



food for all

A community kitchen feeds everyone.

Denise Cerreta had just opened a small organic café in downtown Salt Lake City six years ago when she had what she describes as a spiritual epiphany. The former acupuncturist was struck by inspiration to make her prices donation based. "I didn't really hear a voice," says Cerreta, "but it was a profound experience. When the next person walked through the door, I said, 'Just choose your own price.' At that moment my heart expanded, and I knew what I was supposed to be doing with my life." A few years later, she was invited to speak at the International Women's Conference at His Holiness Sri Sri Ravi Shankar's Art of Living International headquarters in Bangalore, India. She spent three weeks there, serving meals to thousands of people daily. "This moved me to another level in my commitment to end hunger," she says. "The honor and blessing of serving food is what I love."

Today, Cerreta's café has become a nonprofit community kitchen called One World Everybody Eats, where customers pay whatever they choose to for their meal. There's always one complimentary dish on the menu (usually dahl and rice), and meals can also be paid for by volunteering in the organic garden, kitchen, or community.

One World's success inspired Cerreta to create a nonprofit organization that helps aspiring restaurateurs launch community kitchens based on One World's formula. Three are currently in operation—SAME (So All May Eat) in Denver, One World Spokane, and Potager, in Arlington, Texas—with some 60 other projects under way nationwide. This year Cerreta turned the kitchen over to her head chef, Giovanni Bouderbala, so she could focus exclusively on mentoring. "We all deserve to eat healthy food," says Cerreta, "and as a community, we can make it available to everyone. We're like a spiritual franchise." LAVINIA SPALDING



creamy winter squash soup

Makes 4 to 6 servings

One World's chef, Giovanni Bouderbala, garnishes this vegan winter soup with toasted hulled pumpkin seeds and serves it with warm cornbread.

- 2 tablespoons extra virgin olive oil
- 1 medium yellow onion, chopped
- 1 pound butternut squash, peeled and cut into ½-inch cubes
- 1 pound pumpkin, peeled and cut into ½-inch cubes
- 3 cups vegetable broth
- 1 to 2 tablespoons agave nectar
- ¼ teaspoon nutmeg
- ¼ teaspoon cinnamon
- Salt and white pepper

- 1 Heat the oil in a medium saucepan over medium heat.
- 2 Add the onion and cook until softened, 5 to 7 minutes.
- 3 Add the squash and pumpkin and cook for an additional 3 to 5 minutes, stirring frequently. When the squash starts getting soft on the edges, add the broth. Cover and simmer on low heat for 20 minutes.
- 4 Remove pan from heat and let cool for 5 minutes.
- 5 Transfer to a blender, along with agave nectar, nutmeg, and cinnamon. Carefully, as hot liquids may splatter, blend on medium speed, in batches if necessary, until the soup is smooth. Season with salt and pepper to taste.

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