

21 ACRES



21 Acres Culinary Instructor Bios, April 2017

Lisa Crawford ~ The Tiny Kitchen

Lisa began cooking and baking at a young age. Growing up eating vegetables right from the garden, getting bottled milk from the local dairy, and canning fruit each fall from the orchards of friends, instilled in her the importance of where food comes from. Today she teaches people of all ages how to prepare tasty meals from sincere ingredients. You can find her at 21 Acres, PCC, and at her own place, The Tiny Kitchen tinykitchenseattle.com.



Shelby Minnick ~ Personal Chef

After graduating from the Art Institute of Seattle's culinary program, I am energized and enthusiastic about Seattle food offerings and opportunities! A Montana girl hailing from a long line of good cooks, I bring my passion for creating good food to your table. Combining modern and traditional methods, I can prepare a wide variety of cuisines to your exact preferences. Allow me to take care of the kitchen work so that you can enjoy your free time and delicious home-cooked meals. The important and unique relationship we all have with food should be savored and stress-free!

Andrea Roelen ~ Humming Bird Kitchens

Andrea combines her passion for cooking and education by creating and implementing cooking classes to eager chefs of all ages. Andrea has cooked all her life with inspiration from family and friends. She has traveled extensively and taken cooking classes from cooks and chefs around the world, including Italy, Peru, Thailand, Spain, and India.

Andrea's simple teaching philosophy is that cooking should be reasonable, feasible, healthy, and fun. The process of making great meals is not just about putting food on a plate, but about creating an opportunity to learn lifelong culinary skills, experiencing the amazement of how fantastic fresh, seasonal food can taste, and developing community around sharing that meal.





Rebecca Sornson

Rebecca has a deep rooted passion for traditional and culturally significant culinary arts. She is fascinated by the healing properties of whole foods as well. After completing her bachelor's degree at Bastyr University, Rebecca went on to work as an organic farmer and farm-to-table culinary instructor in Maine and Michigan. Inspired by the forces of edible nature, Rebecca decided to return to Bastyr to complete a naturopathic doctoral degree. These days when she's not filling her mind with disease processes and treatments, Rebecca loves teaching at 21 Acres. In her mind there's really nothing better than cooking great food with curious, passionate people.

Cody Castiglia

I was born and raised in Buffalo, NY. With my father, grandparents, and many other family members in the restaurant industry, you could say I was born to be a chef. I learned some of my family's Italian recipes from a young age. In order to learn and grow as a chef, I studied culinary arts and hotel and restaurant management. After earning the degrees, I moved to Dallas where I worked at the Hyatt Regency Dallas, a 1200 room hotel. From there, I worked at the flagship restaurant of former James Beard Best Chef in the U.S., Stephan Pyles. He is commonly known as one of the founders of Southwestern Cuisine.



A few years later, I returned home to Buffalo, where I worked at Craving Restaurant, where our farm to table cuisine earned the restaurant an invite to cook at the James Beard House this past fall. Most recently, I was the opening Chef de Cuisine at a fine dining, farm-to-table restaurant in Hamburg, NY called Carte Blanche. It is a truly local and seasonal restaurant, using whatever is in season from the local farms. Everything is made in house including fresh pasta, breads, and charcuterie. The menu changes weekly or more to reflect each week's harvest. I also started a small business called Chopped & Sealed, where I made pantry products such as jams, salsas, chutneys, etc using only local, peak-season ingredients.

My background ranges from Southwest to Sicilian to Sushi, but really my culinary philosophy is to merely gather the finest local ingredients in their peak season, and treat them in a way that best suits them. I have spent the last ten years pushing myself to learn and grow as a chef, typically working two or three jobs at a time. I have had the opportunity to work under some of the most elite chefs in the country and I am eager to share the knowledge that I have gained.

Frankie (Frank) Curtis

Frankie is a self-trained chef, restaurateur, cook book author, cooking class teacher, food blogger, food and wine photographer, wine writer, and Italy travel guide. For nearly 24 years Frankie and his wife Rhonda owned and operated Frankie's Pizza and Pasta, a neighborhood Italian restaurant in downtown Redmond. During those years Frankie authored and self-published a cook book Frankie at Home in the Kitchen. This allowed him to marry his love of food with his passion for food photography. With the restaurant now closed due to redevelopment, Frankie has turned his attention to teaching cooking classes, doing food and wine photography, and publishing his food blog. He is currently organizing his first Tour of Tuscany to take place in September 2017.



Cat Olson

Cat has the ability to make a spontaneous gathering of friends feel like a party planned for months. She cooks with whole foods – often plucked from her garden – and simple recipes that always impress. Cat's classes are fun and full of great ideas for feeding your family. She has been a caterer and private chef, and is now a cook-from-home mom to 2-year-old Oscar; easily her most discerning palate to date. Her greatest joy is realizing there are enough tidbits left over in the fridge to put together a meal.

Andrea Christensen ~ Juniper & Rye Kitchen

Andrea is a born and raised Washington native who is passionately curious about food and her community both near and far. Her cooking is heavily inspired by Mediterranean food although Andrea finds joy in almost all food. She has a special passion for making pies. After 10+ years in the corporate world, these days you'll find her canning her little heart out, teaching and cooking for friends, and connecting with fellow entrepreneurs. Andrea's classes are like coming to dinner at your best friend's house. We cook a little, you help chop the veggies, Andrea shares her secret ingredient for her bolognese (hint: it's cinnamon!) and most importantly we eat together. Join Andrea in the kitchen to learn a new recipe, share a meal around the table, make new friends and join in the creation of something delicious!



Alexia Allen has lived at Hawthorn Farm in Woodinville, WA since 2003, crafting a vision of the world she wants to live in. This includes beautiful and productive gardens, ample wild space and creatures, happy farm animals, and vibrant human relationships. She and her partner Daniel Kirchhof are eating only hand-harvested food for all of 2017, right down to the salt they get from sea water. Their skill as gardeners and foragers results in spectacular nutritious meals! As we say on the farm, "We may look like paupers... But we eat like kings."