



3-16-09

The Buzz



Oh, Baby! Start those young palates off right:

- **Art and Soul** and its **executive chef, Ryan Morgan**, are launching a homemade baby food making class for families with infants or a newborn on the way. During the hour-long class, **Chef Ryan** will teach guests about the benefits of making homemade baby food. The chef, who recently had a baby girl of his own and has been diligently researching the subject, will teach about the health and economic factors, as well as which ingredients are most beneficial to babies, secrets such as lavender and cayenne. He'll also provide recipes and information about some of the ingredients that should be avoided. The class will be held on **Saturday, March 21st**. With all of the recent news about food scares, such as peanuts, baby formula and tomatoes, it is crucial for parents to know what their children are eating and where it is coming from. That's why **Chef Ryan** is so excited to offer this new class. Parents are welcome to bring their babies to the class. For every seat purchased, \$10 will go to **DC Safe Kitchen**, a partnership between **Chef Art Smith, The Liaison Capitol Hill** and The DC Fire and Rescue Squad that will teach DC youth about kitchen safety skills. Also, look for **Chef Ryan's** baby-food for the soul on the hotel's in-room dining menu. (415 New Jersey Avenue NW; 202.393.7777)