

# Sigret Ball: Organic Culinary Virtuoso



Bringing the flavors and healthful benefits of organic foods and herbs into the lives of others is Sigret Ball's passion. Since discovering her own gift for the culinary arts more than 20 years ago, Sigret has spent the better part of these past two decades exploring her education and career in the restaurant industry.

At California's San Bernardino Community College she was in her element in the school's

Culinary Arts program, learning about the health benefits of organic foods and adapting them to a whole-body wellness lifestyle that she shares with family and friends today.

Sigret earned an associate degree in Culinary Arts from San Bernardino, and began exploring a variety of opportunities in the food service industry. After graduation, she began work as a private chef for a series of yacht owners, sailing throughout the Caribbean for three years, and later the Yucatan as a private family chef aboard a large luxury vessel.

Sigret comes by her passion for great cuisine honestly; born on the Island of San Juan, Puerto Rico, she grew up surrounded by successful restaurateurs – the famous, family-owned Hotel 1829, renowned for its elite clientele, five star menu, and impeccable tableside service.

Sigret continues to study healthy cuisine and holistic living, and shares her knowledge on her life's journey by teaching others how to eat and live in a way that offers ongoing enrichment for the body, mind, and soul.

With more than 20 years experience in preparing healthy, delicious cuisine, this mother of two continues her lifelong education in the new age world of culinary arts, in part by developing new recipes that take advantage of the nutritional value of organic ingredients while appealing to the very particular palates of children as well as adults.

Sigret is available to speak on holistic eating and living, and to demonstrate organic food preparation to groups interested in learning more.

Email Sigret at [SBall@gmail.com](mailto:SBall@gmail.com)