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**THE UMSTEAD HOTEL AND SPA'S KIDS' COOKING CLASSES CALL FOR  
ONE PART SUGAR, TWO SHAKES OF SPICE AND A DASH OF FUN**

*North Carolina's Only AAA Five Diamond Hotel Invites  
Kids to the Kitchen with New Seasonal Cooking Programs*

CARY, N.C., Oct. 2, 2008 – Area residents as well as guests of The Umstead Hotel and Spa ([www.theumstead.com](http://www.theumstead.com)) will have the opportunity to educate the future epicures of America when the property's exclusive new cooking series kicks off in December 2008.

Executive Chef Paul Kellum has developed a **seasonal cooking program for children** ages 6-15, open to both hotel guests and residents. The classes emphasize the use of local and seasonal ingredients in cuisine and teach kids the importance of using local produce when cooking. Some classes incorporate Chef Kellum's newly planted organic herb garden which features everything from Thai basil to lemongrass to six varieties of thyme.

“Our natural setting beckons a series such as this where the use of organic greens and seasonal ingredients is so prevalent,” said Paul Kellum, executive chef of Herons restaurant at The Umstead. “We hope to inspire our younger guests to explore the culinary world by working with ingredients, eating locally and even learning sustainability, all within a fun and engaging atmosphere.”

The cooking classes begin on Sunday, Dec. 7, 2008 2 p.m.-4 p.m. with Ginger Bread Houses for the winter holiday season. Kids will decorate fresh-baked gingerbread houses specially prepared by Herons chefs with flavored icing, assorted candies and other edible décor. Finished houses can be taken home following the class along with a child-sized Herons apron. The rate for this class is \$38 per child.

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## Kids' Cooking Classes at The Umstead/2

The following spring and summer cooking classes will focus on a Culinary Herb Experience with the first taking place on Sunday, March 29, 2009. Kids will garden with the chefs while learning about the resort's own organic herb garden situated on property. The education-based class will involve hands-on digging and planting while learning about why things grow and how to nurture a garden. All attendees receive a Herons apron. This class is available for \$75 per child.

In fall 2009, an Exploring Chocolate class will be offered where kids will visit the chocolate lands and indulge in sweet delights. Interactive exploration of tasting and molding chocolate candies will follow. Participants can take home their savory creations to share with family and friends along with their own Herons apron. This class is available at \$75 per child.

Dates for the summer and fall classes will be announced when available. Admission for each class is on a space available basis. Guests and residents wishing to enroll their child in a class may do so by calling (919) 447-4373 or visiting [www.theumstead.com](http://www.theumstead.com).

**The Umstead Hotel and Spa** ([www.theumstead.com](http://www.theumstead.com)) is nestled against a beautiful three-acre lake, steps away from walking and jogging trails as well as The Umstead State Park. The 150 oversized guest rooms include luxurious furnishings and signature amenities. State-of-the-art technology enhances the customer experience on all levels. Adjacent to the hotel, the plush Umstead Spa features the finest treatment rooms, a "meditation" courtyard and more. The treatment menu includes a variety of massages, facials, body masks, body polishes and exfoliation treatments, hydro-therapy baths and showers, hand and foot treatments, manicures and pedicures. The Umstead Hotel and Spa is North Carolina's first hotel to receive AAA's coveted "Five Diamond Award" as well as being a member of Leading Hotels of the World and Leading Spas of the World. For reservations and information, call toll-free at 1-866-877-4141. Images available upon request.

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