



Jess Stieler studied Food Science and Human Nutrition at Colorado State University and since has been on a steady, yet evolving, path to lead a healthier lifestyle and help others do the same. She continually seeks opportunities to learn as well as educate about where our food comes and how we can use this knowledge to make decisions that benefit our personal health as well as that of the environment. Jess' experience at a farm in Washington that teaches farm-to-table culinary classes, her position as an elementary school garden teacher, involvement at a community garden, and living in Latin America have allowed her to see communities who truly embrace a local whole foods diet and the role of plants in healing and good health. In turn, her cooking, eating, and nutrition counseling have become more focused on the importance of connection to the land and the many benefits of eating seasonally and locally.

Jess spent the last three years working as a nutritionist at a low-income neighborhood health clinic in Oakland, California. There she counseled people with diabetes, high cholesterol, obesity, during pregnancy, and other specific health needs and learned more about the challenges people face daily when trying to eat well in our country. With this awareness, Jess likes to help others find a practical and reasonable way to meet individual health goals.

In her daily life, Jess likes to create many things in the kitchen through baking, cooking, canning, and fermenting. The rest of her time is most often spent outdoors biking, running, backpacking, skiing, and growing and foraging the food that she eats.