UNITED FRESH PRESENTS:

The Future of Foodservice
A culinary panel discussion
FRESH FLAVORS: IN SEASON

WHAT’S FRESH FOR SPRING?

As planned eating and seasonality trends continue to grow, we’re exploring commodities that are ripe for educational and promotional benefits. Take Swiss chard, a versatile vegetable that can be used in a variety of settings. It packs a nutrient-dense punch, boasting a number of antioxidant and anti-inflammatory health benefits. Add Swiss chard to salads, soups, and stews, and serve alongside a selection of fresh, seasonal fruits for a balanced meal. Whether you’re working with producers or planning your own menu, Swiss chard is a great choice for a healthy and delicious spring dish.

Planning Ahead for Fall

Although it’s mid-spring, it’s never too early to think ahead and consider what the fall menu will look like. While hearty vegetables like carrots, onions, and squash will be at their peak in the fall, likely being featured in swing dishes like stews or roasts, don’t forget about creamy or hearty recipes, which could also be showcased in both applications for a hearty fall menu. To the page ahead, explore how producers are developing by featuring produce all year. For the menu, discover a wide range of applications with these low-maintenance fall flavors, and learn how to take simple dishes into new levels with rich fall-inspired flavors.
WE OFFER FRUITS & VEGGIES...

mainly to provide *healthy menu choices* (41%)

mainly for their *flavor, texture & appeal* (14%)
### Mimi Mostofi

Mimi Mostofi is a Personal Chef for Friend That Cooks. She completed her culinary degree with highest honors from the Cooking and Hospitality Institute of Chicago/Le Cordon Bleu College for Culinary Arts. Mimi has worked in a multitude of food service institutions such as Nico Osteria, Reverie, Dish, LaQuinta Resort and Whole Foods Market. Mimi believes in utilizing the freshest and highest quality ingredients in her creations. In her current position, she enjoys sharing her passion for global cuisine with her clients. Her creations are frequently featured on the Friend That Cooks website and Instagram account.

### Brad Saylor

Brad joins us today with 30 years of experience in the restaurant industry from quick service to fine dining. He's currently the Regional Chef responsible for all culinary operations in the Historic Landmark State Street Macy's and Water Tower Place. He oversees The Walnut Room, Infield's Sports Bar and Grill, 7 On State (MarcBurger, Frontera Fresco, Tabo Sushi and Noodles by Takashi Yagahashi), Signature Kitchen, Starbucks, Frango Café and Bar, and Catering by 111 Events.

### Lamar J Moore

Chef Lamar Moore brings more than 15 years of culinary experience working in sports stadiums, restaurants and hotels. As the Executive Chef of the Swill Inn in River West, Moore adds a soulful flair to bar food classics including original flavors and heirloom recipes. He holds a degree in Culinary Arts from Le Cordon Bleu in Chicago and has extensive knowledge of international cuisine through travel. He is also a chef mentor for ProStart, a two-year educational program for teens through the National Restaurant Association, where he shares his culinary experience with local Chicago Public School students by conducting demonstrations and workshops. He was also featured on a national Bravo TV show program “Welcome To Waverly, and Food Network's “Chopped”.

### Zoe Schor

A graduate of the Natural Gourmet Institute for Health and Culinary Arts in New York City, Zoe has worked at Craft (Tom Colicchio), Beso (Todd English) and Bouchon (Thomas Keller). In 2012, she joined DMK Restaurants to open Ada Street, where she won three consecutive Michelin Bib Gourmand awards for her inventive small-plates menu. She’d long dreamed of owning a restaurant in the West Town neighborhood where she lives, and in June 2017, she made good on that with Split-Rail. A Boston native, Zoe turns to books, music and sailing with her dad on Lake Michigan in her down time.