the top drop down menus (for the “Default” set and Action “Resize”), so leave the top two drop down menus alone.

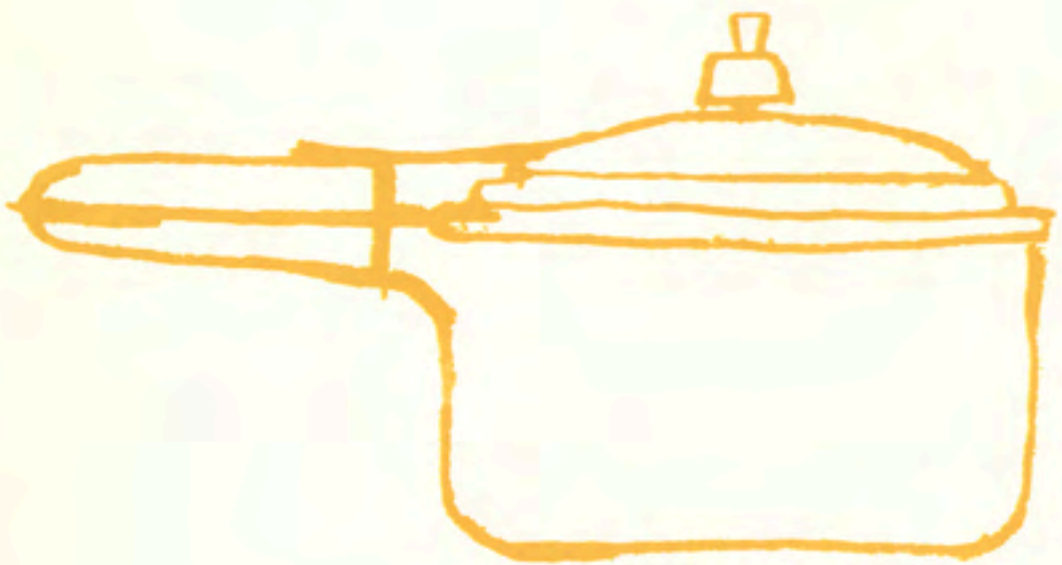
In the “Source” drop down menu, choose “Opened Files”

In the “Destination” drop down menu, select “Folder” and choose the folder “New” that you created on your desktop.

You’re done! When you open the “New” folder on your desktop, a resized version of all your old files will be in it (careful, because their names will be the same as the old ones) and your old files will still exist in their original location.

Now you can get fancy... just watch out before bragging about your Photoshop skills, or you’ll get stuck doing this all the time.





## The Perfect Intern

Ann Kalmbach

My requirements are really simple: Born in the Midwest, preferably on a farm. If a coastal gal then a complete knowledge of current fashion is required. Has a good sense of humor. Understands how to work, i.e. has worked before, preferably as a waitress or other high stress job. Knows printmaking, letterpress, binding, ceramics, Photoshop, InDesign, Filemaker. Cheerfully works overtime. Loves to clean. Has a good singing voice. It helps if past experience includes operating heavy equipment especially backhoes, or hanging sheet rock, or working on an organic farm, or pastry chef, or press room studio manager, or ebay power seller. It's good to have been out of school for a couple of years. Stellar references from former professors are good, but boy oh boy they do begin to sound the same after a while, so a stellar reference from an employer is better. And of course their creative work must be interesting and appropriate to WSW's studios.



**Ann Kalmbach**, Executive Director and co-founder of WSW, has an MFA from Rochester Institute of Technology and a BFA from SUNY New Paltz. Ann has produced a number of artists' books with her long time collaborator, Tatana Kellner, under the acronym KaKe Art. She has also been a resident artist at Visual Studies Workshop, University of Southern Maine, and the MacDowell Colony. As a co-founder of WSW, Ann has helped hundreds of artists print portfolio editions and artists' books over the years.

## Sassy Soup; Flow Potion

Lisa Kellogg

*Good for juicing your muse, getting unstuck or just for stirring things up!*

Start with 2 jars of Gettupango Berry juice. Use a large soup kettle that has a good bit of lip so that it will pour easily.

Boil it on high heat for 4 minutes & 32 seconds. Lower the heat to incubate while adding the following ingredients:

- » 2 to 10 raw cut-up but unpeeled idea roots
- » A big squirt of scrunch your eyes and visualize
- » 7 shakes of imp powder.
- » 2 cc 's of good girl sweeeeet syrup (just to be sure there is a little contradiction in the spicing)
- » 1 pristine sharp edged ruler
- » 5 broken or mangled rulers of various sizes
- » 3 sprigs of confusion
- » 1 large bunch of uncertainty
- » 1/2 teaspoon hot pepper of your choice
- » At least one whole passion fruit - seeds, skins and all
- » 2-3 spoonfuls of fresh Toktafrans jam
- » Some tart or bitter medium. We add a little to the recipe and a little to go with whatever medium you choose not to work in. It's good to set a little aside to ripen for the future.
- » 1 lb common sense linguini
- » 5 good splashes of nonsense bean extract.

Cook on high heat for 7 minutes and 45 seconds or until it tastes unavoidable.

Before serving let it sit in a slightly warm place maybe a sunny windowsill or near a woodstove, stirring occasionally or not.

While you wait take the tart or bitter medium you set aside, put it into a knapsack add a little mystery powder and go for a contemplative walk in the woods or run around the neighborhood singing your favorite blues song or repeating a salty line from the newspaper or a funny name from the telephone book whatever you prefer. Bring along some crusty bread, sardines or ripe cheese and some fruit to eat as a snack and lime water to drink. Be sure to stop and smell things during this outing.

When you return from the walk or run stretch out before pouring out the unavoidable concoction you have made.

To serve this you will need one large funnel, a colander a few rubber hoses, a few rubber bands, a piece or two of silly putty, some old dried orange peels or grated red cabbage, yellow chalk, water, a few small glasses and bowls, candles, string and finally other mediums, instruments and tools of your choice.

Set the table with the service items above. Eat it if you dare and please share it with others! Best if consumed in a slurping fashion but that may require providing some of your guests with earplugs.

Alternate recipe:

### Unsticky Pie

If you don't generally like soupy things or pasta and prefer pie, you can transform all these ingredients by using crust instead of linguini and Gettupango sauce instead of juice. All you need to do is roll out some perseverance dough, place it in the best shallow surface baking dish, fill with the other ingredients and steam it! No ironing necessary. Hint: All of these ingredients really work best if you sleep on them before trying to use them. It can be tricky to get a good night sleep in a lumpy bed so it is recommended that you place them under the bed instead of actually in the bed with you.



## Recipe for a Supportive and Collaborative Artist Workspace

Maureen Joyce

### Ingredients:

- » 4 awesome founding ladies
- » 4-5 welcoming and passionate program/support staff
- » 3-4 interns (as diverse as possible)
- » 4-6 resident artists
- » 1 handyman extraordinaire
- » 3 office dogs, or as many as can get along together
- » Various friends, family and wanderers, for garnish

Mix all of the above ingredients in a unique old cement supply building that has been transformed into art studios. Nestle in the beautiful town of Rosendale within the Shawangunk Mountains. Sprinkle with classes, workshops, residencies, farming, and various other art-making opportunities. Provide plenty of time for creating art, making life-long friendships, and relishing the once-in-a-lifetime experience.



## Vincent Montaigne's Recipe for Reconnoitering the Summit

Sandra Brown

Here, Vincent Montaigne illuminates the way to the summit behind the workshop. This trail and the surrounding property, once part of The Williams Lake Resort and well known and loved by many WSW artists, is now owned by Canopy Development. While V. Montaigne recommends you strap on your trespassing boots, WSW doesn't officially endorse anything illegal like that.

These are instructions for only the most apt and stalwart road agent, who will find the path thorned with the repudiation of the law.

This endeavor requires the presence of no less than two bawdy cohorts, nimble bodied and not bereft of mental aptitude, in addition to your own personage.

You will need a steady mount for you and each of your companions, and the necessary implements for profitable coercion-tools befitting a road agent such as yourself.

Exercise due diligence, lest you encounter the alleged ownership of the property under foot, leave no record of your coming nor your passing.

Negotiate rights to passage as necessary. Acceptable terms of bartering include whiskey, firearms, and fine basketry.

Once reached, the view from the Summit should provide ample speculative opportunity for assessing the true worth of The Binne.

Especially if you are certain to pitch any undesirable company from the edge.

In July 2006, Women's Studio Workshop inaugurated its first Administrative Internship. This was a fancy new opportunity that offered recipients a full year of the WSW experience. It was position designed to address some critical office functions, tasks that were previously meted out to studio interns who often prefer to keep their hands inky and away from keyboards.

The opportunity beckoned and I answered by teleporting myself across the country and somersaulting into a support position for the Summer Arts Institute and the Annual Fall Auction. Next thing I knew, I was commandeering some pretty serious database maneuvers on my own, with the departure of Nicole Fenichel-Hewitt, our Deputy Director of Development and Marketing.

At the end of my year internship, I stayed on as a staff member. WSW's staff base was also expanding with the addition of Katie Scott-Childress working on development and Sarah Burt on marketing. Since then, the newer forces in the office have joined together with the greater staff to collectively form the WSW Superhero Action Squad of Awesome, where we perpetually attempt to wrangle cohesion onto chaos.

WSW adds girth to my wrangling muscles on a daily basis.



### **Babs' Lipstick Application** Non-smearing through Smooching, Shmoozing, and Noshing

Barbara Leoff Burge

- > Apply lipstick.
- > Blot.
- > Dust lips lightly with powder or cornstarch.
- > Re-apply lipstick.
- > Blot again.
- > Kiss, Babble, Munch to your heart's content!



**The mission of the Women's Studio Workshop** is to operate and maintain an Artists' Workspace that encourages the voice and vision of individual women artists, to provide professional opportunities and employment for artists at various stages of their careers, and to promote programs designed to stimulate public involvement, awareness and support for the visual arts.

Founded in 1974 as a space for women to create art without distractions, the Women's Studio Workshop, in Rosendale, NY, houses studios in etching, silk-screen, letterpress, papermaking, ceramics, bookbinding, and photography. The opportunity to live with other artists and work in the studio for months at a time encourages artistic experimentation, exploration, and creates a collaborative learning environment. Since 1979, WSW has awarded more than 500 residency grants to emerging and established artists.

WSW's Book Arts Program has generated more than 160 artists' books by women making WSW the largest publisher of hand printed artists' books in the U.S. As Repositories, Yale University, Indiana University, University of Delaware, Rochester Institute of Technology, Virginia Commonwealth University and Vassar College have standing orders to purchase all WSW books. Special Collections of major libraries and museums around the world collect WSW's imprints, among them The Metropolitan Museum of Art, the Chicago Art Institute, MOMA New York, National Museum of Women in the Arts, J. Paul Getty Museum, and the Tate Modern. Fifty percent of the sale price of WSW books goes back to the artist.

Since 1983, Women's Studio Workshop's Internship Program has been providing young artists with the opportunity to learn first-hand how women can manage productive, successful careers as professional artists. WSW interns

learn techniques for developing their work, build various new computer and studio-based skills, and are introduced to methods of gaining funding and exhibition opportunities. Interns also learn about the management of a renowned arts organization and work closely with visiting artists. Interns are encouraged to work on their own art and are provided access to all WSW studios in their non-working hours.

WSW's Art-in Education Program is one of the few programs nationwide that give children the opportunity to work intensively with professional artists and professional equipment. Elementary and high school students spend entire days in each of the WSW studios: etching, letterpress, papermaking and silkscreen. Here students learn to take risks and solve problems through creative self-expression.

The Summer Arts Institute and community clay classes invite local residents and people from across the country to work intensively with a master artist in WSW's fully equipped studios.

Celebrating its 35th anniversary in 2009, the Women's Studio Workshop continues to be a leader in book arts, hands-on arts education, and encouraging women artists.

## WSW Interns

Jacqueline Alexander	2005	Carolyn Lambert	1999
Lindsay Appol	2006	Emily Lambert	1994
Amanda Ault	1995	Michelle Lee	2005
Shushan Avagyan	2001	Danielle Leyerthal	1997
Carolyn Baginski	2008-2009	Angela Ligouri	1995
Alice Barry	2004	Nora Lockshin	1992
Hilary Batzel	2007-2008	Kyle Luedtke	2004
Amara Baumgarten	1994	CJ Mace	2006
Laura Berman	1997	Kristen Martincic	2000
Laura Beyer	2008-2009	Caressa Mathews	2005
Monica Biagioli	1997	Melissa Mazar	1999
Tonia Bonnell	2001	Beth McMullen	2001
Danna Boisvert	2000	Kimberly Michalik	1997
Jane Broadbent	2003	Melissa Moreton	1992
Sandra Brown	2006-2007	Jennifer Morningstar	1997
Natalie Campbell	2003	Lisa Morse	1999
Carissa Carman	2003	Lydia Moyer	1998
Kristen Carstensen	2004	Karen Munro	1996
Irene Chan	1996	Laura Murawski	1993
Michelle Chung	2008	Mais Namtvedt	1993
Libby Clarke	1996	Wendy Newman	1992
Lindsey Clark-Ryan	2007	Jessica Owings	2003
Amy Cullto-Vankleeck	1996	Christina Petrone	2004
Shayna Cohen	2005	Katherine Platte	2005
Ana Paula Cordeiro	2003	Melea Press	1998
Eliza Jane Curtis	2002	Emily Purhoff	1996
Jenny Delaney	1995	Margit Raczkowski	2002
Kirstin Demer	2001	Kyla Rafert	2004
Maureen Donovan	2006	Whitney Reichel	2008
Kristin Dunn	1994	Sarah Rentz	1997
Carrie Dzikowski	1999	Helen Richardson	1994
Thoa A. Eck	2004	Christine Roderick	1995
Erin Galvez	1999	Mary Roley	1993
Jenny Gawronski	2003	Sara Saltzman	2002
Lindsey Glover	2005	Amy Schmierbach	1996
Elena Gold	1999	Larry Schulte	1985
Jodi Goldenberg	2005	Jennifer Schwarting	2000
Rose Gowen	1994	Vidhya Shanker	1995
Martha Grover	2001	Erica Shearer	2001
Abi Griffith	2002	Eshadal Silla	2000
Sarah Gross	2001	Anita Singh	1997
Sharon Hahn	1992	Erin Smith	2004
Crystal Hammerschmidt	2007	Ivette Spadin	2003
Kirsten Hassenfeld	1993	Carolyn Swiszc	1996
Melissa Haviland	1998	Lisa Switalski	2002
Marianne Holm Hansen	1993	Shinara Taylor	2004
Mary Hood	1993	Amanda Thatch	2006
Gretchen Hooker	2003	Erin Tobill Robin	1998
Jennifer Huebert	1992	Kyla Toomey	2005
Kristen Jasionowski	2008-2009	Margaret Urban	1999
Brenna Johnson	1998	Rachel Walker	2004
Vaughn Johnson	2001	Chamindika Wandunagala	1995
Maureen Joyce	2002	Sarah Warren	1993
Ara Jyavook	1994	Mary Beth Waterbury	2007
Amanda Kalinoski	2006	Mary Beth Wehrung	2004
Dallas Kavenaugh	2000	Sarah Western	1996
Lisa Kellogg	1989	Caitlin Wheeler	2007-2008
Ann Marie Kennedy	1992	Sheri Wildhagen	1995
Lisa Kiefert	1993	Cyndi Wish-Walker	1998
Stacey Kirby	2000	Erin Woodbrey	2007-2008
Nicole Koltick	1999	Amanda Yopp	1997
Elen Kucera	2000	Jennifer Yorke	1995

ing new from Annie's Homegrown!



Dear Friend,

It's no surprise that the product most associated with Annie's Homegrown is our very first Annie's Shells & White Cheddar. After twenty years, our beloved purple box remains our rock—a link from the past to the present. We're proud to now bring you the same delicious recipe with certified organic pasta.

So why such a positive response to our purple box from the start? The color purple proves to be eye-catching. Together with our logo—the quirky, smiling Rabbit (not Seal) of Approval my brother sketched from a photo of Bernie, my pet rabbit. Maybe it's our distinctively delicious, all-natural, ground-breaking WHITE cheddar cheese or those unique cheddar-coating pasta shells. Perhaps healthier place resonates with you. All of these answers contribute to the perseverance of our purple box. But I believe that you, our friends and customers, are the real magic behind the brand.

We're honored that you've let us grow with your families, and that you continue to recommend Annie's to your family, friends, and roommates. Your stories, letters, emails, drawings, photos, recipes, and suggestions inspire us every day. Keep them coming. And keep visiting [www.Annies.com](http://www.Annies.com) to learn more about our mission, initiatives, products, and the people who make it happen. We're grateful that you choose Annie's.

Thank you.

Bye for now,

Annie



Certified Organic Macaroni & Cheese



Certified Organic Canned Meals



Totally Natural Creamy Deluxe Macaroni & Cheese



Totally Natural

Totally Natural



Organic Meals

Natural

Women's Studio Workshop, Inc.

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