

Central Oregon Women's Expo

Presenting Authors & Chefs

About our Chefs!

CHEF BETTE A Well Traveled Fork

Bette Fraser is the owner and founder of The Well Traveled Fork, a culinary tour company here in Central Oregon. Chef Bette has been a professional caterer in Redondo Beach, California for over 20 years. A culinary and wine tourist herself, Bette has trained in such places as Verona, Italy and Paris, France as well as state side. Bette has always had a passion for the concept of fresh, local and sustainable food.

CHEF CERSTIN CHEATEM Incredible Edibles

Locally owning and operating Incredible Edibles Catering since April 2000, Cerstin Cheatham brings her passion for entertaining and creative flair to every event – small or large – taking pride in offering beautifully presented, delicious & fresh Northwest cuisine. Cerstin offers full event customization for every style of party! Whether you're planning a wedding reception or an office-holiday gathering, Cerstin insures the most delicious and flavorful menu items for your event, ALWAYS.

CHEF SHARON FABIANA Café Alfresco

Sharon Fabiana is currently the Head Chef at Cafe Alfresco in Redmond, Oregon. She began her career in the restaurant industry at the age of 15. After attending culinary school in Honolulu, Hawaii at the age of 25 Fabiana knew she wanted to be a Chef. Through the years her passion for food has grown but Chef Fabiana's philosophy remains the same. "Make it Simple. Make it Delicious!"



Chef Bette

Authors



KELSEY COLLINS — Ordained as a Unity Minister in the early 70s, Kelsey Collins, M.A. began a lifelong journey through many other faiths and perspectives to broaden her internal awareness, inviting others to always look to their own hearts to discover Universal Truths. Collins' work offers deeply moving testaments to the depth of healing that occurs when one faces their own fears and charts a course to forgiveness. She authored "Exit Strategy...Leaving this Life with Grace and Gratitude."

DIANE HAMMOND — The author of two previous critically acclaimed novels, "Going to Bend" and "Homesick Creek,", Hammond is a Bend resident and the recipient of an Oregon Arts Commission literary fellowship. She served as a spokesperson for the Free Willy Keiko Foundation and the Oregon Coast Aquarium. Hammond lives with her husband Nolan, and daughter, Kerry.

Well Traveled Round About Bend

A New Culinary Tour in Town

"I was fascinated by the art when I moved to town and I wanted to share the information with others. We have an enormous amount of public art that we drive by everyday and we need to appreciate it."
— Bette Fraser

The Well Traveled Fork, a culinary tour company based in Bend, is now offering insightful culinary tours to locals and tourists alike. The goal of the company, says Chef Bette Fraser, proprietor, is to educate and enlighten people, young and old, about where their food comes from and what to do with it. They currently offer four tours throughout the year that can be enjoyed by all foodies.

The Round About Bend tour is featured as the culinary insiders look at the food scene in Bend. Chef Bette and her assistant Alison Wood, will drive guests around Bend visiting the culinary hot spots in town all the while discussing the beautiful public art in the round abouts.



Bette Fraser with golden lab Sienna & black lab Raven

Chef Bette commented on the idea of the Round About Bend tour, "I realized that so few people in town really knew the names of the art or the artists that created them. I was fascinated by the art when I moved to town and I wanted to share the information with others. We have an enormous amount of public art that we drive by everyday and we need to appreciate it."

The Well Traveled Fork has made arrangements with many of the local owners of the culinary and food establishments in town to offer an insider's look at the local food scene.

Guests will be treated to special tastings of food, wine and beer at these locations with a behind the scenes look at what goes on. They will also get to visit the COCC culinary college and visit with Chef Julian Darwin. On a recent tour, Chef Darwin whipped up and ham, jam and mustard for the guests to sample. Chef Darwin was also kind enough to explain the curriculum of the culinary college and the future expansion plans.

Another stop on the tour is the NorthWest Crossings Community Garden. The community garden was opened this year to provide another amenity to the residents of NorthWest Crossing.

"I enjoy taking our guests to the garden," explained Chef Bette, "they really get to see the work it takes to grow vegetables in the High Desert environment. Each plot is tended by a different family and they chose what to grow. Some plants are thriving and some are struggling. But everyone is trying and that is what it is truly about. We were there at the end of August and some of the tomatoes were ripening and it

The tour meets in front of the Mockingbird Gallery on Wall Street in downtown and includes transportation, lunch, all drinks and tastings.

The tour can accommodate 10 guests and is $60 per person. It is a great way to entertain out of town guests or to energize your culinary juices.

The Well Traveled Fork also offers Farm and Ranch Tours, Farmer's Market Tours and Micro Brewery Tours.

They also offer cooking classes at Johnson Brothers TV and Appliances on a monthly basis, covering seasonal, fresh recipes for all levels of cooks.

Chef Bette has been trained in France and Italy as well as stateside. A caterer for over 20 years in Southern California, she moved to Bend for a more relaxed lifestyle with her husband, two labs and talkative African Grey parrot.

www.welltraveledfork.com, 541-312-0097