



FOR IMMEDIATE RELEASE

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## **Best Noodle-Bar You've Ever Seen**

The menu is revealed for S.O.U.L. Kitchen

Want to find more ways to enjoy vegetables this summer? Trying to go meat-free on Mondays? Regardless if you are gluten-free or sneaking in veggies for kids, everyone will be excited to try this **"Noodle-Bar" and an assortment of favorite toppings including:** Turkey Meatballs, Walnut-Sage Nutmeat balls (vegan), Sautéed Onions & Mushrooms, Herb Pesto, Marinara, Cauliflower Alfredo Sauce, Thai Green Curry Sauce, Nacho Cashew Cream Sauces. They are **all gluten and dairy free**. The noodles include Spiralized Zucchini, Spaghetti Squash or Rice Noodles.

Enjoy the park-like setting of **Peachy Canyon Winery** on **Saturday, July 28<sup>th</sup> from 5pm – 8pm** for The Wellness Kitchen's summertime S.O.U.L. Kitchen fundraiser; including live music, wine, silent and live auction, dinner and more.

**S.O.U.L. stands for Seasonal, Organic, Unrefined, and Local**, which best supports our local community and growers. Guests can bring lawn chairs, lay out a blanket on the grass or join others at a picnic table. Start off with wine from Peachy Canyon Winery and the rest of the menu including:

- Tropical Fruit Salad with Ginger Mint and Lime
- TWK Garlic-Herb Focaccia Bread
- Blueberry/Banana Chia Seed Parfait
- Hibiscus Cooler

Tickets are only \$40 per person; \$320 for a table of 8; or \$500 to sponsor a table. Donations and proceeds benefit the Pay it Forward meal program that provides nutritious food for those going through critical illness and financial hardship. Based on the attendance of previous years, we expect to host at least 200 guests for this one-of-a-kind fundraiser.

Buy tickets at <http://www.thewkrc.org/calendar.html>.

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**The Wellness Kitchen and Resource Center** is a nonprofit organization in Templeton, CA whose mission is to provide our community with the most delicious and nutritious foods possible, but also give back through culinary instruction, nutrition education, and support groups. We host cooking classes with our in-house chefs, as well as a variety of healing lectures and demonstrations led by health professionals, guest chefs, nutrition educators, organic ranchers and farmers. <http://www.thewkrc.org/>