

# HEADWATERS COOPERATIVE CATERING

MCCLLOUD, CA

530-720-2176

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Greetings Everyone,

My name is Kelley Crandall and I'm grateful and honored to be asked to be Eric's caterer for his retreat here in beautiful McCloud, CA. I am a Sonoma County, CA trained chef with 10 years experience, and my partner Angelina Cook and I are the proprietors and caretakers of the (very new), and first Co-Op in Siskiyou County located right here in McCloud.

Our focus is on strengthening local food systems, protecting our crucial Mt. Shasta-area Watersheds, and improving the quality of life for Siskiyou County residents through providing fitness programs such as yoga, and access to affordable, locally sourced and organic meal programs and dry goods and provisions.

Part of the way we do this is through food outreach- healthy delivered lunches for McCloud residents, healthy delivered dinners for our area Elders, and of course, our catering arm.

It is through this food outreach program that we are grateful to boast the only primarily locally produced (300 mile radius), and organic cuisine in Siskiyou County. Because of our passion for building proper relationships with our area farmers, we are able to do this with joy.

I am pleased to be able to offer you while you are attending Eric's retreat- a high vibrational and organic soul food experience for less than you would pay at any local restaurant.

Here are the details on our meal plan for the Unleashing Natural Humanity Retreat.

## ~LUNCH AND SNACK

~\$22/DAY

- Sandwich station with gluten free and local bakery sourdough, organic cheeses, organic meats and sandwich veggies, prepared salads such as cold sesame soba salad, Grandma's Dilled Potato Salad, Watermelon Mint Feta, etc.
- Salad in a Jar with fresh seasonally available veggies and lots of greens
- Fermented veggies such as Headwaters Co-op sauerkrauts, pickles and kimchees
- Mid-afternoon snack of hummus, pita and crudite/roasted cauliflower dip or smoked fish dip

- Cucumber/lemon/mint water, Iced Green Tea

~LUNCH, SNACK AND DINNER      ~\$33/DAY

- Some dinner selections include Trinidadian Curry Chicken or chickpea/potato for Vegetarians/Vegans with Callaloo Greens and Roti, Herb and Pecan Encrusted Local Trout with mixed veggies and quinoa pilaf, Grass Fed Meatloaf or Vegan Lentil Walnut loaf with mashed potatoes and mushroom gravy and creasy greens.

If you are interested in the \$22/day option or the \$33/day option, please email me at [milkandhoneyalchemy@gmail.com](mailto:milkandhoneyalchemy@gmail.com) and specify any allergies or dietary specifications such as vegan/vegetarian and I will definitely accommodate you. Unfortunately, I will not be able to add you to the meal plan last minute or at the time of the retreat for planning purposes, and so I require pre-payment via PayPal ([paypal.me/KelleyCrandall](https://paypal.me/KelleyCrandall)), in full by Aug. 1st, 2017 so I may round up my ingredients from the farmers in our network and start the ferments. Please feel free to call me at 530-720-2176 with any questions you may have.

I look forward to serving you nourishing soul food on the highest frequency.

To your Health and Well-Being,

Chef Kelley Crandall  
Owner-Headwaters Co-op and Catering  
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