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FOR IMMEDIATE RELEASE

CONTACT: Rev. Kyoki Roberts, 412-741-1262, kyoki@prairiewindzen.org

NEWS RELEASE

Rev. Ed Espe Brown
Celebrated Master Chef, Author and Zen Priest

“A Taste of Zen” Cooking Class
Sweetwater Cooking School

Thursday August 20th, 2009

WHO: Rev. Ed Espe Brown, Master Chef, Author and Zen Buddhist Priest
Author of *The Tassajara Bread Book*, *Tomato Blessings and Radishes Teachings* and the soon to be released *The Complete Tassajara Cookbook: Recipes, Techniques, and Reflections from the Famed Zen Kitchen*, co-author of *The Greens Cookbook*

WHAT: “A Taste of Zen” Cooking Class

WHEN: Thursday, August 20th, 2009
9:00AM – 1:00 pm

WHERE: Sweetwater Cooking School
309 East Carson Street, Pittsburgh, PA, 15219

COST: \$60.00

INFO: Rev. Kyoki Roberts, 412-741-1262, kyoki@prairiewindzen.org
Website: www.deepspringzen.org

June 6, 2009, Pittsburgh, PA – Rev. Ed Espe Brown, Master Chef, celebrated cookbook author and Zen priest comes to Pittsburgh from San Francisco, the week of August 17th, 2009, to teach “**A Taste of Zen,**” a unique vegetarian cooking class at the Sweetwater Cooking School to celebrate the **10th Year Anniversary** of the **Zen Center of Pittsburgh**. The author of several cookbooks including *The Tassajara Bread Book* and most recently *Tomato Blessings and Radish Teachings*, Rev. Brown applies the mindfulness practice of meditation with its “careful attention and sincere wholehearted effort” to the world of creating wonderful tasting food. His Sweetwater cooking class entitled “**A Taste of Zen,**” features recipes and techniques including unique methods for making *olive oil bread*, *potato salad*, *tomato corn soup* and *once baked biscotti*.

Although Rev. Brown is famous for his story telling while teaching his cooking classes, he supports the awareness of the cook to "see, smell, taste, touch, meet and greet" the food that one is preparing. He promotes the idea that we are connected to everything including the selection, preparation and eating of food as well as the shared dining experience. He poses the question: "What does it mean to cook the food and how does the food 'cook' us."

Beginning with *The Tassajara Bread Book* in 1970, Ed Espe Brown has been teaching and inspiring cooks and bakers to realize their capacity to nourish themselves and others with their labors in the kitchen. Ordained as a Zen priest by Shunryu Suzuki Roshi in 1971, he has led meditation retreats and cooking classes throughout the United States, as well as Austria, Germany, Spain, and England. His work and teaching is now the subject of a documentary movie *How to Cook Your Life*.

The Zen Center of Pittsburgh and Rev. Kyoki Roberts are delighted that Rev. Brown has come to support and partake in the week long celebration of the **Zen Center of Pittsburgh's 10th Year Anniversary.** *These events are open to all; advance registration is encouraged at www.deepspringzen.org*

Tuesday August 18th

6:00 AM. Sunrise Meditation and Garden Walk at the *Mattress Factory Museum*, 505 Jacksonia Street, Pittsburgh, PA, 15215. Enjoy a morning introduction to Zen meditation followed by a North Side neighborhood garden walk.

Wednesday, August 19th

Two evening events include:

6:00 pm – 6:45 pm. Introduction to Zen. *Friends Meeting House*, 4836 Ellsworth Ave, Oakland, PA, 15213. Join in an evening introductory workshop on Soto Zen Practice with a combination of lecture, gentle sitting and walking meditation.

7:30 pm. Rev. Ed Espe Brown's film, How to Cook Your Life. *Pittsburgh Filmmakers: Melwood Theater*, 477 Melwood Avenue, Oakland, PA 15213. Documentary film featuring Rev. Brown about the art of cooking food—and your life! Film will be introduced by Ed with reception to follow. \$10 adult ticket; \$5 student/senior ticket (available at door).

Thursday, August 20th

9:00 am – 1:00pm, Zen Cooking Class with Rev. Ed Brown

Sweetwater Cooking School, 309 East Carson Street, Pittsburgh, PA 15219, (South Side). This class will explore Zen Buddhist philosophy through the art of cooking. Space is limited for this event.

\$60 donation.

August 21st

Friday, 8:00 pm, "A Taste of Zen Dinner" at Deep Spring Temple, 124 Willow Ridge Road, Bell

Acres, PA, 15143. Enjoy an evening of tasting food from the countries that gave rise to Zen Buddhism. The evening includes music, dance, and silent auction to benefit Zen Center of Pittsburgh.

\$100 donation.

August 22nd

Saturday, 11:00 am – 5:00 pm, Family Fun Day, Deep Spring Temple, 124 Willow Ridge Road, Bell

Acres, 15143. Activities for children and adults throughout the day brief introductory courses for: Yoga, Tai-Chi, Judo, Handwriting and Zen Buddhism with tours of Deep Spring Temple. Donations for Greater Pittsburgh Community Food Bank will be accepted all day.

August 23rd

Sunday, 10:00 am – 2:00 pm, Formal Anniversary Ceremony, Deep Spring Temple, 124 Willow

Ridge Road, Bell Acres, PA 15143. The Sunday schedule of Zen Practice at Deep Spring Temple will include a special ceremony to mark the 10th Anniversary. Vegetarian pot luck will follow. Children are welcome.

END