

## CAROLYN CESARIO & JULIE SULLIVAN

These Portland, Oregon, entrepreneurs spread good with their nutty butters.

**AFTER OVERSEEING** a job training program for Ugandan women, Portland native Julie Sullivan returned with a mission: to create a social enterprise where women with résumé gaps could gain experience to secure employment. “I saw women overcoming adversity who had the motivation to work but lacked the skills or confidence to be hired,” recalls Sullivan. Although she had ideas, it wasn’t until she tasted her friend Carolyn Cesario’s delicious nut butters that she discovered the perfect product to anchor her mission. Together they crafted their signature Cinnamon Snickerdoodle Almond-Cashew Butter, and Ground Up was born. Dry-roasted almonds are the base of most recipes. “We love the taste of almonds,” says Sullivan. “They’re slightly sweet and buttery and great paired with both sweet and savory flavors.” To date, 30 women have completed Ground Up’s training program, which includes exposure to sales, marketing and work in the kitchen. Most have experienced homelessness, incarceration or sex trafficking. “We believe that business is a powerful tool for social good,” Sullivan says. “We’re helping women from the ground up.” — **GINA DECAPRIO VERCESI**



▶ **Five almonds**—signifying health, wealth, happiness, fertility and longevity—are traditionally given as favors at Italian weddings.

▶ **Though most** people consider them nuts, almonds are actually the seeds of the almond fruit.

▶ **Almond amaretto liqueur** is made from apricot kernels rather than almonds, though both are members of the *Prunus*, or stone fruit, genus.

### GO NUTS!

Almonds and their blooms inspire sweet treats, impressionist art and alternative milk drinks.



1 Located in Lübeck, Germany, **Niederegger** has produced marzipan, a confectionery made from almond paste, since 1806.



2 Vincent van Gogh painted **Almond Blossom** in 1890 as a gift for his nephew; it now hangs in Amsterdam’s Van Gogh Museum.



3 The **Almond Cow** turns nuts, seeds and grains—including oats, pistachios and more—into plant-based milk in less than a minute.