

GRAINWISE ≠ GLUTENFREE™

The Newsletter of CSA Nashville – Middle Tennessee Chapter # 76 Celiac Support Association

Spring Meetings

Our Spring CSA meetings were very informative. In April, the Chapter Chair, Carol Ann Baily, shared information about getting and sharing a gluten-free kitchen. Look for some of the basics from that presentation on page 3.

In May, David and Robbie Hutchens led a discussion about dealing with the emotional issues of adjusting to the gluten-free life. They used laminated images that participants could select to talk about in small groups. Through this story circle process, people could share some of their difficult experiences such as going to family dinners where gluten-free items are not provided and facing family holiday events where traditional food items are not gluten-free.



Local Gluten-Free Cookbook Author, Anne Byrn, Speaks – Saturday, Sept. 12, 1-3 pm

We are proud to introduce to our CSA members and friends the author of the *New York Times* bestselling *The Cake Mix Doctor* and its sequels, including *The Cake Mix Doctor Bakes Gluten-Free* and *Unbelievably Gluten-Free*. Anne will speak about how she came to research and write gluten-free cookbooks and what she learned in that process. We will have samples of a few of her recipes for you to try. You won't want to miss this meeting!

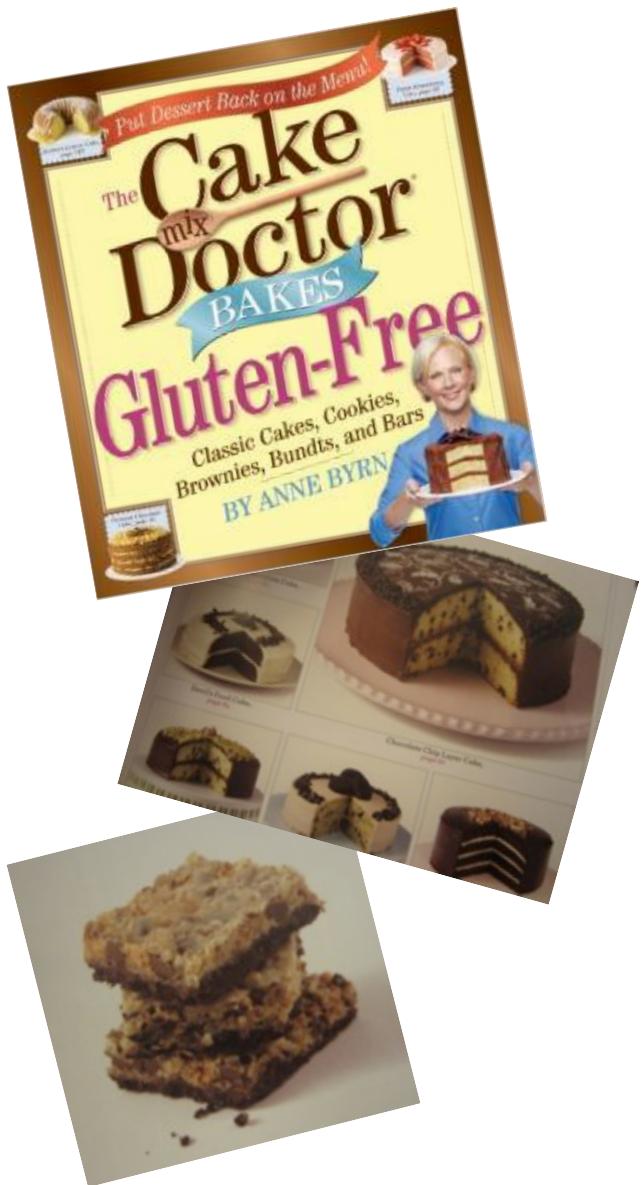
Save the Date

November 21
Holiday Potluck
We provide turkey.
Please bring your favorite side dish or dessert! So fun!

Our Regular Meeting Place

The Medical Office Building Auditorium is located at the corner of 22nd Ave. N and Patterson St. about a block from Centennial Hospital. The door is in the corner of the building. Go up stairs or elevator to level A.

Parking is allowed across the street in other medical offices that are closed on Saturdays.



Anne Byrn to discuss what she learned creating great gluten-free recipes

Anne Byrn is an award-winning food writer and author of the New York Times bestselling *The Cake Mix Doctor*, and its sequels *Chocolate from the Cake Mix Doctor*, *The Dinner Doctor*, *Cupcakes from the Cake Mix Doctor*, *What Can I Bring? Cookbook*, *The Cake Mix Doctor Returns*, *The Cake Mix Doctor Bakes Gluten-Free*, *Unbelievably Gluten-Free*, and *Anne Byrn Saves the Day*. These cookbooks have nearly 4 million copies in print, and *USA Today* called the first book the bestselling cookbook of 2000. Byrn produces her own line of cake mixes, with nothing artificial.

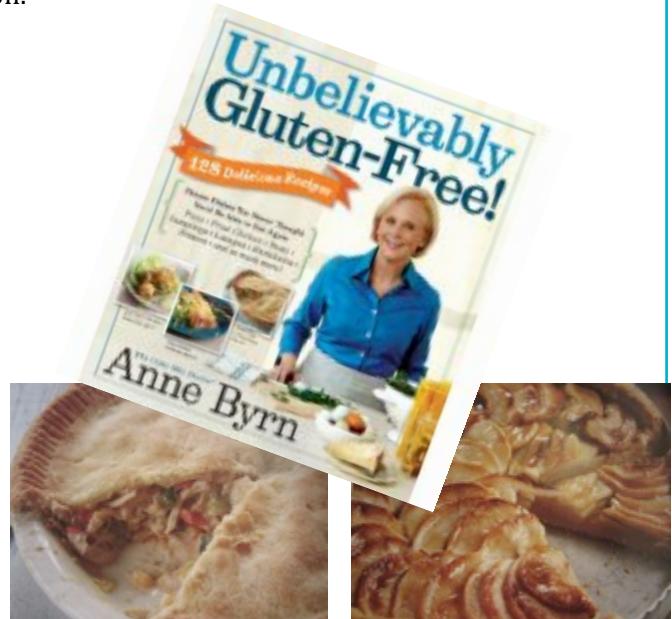
Byrn's career began when she was hired by *The Atlanta Journal* and *The Atlanta Constitution*. By the end of her 15-year tenure the weekly Food Guide had grown to a 30-page section. It was named the Best Section by the Newspaper Food Editors and Writers Association (now the Association of Food Journalists) in 1992.

While in Atlanta, Byrn was the newspaper's restaurant critic for three years, hosted a weekly food and restaurant show on WGST-Radio and authored her first book, the popular *Cooking in the New South*. She received a 6-week advanced certificate from La Varenne Ecole de Cuisine in Paris. She also won the Maria Luigia Duchessa di Parma first-place award for food writing on an Italian subject. In addition, Byrn was the food writer for *Art Culinaire*, a hardback quarterly publication.

In 1993 Byrn moved to England for a year where she wrote freelance articles on food and travel. She moved to Nashville in 1994 - a homecoming since Byrn is a Nashville native and a fifth-generation Tennessean. For several years, she was the food writer for *The Tennessean* where Byrn wrote the story on how to doctor cake mixes that generated such tremendous reader interest that she developed it into *The Cake Mix Doctor* cookbook.

Byrn, a cum laude graduate of the University of Georgia, has been featured in many publications and television shows and she has taught cooking classes across the country.

Anne will share with us what she learned about cooking gluten-free. First she adapted GF cake mixes, then she set out to find ways to make classic family favorites gluten-free. She will have her two cookbooks for you to purchase and if you already have one them, she will sign it for you. Come meet Anne and learn how to make great GF dishes.



Chicken Pot Pie

Apple Tarte

The Gluten-Free Kitchen Getting It and Sharing It

At our March meeting, we went over the basics of making your kitchen gluten-free:

GET RID OF: all products containing gluten unless you will be sharing the kitchen with others. In that case separate these items in different cabinets. Use gloves and a mask and place these items in plastic bags to dispose of them or give them away to those who can use them.

CLEAN KITCHEN THOROUGHLY: Flour becomes airborne when you mix it, so clean all surfaces to remove that flour residue. Don't overlook inside drawers, drawer pulls, window sills, tops of cabinets, etc. Throw away all cleaning items such as sponges and replace. Glass and stainless steel cookware may be cleaned. Scratched or porous cookware such as wooden spoons, cutting boards, etc., however, need to be replaced.

REPLACE: Replace all condiments that have been contaminated with knives spreading onto bread and getting crumbs into the jar. Also replace equipment that cannot be cleaned such as toasters, strainers, colanders, flour sifters, etc.

SHARING THE GF KITCHEN:

MARK: Mark all cookware that is designated gluten-free so that they will not be used by others and contaminated. Create a color code to easily show which pans are gluten-free.

SEPARATE: All products containing gluten must be in separate cabinets so they will not be accidentally used by those who are gluten-free. Designate a counter space where sandwiches and other items may be prepared that is never used for gluten-free preparation.

PURCHASE: Purchase separate condiments and color code those that are gluten-free. Place GF items on higher shelves so that gluten can't drop down and contaminate the GF items. Some items in squeeze bottles can prevent cross-contamination.

AT THE SINK: Use separate cleaning sponges, dishcloths, dish towels, etc. Color code those to be gluten-free. The GF items could be stored in a plastic tub for safe gluten-free cleanup inside the sink.

Links for GF recipes and Information



Gluten-Free Living converts a British Bake-Off recipe:

<http://www.glutenfreeliving.com/recipes/desserts-sweets/english-cherry-ring-cake/>

CSA, our national organization, has published a summer recipe ebook: http://www.csaceliacs.org/files.jsp?file_id=1377

Here's a nice listing of sources of gluten:

www.celiac.org/live-gluten-free/glutenfreediet/sources-of-gluten

Confused about the FDA GF Labeling? Try this site:

www.celiac.org/celiac-disease/resources/fast-facts-fda-gluten-free-labeling-rule/

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OUR CURRENT BOARD MEMBERS

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www.nashvilleceliacs.org