

Biography

Barbara Gollman

Barbara Gollman is a chef-taught culinary nutritionist, co-author of the highly regarded *Phytopia Cookbook: A world of Plant-Centered Cuisine* and Texas Master Gardener. As a former national spokesperson for the American Dietetic Association, she's appeared on local and national TV and contributed to many print articles. Barbara's passion for food, nutrition, plants and good health pepper her talks and writing.

She was raised on a Kansas farm, leaving to study Medical Technology and graduating from Wichita State University. After a successful career of 17 years as a clinical microbiologist and teaching in a community college, she returned to Texas Woman's University to study nutrition. She earned a Master of Science degree and became a registered dietitian in 1989.

In 2005 Barbara became a Dallas County Master Gardener and joined the Speakers Bureau in 2007 speaking on culinary herbs, WaterWise gardening, and container plants.

Herbs: Grow 'em & Use 'em to Spice up your Cuisine!

A practical seminar designed to help you create worldly flavors using Texas grown herbs. Combine and taste herbs and foods to make Mediterranean, Asian and French as well as Texas dishes. Explore methods for keeping harvested herbs fresh, preserving herbs for later use and techniques used by chefs.

