

## **Nikki Rose Biography**

Nikki Rose is a Greek American professional chef, writer, eco-agritourism seminar director living in Crete. She is a graduate of the Culinary Institute of America and has worked in fine dining, culinary education and journalism in the USA, Europe, South America and Asia. Rose has published over 100 articles and contributed to books, TV and radio programs focusing on cuisine, environmental and heritage preservation and sustainable tourism. Rose worked in the private and public sector for 15 years prior to forming Crete's Culinary Sanctuaries Ecotourism Network in 1997. Her new book, "Crete: The Roots of the Mediterranean Diet," highlights over 15 years of her experience in Crete.

Rose worked in the Learning Resources Center at the Culinary Institute of America, and as assistant cookbook editor on publications and videos. She contributed to *Thirty Secrets of the World's Healthiest Cuisines*, *The New Agritourism*, and *The Jungle Effect*. Her articles have appeared in CIA publications, *Slow Food*, *Athens News*, *Responsible Travel*, *Sustainable Travel International*, the Center for the Advancement of Foodservice Education, WWF-Greece, and *Stigmes (Crete)*. Rose is featured in *Television New Zealand's "Taste Takes Off,"* in which she was also content consultant for the production.

Rose has designed and hosted distinctive cultural-culinary arts seminars since 1995, featuring chefs from The White House, The Culinary Institute of America, Johnson & Wales, the International School of Confectionery Arts, the Belgian Embassy in Washington, DC, The Ritz-Carlton, and sustainable organic farmers and artisan food and beverage producers. Her programs are approved by the American Culinary Federation for CE credits and the Commission on Dietetic Registration (where applicable); and have been professionally videotaped for educational purposes.

Rose is founder of Crete's Culinary Sanctuaries, an award-winning program for best practices in Responsible Travel. CCS organizes a range of dynamic seminars for academic institutions and the public. Rose/CCS has received numerous awards from National Geographic and other organizations. Rose frequently speaks about responsible travel, cultural heritage preservation and community-based tourism at international conferences and workshops. She is an adviser for start-up programs, writers and researchers on the interrelated topics of responsible travel as a means to help solve social and environmental issues. Rose has consulted and conducted workshops for colleagues in Brazil, Cambodia, Italy, France, Cyprus, the USA and Greece, among others.

### **About Crete's Culinary Sanctuaries**

Crete's Culinary Sanctuaries (CCS) was formed by Nikki Rose in 1997 to help provide tangible support to residents working on action programs to protect their cultural and natural heritage. CCS organizes a range of dynamic seminars for the public and academic institutions. CCS is an all-local network of over 40 small businesses and individuals throughout the island. Network Teachers include university professors, historians, archaeologists, botanists, ecologists/mountaineers, professional chefs, fishers, organic farmers-producers, vintners and sustainable tourism/community-based tourism practitioners, traditional home cooks and gardeners. The simultaneous aim of Rose's work is to provide visitors with alternatives to generic, culturally and environmentally destructive mass tourism choices. Via CCS educational programs, residents have an opportunity to celebrate Crete's heritage with visitors in mutually beneficial ways. Rose developed a school without borders where classes are conducted on-site in rural communities and historic sites.

CCS is an internationally acclaimed program, receiving awards for best practices in sustainable travel (responsible travel) from international organizations, including the World Tourism Forum for Peace and Sustainable Development, National Geographic's Center for Sustainable Destinations, the UN Convention on Biological Diversity, and the World Travel and Tourism Council. CCS is featured in *National Geographic Adventure* and *Traveler Magazines*, *The New York Times*, *National Public Radio*, *The Wall Street Journal*, *Los Angeles Times*, *the Guardian (UK)*, *O'Globo (Brasil)*, *Australian Gourmet Traveler*, *Lonely Planet*, *The Archaeological Institute of America Magazine*, *TV New Zealand*, *WWF-Greece*, *Stigmes (Crete)*, *Real News-Planet (Athens)* and several books on *Nutrition*, *Agritourism*, *Ecotourism/Responsible Travel best practices*.

## **Business Experience**

**1997 - Present, Crete, Greece:** Founder & Director of Crete's Culinary Sanctuaries. Organize tailored sustainable/educational travel programs and accredited study tours. Attended to date by over 600 academics, students, chefs, members of the healthcare, hospitality, foodservice, agricultural industries; sustainable tourism/ecotourism practitioners, researchers, journalists; history and food enthusiasts. Tailored programs for professionals are approved for 35 CE hours approved by the American Culinary Federation for Continuing Education Hours and the Commission on Dietetic Registration (where applicable). Study tours organized in collaboration with academic institutions range from 3 to 6 Credits.

**1992 - Present, Freelance Writer:** Author of "Crete: The Roots of the Mediterranean Diet" in addition to over 100 articles and contributions to books, TV and radio programs focusing on cuisine, environmental and heritage preservation and sustainable tourism.

**Ongoing:** Host, adviser and meeting planner to journalists visiting Crete from National Geographic, National Public Radio, Lonely Planet, Australian Gourmet Traveller, TV New Zealand, BBC, Stonyfield Farms, and dozens of cultural, culinary and sustainable travel researchers and journalists.

## **Consultancy**

**2009, Cambodia:** On-Site Evaluator for the World Travel and Tourism Council's Tourism for Tomorrow Awards Finalist, Heritage Watch; also consulted community members on rural tourism strategies.

**2007, Crete, Greece:** Organized a 6-day ecotourism workshop for members of the Kobi Center, Cyprus. Intensive program and meetings with over 20 members of the CCS Network throughout the Crete.

**2006, Brasil:** Consultancy in Food and Wine Tourism for SEBRAE - Serviço Brasileiro de Apoio às Micro e Pequenas Empresas (Brazilian service of assistance to micro and small enterprises).

**1995 - 1998, Washington, DC:** Owner, World Culinary Arts Professional Seminars: Organized and Presented "Pastry as Art," a 2-day seminar and international chocolate tasting with presentations by Certified Master Pastry Chefs Roland Messnier (The White House), Ewald Notter (Notter School), Joseph McKenna (the CIA), Eric Perez (The Ritz), and many others. Program approved by the ACF for CE hours; attended by over 200 chefs, chocolatiers, importers and food enthusiasts. Organized a 2-Day Seminar for the Embassy of Belgium, "A Culinary Travelogue." Approved by the ACF for CE credits; attended by over 250 diplomats, journalists, chefs and members of the hospitality, retail, import and tourism industries.

## **Professional and Academic Conference Presentations.**

### **Paper Title: Eco-Agritourism as a Means to Preserve Culture and the Environment**

- Chatham University, Rachel Carson Institute/Food Studies, 2012
- San Francisco State University, Ecotourism Studies, 2012
- National Hellenic Society Annual Symposium, Scottsdale, AZ, 2011
- The Embassy of Greece, Washington, DC, 2011
- International Institute of Peace Through Tourism, Zambia, 2011
- National Geographic Society, Geotourism Summit, Washington DC, 2008
- American Comparative Literature Association Annual Meeting, LA
- Agriculture, Food and Human Values Society Annual Meeting, New Orleans, 2008
- International Federation of Organic Agriculture Movements, World Congress
- American Federation of Greek Heritage, Conference on the Hellenic Legacy, 2008
- World Council of Cretans, Crete, Greece, 2007
- International MEDIET Conference in Athens, 2007.
- World Tourism Forum for Peace and Sustainable Development, Brazil, 2006. Organized by the Brazilian government, United Nations and NGOs. CCS is a selected concrete case of best practices in sustainable tourism worldwide.

**Education:** The Culinary Institute of America, A.O.S. Degree, Dean's List (1992-1994)  
USDA Graduate School, Journalism; (1995-1997); The International Institute of Interior Design/Historic Preservation (1987-89); The Corcoran School of Art, Photography (1989)