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FOR IMMEDIATE RELEASE

Farm to Table Event Supports Healing Through a Taste of Historic Florida

Sarasota, Florida (October 26, 2021) – Resilient Retreat is a new and innovative nonprofit with a mission is to help those impacted by trauma and abuse. The organization provides free evidence-based programs to survivors of abuse, first responders and helping professionals, to heal the impacts of trauma on the mind, body and spirit. To help them secure funding for their programs, they are hosting an al fresco farm to table dining experience. “Creating a Farm to Table fundraiser was a natural fit for Resilient Retreat as we are currently building a retreat center on 84 acres of conservation land in Sarasota and one of the features of the property is a beautiful vegetable and flower garden,” says Lisa Intagliata, Executive Director of Resilient Retreat. “The garden will provide produce that will be used for meals during the retreats and will also be used for participant programs like nutrition and cooking classes. Nutrition plays an important role in dealing with psychological trauma. Eating a healthy diet can reduce the negative effects of stress on your body. A healthy diet builds a solid, more enduring foundation for your body by reducing oxidation and inflammation.”

Featured chefs include Christopher Covelli of Sage, Darwin Santa Maria of Alamazonica Cerveceria, Greg Campbell of Pier 22 and Jim Angus of Atria Café. Chef Tommy Klauber, Honorary Chair of the event, is helping to coordinate the menu with these local top chefs. In doing research for the event, Tommy learned that Resilient Retreat was a partner of the Sarasota County Centennial Celebration this year, so the decision was made to pay tribute to the culinary history of Florida and the food from our region. A theme was born and the chefs are using inspiration from the book *A Culinary History of Florida: Prickly Pears, Datil Peppers & Key Limes* by author Joy Sheffield Harris. Dishes will be based on the local Florida cuisine and will include things like smoked short ribs with key lime prickly pear chutney, croquettes, bread with bee pollen butter and guava flambe and Seminole Pumpkin crepes. Vegetarian guests will enjoy a fresh vegetable terrine among other vegetarian friendly options. Herbs, microgreens

and other food items will be incorporated from Resilient Retreat's garden as well as from local farms and ranches such as Blackbeard's Ranch, Strickland Ranch and Kameda Farms and will include local beef, honey, guava jelly, sage, rosemary, oregano, lemon grass, Thai basil, sunflower microgreens and more. "Resilient Retreat's inaugural Farm to Table event is a unique event, new to Sarasota where local top chefs and guests are coming together to support abuse survivors and first responders/helping professionals," says Tommy Klauber. "It's more important now than ever before that we support mental health resources for these individuals."

The Farm to Table event takes place on Sunday, November 14, 2021 at 4:00pm at the Resilient Retreat property located at 13010 Fruitville Rd. in Sarasota. Ticket prices are \$325 per person. Proceeds benefit Resilient Retreat's mission to empower survivors of trauma to thrive through self-care and community. Tickets and sponsorships can be purchased at <https://www.resilientretreat.org/farmtotable/>

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About Resilient Retreat: Resilient Retreat was founded in 2018 to empower survivors of abuse and those that experience trauma in the workplace, like first responders and helping professionals, to thrive through self-care and community. In October 2020, Resilient Retreat began construction on a new 84-acre retreat center at 13010 Fruitville Road, Sarasota, FL 34240. Upon completion in 2022 Resilient Retreat will be able to further expand its capabilities and capacity to offer healing services to the community, including modalities like neurofeedback, yoga, meditation, massage, time in nature, gardening, nutrition and support groups as well as enhancing self-care skills through workshops on healthy cooking, journaling, and other beneficial activities. In addition to the free and confidential day programs currently being offered, once retreat construction is complete, peaceful multi-day retreats focused on healing the entire person will be added to provide participants with the necessary tools to not only survive after trauma, but to thrive. For more information about the services of Resilient Retreat, please visit www.ResilientRetreat.org or call 941. 343.0039.