

A Word from “Director Mike”



This past spring, we decided to extend our sustainability efforts by working with Facilities to create a Hendrix Dining garden. Using organic growing methods, we successfully harvested tomatoes, cucumbers, peppers (green, jalapeño, and banana), kale, various herbs, and lettuces during the sum-

mer and fall seasons. As these items became available, the cooks experimented this summer making hot sauces and tomato/cucumber salad for the AGS students. In the fall, pickled peppers were used in the quesadillas during late night. Occasionally, we offered steamed kale on the hot vegetable line and had thyme, oregano, and basil for the fresh herb hummus. The catering department used items fresh out of the garden for several events. Continuing through the winter

months, we look forward to more kale, lettuces, and recently planted squash. New concepts are already being discussed for the future, offering inventive recipes and expanding use of year-round growing methods such as a possible hoop house. Our goal to produce a larger abundance of fresh produce from our organically grown garden will come in time, but for now as a reminder, you can still enjoy organic spinach, spring mix, grapes, and apples from our local supplier.

What is “Mike Speaks”?

“Mike Speaks” is a newsletter distributed by Dining Services to educate the Hendrix community on all the new and exciting things that are going on in the department.

The Burrow

Mon-Thurs

7:30 a.m.-3:30 p.m.
 (grab & go) 3:30pm-8:00pm

Friday

7:30 a.m. – Midnight

Saturday

4:00 p.m.– Midnight

Sunday

7:00 p.m.– Midnight

Dietitian’s Corner: Meatless Monday-One day can make a difference



On Mondays, have you noticed a few intentionally placed signs in our servery? We are promoting a global trend called Meatless Mondays that has both environmental and nutritional benefits. The aim is to simply choose only meatless options through-

out the day. Concentrating on eating whole foods such as vegetables, fruits, and nuts during that one day can help jump start and continue a healthy trend all week long. Less meat in your diet can help reduce your risk for chronic conditions such as cancer, cardiovascular disease, diabetes, and obesity. Eating vegetarian helps to preserve our precious natural resources. We use less water and fossil fuels when harvesting crops for a vegetarian diet opposed to when raising livestock. Choosing to go meatless for one day can be a chal-

lenge at first, but thankfully there are numerous vegetarian and vegan options in our dining hall. If a full day commitment seems too much at first, start with one meal and progress each week. Remember, if your goals set for that day fall short, there is another Monday for a fresh start!

If you have any questions regarding vegetarian options, contact Cindy Mosley our dietitian at Mosleyc@hendrix.edu.

For information on Meatless Monday and the environmental impact, you can visit: www.meatlessmonday.com

How to Contact Us

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Employee Spotlight: Darrion Hill, Cook



Darrion started at Hendrix Dining Services in November of 2009 and is currently working as a late night grill cook and back of the house cook for Friday dinners. Darrion or “D” as many of his co-workers call him, previously worked in a utility position that

included serving in the pot sink and dishroom. About a year ago, a late night cook spot became available and Darrion decided he would put in a request to try something different. The new position has been rewarding and he states, “I like learning about different foods and helping prepare meals for our students and staff. Also, working at the grill offers the opportunity to cook whatever they like.”

Darrion’s interests include fishing, listening to music (R&B, slow jams, blues, and some

rap), model cars, and watching basketball and football games with friends from work. Working at Hendrix has offered him a chance to be involved on campus. He expresses that he is a big fan of the faculty, staff, and students basketball tournaments and appreciates being a part of the activity.

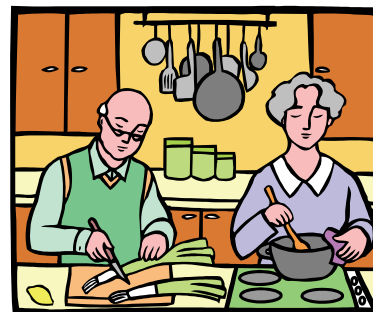
He especially relishes time spent with his children playing games, watching movies, and watching cartoons with his youngest. Family gatherings are important. He says, “we get together and have a

big cookout and just enjoy one another”. Darrion’s coworkers describe him as being soft spoken and pleasant to be around, and they say he works precisely and proficiently at the grill. They have a sense he really takes pride and enjoys his job. Darrion sums up his thoughts on Hendrix saying, “It’s a clean and positive work environment. The students and staff are friendly and cool. They love our food and always have a smile on their faces”.

Recipes from Home

If you have a special *family recipe you would like our chef to replicate and share with everyone on campus, please fill out a recipe card and drop it in the *Recipes from Home* house located on the Homestyle line. Every recipe will be considered. Don’t forget to put your name on it, so we can contact you if necessary.

*If you are going home for the break, this is the best time to gather recipes to bring back to campus



Upcoming Event :

Valentine - Wednesday, February 11th