

2015 Wellness Show

By Rae-Lynn Kisser, R.H.N.

This past month our school had the privilege of again taking part in the Wellness Show at Canada Place. We were there for three days, February 13, 14 & 15, and met many people with our shared passion for health and wellness. Our school was one of around 150 health and wellness focused companies at the show this year. Several seminars also took place throughout the weekend, with one being given by [Lisa Kilgour R.H.N.](#), a graduate from CSNN.

At our booth we answered many questions from interested attendees, both those interested in our program and those interested in our services and knowledge as R.H.N.'s. A big hit with show attendees was our free 20 minute nutrition consultations with graduates [Marina Richards R.H.N.](#), [Julia Oulton R.H.N.](#), [Sharon Pendlington R.H.N.](#) and [Sharon David R.H.N.](#) Eleanor Healy, President of the [CSNN Alumni Association](#) also joined us to promote the school and gave a few consultations as well.

We had a prime location right next to the demonstration stage where all the live cooking demos were taking place. The highlight of these was of course our own [Andrea Potter](#)! She made a lovely Beet Barley Risotto (recipe below) and flawlessly incorporated promotion of the school and whole foods nutrition throughout her demonstration.

Overall the Wellness Show was a wonderful experience and opportunity to promote our school and the Holistic Nutrition profession. Thanks to all students and graduates who came by to say hi!

Beet Barley Risotto

Serves 3

Ingredients for Beet Soup-Sauce (Makes about 3 cups)

2 medium beets, roasted, peeled and chopped
1 tsp chopped fresh thyme
Salt to taste
Enough water or stock to cover the beets
Add thyme and roasted beets to blender.
Add stock or water to cover (start with 2 cups and add more to attain a smooth consistency)
Blend until smooth.

Directions

- Bring stock up to a simmer in a pot on the back burner
- Cook onion in some olive oil until translucent. Add barley and stir to coat with olive oil in the pot with the onions
- When the barley is coated and starting to make a 'pop' sound, deglaze with wine and cook until wine is absorbed
- Add one ladle at a time of stock and stir *gently* until stock is absorbed and barley is creamy but still has some bite. Season with salt. This takes about 30 -45 mins so be patient- it's worth it!
- Add a few ladles of the beet soup-sauce and cook until the beet sauce has absorbed into the grains. The risotto should run from a spoon, but not look too soupy.
- You will have extra sauce, but the beauty of the soup sauce is that it can be either. Save the rest and serve as a soup, or freeze it in cubes and add a few to your next risotto
- Once grains are cooked, combine all in a big bowl and stir in the nuts. Cool in the fridge for an hour or so, or just until the mixture is cooled and sticking together

Serve with a generous amount of parsley, a dollop of creme fraiche, some shaved parmesan or (dairy-free) a sprinkle nutritional yeast

Ingredients for Barley Risotto

½ cup pearl barley
3 cups stock or water
½ onion, finely diced
½ cup red or white wine

How to Roast Beets

- Roast washed whole beets in 1 inch of water in a covered casserole dish.
- Bake at 350F until beets are fork tender. About 90 mins, but depends on the beet.
- Cool slightly and peel by rubbing the skins off with your fingers or a towel (not your favorite white towel!).