

Patti Garland

Serving Organic

Ayurvedic Cuisine

AYURVEDIC CHEF
ORGANIC GARDENER

BLISSKITCHEN.COM

35751 Gateway Drive, #E503 (760) 610-2758

Palm Desert, CA 92211

patti@blisskitchen.com

Let us be together,
Let us eat together,
Let us be vital together,
Let us be radiating truth,
radiating the light of life,
Never shall we denounce anyone,
Never entertain
negativity.

> UPANISHADS <

AYURVEDIC CHEF • ORGANIC GARDENER • BUSINESS OWNER

PROFILE

AYURVEDIC CHEF & ORGANIC GARDENER – fifteen years experience in seasonal meal planning, personalized menus and food preparation set to Ayurvedic standards. Proven experience and thorough understanding of the importance of diet and therapeutic effects diet has on physical, mental and spiritual well-being.

I excel in everything from soup to dessert, with a talent for finding the best ingredients. I am a conscientious kitchen manager – always mindful of the balance between food quality, happy customers, creating a positive work environment for my staff and delivering profitability for the company. Along the way, I've also become a skilled organic and bio-dynamic gardener.

“Response to your food has been aurora borealis non-stop. People are ecstatic!”

CARLA BROWN

“The pineapple chutney rocked today, as did the sweet potato and tomato and everything else. Thanks for your continued fabulous cooking. I feel like a queen every time I have your fine meals.”

RITA KNORR, OWNER, FLUCRUM BLU YOGA STUDIO

“The most delicious food we've ever eaten, with an astonishing variety, brought always with warmth and graciousness. It's been a pleasure!”

SUSIE DILLBECK

“Patti, she's the jewel in our lives.”

ROSWITHA KIMA-SMALE, Ph.D.

BUSINESS OWNER – over twenty five years experience as a business owner and manager. Patti understands day-to-day operations as well as long range planning and has been responsible for the success of four businesses. She is self-motivated, customer oriented, and a great team leader. Adept at full-charge bookkeeping functions.

CAREER

JUNE 06 – PRESENT

Ayurvedic Chef and Organic Gardener

BLISS KITCHEN

Palm Desert, California

blisskitchen.com

DECEMBER 05 – JUNE 06

Business Operations Consultant

KAUAI CENTER FOR HOLISTIC MEDICINE

Ayurvedic clinic and Pancha Karma spa

Kapaa, Hawaii

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Page 2

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JULY 04 – DECEMBER 05 *Private Ayurvedic Chef*
BLISS KITCHEN

Plan, prepare and deliver lunch 5 days a week to client's home or office – hot and ready to eat. Menu changed daily, designed to be appropriate to the season and inspired by the freshest organic ingredients available at market.

JANUARY 03 – JULY 04 *Owner/Executive Chef*
EARTH MOTHERS CAFE, CHICAGO
Chicago's freshest organic cafe and juice bar

Responsible for the overall operation of the cafe

- Wholly responsible for all kitchen operations and leadership of staff
- Managed entire back-of-the-house operations
- Hired and supervised staff
- Coordinated all purchasing, inventory, special event planning/execution, training, scheduling, and menu research/development/pricing.

Visit blisskitchen.com/chef_patti.html for a link to the archived Earth Mothers website

1981 – PRESENT *Vice President and Co-Owner*
XENO DESIGN, CHICAGO AND LOS ANGELES

Business partner in a full-service advertising agency, marketing design and publishing company. Services included: market research, graphic design, advertising, media planning and public relations. Managed annual budgets up to \$1.5 million.

1981 – 1982 *Publisher*
CITY MAGAZINE, CHICAGO

Created the concept for a Chicago city-wide magazine. Managed operations and sold advertising to produce two successful issues with a circulation of 10,000 each.

1979 – 1981 *Committee Coordinator*
Accreditation Council for Graduate Medical Evaluation (ACGME)
AMERICAN MEDICAL ASSOCIATION, CHICAGO

1977 – 1979 *Administrative Assistant, Philanthropy and Development*
RUSH-PRESBYTERIAN-ST. LUKE'S MEDICAL CENTER, CHGO.



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TEACHING, COMMUNITY SERVICE AND SPECIAL PROJECTS

- 2008 Design, construction and full-time gardener for Turleybird Gardens, Indian Wells, CA – a privately owned 500 sq. ft. raised bed organic vegetable, herb and flower garden
Visit blisskitchen.com/gardening/turleybird.html for more information
- 2008 Guest Chef, International Association of Yoga Therapists' Annual Conference: SYTAR with over 800 attendees
- 2005/08 Guest Chef, two years, National Ayurvedic Medical Association Annual Conference
- 2004 Teacher, Parker for Adults/Francis W. Parker School, Chicago – Vegetarian Feast
- 2004 Teacher, Vegetarian Awareness Month Celebration at Whole Foods, Chicago
- 2004 Advisory Board Member, Common Threads, a non-profit charity run by Art Smith, author and Oprah Winfrey's private chef
- 2003-04 Guest Chef, Faith in Place, Chicago
- 2000 Owner/designer, FuzziLogic: online organic cotton knitwear clothing line
- 1994 Owner/developer, Green Gables: natural non-toxic housekeeping company

EDUCATION

- 1999 Recognition of Entrepreneurial Accomplishment
from University of Southern California's Business Expansion Network
- 1998 Fashion design classes at Valley College and Otis College of Art & Design, Los Angeles
- 1996 Kitchen Director, Maharishi Ayur-Veda Medical Center, Pacific Palisades, California
- 1996 Attended professional chef course at the Los Angeles Culinary Institute
- 1996 Received Certificate of Completion from the American Academy of Reflexology
- 1995 Audited the correspondence course from Life Science Institute
- 1992 Introduction to Psychology, Valley College, Van Nuys, California
- 1973 St. Paul's College High, Concordia, Missouri

