



## **Foodie Tuesdays Coming to Stockton's Kramer Hall in Hammonton**

Light Dining Combined with a Seminar and Discussion on Culinary Topics

### ***For Immediate Release***

Tuesday, February 12, 2013

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**Galloway Township, NJ-** Foodie Tuesdays at The Richard Stockton College of New in Hammonton offer teaching that will satisfy your taste buds and quench your thirst for knowledge.

Foodie Tuesdays are a series of continuing education courses focusing on culinary education. The classes are designed so that participants can sign up for one, all or any number of the courses. Each seminar begins at Kramer Hall, located at 30 Front Street in Hammonton, for a discussion and instruction from a culinary expert. Afterwards, the seminar will move a few blocks away to Rocco's Town House, located at 21 N. 3rd Street, for light dining in the heart of Hammonton's arts district.

To register for a course, please call 609-652-4227. Each class is \$35 and includes the seminar, discussion and dinner. There is a discount if you register for two or more classes at once or if you register with a friend for the same course.

### **Super Foods: What's the Magic about the Big 10?** **Tuesday, March 12, 6:00 - 9:00 p.m.**

Many foods multitask for our bodies, providing combinations of nutrients, antioxidants, and other essential components of a healthy diet. Mr. Anthony Dissen, RD, CHt, formerly the outpatient and community education dietician for Princeton Medical Center, will discuss the myths and truths about superfoods and how to prepare them. He is a registered dietitian focusing in preventative health care, plant based and whole foods nutrition, and complementary and alternative forms of care.

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### **Yummmm, The Magic of Chocolate: Its Importance in History, Culture, and Pleasure! Tuesday, April 9, 6:00-9:00 p.m.**

Lisajo Carrigan of Sassy Sweets in Hammonton will discuss the importance of chocolate in different cultures and through history. Participants will sample different forms of chocolate and cocoa.

### **New Jersey Wines: World Class in our Own Back Yard! Tuesday, May 14, 6:00-9:00 p.m.**

New Jersey's soils are similar to the great wine growing regions in Europe, and the increasing skill levels of the vineyard managers and winemakers in this rapidly growing industry are turning out some truly world class wines. Larry Sharrott, proprietor of Sharrott Winery in Blue Anchor, New Jersey, will introduce participants to a selection of New Jersey wines, explore what makes a great wine and a great wine growing region and help us understand the mystery of pairing wines with food.

### **Cheeses: Food of the Gods, From the Simple to the Sublime and Everything in Between Tuesday, June 11, 6:00-9:00 p.m.**

Joe Sabatino, imported cheese and cured meats buyer at Bagliani's Market in Hammonton, will talk about the world of cheeses, their history and cultural significance, how cheeses are made, the health benefits of how to cook with different cheeses and what cheeses pair well with certain foods.

For more information on Foodie Tuesdays and Continuing Studies courses offered by Stockton, visit [www.stockton.edu/cs](http://www.stockton.edu/cs).

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