



## bob blumer

TV PERSONALITY, LOS ANGELES

As a chef and host of food television shows including *The Surreal Gourmet* and *Glutton for Punishment*, Bob Blumer isn't one to shy away from culinary adventures. "My world is divided into what I do for my shows and what I cook at home," he says. While dining on decadent fare has been a part of his professional journey, back home he tends to play it healthy by stocking his kitchen with a range of clean-eating staples. That means regular trips to his local farmers' market for fresh, seasonal ingredients. Blumer says your cooking success is really about getting comfortable in your kitchen. "It's about developing your culinary confidence," he says. "Pick one or two new recipes, try them for yourself and slowly expand your repertoire of meals you can comfortably prepare for guests."



## myriam babin

PHOTOGRAPHER,  
NEW YORK CITY

Wherever her job takes her, Myriam Babin immerses herself in the local food and culture. "I enjoy the people I meet in kitchens," she says. Capturing the images of New York City's Braeburn restaurant and chef Brian Bistrong for this month's *Chez Chef* (p. 83) gave Babin a new appreciation for this Manhattan hot spot. "Chef Bistrong really cares about preparing foods that are whole and seasonal," she says. While her work has appeared in a variety of publications, Babin also showcases her photography at national and international exhibitions.



## laura agadoni

WRITER, ACWORTH, GA

As a freelance writer, Laura Agadoni tackles a wide range of fitness and nutrition topics. In this month's *Success Story* (p. 94) she details the ways in which clean eating helped one woman improve her life. With a young family, Agadoni has a personal appreciation for the importance of nutrition. "Clean eating is an enormous contributor to leading a long and healthy life." When she's not penning articles, Agadoni is either raising a racket on the tennis court or spending time with her family and dogs, all part of her efforts to remain active, fit and healthy.



## victoria abbot riccardi

WRITER, NEWTON, MA

Combining her passions for culinary arts and writing was natural for Massachusetts-based writer Victoria Abbot Riccardi. "I love discovering local foods and then sharing it in a tantalizing way." Riccardi says her recent travels Down Under inspired the recipes featured in "Breakfast Done Fast" on page 64. "In Australia, breakfast is treated with reverence," she says. Riccardi experiments with simple ingredients in her kitchen. "I start with fresh produce, legumes and seafood and then add garlic, lemon, and ginger to let the natural flavors shine."



## david bowden

MANAGING EDITOR,  
TORONTO

After completing his studies in journalism, including a reporting internship at a national newspaper, David Bowden made his way into magazine publishing. In his most recent position as managing editor for both *Clean Eating* and *Oxygen*, Bowden says that working with passionate staff teams has been inspiring: "When you're surrounded by a motivated team, it's easy to put in long hours." When it comes to clean eating, he admits that his work environment makes it tough to not do so. "I used to snack on fast food and now I'm a fiend for Greek yogurt and whole-grain cereal."