

## “Local Flavor” benefit this Saturday supports student’s cancer patient food project



**A BIG JOB** — El Molino senior Katrina Doughty is preparing and delivering meals to local cancer patients as she completes her Senior Class Project. She is working with the Ceres Project and is holding a fund raiser this Saturday in downtown Sebastopol.

by **Kimberly Kaido-Alvarez**  
*Sonoma West Staff Writer*

She’s a young girl with a big heart and plans to make a difference. El Molino student, Katrina Doughty works with the Ceres Community Project making and delivering meals for those suffering from serious illnesses like cancer.

As part of her senior project, Doughty organized, “Local Flavor,” a fundraiser for the Ceres Community Project. The art auction, raffle and cheese tasting featuring Redwood Hill Farm & Creamery’s goat cheeses will take place from 3 to 7 p.m. at Blue Haven Yoga Studio in Sebastopol on Saturday, April 5.

“For my senior project I really wanted to incorporate food and art,” said Doughty who believes that both have a great capacity for healing. After high school she wants to become a nurse with a minor in nutrition, so that she can personally assist her patients with their diets.

Doughty’s inspiration for cooking came from her dad who taught her to cook at a young age. “He used to make this great pizza that I would take to my soccer games,” said Doughty. Her favorite dishes to prepare are hearty, comfort foods like lasagna but she also enjoys making anything with chocolate. “I love chocolate,” said Doughty.

“When you are really sick, you don’t think of feeding yourself, so if we can take that one issue off their minds, it really helps people to heal,” said Doughty.

The Ceres Community Project was established in March of last year by Cathryn Couch. It was named in honor of Ceres, the Greek Goddess of agriculture, grain and nourishment in the form of love.

The Ceres Community Project is driven by a team of high school students who work out of the Sebastopol Community Church kitchen. Twice a week they gather to prepare dishes and make

deliveries directly to the homes of patients. Students gain valuable culinary experience while reaching out to the community.

“Katrina is a beautiful example of the kind of youth leaders who are participating with The Ceres Community Project. There are many young people like Katrina who care deeply about what is happening on the planet and who want to contribute. We’re thrilled to give them an opportunity to make a difference and to discover their skills and talents,” said Couch.

About 40 students from schools throughout the county are involved in the program that produces about 20 meals per week. Couch is currently looking for a little piece of property where the group can grow organic vegetables and herbs and have their own kitchen.

For more information about Local Flavor, contact Katrina Doughty at (707) 536-5906.